

# Moffat County School District

## Craig Middle School

### Activities Handbook

MCSD Activities Director

Dillon Hoselton

[dillon.hoselton@moffatsd.org](mailto:dillon.hoselton@moffatsd.org)

(970) 826-6553

MCSD Activities Secretary

Amber Beaver

[amber.beaver@moffatsd.org](mailto:amber.beaver@moffatsd.org)

(970)



### MCSD Activity Opportunities

Football 7th-8th

Volleyball 7th-8th

Cross Country 6th-8th

Cheerleading 7th-8th

Boys Basketball 7th-8th

Girls Basketball 7th-8th

Wrestling 6th-8th

Track 7th-8th

Robotics 6th-8th

CMS Student Leadership Team 6th-8th

Yearbook 6th-8th

### **CMS Athletic Mission Statement**

Craig Middle School aspires to be an outstanding educational-athletic organization that provides a high-quality experience to every athlete. A high-quality experience is one in which every athlete:

- Is coached using the principles of Positive Coaching
- Has fun at practices and games
- Feels like an important part of the team regardless of performance
- Learns “life lessons” that have value beyond the playing field
- Learns the skills, tactics and strategies of the game and improves as a player

We recognize that coaches are the people who most directly make this all possible. It is our goal to provide every coach with the tools to succeed as a Positive Coach. We are committed to creating a positive culture in which coaches, parents, fans, officials and athletes work together to achieve our mission.

**Craig Middle School has adopted the Positive Coaching Alliance Triple-Impact Competitor mission for our student-athletes:**

The Triple-Impact Competitor PCA’s mission is to make high school and youth sports a Development Zone™ to develop Better Athletes, Better People. PCA’s Triple-Impact Competitor® model defines both Better Athletes and Better People.

The hallmark of a Triple-Impact Competitor is “better.” Better is reflected in the Olympic Motto – “Citius, Altius, Fortius!” – “Faster, Higher, Stronger!” In the Olympics it isn’t about being fastest, highest, strongest. Even if you are the best in the world in your event, you still want to get better. For the best, “better” is better than “best.”

### **A Triple-Impact Competitor works on three levels:**

#### **1) Self:** Make oneself better by

- Developing a Growth Mindset through maintaining a Teachable Spirit by being hungry for feedback,
- Pursuing mastery by giving maximum effort at workouts, practices, and competitions,
- Improving one’s “mental game” with tools like visualization, positive self-talk, and a Mistake Ritual to increase resiliency and more quickly bounce back from mistakes,
- Setting goals, tracking progress, and making adjustments when facing the inevitable setback,
- Being a “24-Hour Athlete” who avoids high-risk behaviors and manages diet, hydration, and sleep to optimize performance on and off the field.

**2) Teammates:** Become a leader who makes those teammates better by

- Filling Emotional Tanks through encouragement and support,
  - Seeking opportunities to help team members improve,
  - Developing empathy to be able to put oneself in his or her teammates' shoes, •
- Learning to give constructive criticism - at the right time in the right way,
- Being a team player who prioritizes team success and builds team chemistry, •
- Learning to manage and resolve conflicts.

**3) The Game:** Guided by the ROOTS of Honoring the Game (respect for **R**ules, **O**pponents, **O**fficials, **T**eammates and **S**elf) to make the game better. They use their status and influence as an athlete to improve their school community including helping to prevent hazing and bullying.

### **The Challenge**

Being a Triple-Impact Competitor is not easy. It requires mental discipline and knowing your values so well you don't sacrifice them under pressure. But if you build a commitment to being a Triple-Impact Competitor into who you are as a person, you will find it can provide a larger meaning for your involvement in sports. And it will pay off for you in meaningful ways in the rest of your life.

**At CMS we know that strong philosophy and partnership with guardians is essential to the overall success of your child. We believe in the PCA's mission.**

PCA's mission is to make high school and youth sports a Development Zone™ to develop Better Athletes, Better People. Parents have an especially important role to play as a Second-Goal Parent® who helps their child become a Triple-Impact Competitor® who makes self, teammates and the game better.

### **The Big Picture in Youth Sports**

A Second-Goal Parent recognizes that there is a Little Picture and a Big Picture in youth sports. The Little Picture concerns things like whether the child is playing the right position, the team is winning, etc. The Big Picture, which often gets drowned out by the Little Pictures, is about what the child is learning from youth sports. There are two broad goals in youth sports: striving to win and building character so kids develop into successful, contributing members of society. As important as winning may seem, Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. Second-Goal Parents have a much more important role to play: ensuring their children take away from sports lessons that will help them be successful in life. That is the Big Picture. Keeping your focus on the Big Picture is much more vital than being an extraneous back-seat coach. The lifelong impact

you can have – that no one else can in quite the way you can – is with the life lessons your child takes away from their sports experience. No one can be there for your child in this way better than you. No one.

### **Endless Procession of Teachable Moments**

If you embrace your role as a Second-Goal Parent, it will transform the way you see youth sports. It will help you seize the endless procession of teachable moments that will come your way again and again when you are looking for them.

What might have seemed like a disappointing loss or a failure by your child becomes an opportunity to reinforce resiliency. A tough competition in forbiddingly hot, cold, or nasty weather can prompt a conversation with your child about learning to enjoy challenges. Whether your child succeeds or fails on the playing field, you will be able to use the experiences to reinforce the kind of person you want him or her to be.

A Second-Goal Parent focuses relentlessly on the Big Picture – helping their child take away the lessons that will help them be successful, contributing members of society. And, in the process a Second-Goal Parent is able to better enjoy their child's youth sports experience, which will end all too quickly.

# PARTICIPATION REQUIREMENTS

All CMS Athletes must have the following information (all found on our website) completed and turned in to the main office before participation:

- **CMS Online Participation Waiver, part of CMS registration (Will need Insurance Information)**
  - Insurance Information: It is the parents responsibility to obtain and maintain medical insurance during the sports seasons. If the Student does not have medical insurance his/her guardian can purchase sports insurance through the school program. Sports and activities do have risks that come with them. The school district is NOT liable for medical fees or costs associated with injuries or if the parents choose not to cover a student with insurance.
- **Current Yearly Sports Physical: [Page 1](#) [Page 2](#)**
  - If completing at TMH a [Physical Consent Form](#)
- **Sports Fee**
  - All 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade CMS students are subject to a fee for EACH sport in which they participate according to the Moffat County School District Board Policy 5570. A **\$50.00 Athletic Fee** is expected to be paid before any equipment/uniform will be checked out. Students who qualify for Free and Reduced priced lunches must pay a **\$20.00 Activity Fee** to participate. Students who voluntarily drop from an activity within ten (10) days after enrolling OR an athlete who becomes injured or ill will have the fee refunded on a pro-rated basis. Students who are dropped from a sport for sport violations will not receive a refund.
  - The combined fees for activities and athletics offered during the regular term shall not exceed \$200 for an individual family with children in grades 6-8.
- Students eligible for a free and reduced price lunch under the federal guidelines will be responsible for a \$20.00 fee per sport that shall not exceed \$80.00 for an individual family with children in grades 6-8.
- If the student is not enrolled in MCSD or the Shared School Program they will be charged an additional \$25.00 fee per sport.
- Athletes that do not have fees paid will not be able to participate in athletic competitions. This includes fees that will be charged to the account if uniforms are not returned.

## COMMUNICATION & CHAIN OF COMMAND

### COMMUNICATION

- Please expect regular communication from the coaching staff
- CMS Athletics <https://www.facebook.com/CMSActivitesAthletics/>

- Athletic website <https://craig.moffatsd.org/athletics-9bd62307> or found by going to moffatsd.org then Craig Middle School then Athletics
- Via email-- Athletic Director Weekly Email
- All schedules will be as current as possible on the school website with departure times.

### **CHAIN OF COMMAND**

Student athletes and parents are expected to follow the chain of command when seeking an answer to a question or when dealing with an issue. Athletes/parents are encouraged to set up a meeting with the parties involved at an appropriate time and place. Parents will not discuss minor issues (playing time, coaching techniques, etc.) regarding a game/event until 24hrs after the event, providing adequate time for parties to evaluate the situation.

1. Athlete to Coach-Encourage your child to talk to their coach first about the issue or concern.
2. Parent to Coach – the player should always communicate with the coach FIRST regarding a situation and then the parent can reach out to the coach if the 24 hour rule is honored
3. Athletic Director – The AD becomes involved if the situation warrants or if the question has to do with the AD's responsibility
4. Building Principal
5. Superintendent
6. Board of Education

## **ATTENDANCE: PRACTICES, ACADEMIC ELIGIBILITY TO PARTICIPATE/TRAVEL**

### **ACADEMIC ELIGIBILITY**

One or more **“F’s” and or two “D’s”** on the weekly eligibility report (printed every Monday 8am) will constitute an academic ineligibility for that week (Monday-Monday). Students and parents have 24/7 access to view grades via the CANVAS and Infinite Campus portal. It is important to know that the eligibility report is pulled from Infinite Campus ONLY. If you notice a discrepancy between Canvas grade and Infinite Campus grade please contact that specific teacher.

***Disrespect to coaches at any time (practices, games, bus trips, etc.) will not be tolerated. Coaches and administration may issue a consequence based on the degree of the infraction.***

## **EXCUSED and UNEXCUSED ABSENCES FROM PRACTICE and/or GAME**

Students must be in attendance at school for the **entire** day (including lunch) of a competition, or the Thursday before a Friday or Saturday competition, unless a doctor's note is provided.

Athletes must attend the most recent mandatory practice (M-TH) prior to the game to be able to participate/travel in the event. \*Coaches will hold optional practices on Fridays when possible, this will not count as a mandatory practice.

- The Athletic Director will use their discretion to excuse absences from practice for enforcing events or family emergencies. This must be communicated in advance.
- If an athlete has multiple excused absences from practice (including partial practices) during the week it is up to the coaches if the athlete will participate in that week's events. This could be a potential safety concern. If the practices are unexcused they will not participate.
- An athlete/parent needs to communicate with the coach directly when they are not in practice, preferably ahead of time. A note or email will be sent by the parent to the coach when a practice will be missed, or why they were not at practice.
- Students **MUST** dress out and participate in Physical Education to be eligible to participate in that day's practice or event
- Detentions, making up work, etc., must be communicated to the coach prior to practice. Detentions are considered unexcused absence from practice.
- School tardies will be monitored and can result in consequences at practices and/or missing of the events.

IT IS THE **ATHLETE'S RESPONSIBILITY** TO DISCUSS MISSING WORK WITH THE TEACHER PRIOR TO LEAVING FOR AWAY EVENTS. ASSIGNMENTS ARE STILL DUE ON TIME WITH NO ADDITIONAL TIME.

## **PRACTICES**

- All CMS practices are closed. If you have a concern, please contact the coach about the issue to set up an appropriate time to discuss the matter.
  - Gyms, sidelines, and fields are restricted to players, managers, and coaches only. Parents please refrain from interacting with your child during scheduled practice times..
- Coaches will be monitoring athletes on grounds 10 minutes after practice and 15 minutes after arriving home from an event.
- If a coach moves a practice then a message will go to the parents and athletes directly.
- If morning practices are scheduled athletes will be supervised by their coach directly until 7:45am, breakfast should be brought with them and clothes to change into.
- **FOOTBALL ONLY:** Because of safety concerns, no student will be permitted to begin football after the second week of practice has ended. The only exception will be those

students who are new to the district and enroll in school after the two-week grace period.

### **TRAVEL and TRANSPORTATION**

Athletes are required to ride **TO** and **FROM** all games, meets, and matches with the team **UNLESS** they are checked out in writing with the coach from a guardian. If they will be riding home with someone other than a guardian prior arrangements need to be made with the Athletic Director at least 24 hours in advance via email or in writing.

Parents are expected to pick up their athlete in a timely manner. Bus leave times are posted on all schedules. Buses will leave at that time and will not wait. All teammates are expected to stay through the team games and help clean up after home events.

- **LODGING**

- The cost of housing needed while teams are traveling shall be shared by the individual athletes through a fee for each night requiring overnight accommodations. Players shall be booked with four athletes to a room with consideration being given to requirements for different genders.

## **EQUIPMENT and UNIFORM**

### **JEWELRY**

Based on league rules, ALL jewelry is to be removed in order to participate. This includes starter posts. Students may wear a soft hair band or hair tie.

### **UNIFORM TURN IN: COMPLETION OF AN ATHLETIC SEASON**

At the completion of an athletic season, athletes are to return their **CLEAN** equipment/uniforms to the coach within 10 days. Failure to do so will result in the athlete's ineligibility to participate in another athletic activity until the issue is resolved and paying the cost to replace the equipment/uniform.

### **DUAL SPORT ATHLETES**

Coaches along with parents and the athletic director will try to accommodate, to the best of their ability, dual athletes. Expectations for these athletes must be met (games, practices) for the athlete to play. Dual Sport athletes coaches will agree on a schedule at the beginning of the season regarding practices and events the athlete will attend trying to make the schedule as balanced as possible.

### **UNIFORMS & WARMUPS**

- ALL optional CMS Warmups, shirts, etc... will be personally ordered through Chaos Ink. Styles will stay the same for 6th graders all the way through 8th grade. Chaos will have dates that orders will have to be in to be printed for a season.



- Uniforms will be issued before the first event to athletes that are academically eligible.
- Coaches may require specific gear for the sport and it will be outlined in their expectations.

## SAFETY

### STAFFING

Craig Middle School will follow the staff recommended coach allowance to insure proper safety and coaching of athletes. All staffing will be done through the athletic director. All staff will go through proper hiring procedures and interviews.

- Head coaches will be CPR certified.

### INJURIES

If a student exhibits the possibility of a **head injury** the coach will have the athlete sit the remainder of the event/practice or until an athletic trainer can evaluate the athlete. The coach or athletic trainer will contact the parents. If there is a possible head injury the parents will have to have a clearance in writing from a doctor before they are allowed to participate in future events or practices.

- If an athlete has an injury the coach or athletic trainer will contact parents. Parents may send a clearance note if the injury is minor.
- Injured athletes are still expected to be at practice to listen to the coach
- Coaches will use their discretion for playing time when students have had injuries, sat out of practices, etc.

### TECHNOLOGY

As the CMS handbook states: Personal devices will be used for positive communication purposes only. Pictures or videos of other students or players from CMS or other schools are prohibited. Pictures or videos will not be taken in bathrooms or locker rooms at any time.

## SCHOOL AND ATHLETIC BEHAVIOR, TOBACCO, ALCOHOL AND SUBSTANCE CONSEQUENCES

### PROFANITY

The use of profanity will not be tolerated at any time – practice, dressing room, buses, games, etc. The use of profanity will result in hustle time and can result in dismissal from the team.

### SUSPENSION FROM SCHOOL

If an athlete is suspended from school or received a resolution of in school suspension during an athletic season then an athletic suspension (missing event time) may be considered. If a student serves an out of school suspension they may not attend any extracurricular activities or practices for the duration of the out of school suspension..

In accordance with school board policy JJIB and JJIBA along with the Craig Middle School Athletic Policies your child is receiving the following consequence:

\_\_\_\_\_ **Minor Violation** of CMS and or Coaches Athletic Policies

- ☐ Citizenship & Sportsmanship
  - ☐ Meeting with the coach, a write up, dealt with through regular school/team policies and procedures

\_\_\_\_\_ **First Violation**

- ☐ Citizenship & Sportsmanship- repeat offenses
  - ☐ 1 week including 1 event for violation of CMS and or Coaches Athletic Policies
- ☐ Alcohol, Drugs, Tobacco, and/or Minor Criminal Charges
  - ☐ 2 weeks of the season or 2 events whichever is longer if the student is currently participating in an activity/sport
  - ☐ 1st Athletic Event if the student is not currently participating in an activity/sport (Including carry over the MCHS)
  - ☐ The student will receive information about the effects of misuse or abuse of alcohol, drugs, or tobacco from the school counselor(s), SRO.

\_\_\_\_\_ **Second Violation**

- ☐ Alcohol, Drugs, Tobacco and/or Felony Charges and Citizenship & Sportsmanship
  - ☐ Remainder or 1 athletic season or the next 3 athletic events in the next season they participate in (Including carry over the MCHS)
  - ☐ Completion of 10 hours of community service as designated by the school administrator, no MCSD events until clearance by the Athletic Director
  - ☐ Complete a counseling program that has been approved by the school administration

\_\_\_\_\_ **Third Violation**

- ☐ Alcohol, Drugs, Tobacco and/or Felony Charges and Citizenship & Sportsmanship
  - Remainder of the academic school year, if 3rd offense takes place after Jan 1st they will sit out for the Fall Sports Season

- No MCSD events through the end of the school year (may continue through Fall)
- 20 hours of community service and a coaches/AD re-entry meeting before next school year

### **Further EXPECTATIONS**

- Sport specific coaches expectations will be in addition to the above expectations.
- The CMS Student Handbook will be followed in addition to the CMS Student Athletic Handbook at all times.
  - Violation of this code of conduct may result in a warning, expulsion from the activity, or suspension from future activities or contests. This decision will be at the discretion of the principal or athletic director.

Updated 7/30/2021 s.linsacum

Updated 6/18/2024 b. evenson, e.bogue