

DCP ALUM ROCK MIDDLE SCHOOL

ATHLETICS HANDBOOK



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PURPOSE OF ATHLETICS HANDBOOK

The purpose of the DCP ARMS Athletics Handbook is to provide information to parents and students regarding the policies of our athletic program. This handbook will address the most commonly asked questions regarding eligibility, sports teams and seasons, and the rules and regulations under which our program operates. It is our hope that this handbook will guide students, parents, teachers, coaches and administrators alike in helping our school maintain the high quality of our athletic program.

GOALS OF THE ATHLETIC PROGRAM

The goal of the DCP sports program is to provide a safe, challenging and positive learning environment for all students. We will expect each student to demonstrate proper teamwork, sportsmanship, discipline, commitment, and respect to all coaches, players, fans and officials. Student athletes will be responsible to follow the Athletic Code of Conduct, listed on page 11 of this handbook. We will also allow participation by as many students as we can accommodate during the year for each sport.

ACADEMIC REQUIREMENTS

All students must maintain a 2.0 grade point average with **NO more than 1 F** in all classes to be eligible to compete in athletics. Grades will be checked every week by a student conducted grade check to determine eligibility. Students must complete and submit grade checks to the Athletics Director each week by Tuesday to be eligible to play in games that week. Students must remain eligible for all grade checks done during their season. If a student does not meet the academic requirements during the season, they will put on a one-week probation to allow time to focus on school work. If the Student is unable to raise the F to a passing grade during that week, they will be removed from the team. Any student who does not meet the requirements during the tryout period is not eligible to participate in the tryouts.

ATHLETIC TEAMS

Fall Sports:

<u>Sport</u>	<u>Teams offered</u>	<u>Number of Games/meets/matches</u>
Volleyball (Aug-Nov)	Girls (JV & Varsity)	7-10 Plus Playoffs
Basketball (Oct.-Dec.)	Boys (JV & Varsity)	8-10 plus playoffs

Winter Sports:

Basketball (Jan.-Feb.)	Girls (JV & Varsity)	8-10 plus playoffs
Volleyball (Jan. Apr.)	Boys (Varsity Only)	8-10 plus playoffs

Spring Sports:

Soccer (April-May)	Boys (Varsity Only)	8-10 plus playoffs
Soccer (April-May)	Girls (Varsity Only)	8-10 plus playoffs

GENERAL TEAM INFORMATION

Informational Meeting

Each team will have an informational meeting prior to the start of their season. At this meeting each coach will discuss the team expectations, requirements, and tryout dates. Athletic Permission Slips will be distributed and need to be turned in before students will be able to participate in tryouts or practice. The date for this meeting will be sent out via school phone message and school announcements. This is usually held approximately 1-2 weeks prior to the start of tryouts/practice.

Tryouts

Tryouts will be held for all sports except. Below is the maximum number of athletes for each team that holds tryouts.

Girls' and Boys' Basketball	15 students per division
Girls' and Boys' Volleyball	15 students per division
Girls' and Boys' Soccer	18 students per division

Tryouts will last a minimum of 3 days, and will last from 3:45 to 5:15 daily. All eligible students will be allowed to participate that are in attendance at school during the tryout period. Students who are on another sports team during the tryout period will also be given the opportunity to tryout for the next season's sport as a scheduled day. Students who miss a tryout for any unexcused reason will not earn a spot on the team.

Practices and Games

- 1) Practices will be held daily and last from 3:45 to approximately 5:15 p.m.
- 2) Students will be expected to be on time and attend practice daily.
- 3) If a student cannot attend a practice or game, they should contact the coach prior to that day.
- 4) Each individual coach will determine his team's policy regarding participation in any athletic event due to missed practice(s) or school absence.
- 5) Students must be in attendance at least 3 periods of the school day to be able to participate in an athletic event that same day.
- 6) Most athletic events will be held Monday through Friday and begin at 3:30 p.m. Games may be scheduled on weekends if there are scheduling conflicts.

Uniforms

- 1) Each team member will be issued school purchased uniform to wear at each athletic event.
- 2) Team uniforms should not be worn outside of school, (evenings and weekends) also students may not use the sports uniform as a school day uniform..
- 3) Athletes are responsible for the care and cleanliness of their uniforms.
- 4) Athletes will be held accountable for any unusual abuse or damage of their uniform. Any uniform not returned or damaged will result in a \$55 replacement fee.

TRANSPORTATION

Students will be transported to all DCP athletic events. They will be expected to show proper discipline while on busses, and at the other school sites. Any student who does not follow the bus rules or athletic code of conduct will be subject to disciplinary action.

Parents who wish to drive their students home from an athletic event must sign out their students with the office. Students who wish to ride home with another student's parents must have written authorization before leaving the facility. Parent drivers then must sign out all students they are transporting with the coach. No student may leave an "away" athletic event without being signed out by a parent.

DISCIPLINE/ CODE OF CONDUCT

Students at DCP will be required to follow all school and team discipline policies. They will be expected to show appropriate behavior towards teammates, coaches, teachers, players, officials and fans at all times. Violation of any rules will not be tolerated. Suspension or removal from the team is possible consequences.

Below is a list of some problem behaviors from the Discipline Guidelines at DCP.

- Fighting
- Harassment/Intimidation
- Littering
- Profanity
- Theft
- Vandalism
- Substance Abuse

ATHLETIC DIRECTOR

It is my goal as Athletic Director to provide a program that is concerned not only for the welfare of our students, but one that we can be proud of as well. Throughout the years, DCP has enjoyed the reputation of having competitive, well-mannered athletes represent our school. With the guidance of our dedicated coaching staff, we will strive to continue this tradition of excellence in the upcoming years.

Finally, it is my hope that all students will find their athletic experience at DCP Alum Rock Middle School an enjoyable and memorable one. If anyone has any questions or concerns, feel free to contact me at DCP.

Email: lgarcia@dcp.org
Phone: 669-214-9804

Thank you, Mr. Garcia

ATHLETIC CODE OF CONDUCT

1. Athletes who violate school disciplinary rules or who commit a crime, or who commit actions harmful to health or character development of the individual athlete, to the general welfare of the team or to the student body may be suspended from an athletic team.
2. The athlete guilty of smoking or possession of tobacco will be suspended the remainder of the season.
3. The athlete guilty of the use, consumption, or distribution and/or being under the influence of alcohol, stimulants, drugs, hallucinogenic drugs or narcotics, (except when expressly prescribed by a physician), will be removed from the team on the first offense.
4. To be eligible to participate in athletics, a student is required to have a 2.0 GPA with no F's for all 4/5 classes.
5. All athletes must be in attendance for at least 3 periods on game day to be eligible to participate. The Athletics Director/Admin. may only waive this requirement.
6. Every member of an athletic team, while traveling to and from athletic events as a representative of his/her school, must dress cleanly and neatly. Athletes will conduct themselves as ladies and gentlemen at all times.
7. All athletes will travel to and from athletic events via transportation provided by the school unless their parents or legal guardian signs them out with the coach before or after an athletic event.
8. All athletes will be responsible for any equipment or uniforms issued to him/her. Students must turn in the same numbered uniforms that were issued to them. Any item not returned must be paid for at the current replacement value.
9. Any student placed on social probation will have the following consequences:
3 or more tardies in a week- Suspended for 1 game
Suspended from school- removal from team.
10. The student and parent have read the Athletics Handbook understand the rules and regulations regarding the DCP Athletics Program.

Student's Full Name

Student's Signature

Parent/Guardian's Signature

Date