

POLLARD ATHLETIC TEAM RULES

Margaret B. Pollard Middle School follows the recommendations/policies of the NC Middle/Junior High School Athletic Manual, Chatham County Schools Student Athletic Handbook, Margaret B. Pollard Students Handbook and the following guidelines:

As a Student/Athlete at Margaret B. Pollard Middle School, I promise:

- To be a positive leader within my school, understanding that my position as a student/athlete is one of privilege and responsibility.
- To be a worthy representative of my team, teammates, coaches, and sport, abiding by school rules and expectations and reflecting values of commitment, hard work and sportsmanship.
- To attend every practice and game unless excused by my coach.
- To accept the responsibilities of team membership and sportsmanship such as cooperation, support of my teammates, shared responsibilities, positive interactions, and mutual respect for everyone.
- To reflect a positive attitude by expressing my feelings and ideas intelligently and appropriately.
- Absolutely no use of alcohol, tobacco products, illegal substances, or any other substances that will have a negative effect on my performance as a student/athlete.
- To understand the proper behavior is expected at all times, and that time spent in ISS (In School Suspension), OSS (Out of School Suspension) will result in decreased playing time and possibly dismissal from the team.

I. Classroom Expectations

- Players must maintain a minimum “C” average (70 or above) in all classes and have good attendance while playing sports (must be in attendance for 85% of the semester).
- If a member of an athletic teams grade drops below a 70 average, he or she will be ineligible to practice or play until the grade is corrected. The athlete will need to discuss game attendance with the coach and choose between attending the game and sitting with the team or staying home and working on the low grade.
- Players must conduct themselves in the classroom and at school as a positive representative of Pollard Middle School.

II. Practice Expectations

- Players must attend practice. A player must be present a minimum of 75% of practices/games.
- Give your best effort at all times.
- Make your teammates better. Praise and encourage your teammates. NO CRITICISM, EXCUSES or COMPLAINING.
- Accept responsibilities
- Have all your equipment with you every day.
- Be enthusiastic. Enjoy yourself.

III. Game Expectations

- Whether you are playing or not, all members must remain supportive of each other and recognize that every individual sacrifice is directly related to the team’s success. A player must be present a minimum of 75% of practices/games.
- All players must have all of their equipment (uniforms, shoes, socks, etc.)
- Players will respect the opposing team, opposing coaches, referees and fans.
- No players will leave the field, court, or locker room until the coach has excused you.
- Players should not discuss playing time with a coach during a game.

IV. Violations and Consequences

As a member of a team you have a responsibility to yourself, your teammates, and coaches to be at every practice and game. By missing practice and/or game time you are missing valuable experience with your teammates and valuable instruction from your coaches. Other than medical or family emergencies there are no excused absences from games or practices. Coaches should be notified of any forthcoming absences PRIOR to the practice/game you expect to miss. Any and all scheduling conflicts should be made known to the coaches PRIOR to the start of the season.

Missing Practices or Games (Unexcused):

- 1st Unexcused Absence – Will not play in 1st quarter/inning/half of the following game; Playing time for remaining 3 quarters may also be reduced; may not run in meet as a timed runner
- 2nd Unexcused Absence – 1 Game Suspension
- 3rd Unexcused Absence – Removal from team

Violations of classroom, practice, and game: (Consequences are handed out with the sole discretion of the head coach.)

Consequences include, but are not limited to:

- Not Starting
- Sitting out a quarter or a half
- Sitting out the remainder of the game
- One game suspension
- Removal from the team

ISS/OSS: Students assigned OSS may not play, practice, sit on the bench or travel with the squad/team the day of the OSS. A student assigned ISS will not be allowed to play or practice, but may sit on the bench, and/or travel with the squad/team on the day assigned to ISS. Student/Athletes assigned OSS/ISS will miss a minimum of one game starting with the next game.

ASD: If a player has ASD on a practice day, they may attend practice late. If it is a practice day, the coach will decide game consequences for an unexcused missed/late to practice. If the ASD falls on a game day, the student athlete will be allowed to attend the game, but will not be allowed to dress out and/or play.

V. Parent Expectations

As a parent and fan it is also important to set an example for your student/athlete. Parents are asked to cheer on our teams and support our athletes whenever possible. In the event of a bad call or rowdy opponent please remember to keep your cool. An unruly fan could cause a penalty for our team and dismissal from the athletic event. .

- Under no circumstances should parents approach coaches before, after, or during practice to discuss their individual athlete. This should also be respected during all games and team events. Parents with questions should schedule a meeting with the head coach first. If after that meeting the concerns still exist, the parents may wish to set up a meeting with the athletic director.
- Coaches will do their best to provide all players with quality playing time, however it is their decision on when, where, and how much playing time is given. Their first responsibility is to put players on the field/court that best fit the situation. Please do not discuss playing time with the coach.
- Use positive reinforcement in your player's development by following and supporting all team expectations.
- Always be a positive role model for our students/athletes and represent our school community in a positive manner.