

Mesa Public Schools

Mission Statement for Interscholastic Athletics

The Mesa Public Schools Interscholastic Athletic Program is committed to promote, direct, and conduct interscholastic athletics in such a manner as to further the aims of general education. It will teach advanced knowledge and skill of sport, promote friendly relationships with other schools, encourage participation by students, and teach good sportsmanship and fair play. Furthermore, interscholastic athletics will develop desirable traits in the individual, encourage optimal participation, and enhance fulfillment of competitive desires.



Athletics--Your Participation is a Privilege

Your participation in the Stapley athletic program is a voluntary opportunity to develop your skills and to represent the school. Involvement in the sports program requires you to give a lot of yourself. You must be willing to invest a tremendous amount of energy and many hours of your time beyond the normal school day. Turning out for the team also assumes certain ethical obligations to yourself and your teammates. Although voluntary, you participate as a representative of your family, school, and community. For this reason, the standards of academic performance and school citizenship expected of student athletes are high. It is assumed that you and your teammates will conduct yourselves at all times in a manner that will reflect credit on you and your team, and bring honor to your school. To assume any less, and thus lower standards, would be self-defeating, do an injustice to you, and a disservice to the team.

When you and other student athletes are willing to discipline yourselves, make the necessary sacrifices, remembering that you are students first and athletes second and strive for the highest level of performance of which you are capable, the result will be satisfaction in your accomplishments. You will have had the privilege of participation in a well-organized sports program that will be a lifelong source of satisfaction and pride--win or lose.

Freshman Sports Provided at Stapley Jr. High

Sports open to freshmen are listed below by season. Tryout information will be made available through the coaches and also in daily announcements.

Fall

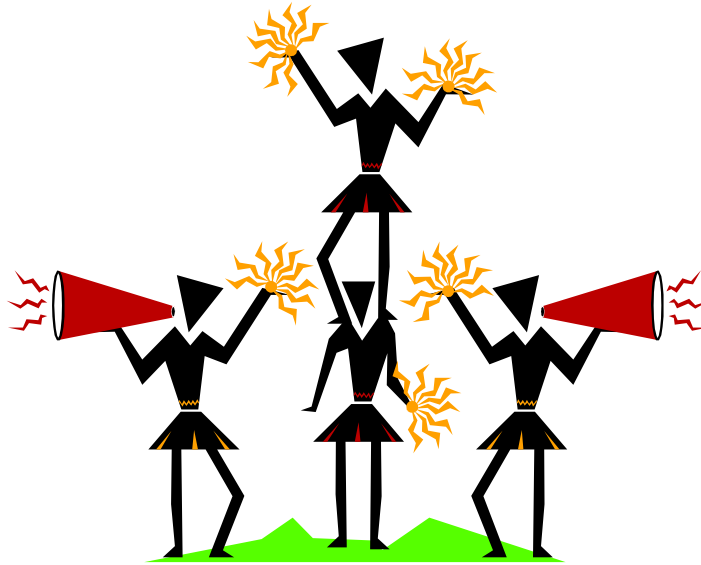
Football
Boys' Tennis
Girls' Tennis
Girls' Volleyball
Cross Country

Winter

Boys Basketball
Girls Basketball
Boys Wrestling

Spring

Baseball
Boys Track
Girls Track
Girls Softball



Senior High School Sports Open To Freshmen

Since some sports are not offered at the junior high level, you may wish to try out and participate at the high school you will attend as a sophomore. These sports are listed below.

Fall

Diving
Golf
Swimming

Winter

Soccer
Tennis

Spring

Track Tournaments

Participation In Sports at the Senior High

Freshmen may participate on a Senior High school team **only if the sport is not offered at the junior high**. Participation on these teams is very competitive. You will be competing for a position on the junior and varsity teams with sophomores, juniors, and seniors. Many times, in tennis and track, freshman are invited to participate by the senior high coaches based on the freshman's ability shown on the Stapley team and on the recommendation of your coach.

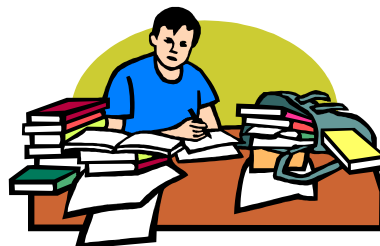
You must do the following in order to try out for the sport at a senior high school:

- Obtain the **Information Packet for Freshman Playing Senior High Sports**. This is available in the office of the Stapley Athletic Director.
- Contact the coach at the senior high and arrange a try-out and give the coach the necessary forms (found in the packet mentioned above).
- If you make the team, have the coach complete the required letter to Stapley's registrar.
- Your parents will also need to complete the required letter to Stapley's attendance secretary.
- You must follow appropriate attendance and checkout procedures.



Eligibility is Essential to Participation

For you to participate in the freshman sports program, you must be eligible and remain so. Arizona Interscholastic Association (A.I.A.) Rules of Eligibility that apply to ninth graders are summarized below. Additional guidelines or specific information is available in the office of the Stapley Athletic Director.



For ninth graders to participate in sports they must:

1. Be a ninth grader **enrolled in five or more classes** in school before the 15th day of any nine-week grading period.
2. Attend ninety percent of the school days in any semester.
3. Live in the attendance area for Stapley Jr. High with the domicile (where they actually live) of your parents or legal guardians in the same attendance area or have been granted admittance to Stapley through the Open Enrollment process or Transfer to Stapley.
4. Be receiving a **passing grade in all subjects** in the preceding grading period. The first nine weeks, first semester, third nine weeks and second semester grade determines eligibility. Opportunity to regain eligibility is reviewed through the progress report. Several programs are available on campus to assist students in coursework.
5. Have on file a **physical examination** for the current school year. Physicals completed after March 1 are valid for the entire school year.
6. Have on file parental or legal guardian **consent to participate** in interscholastic competition.
7. Not be participating in the same A.I.A. sanctioned sport outside school during the season and thus retain your amateur standing. (A.I.A. Nonschool Participation Rule)
8. Be in attendance on the day of the athletic **contest at least one half of the day** (three or more class periods). Release time is not recognized as a class and therefore will not qualify as a period in school.

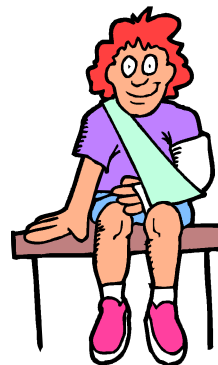
Insurance for Bruises, Bumps and Broken Bones

When you meet the eligibility requirements and begin a particular sports season, you are covered by the school insurance plan which is offered to all students. The school student activity fund pays for the insurance which insures you **ONLY** during practices, to and from contest by school transportation and during contests. It does not cover you any other time unless you have purchased the twenty four hour school coverage.

It is important that you and your parents understand the following.

1. The accident insurance is secondary insurance and only pays that part of the medical bills not paid by your parent/guardians' insurance plan or about 20% of any medical bill.
2. You should understand that you participate at your own risk and that the School District does not pay for injuries; this is the responsibility of your parents or guardians.
3. The insurance paid by student funds does not include twenty four hour coverage or dental coverage. For a small fee, you may take out dental insurance which is also a secondary policy to your parent/guardians' health policy and therefore, pays only part of the medical bills. Insurance forms for the supplemental insurance coverage are the same as used by all students and may be obtained from the school office or your coach.

When you are injured during practice or games, you may obtain the necessary forms to file a claim from the school nurse.



Standards of Conduct for a Stapley Athlete

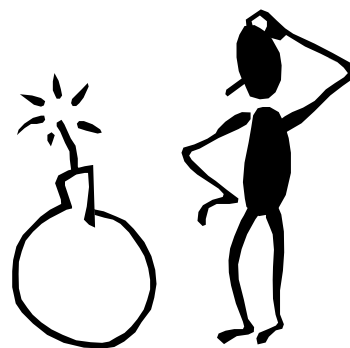
You represent more than just the athletic team of which you are a member. You represent the entire student body, your family, and yourself. When you are seen in uniform, you are Stapley Jr. High, not just one student. You are expected to behave at all times in a manner that would make other Stapley students proud of you and Stapley. Because of this responsibility, more is expected of you when you are a Stapley athlete.

You are expected to follow the **Guidelines for Student Behavior** and the rules found in your **Student Handbook** for all Stapley students. Because you are acting as a representative of Stapley, you may lose the privilege to participate as an athlete when:

- ◆ you show negative behavior, attitude or actions on the field, court or in school.
- ◆ you miss practice without notifying the coach.
- ◆ you are absent from school on the day of a game without previous arrangements with the coach. You will not participate in the game unless you have attended at least three class periods. Release time is not a class.
- ◆ you do not meet and maintain academic standards in your classes. Athletes will be asked by your coach to take an evaluation form to your teachers in which they will provide academic and behavior information.

Consequences for Inappropriate Conduct

If you violate a guideline for behavior, you will have a conference with the coach and/or an administrator. You may be issued a warning and/or **may not participate in the sport for one week** as well as detention, suspension, etc. If your sport has two contests in a week, you will miss both contests. You may be dismissed from the sport if the infraction is severe or if you fail to meet the standards required from the initial meeting. If you are dismissed from the team, you will forfeit your right to participate in the following athletic season.



Standards of Conduct at Athletic Contests

There are occasions when, during a game, we become involved in the emotion of the event. We must not let the emotion override the fact that it is a game which not only tests athletic ability but also provides enjoyment. It is important that you show respect to the officials and the other participants in the game. Failure to do so could mean your removal from the team by the coach or school athletic director.



You should treat the officials with respect even though a particular judgment of the official may go against you or your team. Remember, that the contest could not be played without an official. It is a part of sportsmanship to thank the official at the end of the contest no matter how poorly in your mind the official has conducted the contest.

Your behavior on the bench, playing field, or court influences the spectator actions, their reactions to calls of the officials, and their overall conduct on the field (court) or in the stands. You should:

- set a good example for your team and spectators at all times.
- be a good host to opponents.
- treat opponents with respect that is due them as guests or hosts.
- exercise self control at all times. Respect the officials' judgments and interpretation of the rules. Never argue or make unsportsmanlike gestures toward an official.
- refrain from communication with officials regarding clarification of rules. This privilege belongs only to the captain or coach.
- accept the responsibilities and privileges of representing the school and community on the athletic field or court.



Conditioning And Training Rules



You should be aware of your own abilities and limitations. Your coaches are knowledgeable about the proper training and conditioning for sports. You should follow their advice and suggestions to help you become a better athlete. Here are a few suggestions for your use and safety.

1. You should not run up and down the bleachers or gym stands for conditioning. Too many injuries have resulted due to this practice. The use of interval training will accomplish the same conditioning without the danger of severely injuring you.
2. You should take care in performing exercises which stress the knees. Squat thrusts should not be utilized. Recent studies have caused even the military training programs to abandon this conditioning drill due to the stress it causes upon the knee and the ligament and soft tissue injuries its use causes.
3. During football games or practices you should not use heads for batting rams when blocking and tackling. Your coach will enforce the rules prohibiting spearing, butt blocking and face tackling in practice and games. You should respect the helmet as a protective device and the helmet should not be used as a weapon. You should follow the instructions of your football coaches concerning the proper methods to tackle in order that you do not injure others or receive a fatal injury yourself.
4. Though it seems obvious, athletes should abstain from the use of tobacco, alcohol, and improper drug use. This includes the use of performance enhancing substances.
5. The most prudent course of action is to follow a regimen of proper diet, including well balanced meals with an emphasis on fruits and vegetables. Adequate rest is also essential to peak performance.

Hot Weather Suggestions

There are special suggestions for you to practice when the weather is hot. Please carefully review the following suggestions and apply them for your protection.

1. You should be aware of the effects of heat on your body. During the hot weather you should insure that you keep your fluid intake high. Heat stroke and heat exhaustion are preventable. Shorts and lightweight shirts should be worn when possible. Remember to stay within the district dress guidelines.
2. Practices may be scheduled for early morning or evening during August and early September.
3. You should get your body used to hot weather activity by working out in moderate, graduated session out of doors, before the season begins.
4. The most important safeguard to the health of the athlete is the replacement of water. You should rest in a shaded area during breaks provided by your coach. You should drink as much water during these breaks as you wish.
5. Salt should be replaced daily. Extra salting of your food will accomplish this purpose. Salt tablets SHOULD NOT be taken by athletes engaged in physical activity. You should also drink more water than you normally intake.
6. Watch your fellow athletes carefully for signs of trouble (fatigue, lethargy, inattention, stupor, awkwardness, etc.) These may be signs of heat stroke, dehydration and exhaustion, all of which could be fatal.
7. Remember, temperature and humidity, not the sun, are the important factors and that heat stroke and heat exhaustion can occur in the shade.
8. If you are playing football and you're standing on the sidelines during practice and at games, you should remove your helmet in order to prevent overheating and loss of water through excessive perspiring.

So You Want to Quit!

Because you may have other commitments in your busy schedule or other reasons, you may have decided to drop off the team of which you are a member. The following steps must be completed if you want to participate in sports during the next sport season or possibly participate in a concurrent sport.

1. Talk with the coach and explain your decision; then write a statement to the coach which explains why you are quitting.
2. Within two (2) regular school days following your quitting, your parents will notify the coach that they are aware of your dropping the team.
3. If you have completed the first two steps and you want to participate in the next sport season, the following will occur.
 - a) You must write a letter to the Stapley Athletic Director indicating your desire to participate in a sport for the next season. The letter is to indicate why you failed to complete the sport you began and why you want to participate in the next sport season. A committee selected by the athletic director will meet to rule on your request to participate.
 - b) The Athletic Discipline Committee shall consist of the principal, the athletic director, a coach, and a counselor or classroom teacher. The committee will meet when you wish to continue to participate or have quit a team and desire to participate for next sport season.
 - c) Within three (3) working days of your request submitted in writing to the committee, the committee will meet to review your petition. You will be invited to attend. You will be informed in writing of any decision made by the Athletic Discipline Committee.



Taking Care of the Equipment

Each year, our school spends over \$8500.00 for equipment and uniforms. Some of these supplies are used up each year but most are expected to last for several years. It is important that each athlete make every effort to properly use the equipment to insure that it may be used by the athletes who follow.

If you purposely damage athletic clothing, gear, or equipment you will be required to pay for it. If you lose equipment or clothing checked out to you, you will be expected to pay for the replacement item plus ten percent for handling.

Lockers

Athletes may be assigned a "Team Locker" to be used during a particular sports season. These lockers are not for general use (i.e. regular P.E. classes) and must be vacated after a particular season ends.

It is imperative that the utmost care is taken in securing this locker at all times. Even short trips to the showers or restroom provide opportunity for someone to go through your belongings. Please take extra care to protect your belongings as well as those of the school.

Travel



Transportation to and from athletic contests normally will be provided by the Mesa Unified School District. Student athletes are expected to travel with their teams. Team members must remain with the team and under the supervision of the coaching staff before, after, and during events, including travel time. Any exceptions to this policy must be requested on the appropriate district form and be approved in advance by the coach.

Hey Coach!! Let me Play!!

The coach of each of the freshman teams at Stapley has a commitment to help you become the best you can be in the sport in which you participate. He or she realizes that you may not have reached your potential in the junior high years but may do so while you are in senior high. Each coach is a competitive person and wants his or her team to make the best showing possible while on the field or court. The coach must balance these two important goals. Sometimes this means you may be sitting on the bench when you think you should be actively playing.

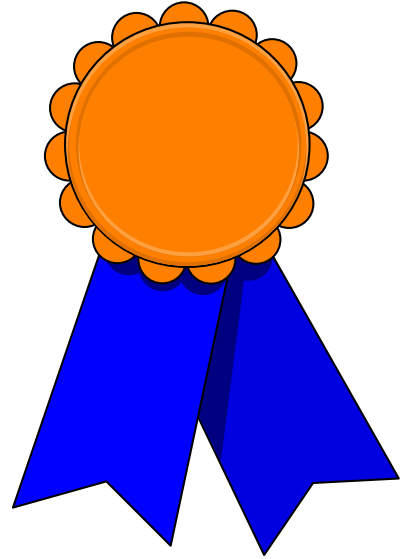
Interscholastic or high school sports involves intense competition. There is not a requirement that the coach give each team member playing time in a contest. Perhaps your experience with youth sports through a club or after school sports was one that encouraged or required that each team member have playing time. This is not the case with high school competitive athletics. Therefore, you may not get as much playing time as in the past.

Remember, the coach is trying to put the best combination of players on the field or court during the contest. His or her judgement may not be the same as yours. If you find yourself spending time on the bench, consider this as a learning time. Listen to the coach's evaluation of the team's performance so when you get the chance to play your efforts will be the best you can offer during the contest. Be patient, give all your effort in practices and develop your skills. The time you spend on the bench may be decreased due to these efforts.



Stapley Athletic Awards

It is our desire to recognize the accomplishments of the athletes as they compete as representatives of Stapley Jr. High. At the conclusion of each sport season, there will be an awards and recognition activity. At this time the participants of each sport will be recognize by their coach for being a member of the team and for any outstanding accomplishment.



Disclaimer

It is not the intent of this handbook to cover every specific rule and regulation of the district, school or the A. I. A. It has tried to summarize the most often asked questions related to participation in athletics. Additional and specific information is available upon request from the office of the school athletic director or on the district or AIA web sites.

Welcome To Stapley Junior High Athletics!

Congratulations on your decision to try out for one of Stapley's athletic teams. Our athletic program plans on a future of great success, both for the school and for the individual athlete. The information in this handbook is provided to help you understand what it means and what is required as an athlete at Stapley. Please share the information in this ***Athletic Handbook*** with your parents or guardians. Become as familiar with its contents as possible.

We hope you have an enjoyable and successful experience.

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