

# BULJAN MIDDLE SCHOOL

## ATHLETIC HANDBOOK

Buljan Middle School  
100 Hallissy Wy  
Roseville CA 95678

773-2059

Home of the Bulldogs

## Philosophy of Student Athletics

Buljan Middle School recognizes athletics as an integral part of the entire school setting and as a means of achieving a student's complete educational development.

Consequently, we believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Both the student/athlete and the sport itself should be a credit to the athlete's specific school and the general community. Moreover, Buljan realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, the coaching staff, and the site administration and the parents.

We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment to self and team, and respect for self and others. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become exemplary representatives for our Buljan Middle School and communities.

### Athletic Guidelines

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

In order to promote fairness and sportsmanship in competition, a series of rules has been adopted in each sport. Athletes of Buljan Middle School will be required to comply with these rules and those rules established by the coach and the school.

An additional aspect of good sportsmanship includes courtesy for all people and schools associated with athletic competition. Athletes will be required to exhibit courtesy for officials, coaches, staff, fans, and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is an absolute that is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and the next athletic contest and must meet with Buljan's athletic director and site administrator.

Athletes should demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

## School and Practice Attendance

Coaches recognize the importance of school attendance and expect the athletes to establish good attendance patterns. Students who participate in athletics make a commitment to a team and are expected to maintain good practice attendance.

1. Athletes need to attend school daily.
2. Students failing to comply with the district attendance policy will be referred to their coach for discipline.
3. Students are expected to attend all practices and contests unless they are absent from school due to illness or the coach excuses them. Athletes are expected to communicate directly with the coach when they cannot attend a practice.
4. Unexcused absences from practices, or failure to maintain good attendance, may be cause for removal from the team.
5. Coaches may adopt individual rules for practice and contest attendance.

## General Eligibility Requirements

The California Interscholastic Federation required that “any athletic contest in which an ineligible student has participated either intentionally or unintentionally, involving both team and individual sports be forfeited.” The students may also be subject to dismissal from the team.

## Residential Eligibility

The California Interscholastic Federation required that students who participate on a school team generally must be living with parents or legal guardians who reside within the school’s attendance boundaries. Questions about exceptions should be addressed to the athletic director or the administrator in charge of athletics.

Any athlete who has any questions about eligibility, or who is considering outside competition, should contact the administrator in charge of athletics before entering into any competition.

## Equipment and Uniforms

Buljan athletic department provides a great deal of money and pride to maintain and purchase proper equipment and uniforms. Equipment and uniforms must be handled properly to maintain accurate records and to teach the students responsibility.

1. Students are expected to turn in the same uniform or equipment checked out to them.
2. Equipment and uniforms should be returned in the same condition that it was received and should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in.
3. Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or uniforms. In some cases, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform or equipment.
4. No certificates or pictures will be issued until all equipment is returned and/or paid for unless otherwise determined by the involved coaches.
5. Students must return or pay for all equipment before they can compete or participate in another sport. In usual circumstance when a significant amount of money is owed, arrangements for repayment may be made with the athletic director.
6. All equipment is due within one week of the last contest. A late fee will be assessed for each week any equipment is turned in late.
7. Students/Athletes will be expected to wear uniform as the entire team. White socks will be required, no head bands, wrist bands... will be worn. The team is to be as uniform as possible.

## Athletic Participation

1. Students who wish to participate in school-sponsored sports that has similar or overlapping seasons or a school-sponsored sport and cheerleading may do so only if the student can meet the commitment of consistent attendance at practices and games of both sports or cheerleading and the sport.

Coaches and cheerleading advisors shall have the authority of determining if the student's request for dual participation will work and the ability to decide whether a situation that has been approved is to continue or if a change is necessary.

In the event that issues arise which can not be resolved between coaches, advisors, and/or parents, the principal shall make the final decision.

## Academic Eligibility Requirement

To encourage and promote academic excellence, all students participating in extracurricular activities shall demonstrate satisfactory minimum progress in meeting eligibility standards for athletic participation.

1. To be eligible for participation, the student must have earned an overall minimum 2.0 grade point average on a 4.0 grading scale during the preceding grading period.
  - 1A Standards Grading Procedure – The student athlete will be ineligible with two or more 69% and below in any class at the end of the grading period. 69% and below is not meeting the standard.
2. A grading period will constitute an eligibility period of a trimester and/or midterm progress period.
3. No athlete will be eligible to participate with a letter grade of F at any time.
4. Once a letter grade or percentage is assigned, the grade may only be changed if the person assigning the grade determines that an error was made in computing the grade. If a student requests that a teacher reconsiders a grade, the reconsideration must be based on work assigned, due and completed prior to the end of the grading period. Work submitted or assigned after the end of the grading period may not be used to improve or diminish an assigned grade.
5. Schools declare at the beginning of the year the grading periods that will be used. Buljan chooses from the following grading periods:
  - a. 3 Trimesters
  - b. midterm of the trimester
  - c. grade issued at these periods are final
  - d. No makeup work, extra credit will be allowed for the student/athlete after the grading period ends.
  - e. If a teacher chooses to change a grade after the grading period it will not affect eligibility.
  - f. Official grades are final.
6. Student/athlete must have 85 or more merits to be eligible. If a student/athlete falls below 85 merits they will be placed on probation. In order to be removed from probation the student/athlete must earn merit standing back to 100 merits within a 30 day period. If a student/athlete is placed on probation they will not be allowed to participate in contest or practice with the team.

7. Merits will be carried over from the previous year with each student.

### General Behavior

Athletes accept responsibility for their actions both on and off the field. An athlete's language and behavior should not embarrass him/herself, the team, the school, the district, or the community. The responsibility of the players for sportsmanship is extremely important. Because players are admired and respected, they exert a significant influence over the actions and behavior of the spectators.

Desirable behavior for the players would be as follows:

- Treat opponents with respect
- Exercise self-control at all times, accepting decisions and abiding by them
- Respect the officials judgement and interpretations of the rules
- Never argue or make gestures indicating dislike for a decision
- An athlete will not steal, damage, deface, or possess without permission a teammate's property, school property, or another school's property.
- School rules will be enforced. NO GUM at any time will be allowed.

Desirable behavior for the parents would be as follows:

- Positive comments only
- All athletics practices are closed to all parents and spectators
- Parents are not to be on fields during track or football games or practices
- Parents are not to interfere with coaching during games, please allow the coaches to coach during practices and games
- Ejection from a game will result in a meeting with the athletic director and site administrator

### Leaving A Team

Students are encouraged to try a variety of sports and students may leave a team during the first two weeks of practice without penalty by personally notifying the coach that they no longer wish to participate. After the two week period students may leave a team under the following conditions:

1. It is the students' responsibility to notify the coach and discuss the reasons for leaving the team. If the coach mutually agrees the student can leave the team, the student may leave without penalty.

2. If a student/athlete quits a team or is removed from a team, he or she will not be eligible to participate in another sport until the previous season is complete (including post season tournaments).
3. If a student leaves a team and does not personally notify the coach and the coach does not allow the student to leave the coach may recommend to the site administrator that the student will not be allowed to participate in any school sports for the remainder of the year. The decision of when the student may participate will be left to the site administrator.

Transportation

Provided by RCSD - Fee of 50.00 per athlete, per sport will be required.

\*\*\*\*\* A student-athlete is a special individual, special because of the opportunities and responsibilities. Working hard, playing hard and living up to the high behavior standards will help students in their future endeavors.

We are pleased to have chosen to be a part of our athletic program. Your coaches want to work with you to make the season an enjoyable and everlasting experience.

**Please sign below and return to your coach prior to the first competition.**

**My signature below indicates that I have read the entire contents of this handbook and agree to abide by the stated rules and policies.**

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_

School \_\_\_\_\_

**Go BULLDOGS!!**

