

BREWSTER MIDDLE SCHOOL

ATHLETIC DEPARTMENT

BREWSTER MIDDLE SCHOOL

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STUDENT ATHLETIC HANDBOOK

**BREWSTERS' COLORS ARE ROYAL BLUE
AND BLACK**

Mission Statement

Brewster Middle School Athletics provides an atmosphere of mutual trust and support among parents, community, administration, coaches, athletes and other students while maintaining high expectations of performance, sportsmanship, fair play and other positive attributes that helps to produce a well-rounded individual while participating in a rigorous and competitive athletic program.

Statement of Philosophy

We believe that the opportunity for participation in a wide variety of activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Coaching leadership should be of the highest quality and should provide athletes with examples of exemplary behavior. Measurement of leadership success should not be measured in terms of the tangible evidence of victories and defeats. Instead, character, courage and integrity should be the major objectives of the athletic program.

The athletic program should always be consistent with the general objectives of Brewster Middle School, Camp Lejeune Dependents' Schools and DODEA. Athletics should be viewed as an integral part of the total curriculum, and as such, every effort should be made to support the program with the best facilities, equipment and with the most qualified staff. Through the extracurricular activities programs, athletic administrators and school leaders should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

Objectives of Participation

Statement of Objectives:

- a. To provide a positive image of school athletics at Brewster Middle School.
- b. To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship while enhancing the mental health of student athletes.
- c. To ensure growth and development that will increase the number of participants; that will give impetus to increased contest attendance; that will enhance a program of maintenance and improvement of athletic facilities.

- d. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - 1) Physical, mental and emotional growth and development.
 - 2) Acquisition and development of special skills in activities of each student's choice.
 - 3) Development of commitments such as loyalty, cooperation, fair play and other desirable social traits.
 - 4) Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - 5) A focus of interest on activity programs for the student body, faculty and community that will generate a feeling of unity.
 - 6) Achievement of initial goals as set by the school in general and the student as an individual.
 - 7) Provisions for worthy use of leisure time in later life, either as a participant or spectator.
 - 8) Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.

- e. To provide a superior program of student activities that includes appropriate activities for every participant.

- f. To provide an opportunity for students to experience success in those activities he or she selects.

- g. To provide sufficient activities to respond to a wide variety of student interests and abilities.

- h. To provide student activities which offer the greatest benefits for the greatest number of students.

- i. To provide for the students' worthy use of leisure time now and in the future.

- j. To develop high ideals of fairness in all human relationships.

- k. To practice self-discipline and emotional maturity in learning to make decisions under pressure.

- k. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.

- m. To develop an understanding of the value of activities in a balanced educational process.

Welcome to Brewster Middle School Athletic Department, "Home of the "Bulldogs".

Brewster Middle School is a member of the Onslow County Middle Schools Athletic Conference.. This conference includes Dixon, Hunters Creek, Jacksonville Commons, New Bridge, Northwoods Park, Southwest, Swansboro, Trexler, and Brewster... Brewster offers the following sports during the school year:

Football Softball Wrestling Girls Soccer Girls Basketball Boys Basketball
Boys Soccer Volleyball Baseball Boys Track Girls Track Cheerleading

Brewster Middle School athletes must meet all eligibility requirements that are mandatory within the NCHSAA guidelines.

NCHSAA Eligibility Requirements

The requirements to participate in sports at BMS are not complicated, but require explanation. A student will not be allowed to practice or try out for a team until they are eligible in all areas.

Physical – A physical is required every 365 days (normally once in a school year). North Carolina High School Athletic Association Physical forms are located in the front office or at www.am.dodea.edu/lejeune/lhs. Fill out your personal history and have it signed by both sponsor and student. Take this completed form with you to your physical appointment. If a student misses five (5) consecutive team events (practices and or games) due to illness or injury, then the student must have a doctor's note stating that they are : 1. physically able to continue playing the sport; and 2. recovered from their illness or injury, before they continue to participate in athletics (NCHSAA Regulation).

Insurance –Proof of insurance (expiration date of student ID card) must be provided prior to practices tryouts or skill development. Failure to maintain a current military ID or insurance card will result in ineligibility.

Academics – In order to be eligible to participate in athletics at BMS, the student must follow the NCHSAA guidelines, the Department of Defense School System regulations, the Camp Lejeune Community Schools policies and policies of the Onslow County Middle Schools Athletic Conference: Below are the minimum requirements:

Each Semester -NCHSAA Regulation

A student must:

1. Must be carrying a "minimum load of work" of 6 credited classes for the semester
2. Pass 6 credited classes
3. No academic probation is available
4. Once you are deemed ineligible, you are ineligible for the entire semester
5. Students who are retained are ineligible for the following semester

BMS Grade policy –each quarter and Progress Report grading period grades will be checked for Brewster Middle School academic requirements.

See attached sheets for information.

Age / Semester / Years in high school

- a. No student is eligible if they are 15 on or before August 31, of the current calendar year.
- b. A student is eligible for four (4) consecutive academic semesters from the date they first entered seventh (7th) grade.
- c. No student may participate in any middle school sport more than 2 consecutive seasons.

Residency-A student must reside with at least one biological parent or show a court ordered custody and not guardianship. Please contact the BMS Athletic Director if there are questions and for a further explanation of the residency requirements. If a move is made you must report that the move to BMS registrar and ensure that appropriate arrangements are made for continued enrollment.

Attendance-A player must be in compliance with the DoDEA Attendance policy:

- a. Must be in compliance with DoDEA Regulation 2740.1 (Reference (C)).
- b. Students are required to be in school the full day (7:50-2:35) on the day of a weekday game, pursuant to Reference (c). The only exemption is for an appointment approved by the school administration in advance.
- c. A student cannot be absent from school and attend practice except for an excused absence *approved by the administration in advance*.
- d. A student who is “unexcused absent” on the day of a scheduled athletic program is ineligible for participation in that event.
- e. A student suspended from school is not eligible, at the minimum, for the next scheduled competition.

Falsification of Information-Falsification of information in terms of eligibility will result in the student athlete(s) being declared ineligible for a period of 365 days from the point of notification to the NCHSAA. Student athlete will be prohibited from involvement in all athletic related activity for the 180 day school year and any school-sponsored activity(s) during the summer.

NCHSAA Mandatory Parent Meeting-at least one sponsor and the student athlete must attend the mandatory meeting. This meeting will provide eligibility guideline, hazing/bullying, Gfeller-Waller Concussion State Law, sportsmanship, and NCHSAA/BMS contract information.

Brewster Middle School Athletic Department General Rules 2020-2021

There are several rules that govern student athletic participation. The rules governing the athletic program are in addition to other rules that apply to your student / athlete. These rules do not replace or take precedence over rules imposed by another agency or group. If a situation develops, your student-athlete may have penalties imposed by more than one organization. All athletic, school, district, local, state, and federal rules apply whenever your student athlete participates as a member of the team. This is true whether they are at or away from school, on or off base:

1. **Discipline:** If there is the appearance of a discipline or school work problem with a particular student athlete, the teacher will contact the coach or athletic director. If a discipline problem develops the assistant principal or principal will notify the athletic director. Eligibility and participation is subject to review at any time. Additionally, any student that is suspended from school cannot practice or participate in an athletic event.
2. **Tobacco / Drugs / Alcohol:** Simply stated no student-athlete may use any illegal substance at any time, on or off campus, on or off base. Use of illegal substances renders the student athlete ineligible. For the purpose of this rule, tobacco is an illegal substance. Additionally, under the terms of this policy, possession is defined as use. Consequence will result in the student athlete being ineligible up to two seasons.
3. **Transportation** to and from games all student athletes are required to ride the school transportation to and from the games. A student athlete may only ride home with his/her parents unless previously approved by the principal to ride home with another adult. Students may not drive to games.

4. **Academics:** students are expected to be a student first and an athlete second. Grades will be checked at progress report time and at the end of each quarter. Students who do not meet the academic requirements will be placed on either probation or suspension. Refer to the attached sheet for further information.

5. **Attendance:**

- a. Students must be in attendance the full day (7:50-2:35) in order to participate in a game or practice that day. Only pre-approved excused absences will be accepted. If you did not get the doctor's appointment approved please bring in documentation to include date and time of appointment.
- b. Unexcused tardy day after the athletic contest will deem the athlete ineligible for the next contest.

6. **Dropping and Transferring Sports:** Athletes may not change team membership following the opening contest of each sport season. A student does not have to participate in a contest for this to be in effect, only be listed as a member on a team roster. If an athlete quits a team, they may not try out for another sport until the sport they participated in has completed their season.

7. **Uniforms and Equipment:** Students are financially responsible for all equipment issued to them. All uniforms and equipment must be left at school at all times. School furnished uniforms/equipment are to be worn only for contest and or practice. . All equipment not returned in good condition will be subject to financial penalty. No athlete will be eligible for another sport until all uniforms/equipment have been turned in.

8. **Sportsmanship/Code of Ethics:** All students shall abide by a code of ethics. Any conduct that results in dishonor to the student, team, or school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, and/or violations of the law, tarnish the reputation of everyone associated with the athletic and extracurricular programs and will result in immediate dismissal from the team and/or suspension from school. Negative behavior reports may be grounds for suspension from practice and/or competition.

9. **Social Media Guidelines:** Doing any of the following could jeopardize your privilege of participating in high school sports. Student athletes should avoid the following on social media:

- a. Derogatory language or remarks about teammates or coaches; other team student athletes, teachers, or coaches; student-athletes, athletics administrators or representatives of other Schools.
- b. Demeaning statements about or threats to any third party
- c. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- d. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- e. Indicating knowledge of an unreported felony theft or felony criminal damage to property.
- f. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

10. **Heat Guidelines:** BMS follows the USMC Camp Lejeune base flag conditions (AHSS). See attached sheet and check out the website at <http://ahss.lejeune.usmc.mil/DODWarning.aspx> .

11. **Emergency Action Plan:** An EAP is on file at the front office and is updated yearly

12. **Athletic Trainer:** BMS does not have a certified LAT,ATC trainer on staff, but we do work closely with Lejeune High School which does have one on staff. If an athlete gets injured they need

to notify the coach who will then notify the athletic trainer. If the athlete fails to notify the coach, and you are aware of the injury, please report the injury to the athletic trainer.

13. **Team Rules:** Each head coach has team rules which they will go over with the student-athlete and the sponsor. At some point, they will ask you and your student athlete to sign an acknowledgement of these rules.

14. **Bus Rules:** The students are responsible for the following:

Be courteous and respectful, no profanity, remain seated at all times, use inside voices, keep all body parts inside the bus, no cleats to be worn on the bus, no singing or playing music on the bus. Sports buses are not allowed to stop to eat within Onslow County.

The Role of Parents in Interscholastic Athletics

Communication with your Student Athlete

1. Make sure your student athlete knows that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your student athlete's athletic ability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your student athlete in a way that creates pressure.
6. Don't compete with the coach because your student athlete will be receiving mixed messages from two different authority figures.
7. Don't compare the skill, courage, or attitude of your student athlete with other members of the team.
8. Get to know the coach(es). Once you know them, we are sure that you will enjoy having your student athlete as a member of the team. Like many things in life, you don't always agree with everything that happens, but most of the time it works out for the best.
9. Always remember that student athlete's tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative.

Communicating with the Coach

Communication You Should Expect from Your Student Athlete's Coach

- Philosophy of the coach
- Expectations the coach has for your student athlete as well as all players on the squad

- Locations and times of all practices and contests
- Team requirements (fees, special equipment, off-season conditioning)
- Procedures should your student athlete be injured
- Discipline that result in the denial of your student athlete's participation

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach. In one way or another every student is connected to the Marine Corps. No organization functions well when the "chain of command" is violated. The coach is the first link in the team's chain of command. You owe it to yourself, your child, and the rest of the team to talk over your concerns about your child's participation with the coach before you talk to anyone else.
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and / or expectations
- Any special medical or other needs of your student athlete especially if your child takes medication or has an IEP because this information is confidential and is not automatically shared with the coach.

Appropriate Concerns to Discuss With Coaches

- The treatment of your student athlete, mentally and physically
- Ways to help your student athlete improve
- Concerns about your student athlete's behavior

Issues Not Appropriate To Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Appropriate Procedure for Discussing Concerns with Coaches

- Call to set up an appointment with the coach (contact the athletic director to set up the meeting if unable to reach the coach).
- Do not confront a coach before or after a contest or practice. These can be emotional times for all parties involved and do not promote resolution.
- Discuss concerns with the coach directly. Do not discuss concerns through your child, other parents, and certainly not while being a spectator.

What If the Meeting with a Coach Did Not Provide a Satisfactory Result?

Call to set up an appointment with the athletic director. You will leave that meeting either satisfied that your concerns were addressed or with an appropriate next step.

Volunteer Coaches: What do I need to do if I want to be a volunteer coach?

- Fill out a volunteer form- located at the front office. Need to wait for approval before you can begin coaching.
- Fill out a volunteer coaching form- located at the front office at BMS
- Talk with the coach of the sport to see if they are interested in using volunteer coaches

If you are approved by the coach you will need to complete the following prior to attending any practices or contest:

- Complete the Fundamentals of Coaching class online at <http://nfhslearn.com/>. The cost is \$35.00. You will also need to print the certificate and give a copy to the athletic director to keep on file.
- Complete the Concussion course online at <http://nfhslearn.com/>. This is a free course. You will also need to print the certificate and give a copy to the athletic director to keep on file.
- Complete the Anti-Terrorism training online. This is a free course. You will need to print off the certificate and give a copy to the office.

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Mid-Quarter Progress Report and Report Card
Athletic Suspension/Probation

Student: _____ Grade: _____

Sport: _____ Home Telephone: _____

Progress Report: 1 2 3 4 Report Card: 1 2 3

Grades on progress reports and report cards will be used to determine athletic eligibility.

Suspension: Mid-Quarter Progress Report

- 1) Any student-athlete who earns one (1) or more **F**'s or three (3) or more **D**'s will have playing privileges suspended immediately. During the suspension, the student-athlete may attend practice but may not participate/dress for games or sit on the bench, and will not be allowed to travel with the team on the bus.
- 2) For mid-quarter progress reports: student-athletes will regain eligibility as soon as the **F(s)** and/or **D**'s have been removed. The student-athlete must print off their grades from Gradespeed and have the teacher or coach sign the grade sheet and return it to the athletic director for approval.
- 3) For report cards: student-athletes will remain on suspension for at least two (2) weeks.

Probation: Mid-Quarter Progress Report and Report Card

- 1) Any student-athlete who has two (2) **D**'s for the reporting period will be placed on probation. During the first two weeks of the probation, the student-athlete will be allowed to attend practice and to participate in games or matches. If at the time of progress reports the student-athlete still has 2 **D**'s from previous grade checks and they have gone beyond the two week period without grade improvement they will remain in suspension.
- 2) If the student's grades have not improved during the two-week probationary period, the probation will be extended by one week. During this period, the student-athlete may practice but will not participate/dress for games or sit on the bench, and will not be allowed to travel with the team on the bus.

Athletic Suspension/Probation/Grade changes will not be accepted after 3:00 pm

Completed grade reports and grade contract for suspensions and probations should be presented to the athletic director. Failure to do so will result in the student-athlete being deemed ineligible to practice or compete in a game.

The administration has the right to withhold or cancel suspension/probation and may devise an individual academic plan for success for individual student athletes.

.....
I understand the requirements of athletic suspension and/or probation. I understand that the student athlete must regain academic eligibility or be removed from the team for the remainder of the season. The student athlete is responsible for printing off their grades from Gradespeed.

Student-Athlete: _____ Date: _____

Administration/AD: _____ Date: _____

Parent: _____ Date: _____

Hazing/Bullying

What is Hazing?

Hazing is any action or situation with or without the consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical, or academic health or safety of a student.

What does it look like?

- Required “greeting” of members in a specific manner when seen on campus
- Performing of special tasks for the members or others
- Physical exhaustion from multiple sit ups, running, or other calisthenics
- Appearance of mental exhaustion or withdrawal from normal lifestyle; change in personality
- Withdrawal from normal activities or friends

What is bullying?

It goes right in hand with hazing and is aggressive behavior towards a fellow student that makes him/her feel uncomfortable and can end up in them being physically and mentally harmed.

There are 3 different kinds of bullying that include:

- Verbal bullying- name calling, racist or sexist comments, and threats of harm.
- Social Bullying- Hurting someone’s reputation, leaving someone out, spreading false rumors, and embarrassing someone intentionally
- Physical Bullying- Hitting/Kicking
- Cyber Bullying-bullying using technology. For instance, it involves using the internet, mobile phone or other technology like a camera to bully and so hurt or embarrass someone.^[4]

It can be caused by anyone at anytime, anywhere and reach a vast audience

What should I do if I think someone is being hazed/bully?

- Tell the person you are concerned
- Describe what you have observed
- Let your friend know its ok to withdraw from a group or organization
- Offer support to the person
- Let your friend know what help there is available

Stop Hazing/Bullying!

The same follows for bullying. If you see it happening then you should let someone know as soon as possible. It’s all fun and jokes until you’re on the wrong side of the joke. No one wants to be treated in a way that they feel scared and insecure. The bottom line is treating others how you want to be treated.

CONCUSSION

INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional Mood	Sleep
Difficulty thinking clearly Taking longer to figure things out Difficulty concentrating Difficulty remembering new information	Headache Fuzzy or blurry vision Feeling sick to your stomach/queasy Vomiting/throwing up Dizziness Balance problems Sensitivity to noise or light	Irritability-things bother you more easily Sadness Being more moody Feeling nervous or worried Crying more	Sleeping more than usual Sleeping less than usual Trouble falling asleep Feeling tired

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

HOT WEATHER GUIDELINE FOR ATHLETIC
PRACTICE

CALL 451-1717, option 1, option 3, option 1