

KIRBY



FALCONS

KIRBY MIDDLE SCHOOL

ATHLETIC HANDBOOK

**ACADEMICS
CHARACTER
PARTICIPATION
SUCCESS**

INTRODUCTION

Our competitive athletic programs are provided to help student-athletes grow academically, athletically, physically, and socially. Kirby Middle School will encourage and support broad participation from as many students as possible, whose teams will compete on an equitable basis with other schools without sacrificing sportsmanship, scholarship, and the general welfare of the school and student.

In partnership with the student and parent, the duty of the instructional and coaching staff is to help foster success in an honest and sportsmanlike manner through a variety of experiences by teaching our student-athletes positive attitudes and safe and appropriate standards of behavior. Some of the standards to be included are sportsmanship, citizenship, scholarship, responsibility, reliability, dependability, integrity, self-discipline, self-esteem, teamwork, and commitment to serving and improving the school and civic community. We believe that all students will contribute to the community by engaging in activities to help make our community a better place to live and work. We believe that parents play a vital role in the development of the student-athlete. Playing under a code of good sportsmanship fosters enjoyment and participation in athletics, maximizes athletic ability and helps individuals strive for personal and team success.

The primary purpose of this handbook is to acquaint you with the policies and expectations of the Kirby Middle School Athletic Program. You are responsible to read, know, and understand the complete contents of this handbook. In the event that there is something in this handbook you do not understand, please bring it to the coaching staff's attention as soon as possible.

This handbook was made to encourage the lines of communication between you and the coaches. We must have guidelines so that all participants can have an equal chance to become part of our program. Our policies have been put in this booklet so you can refer to them from time to time during the course of the season.

WELCOME TO KIRBY MIDDLE SCHOOL ATHLETICS!

KIRBY MIDDLE SCHOOL ATHLETIC PHILOSOPHY

The athletic program at Kirby Middle School is a **voluntary program**. **It is a privilege, not a right, to be in athletics**; therefore, it is necessary for student-athletes to hold to a certain code of conduct that is above and beyond those followed by their peers. Expectations of discipline, character, and integrity are the integral parts of the Kirby Middle School Athletic Program. Athletes are role models and represent the many Kirby Middle School athletes who before them who have represented our school with pride and dignity.

Academic success is necessary to compete in the athletic program and necessary for successful team participation. A student-athlete is expected to be a student first and an athlete second.

The off-season program is designed to build character, discipline, integrity, and a dedicated work ethic. Strength, quickness, endurance, mental toughness, and a winning attitude will be developed throughout the year. Athletes will be evaluated on a constant basis to develop each individual to the best of his / her ability.

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in an interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct tarnish the reputation of everyone associated with the athletic program and will not be tolerated. Negative attitudes and behaviors violate team goals and philosophies. Violations will result in losing the **privilege** of participating in athletics.

PROGRAM REQUIREMENTS

Any organization that is worth being a part of has some guidelines that all members must follow. The Kirby Falcon organization is no exception. Several of these requirements are paperwork mandated by the UIL. Other requirements are those that you must follow.

Physical Examination - A current JISD physical form signed by a physician must be on file with the coaches before the student may try out, practice or play. The physical must be filled out properly and complete. Physicals must be done yearly and they are good for participation in all sports offered at Kirby.

Rank One Participation Form Packet – All forms must be completely filled out; Medical History Form, Athletic Participation Form, Covid Form

Handbook Policies - Athletics is a privilege at Kirby and not a Right! Each athlete will have on file that he or she and his or her parents/guardians have read and understand the Kirby Falcon handbook. Knowing and following the rules and regulations of our program is your responsibility!

WE EXPECT THE FOLLOWING THINGS FROM OUR ATHLETES

1. To get an education.
2. To hustle 100% at all times and work to the best of your ability in games and practices
3. To be appropriately dressed out for all workouts.
5. To give an unselfish love towards your teammates and to respect them.
6. To be totally honest in all your dealings.
7. To be extremely loyal to your school, administration, teammates, coaches, family, and friends.
8. To be prompt for all meetings and practices.
9. To never pass up an opportunity to praise and never take an opportunity to criticize.

WHAT YOU CAN EXPECT FROM YOUR COACHES

1. To be loyal to you in all areas.
2. To be totally honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To treat you as a young adult.
7. To make all decisions based on what is best for the team and then what is best for the individual.
8. To help you mature and grow as a young adult.

9. To help you reach your goals.

KIRBY MIDDLE SCHOOL
RULES AND POLICIES

ATHLETICS

There is an athletic period scheduled during the school day. This period is used as a general conditioning period for most of the school year. It is not a requirement for a student to be placed in the athletic period in order to play sports after school. In order for your student to be placed in the athletic period, he or she must be recommended. If policies and rules are not followed, the athlete may be put on probationary status and/or removed from the team/program.

RULES

There are three simple questions our student-athletes can ask themselves in situations they may encounter:

1. Will it make me a better person?
2. Will it make me a better student?
3. Will it make me a better athlete?

If the answer is no, then it will be a rule, and there will be no exceptions.

ATHLETIC DEPARTMENT POLICIES

No Drugs, Alcohol or Smoking of any kind. will not be tolerated. First offenses will result in dismissal from the team and athletic program.

Stealing will not be tolerated. A player caught will be suspended or dismissed from the team and athletic program.

No profanity. will not be allowed. Offenses will result in disciplinary action. We expect you to handle yourself with dignity and pride at all times.

No gang affiliation.

No Inappropriate Use of Technology. : Under no circumstances is it okay to write or post anything on your social networking pages and/or messages that could be interpreted as negative or derogatory towards a coach, administrator, teacher, teammate, official, opponent or any other individual. First offense will result in disciplinary action and may result in dismissal from the team and athletic program.

Conduct: Your conduct needs to show a great deal of class and pride in our program. Don't do anything to take away from this. You are to always follow school rules and procedures. You are expected to act properly in class, giving your teachers and administrators courtesy and respect. Make your teachers glad that they have you in class. Failure to adhere to the above conduct will result in a conference and possible disciplinary action. **At all times you will be held accountable for your actions**

No jewelry during athletics, practice or games. Long hair should be tied up during athletics, practice, and games.

Promptness: On time means being early. Be ready to practice at the stated time. If you are running late call the office phone and leave a message. If during school hours, come see a coach. Don't assume your coach knows where or why you are late.

If you have to miss a practice please notify a coach. The phone number is 661-1140 ext. 23142 (Male Coaching Staff) or ext. 23141 (Female Coaching Staff). Please leave a voicemail if there is no answer.

Note: Any violation of the rules that occurs during the school year will be documented and handled in an unbiased manner. Any violation that becomes habitual in nature will be cause for suspension or dismissal from the team and athletic program.

Attendance: Do not cut class. Do not be tardy to class. Do not miss the athletic period. There are very few excuses that will be accepted. You must attend all scheduled practices. If you must miss a practice, be sure to tell a coach personally. **Do not tell another athlete to tell your coaches that you will not be attending practice. It is strictly your responsibility!!!** Excessive missed practices could result in team dismissal. You must be in school on game day to be eligible to play. Missed practices must be made up.

Respect for Coaches: All coaches should receive a "Yes, Coach" or "No, Coach" response from players. Players in return will be treated with respect by their coaches. Whenever a coach is speaking, "focus". Give them your undivided attention and always establish eye contact. Profanity towards coaches or teammates will not be tolerated. Offenses will result in disciplinary actions.

Participation: Athletes are encouraged to do as many sports as possible. Sports offered at Kirby are cross country, football, volleyball, basketball, soccer, track, and tennis.

INDIVIDUAL RESPONSIBILITIES

GRADES: Grades are very important. Our athletic program supports our education system. Your primary goal at Kirby is to receive an education. We expect you to do the best that you possibly can in all of your subjects. As coaches, we do what we can to help your teachers get the best possible work out of you. Grades and conduct will be monitored. Poor grades and/or poor conduct including excessive talking, disruptive behavior and missing assignments may result in disciplinary actions.

If you fail even one subject, you may not participate in any extracurricular competitions until your probation period has ended.

ATTITUDE: Attitude is a very important part of an athletic program. You will spend a lot of time with other athletes. You will make some new friends in the program. A positive attitude will always help you on the court. A player with a GOOD attitude toward his or her teammates and coaches is worth MUCH more than the best player in the world with a bad attitude, who cannot get along with his or her teammates. Your actions are a great reflection of you, on and off the court or field. Having a positive attitude improves your work habits.

DEDICATION: You will be asked to spend a lot of time to be a part of the athletic program. We will sometimes work six days a week. You will have to make decisions as to the division of your time. This includes outside curricular activities. Learn to give 100% to each.

QUITTING A SPORT: Quitting a sport is NEVER encouraged. Quitting will result in a meeting with the coach of the sport and a mandatory 5 day make up period

ATHLETIC PROFILE

Everyone wants to be a starter on our athletic teams. Unfortunately, not all of you will. The coaches will determine the role in which you will contribute to our teams. We feel it is important for you to understand how decisions are made. You will find out that playing time is based on the following criteria:

Knowledge of position: We will not play people who do not know their positions. Missed practices will affect this matter.

Hustle & Effort: Everyone is required to give 100% at all times!! Extra effort and hustle helps win games!! Run to and from drills! Never let your coaches see you walk off and on the court!!

Attitude: Attitude is everything!! There is no room for you on a team with a **BAD ATTITUDE!** Be a leader, be enthusiastic, and be positive with your teammates!

Talent: Practice good work habits!! Perfect Practice makes perfect!! Improve your strengths and work on your weaknesses. Learn and love to get better at what you do. Work with a purpose - that is to get better!!

We have set up an open door policy to discuss your work ethics. At all times we will be fair. If you have any concerns, we ask that you (the athlete) address it with your coach. Be responsible for your own actions!!

A coach's decision is final in the selection of the teams. Your playing time is determined by the effort you put forth to the team!!

LOCKER ROOM GUIDELINES

We expect you to keep locker rooms as **neat** and **sanitary** as possible.

We want you to take great pride in this facility. We expect each member of our team to adhere to the following locker room guidelines.

1. Keep all your valuables **LOCKED** up. Your locker provides ample room for storing your valuables (purses, jewelry, clothes, shoes, backpacks, etc.). You are issued a locker with a lock for your convenience. If you deem something valuable – **LOCK IT UP or LEAVE IT AT HOME. THE COACHES ARE NOT RESPONSIBLE FOR THE ITEMS YOU LEAVE IN THE LOCKER ROOM.**
2. Do not throw trash on the floors. Trash cans are located in the main locker room for this purpose.
3. Do not spit on the floors. This is a health hazard. Keep the floors neat and clean.
4. No glass containers are allowed in the locker room or gymnasium area. Please put them in a trashcan before coming into the gym. Do not bring cologne bottles into the dressing room. Breakage causes health concerns.
5. **ABSOLUTELY, NO HORSEPLAY** in the locker room.
6. Visitors are not allowed in the locker rooms.
7. **Coaches will do random locker room checks.**
8. Only in-season athletes are allowed in the locker rooms before/after school.

INJURIES

We must learn to distinguish between pain and injury. An athlete who is injured and cannot practice will be under the directions of the athletic trainer and/or doctor. In the RARE EVENT you are injured, remember the following:

1. Report all injuries to the coach as soon as possible and follow instructions.
2. An athletic trainer from the high school is available to assess injuries.
3. No one MISSES roll call or practice because he/she was injured.
4. You will be expected to be at all team meetings even though you are injured.
You are expected to DRESS OUT DAILY for class even though you are injured.
5. **ONCE A DOCTOR HAS RESTRICTED YOUR PHYSICAL ACTIVITY, THE SAME DOCTOR AND THE ATHLETIC TRAINER MUST RELEASE YOU BEFORE YOU CAN RESUME ANY WORKOUTS OR PLAY IN COMPETITION.** A player who cannot workout or condition CANNOT play in competition.
6. On hot, sweaty days, be sure to drink plenty of fluids.
7. **Apply ice and mild pressure to a new injury.** Heat is only to be applied 72 hours after the injury occurs and ice treatment has been given.
8. Good personal habits will help protect against injury and illness. Get eight hours of sleep, eat three meals a day, and use common sense in all your activities.
9. Keep yourself in top physical condition, both in and out of season. Your chances of being injured are reduced when you are in shape.
10. An athlete instructed to wear special protective equipment (braces, etc.) will be *expected* to do so. Do not simply stop wearing protective equipment. Your chances of injury or re-injury are greater.
11. Taping is to be done *PRIOR* to practice or competition. Waiting until the time to take the floor is too late.
12. **Make sure the coaching staff receives a copy of any doctor's notes.** All notes will be forwarded to the athletic trainer – you will be released to play by the athletic trainer (trainers are available from 10-2 on Saturdays and Sundays) A copy of the note and the release from the trainer will also be kept in your athletic file on campus

PRACTICE/GAME PROCEDURES

PRACTICE NIGHTS: Coaches will give athletes a practice schedule each month so parents will know pick-up times. . If there are any changes in the schedule, athletes will be given prior notice so that other arrangements can be made. If there are ride problems, please try to arrange alternate plans beforehand. Please be prompt. Excessive missed practices could result in dismissal from the team. **All athletes must be picked up in front of the gym area on Seguin Road.** Students will remain socially distanced while waiting on rides This is for the safety of the athletes. Students are expected to be picked up within 20 minutes at the end of practice. Coaches remain at school until all athletes are picked up. Please be respectful of their time so they may spend time with their families.

GAME MORNINGS / NIGHTS: Athletes will be given approximate pick-up times. SPORTSYOU will be used to let parents know that their child is on the way back to campus. Since many games are over after dark, coaches make it a practice to remain at school until all athletes have been picked up. Because of this, parents are respectfully asked to pick up their athlete as soon as possible **We ask that you please pick up your student up in front of the gym area on Seguin Road.**

TRANSPORTATION

Judson ISD provides transportation to and from competitions. Busses are sanitized prior to pick up at transportation. They are also sanitized upon return to the bus yard. Athletes are expected to ride the bus to and from competition with their team. Students will be seated in a socially distanced seating chart on the bus to observe the 6 foot rule. If a situation arises, parents are to notify the coaches 24 hours in advance to make arrangements for alternate transportation.

FALCON SPORTSMANSHIP

The purpose of this communication is to provide the parents and students of Kirby Middle School with some guidelines for spectator participation at Kirby Middle School sporting events. We want all parents and students to be safe at all times while attending sporting events on the campus and in order to ensure this, we ask all to follow a few simple rules.

1. Loitering about the campus during sporting events is not permitted. Please remain in the stadium or gym seats unless using the restroom during times given by the coaching staff. Persons not attending the sporting event, but remaining on campus will be asked to leave. Students (non-participants) waiting for rides will remain in front of the school.
2. Observe good manners and sportsmanship. Jeering and taunting officials and members of the opposing team is poor sportsmanship. Cheer for both teams!!!
3. Under no circumstances should students or parents go out onto the playing field or court (before, during or after competition).
4. Students and parents, as spectators, should not attempt to talk with or otherwise confront game officials. Complaints about officiating should be made in writing and addressed to the principal of the school where the sporting event took place.
5. Kirby Middle School students, team players, and spectators are expected to observe the highest degree of sportsmanship at all times. Please remember that at home games the opposing team, their coaches, spectators, and administrators are our guests.
6. Kirby Middle School athletes will be expected to follow the directions of their administrators and coaches at all times.
7. Throwing of objects in either the stadium or gym is specifically forbidden for any reason. Absolutely no noise devises may be used during a contest.
8. Remember that sports at the 7th and 8th grade level are a privilege designed to allow the students to participate in a fun activity and thereby learn about a sport.
9. Please remember there is no smoking allowed on school property.
10. As always, your support of KMS is most welcomed and appreciated.



DISCIPLINARY ACTION BY THE ATHLETIC DEPARTMENT

VIOLATION

CONSEQUENCE

- | | |
|--|---|
| • Failing Grades – Progress Reports/Report Cards
Suspension | Disciplinary action & Possible |
| • Excessive Tardiness | Partial / Full Game Suspension / Possible Dismissal |
| • Disrespect to Coaches/Teachers | Disciplinary action / OFI / Suspension / Dismissal |
| • Absence From Practice | Make-up Workout |
| • Unsportsmanlike Conduct | OFI / Suspension / Dismissal |
| • Abusive Language | Disciplinary action / OFI / Suspension / Dismissal |
| • Fighting | OFI / Suspension / Dismissal |
| • Smoking/Drinking/Drugs | Dismissal |
| • Gang Affiliation | Dismissal |
| • School Suspension (1 class/day = 1 day) | OFI for each day / Suspension / Dismissal |
| • Public Display of Attention | Disciplinary action / OFI / Suspension / Dismissal |
| • Inappropriate use of Technology / Blogging | OFI / Suspension / Dismissal |

NOTE: Any violation of the rules that occurs during the school year will be documented and handled in an unbiased manner.

Any violation that becomes habitual in nature could be cause for suspension or dismissal from the team and athletic program.

OPPORTUNITY FOR IMPROVEMENT (OFI)

This special period will run after practice sessions. The participant will complete exercises as directed by the coach during a 20 minute time period. The following are examples of exercises that may be used during an OFI.

**** OFI MAY BE REPEATED IF NOT COMPLETED ****

KIRBY ATHLETIC POLICIES

ATHLETICS IS A PRIVILEGE, NOT A RIGHT.

THESE PRIVILEGES MAY BE REVOKED &/OR RESTRICTED FOR VIOLATIONS OF ANY OR ALL OF THE STATEMENTS IN THIS AGREEMENT. ANY VIOLATION COULD RESULT IN REMOVAL FROM A SPORT AND POSSIBLE DISMISSAL FROM THE ATHLETIC PROGRAM AT KIRBY MIDDLE SCHOOL.

Parents (P) and Student Athlete(S): Please read and initial to every statement and sign at the bottom of this form.

I _____, agree to the following regulations established for athletes participating in the Kirby Middle School Athletic Program.

ACADEMICS- Kirby athletes are considered as students first on our campus and are expected to maintain passing grades in all subjects. Failure to maintain passing grades at report times could result in being ineligible for competition. Therefore, student athletes will turn in a grade check each week as required by the coaching staff. A parent needs to sign the grade check form.

Initials: P: _____ **: S:** _____

Conduct – Student athletes will conduct themselves at all times (on & off campus) in a manner that will be complimentary to themselves, their family, their team, their school, and their community. Any action(s) that are considered inappropriate could result in campus and athletic disciplinary action, and possible removal from the team and/or athletics.

Initials: P: _____ **: S:** _____

ATTIRE: Student athletes will dress appropriately for all occasions. Practice attire will be the required Kirby athletic uniform. The uniform is not to be altered /or marked inappropriately in any manner. Athletes are not to wear pierced earrings to practice or competition. The student athlete is expected to adhere to Kirby MS dress code at ALL times.

Initials: P: _____ **: S:** _____

LANGUAGE: Student athletes will use language that is proper and acceptable to our society. Student Athletes will refrain from using profanity, making any disrespectful,

derogatory, and/or degrading remarks, statements and/or gestures toward any person(s) or groups(s). This includes social media posts.

Initials: P: _____ **: S:** _____

RESPECT: Student athletes will show respect to others at all times. The student athlete agrees to accept the decisions of the officials, coaches, teachers and all persons in a position of authority. If the student athlete has any questions pertaining to any decision, a conference is to be requested and scheduled at an appropriate time.

Initials: P: _____ **: S:** _____

ATTENDANCE: Student athletes will make a sincere effort to establish a perfect attendance record at Kirby Middle School. Student athletes are to attend school the day of a contest & the day following competition. Practice attendance is mandatory. Roll is checked daily. If a practice must be missed, the student athlete must inform the head coach of the sport. The practice is to be made up prior to participating in the next competition.

Initials: P: _____ **: S:** _____

TECHNOLOGY USE / BLOGGING: Student athletes will use technology (including phones and apps) appropriately. Student athletes will refrain from posting profanity, any disrespectful, derogatory, and/or degrading remarks, statements, pictures, and/or gestures toward any person(s) or groups(s).

Initials: P: _____ **: S:** _____

TRANSPORATION: The student athlete is required to ride the bus to and from competition with the team. In rare cases, if the student must be excused from riding the bus, the parent needs to contact the coach

Initials: P: _____ **: S:** _____

RESTRICTIONS: Kirby athletes are **PROHIBITED** from the following:

Be in possession, use and/or distribution of any form of:

- Tobacco, alcohol or controlled substance
- Being in possession of any type of weapon
- Stealing
- Graffiti / vandalizing school property
- Taking pictures in a locker room

Initials: P: _____ : S: _____

ATHLETIC HANDBOOK CONFIRMATION

I have read and fully understand the high expectations that the coaching staff has for me. I am also aware that this handbook can be found on the Kirby Athletic Website. I will follow these rules and wish to be part of a great tradition, "Kirby Falcon Athletics." If you have any questions, please feel free to call the coaching staff at 661-1140 ext. 23141 (Men) or ext. 23142 (Women).

Athlete's Signature _____ Grade _____

Print Athlete's Full Name _____

Parent's Signature _____

Print Parent's Full Name _____

**HAVE A TERRIFIC YEAR AND
ENJOY BEING A KIRBY FALCON!!!**

