

Raider Athletic Policies and Regulations

Practice and Attendance

You must attend at least 3 hours during the school day to be allowed to practice or to participate in a scheduled game. If you have been released from school through the clinic because of sickness you are not eligible to participate in athletic events that afternoon (practice or game). If you do not dress for activity in PE class due to illness or injury, even with a note, you will NOT be allowed to participate in that day's after-school athletics.

Practice begins promptly at 3:30 PM (you must be properly dressed and in the appropriate location by 3:30). Practice ends between 5:15 and 5:30 PM. Parents should be in the parking lot no later than 5:30 PM. In order to participate, you must be on time for all practices and games. Athletes should report to the locker room immediately after school and are not allowed to go to the bus ramp, parent pick-up areas or loiter in other areas of the campus. Violations will result in disciplinary consequences.

Tardiness is not acceptable. If you have an after-school appointment with a teacher, you must get a pass from that teacher with the time you left the classroom. You will have fifteen minutes to dress and arrive at the proper location for practice.

You are expected to attend all practices unless you are absent from school or have made prior arrangements with the coach. Unexcused absences from practices, matches or school may result in dismissal from the team (See consequences for more information). If you are absent from practice the day before a game, you may not be eligible to start or play in that game.

An excused absence from a day of school may not be an excused absence from practice or a game (ex: a family vacation). When students are not at practices and/or games the team suffers from the loss of a player and/or his lack of practice. If an athlete cannot commit to being at all practices or games during the season then the athlete should not try out for the team.

Practices are closed to those not participating this includes parents and siblings. This serves to avoid unnecessary distractions and for the safety of the athletes.

Always warm up properly before practices and games. Each coach will have a standard warm-up routine that you should follow. Horseplay, before, during or after practice will not be allowed. To further prevent injuries, all jewelry must be removed before practices and matches. Proper practice wear is a must. School clothes, dress shoes, cutoff jeans, and long jeans are not allowed. Some teams have practice uniforms and these must be worn according to the coaches' directions. Athletic shoes must be worn securely. Warm-ups will be needed for colder weather and traveling to away games in the winter months.

Conduct

Team membership is both an honor and a responsibility. Proper conduct, as outlined in the Henrico County Code of Student Conduct, is expected at all times, both on and off the field of play and during the school day. As a student athlete, you represent the best of Moody Middle School. Good sportsmanship is a must. Treat opponents, teammates, coaches, managers, parents and referees with respect. Demonstrate a positive attitude at all times towards teammates, coaches, refs and spectators. Listen to and follow the coaches' directions without argument. You should not roam around the school during practices or games, particularly when visiting another school. The team should always stay together. In addition to these general policies and regulations, a list of specific team rules may be distributed to those athletes who are selected for a team.

Athletic Consequences

Students who receive 3 or more referrals in a school year may not participate in Moody's athletic program. These students will be placed on probation for the following school year. This is told to all students during the PE introductions during the first 2 days of school and during the Code of Conduct assemblies.

Consequences of violations to the HCPS Code of Conduct and/or Moody's discipline policies will include, but are not limited to the following:

- 1st Unexcused Absence from Practice or game.....Sit Out 1 Game
- 2nd Unexcused Absence from Practice or game.....Removal from team
- 1st Teacher assigned detention.....Conference and possible one game suspension
- 2nd Teacher assigned detentionConference, 1 game Suspension, possible removal from team
- 3rd Teacher assigned detention..... Removal from team
- 1st misconduct during practice / gameSit Out 1 Game
- 2nd misconduct during practice/ gameSit Out 1 game, possible removal from team

Expectation is that student will rejoin team activities at the conclusion of the detention.

Administrative Referral

- 1st administrative referral will result in loss of participation during the day(s) of suspension and one game.
- 2nd administrative referral results in removal from team.

Note: Any infraction that results in an out-of-school assignment for three or more days is automatic removal from the team.

Playing Time

The amount of playing time for any individual athlete is at the discretion of the coaching staff. Coaches make every effort to maximize participation. These are

Team Captains

If a coach decides to choose captains this is at the sole discretion of the coach. Captains should be role models of behavior and attendance both during the school day and on the playing field. If an athlete is not following the policies set forth in this handbook and the Student Code of Conduct then they may be removed from the captain position at the discretion of the coach and athletic director.

Transportation

All athletes will transport together as a team. This means that if the team is using a bus then all athletes must ride the bus to the away game or carpool if the Coach decides to carpool. All the rules and regulations of the Henrico County Code of Conduct apply to bus transportation for extracurricular activities.

Roll will be taken upon departure from Moody and before returning from the away event. If an athlete is not returning to Moody on the bus after an away event, a parent must sign him or her out with the coach before leaving the school grounds. If a parent has made prior arrangements for an athlete to ride home with another parent, a note should be given to the coach before the game and the parent taking the child home must sign the athlete out with the coach before leaving the school grounds. If the teams are carpooling to away matches each athlete will need to fill out a permission form and each parent driver must be an approved Moody volunteer.

Inappropriate behavior on the bus during team travel will result in a one game suspension. Any misconduct during team practices or games (home or away) will result in a one game suspension.

Equipment/Uniforms

Each athlete must maintain and return uniforms that are assigned to him or her. Coaches will maintain accurate records of uniform issuance. Uniforms are to be machine-washed and hung to dry. Do NOT use the dryer. Damaged uniforms must be repaired or replaced by the parent. The coach will inform the athlete of the replacement cost. Because of safety issues and game regulations, athletes will not be allowed to participate if they are not properly dressed or are lacking in required equipment. Cleats should NOT be worn in the building. Cleats should be put on and taken off on the sidewalks outside the building.

Illness/Injuries

Current emergency information and insurance information (on the green/yellow card) must be on file with the coach. The card should be turned in immediately after making the team. If the athlete is under the care of a physician, whether for injury or illness, documentation must be provided from the physician stating that the athlete may not participate due to said illness/injury, and a follow up note needs to be provided from the physician to clear the student eligible to play. Notify one of the coaches IMMEDIATELY in the event of an emergency. Please read and sign the Henrico County policy on concussions.

Inclement Weather

In the event of inclement weather, we will try to make a decision about canceling games by 2:15 PM and practices by 3:00 PM. Because the weather is not always predictable there are times that we will have to cancel games much later in the day. Only cancelations will be posted on gomood.com, text message on REMIND, and announced in the school. Calling the main office should be a last resort. **If a message is not sent and there is no announcement on the website the games are still on.**

Students will be encouraged to ride their regular busses home. **Please discuss contingency transportation plans for cancellations BEFORE the need arises.**

In the event that our teams have already started an AWAY contest and it is cancelled due to inclement weather, any student who does NOT have a parent present to take him/her home will be brought back to Moody on the bus. Parents and students should discuss these pick-up plans for AWAY games prior to the need.

Parental Responsibility

1. Fill out and turn all forms in promptly:

-Emergency card

-Signed Raider Athletic Policy Form

-Signed HCPS Concussion Policy Form

-Uniform / Team wear form

-Transportation form (if team carpools)

2. Sign up for REMIND to receive immediate updates on cancelations, rescheduled games, and general team reminders.

3. Pick up athletes on time from practices (5:30 PM) and games (6:00-6:30)

4. Sign athletes out with coach at games if they will not be riding the bus home.

5. Write a note to the coach if your child will be riding home with another parent.

6. Lost or damaged uniforms and equipment must be repaired or replaced by the parent. The coach will inform you of the replacement cost.

7. Parents are also encouraged to volunteer to help in various capacities for sports teams during the year.

8. Obtain a physician note if your child is not allowed to participate and a release note for returning to activity.