

JMCSS



**Athletic
Handbook
West Bemis**

Letter from the Principal

We are honored that you have chosen to be a part of West Bemis Middle School athletics.

While we seek to mold and shape the whole child, in this moment we celebrate our student athletes. We strive to compete at the highest levels and we want to provide our student athletes with every opportunity to succeed on and off the field. Our athletic administration and our coaches work diligently to teach, coach, shape and mold our student athletes so that they can achieve more individually and collectively than they ever dreamed possible.

Although we strive to compete and win, we do so knowing that our mission defines winning differently. If the scoreboard shows our team winning, but we have not exhibited sportsmanship attributes on the field and in the stands, we have actually lost much more than a game. Please join our Athletic Director, coaches, faculty and me as we seek to win and compete in a way that honors our mission and the name on our uniforms – West Bemis Tigers!

Please find ways to actively engage and rally around our athletic teams and programs. Nothing strengthens campus community and heightens school spirit like student and parent participation in sports. Let us all support our Tigers as we compete fiercely but with a spirit of good sportsmanship. Let us graciously welcome our guests and enthusiastically cheer on our teams. Let us strengthen and encourage our West Bemis community through the togetherness and camaraderie that comes with team sports.

Thank you again for being a part of the West Bemis Middle School athletics program. I look forward to seeing you at games, matches, meets, and various events on campus.

GO Tigers!
Richard V. Willis
Principal

Letter from the Director of Athletics West Bemis Middle School

Dear parents,

Welcome to West Bemis Middle School athletics. Your family's interest in the athletic program is welcomed. We believe that participation in sports is a vital part in the development of a well-rounded, disciplined, and self-motivated young adult. It is our intent to maintain a program that is sound in purpose- furthering each student's educational maturity.

When you and your child sign up for our athletic program, you are making a commitment together. First, the program is governed by the Tennessee Middle School Athletic Association (TMSAA). As a school, we have agreed to abide by their bylaws. Second, the JMCSS has developed our own code for a winning season: **J**udgement, **M**otivation, **C**ourage, **S**ervice, and **S**upport. You will see this repeated throughout the school year.

We look forward to a successful year for our athletic teams. If I can be of any assistance, please do not hesitate to call me at 988-3810, or email me at klpiercey@jmcss.org.

Go TIGERS!

Shea Piercey
Athletic Director

JMCSS Athletics

We will win with

Judgement- We will use good judgement to offer our student athletes the most competitive experience while keeping their health, safety, and character development at the forefront of all that we do.

Motivation- We will do all in our power to motivate our student athletes to become the best versions of themselves possible. We will lead by example the benefits of positive motivational techniques.

Courage- We will have to courage to do the right thing at all times. We will lead with the courage knowing that doing the right thing will always be supported, recognized, and celebrated.

Service-We will model servant leadership. We will serve our student athletes, peers, school community, and Jackson Madison County to the best of our ability each day. We will be advocates for JMCSS in all that we do.

Support- We will support our student athletes, each other, and our school community to help all parties grow daily toward becoming the best versions of themselves. Let Judgement, Motivation, Courage, Service and Grace guide you in your Support.

We are JMCSS and We will win.

Here to support and serve,

Tim Gilmer

JMCSS Athletic Director

tkgilmer@jmcss.org

Athletic Mission Statement

The mission of the Athletic Department at JMCSS is to promote a successful and well-respected athletic program that strives for excellence and character development while achieving our full potential in shaping leaders.

Athletic Philosophy

JMCSS Athletics promotes a lifestyle of character, discipline, excellence, integrity, hard work, and leadership. Athletics provide an inherent opportunity to learn life lessons as well as character and skill development. These fundamental opportunities will not only help our student-athletes reach their full potential in striving for excellence. It is the desire of the CCHS Athletic Department to provide student-athletes with opportunities to compete at a high level and represent our community with pride and tradition.

Sportsmanship Beliefs of JMCSS Athletics

JMCSS believes good sportsmanship is an integral part of interscholastic competition. In order for good sportsmanship to prevail, coaches, students, athletes, and fans must display respect, fairness, honesty, and responsibility before, during, and after all athletic contests. We encourage enthusiastic support of all student-athletes and teams while exhibiting good sportsmanship in words and actions.

Responsibilities of a Coach at JMCSS

- To exhibit a public demeanor that reflects positively on the school.
- To fully support the JMCSS mission statement.
- To know and abide by all JMCSS general school and athletic policies.
- To support the overall Athletic Program including coaches of other sports and the encouragement of student-athletes to participate in multiple sports if so desired. No student-athlete shall be encouraged by any JMCSS athletic coach to participate in one specific sport over another.
- To ensure the safety and welfare of the student-athlete. Coaches will champion aggressive play that is fair and ethical with a fundamental emphasis on good sportsmanship at all times.
- To be knowledgeable in their sport, dedicated to preparation, and committed to motivating student-athletes to optimum performance.
- To responsibly use and care for school-owned equipment associated with his or her sport.

- To know and abide by all Tennessee Secondary Schools Athletic Association (TSSAA) rules.
- To use only official school colors and logos when ordering uniforms and/or practice gear.
- To report to the Athletic Director.
- The Athletic Director holds JMCSS coaches accountable through a clearly articulated set of expectations and a yearly detailed evaluative process. All JMCSS coaches are committed to supporting the school mission and the philosophy of the Athletic Department.

Responsibilities of a Parent at JMCSS

- Create a positive atmosphere of support for teams. Please refrain from “bleacher gossip” that would not serve as encouragement to other student-athletes.
- Refrain from being derogatory or abusive toward all coaches, officials, and players.
- Ensure student-athlete arrives to practice on time and is picked up on time.
- Encourage student-athletes to balance time commitments to both team and school work.
- Schedule family vacations outside of athletic commitments as much as possible.
- Guide student-athletes in both winning and losing with grace and poise.
- If capable, assist in the financial support for team extras.

Responsibilities of a Student-Athlete at JMCSS

- Participation is an honor and a privilege. Work hard.
- Always conduct yourself in a way that positively represents our team and school.
- Demonstrate good sportsmanship.
- Demonstrate loyalty to teammates and coaches.
- Be coachable. Respect and accept the decisions of the coaching staff. Accept constructive criticism.
- Balance responsibilities to team, school work, and family.
- Be committed to academic excellence.
- Encourage teammates to excel.
- Put the team before self.
- Refrain from drugs/alcohol/tobacco so as to strive for peak physical condition.
- Arrive at practice on time.

JMCSS Sports

Fall Sports

- Cross Country (boys/girls)
- Cheer
- Football
- Golf (boys/girls)
- Soccer (girls)
- Volleyball

Winter Sports

- Basketball (boys/girls)
- Cheer

Spring Sports

- Baseball
- Soccer (boys)
- Softball
- Tennis (boys/girls)
- Track (boys/girls)

Affiliations

JMCSS High School is a member of the Tennessee Secondary School Athletic Association (TSSAA) for all varsity sports. As such, we agree to abide by their policies and by-laws in addition to our own. All sports will follow the National Federation of State High School Associations (NFHS) rules pertaining to their sport.

TSSAA Eligibility Requirements

A summary of TSSAA Eligibility Rules is provided below for your information. All coaches are responsible for knowing, understanding, and following these rules. Without strict compliance, the student-athlete's standing and the athletic program at CCHS could be in jeopardy. If you are unsure about your status relative to one of these rules, please contact the Athletic Director.

TSSAA By-Laws

Eligibility Requirements

1. *A student must earn five credits the preceding school year if less than 24 units are required for graduation or **six credits the preceding school year if 24 or more credits are required for graduation.** All credits must be earned by the first day of the beginning of the school year.*

2. *A student must be enrolled before the 20th school day of the semester, in regular attendance, and carrying at least five full courses during the present semester.*
3. *A student is permitted eight semesters of eligibility beginning with the ninth grade.*
4. *A student shall be ineligible in high school if he or she becomes 19 years of age on or before August 1.*
5. *Athletes must live at home with their parents.*
6. *In order for a transfer student with an athletic record to be eligible at another school there must be a bona fide change of residence by the athlete's parents.*
7. *All transfer students must be approved by the Executive Director of TSSAA before participating in any game.*
8. *A student who engages in three or more days of practice - including spring practice - with a high school in which he or she is enrolled shall be ineligible in that sport for 12 months if the student enrolls in another school without a corresponding change in the residence of his or her parents.*
9. *A student whose name is listed on the school eligibility report cannot participate in an independent game or meet until the season has closed in that particular sport. (This does not include golf, tennis or bowling.)*
10. *A registered athlete cannot accept any money for athletic skills in any TSSAA sponsored sport.*
11. *When an athlete is charged tuition to attend a school, it must be paid by the parent or bona fide guardian or other family member.*
12. *A student may not participate in an all-star game unless it is sanctioned by the TSSAA and unless he/she has completed high school eligibility in that sport.*
13. *An athlete may accept a medal, trophy, high school letter, sweater, jacket, shirt, blazer or blanket for athletic participation but nothing else of commercial value, and these awards must carry the school's letter or other appropriate award emblem.*
14. *All expenses to an athletic camp where specified instruction is offered must be paid by the athlete or his parents.*

JMCSS Academic Eligibility Requirements

The athletic program is not a reward for good behavior or academic success. It is an extension of a well-rounded educational process, playing an integral role in shaping the total person. Teamwork, commitment, sacrifice, work ethic, and sportsmanship are but a few of the many intrinsic values that can be learned and reinforced on the field of competition. All students are encouraged to participate in as many sports as their ability will allow. Athletics and academics should not conflict, but complement.

School Attendance

Student-athletes must follow the school's attendance policy. Athletic eligibility may be in jeopardy if a student-athlete does not meet the JMCSS attendance requirements.

Suspensions / Detentions

A student-athlete who is suspended from school shall not participate in any athletic activity during the suspension. Prolonged athletic inactivity or dismissal from the team will also be considered depending upon the nature of the offense..

Hazing

An intentional or reckless act by a student or group of students that is directed against any other student(s) that endangers the mental or physical health or safety of the student(s) or that induces or coerces a student to endanger his/her mental or physical health or safety.

Coaches and other employees of the school district shall not encourage, permit, condone or tolerate hazing activities. "Hazing" does not include customary athletic events or similar contests or competitions and is limited to those actions taken and situations created in connection with initiation into or affiliation with any organization.

Hazing of any kind will not be tolerated and will be dealt with according to JMCSS Policy 6.304

Physicals, Concussions, & Emergency Contact Forms

Student-athletes must have a valid and current TSSAA physical BEFORE participation in any sport. In accordance with Tennessee state law, the NFHS player/parent concussion information forms must be read, with checklist forms completed, before participation in any sport. These forms will be kept on file with each Team Head Coach.

Making a Team

All student-athletes wishing to make a team should be provided the following prior to tryouts:

- Try-out practice schedule
- Criteria used to select the team
- Practice and game commitment if they make the team
- Behavior commitments

In the case when "cuts" are necessary to field a team, the following factors will be weighed by our coaching staff:

- Physical attributes of the candidate; strength, agility, running, jumping, throwing, stamina, etc.

- Attitude and work ethic
- Skills particular to the sport
- Skills particular to a “position”
- Specific needs of the team
- Previous experience in the sport
- The number of positions available on the team
- School behavior

Prior to “cuts”, each student-athlete shall:

- Have had a chance to compete and demonstrate their athletic ability in practices, scrimmages, or games

Participation

JMCSS student-athletes are encouraged to participate in a wide variety of athletic opportunities. Student athletes may participate in as many school sports as they can manage. If a student-athlete is involved in both school and AAU/club teams, school teams must take priority over AAU/club teams and any other non-school team. According to TSSAA rules, when a student-athlete is actively in-season in any sport at JMCSS, he/she cannot play or practice in the same sport on any other team. This includes church leagues, recreational leagues, etc. When a student-athlete joins a school team, he/she is responsible for upholding team commitments. Accountability is essential in maintaining a cohesive and functional athletic program.

Scheduling Policies

The Athletic Department at JMCSS desires to help student-athletes achieve balance in their commitments. We will do our best to protect academic time by limiting school absences and early departures due to athletic contests. However, there will be some infrequent occasions when academic time may be missed due to the following: nature of the sport, amount of daylight, travel distance, post-season tournaments, and needs of the opposing school. JMCSS student-athletes are responsible for making up missed assignments in a timely manner.

- All athletic schedules must be approved by the District Athletic Director.
- School absences or early check-outs due to athletic events must be pre-approved by the Athletic Director and Principal.
- There will be NO athletic contests scheduled for Wednesday or Sunday. Exceptions to this rule are postseason tournaments. The Team Head Coach must get approval for any regular season athletic contests on Wednesday or Sunday before they are scheduled from the District Athletic Director.
- Coaches should publish and adhere to beginning and ending practice times.
- Sunday practices may not start before 1:00 pm and will conclude by 5:00 pm.
- In the event of inclement weather or pending inclement weather, the Team Head Coach, Athletic Director, and Principal will decide whether or not a game will be cancelled or postponed. This decision will be made as soon as possible in order to

quickly communicate to others. Though every decision will not always be perfect, it will always error on the side of safety for the players.

Transportation Policies

Transportation will be provided by the school unless multiple teams are playing on the same day or bus drivers are not available. If no school transportation can be provided, alternative arrangements will be made by the Team Head Coach and Athletic Director. If cars are needed, the Team Head Coach must receive a permission slip from all involved student-athletes stating that the student-athlete has permission to ride in a car with an adult or another student. Written permission must be given for a student-athlete to be able to drive their own car or transport others. Permission cannot be given over the phone. Student-athletes must return to school with which they came to the contest unless a parent has otherwise notified the Team Head Coach or Assistant Coach. Permission to rent Charter Buses must be approved by the Athletic Director.

Difficult Situations

Parenting, teaching, and coaching are difficult jobs. The Athletic Department supports a partnership between parents and the coaching staff. Many potential problems can be avoided by keeping the lines of communication open between student-athletes, parents, and coaches. For this reason, we encourage you to communicate with us about issues of concern. We do ask that you trust our coaches. Coaches will make the decisions regarding playing time of student athletes based on the coach's best assessment of what is best for the team. Though it can be hard as a parent not to compare your child's playing time to that of another, please understand that our coaching staff is committed to your child's continued improvement in an effort to prepare him or her for increased playing time as well as for unique opportunities to help the team. An important goal in athletics is to instill in our student-athletes a sense of ownership and responsibility for their own actions. It is important that student-athletes learn the necessary communication skills and conflict resolution techniques that will not only equip them for more difficult situations, but will also provide a way in which to conduct themselves that will bring honor. Every effort should be made by student-athletes and coaches alike to address one another with respect. Please review the order of conflict resolution in athletics:

1st Step: Player and Coach

2nd Step: Parent, Player, and Coach

3rd Step: Parent, Player, Coach, and Athletic Director

Final Step: Parent, Player, Coach, Athletic Director, and Administrator

Topics of playing time, team strategy, other student-athletes, or a player's position on the team are generally not helpful conversations between a coach and a parent. However, asking about ways to help your child improve, expressing concerns about your child's behavior, requesting additional academic support, informing coaches of distractions in your child's or family's life, or requesting ways to be more involved as a

parent in an effort to help the team are all very appropriate, appreciated, and encouraged conversations. We encourage you to voice your concerns in a civil manner directly to us rather than to others. Our desire is to have a supportive partnership between our coaches and parents. Please be advised by the following should you need to meet with a coach:

- Call the coach or email him/her to set up an appointment.
- Feel free to ask the Athletic Director to be present as a mediator, not to take sides.
- A parent should never approach a coach after a game unless the intention is positive or complementary in nature. If you have concerns following a game, please wait until the next day to schedule a meeting. Human nature would remind us that neither the parents nor the coach is at his or her best immediately following a tense, hard fought game. Waiting a day to address concerns allows tempers to cool and thoughts to become more rational and civil.

Athletic Trainers

Injuries may occur in any sport. JMCSS contracts with Sports Plus to provide treatment and therapy for athletic injuries for our student-athletes. If a student-athlete is injured while participating in a school sport, he or she may see the Sports Plus athletic trainer assigned to JMCSS. If an injury occurs that requires surgery, contact the Athletic Director for information on how to file TSSAA Catastrophic Insurance.

Uniform and Equipment Care

JMCSS student-athletes are responsible for the maintenance, upkeep, and protection of all issued uniforms and equipment. The student-athlete is responsible for lost or damaged uniforms and equipment and will be responsible for reimbursing any damage or replacement costs to the Athletic Department.

Communication

The Athletic Department utilizes several different methods of communication in its correspondence with parents, student-athletes, and the community. The Team Head Coach will submit information such as scores, stats, and special stories to local newspapers. The Athletic Department will post announcements, scores, and other information on Twitter, Facebook, and other forms of social media.

Athletic Booster Club

The Athletic Booster Club is a non-profit booster club run by parents and overseen by the Athletic Department and administration at JMCSS. Its purpose is to increase school spirit, boost participation from the JMCSS fan base and community, and raise funds for equipment and resources. The Booster Club funds are used to supplement coaches' athletic budgets in the high school for the purchase of equipment, uniforms, and other items necessary to support the athletic teams at JMCSS

Closing Remarks

We are excited about athletics at JMCSS and proud of all of our student-athletes! Our primary goal is to strive for excellence on all athletic teams as we build up young men and young women to be people of character, wisdom, respect, trust and honor. Mutual respect is our foundation at JMCSS.

Final Note - *While this handbook is intended to provide specific structure for the JMCSS athletic program, all circumstances and situations cannot be foreseen. Therefore, the Athletic Director and Principal will decide upon needed actions as cases arise.*

Coaching Staff

- **Athletic Director –**
- **Baseball Head Coach –**
 - **Assistant Coach –**
- **Boys Basketball Head Coach –**
 - **Assistant Coaches –**
- **Girls Basketball Head Coach –**
 - **Assistant Coaches –**
- **Cheer Coaches –**
- **Cross Country Head Coach –**
- **Football Head Coach –**
 - **Assistant Coaches –**
- **Boys Golf Head Coach –**
- **Girls Golf Head Coach –**
- **Boys Soccer Head Coach –**
 - **Assistant Coach –**
- **Girls Soccer Head Coach –**
 - **Assistant Coach –**
- **Softball Head Coach –**
 - **Assistant Coach –**
- **Tennis Head Coach –**
 - **Assistant Coach –**
- **Volleyball Head Coach –**
 - **Assistant Coach –**
- **Track Head Coach –**

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Motivation- We will do all in our power to motivate our student athletes to become the best versions of themselves possible. We will lead by example the benefits of positive motivational techniques.

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Tim Gilmer

JMCSS Athletic Director

tkilmer@jmcoss.org