

**MOLLY OCKETT MIDDLE SCHOOL RAIDERS**  
**ATHLETIC HANDBOOK**  
**FOR STUDENT-ATHLETES & PARENTS**  
**2017-2018**

**ATHLETIC DIRECTOR'S MESSAGE  
TO PARENTS AND ATHLETES**

We look forward to working with each student to create rewarding experiences as they grow through the middle school years. Extra-curricular activities at our school are focused on teaching students how to live a healthy lifestyle, learning the value of teamwork and good sportsmanship, and developing their knowledge, skills and experience of the sport or activity. The partnerships we develop together between students, parents, coaches, teachers and staff are critical in defining those experiences. We all have our own roles in this journey, yet we must be ready and willing to communicate and collaborate as we support students as they take healthy risks, grow from mistakes, work to turn weaknesses into strengths, and gracefully enjoy success. Review this handbook with your student-athlete. Be sure that you and your student sign the last page stating that you have read, understand and will abide by the Molly Ockett Athletic Handbook, then return the signature form to the school office before the student participates in their first practice for the 17-18.

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**MOLLY OCKETT MIDDLE SCHOOL  
EXTRA-CURRICULAR PHILOSOPHY**

Extra-curricular activities at our school are focused on teaching students how to live a healthy lifestyle, learning the value of teamwork and good sportsmanship, and developing their knowledge, skills and experience of the sport or activity. This purpose is why we have a no cut policy and expect that every child will be given the opportunity to participate.

At this time all middle school students grades 6-8 may participate in cross country running, band, chorus, student council, wrestling, spirit squad, alpine ski team, nordic ski team, drama, art club and track & field.

The sports for which we typically have 7th and 8th grade rosters include football, soccer, field hockey, basketball, baseball and softball. Local recreation departments offer these sports to K-6 students.

The Triple C League, to which we belong, includes the following middle schools: Cape Elizabeth, Falmouth, Freeport, Gray, Greely, Lake Region, NYA, OOB, Poland, Sacopee, Waynflete and Yarmouth.

In addition, we pick up contests with Kennett (and sometimes Berlin and Bartlett) for a multi-team contest. We also work with some of the local rec teams and try to foster relationship building between coaches and athletes at all levels K-12 so our teams may walk to the Fryeburg rec fields or Fryeburg Academy for practice or clinics as coordinated by the coaches and athletic directors.

## **REQUIRED ATHLETIC PAPERWORK**

Students must turn the following paperwork in to the Molly Ockett office before beginning their first practice:

1. A Physical Form signed by a physician stating that the student is cleared to participate in the activity. One physical that is completed the summer before the student's enrollment (or during enrollment) can be used as clearance to participate for all of their middle school years.
2. The Sign Off Sheet on the back page of this Handbook must be signed by the students and their parent(s) or guardian(s) every year and turned in to the office before participation begins.
3. A Permission Form signed by the parent and the student must be turned in for each separate sport or activity every season.

## **SCHOOL RULES**

**School rules are to be followed at all times by students and adults in the building, on school grounds, on buses, and on trips.**

1. Respect yourself and others
2. Respect property
3. Respect the right to teach and learn
4. Respect the right to a safe & legal environment
5. Be responsible for your own actions

## **TEAM RULES**

**Coaches or activity directors may provide a more specific list of rules and requirements that students will be expected to follow. These rules will fall within the 5 rules above.**

## **MOLLY OCKETT ATHLETIC PROGRAMS**

### ***Fall***

Cross Country Running  
Boys Soccer  
Girls Soccer  
Field Hockey  
Football

### ***Winter***

Alpine Skiing  
Boys Basketball  
Girls Basketball  
Nordic Skiing  
Spirit Squad

### ***Spring***

Baseball  
Softball  
Track/Field  
**Midwinter-spring:**  
Wrestling

## **END OF SEASON SPORTS CELEBRATIONS**

At the end of each season, students and families who participated in a Molly Ockett team during that season are invited to a recognition assembly. The assembly includes a presentation on the season by members of each sports team.

## **ROLE OF THE COACH**

The coach will be professional and model qualities that are expected from the athletes. The coach will understand the technical aspects of the sport and develop a system and skill development plan that will lead to individual and team improvement during practice and contests. The coach will communicate expectations clearly including schedules, policies, roles, areas to work on for improvement. Coaches will show concern for athlete's behavior and academic performance both on and off the sports facilities. The coach will be knowledgeable about Molly Ockett's rules, policies and procedure as well as the Triple C League Constitution, Rules and Guidelines, and will communicate those to athletes. Coaches will hold athletes accountable for any infractions in a manner that supports and encourages the athlete for improvement. The coach will be concerned first with physical safety, emotional well-being and cultivating a healthy culture. Coaches will communicate with parents, the school office staff and athletic director to keep them informed of changes, issues or concerns.

## **ROLE OF THE PARENT**

As a parent, we hope you will focus on your child's development as an athlete, student and person, rather than the athletic results. Compliment positive behavior and 100% effort. If you focus on how your child improves and competes rather than results of the game, your child will feel more in control of their own success. Perceived focus on wins or awards can put unnecessary pressure on the athlete. Monitor your child's social activities. A healthy lifestyle is essential to good athletic and academic performance.

A parent can have a tremendous effect on how their child perceives the coach. If you disagree with the coach, please talk to them directly and never with your child. Negative talk at the dinner table or at gatherings in the community undermines the ability of the coach to entice all members of the team to commit to a team effort. Negative talk can tear teamwork apart. Young athletes will carry negative opinions of their parents to practice and games, thereby hurting both their performance and the performance of the team.

Another important role is to support your child's team by attending games, hosting a team gathering or joining the Raider's Booster Club. Understand that some players may not be as developed emotionally, socially, or athletically as others, so avoid criticizing them to your child or other parents. Please make sure your children (of all ages) are supervised by an adult at all times while they are on school grounds. Please cheer your child and other players on with encouragement from the spectator section, and leave the correction and criticisms to the coach.

**Join the Raiders Booster Club** which plays a vital role in Molly Ockett and Fryeburg Academy extra/co-curricular activities. They raise money to complement the athletic budgets. Their aid allows both schools to do more for athletes. The Boosters have helped to get middle school football started, buy FA state championship jackets, sponsor scholarships and do countless other things to support our players. Parents may join to help with the general operation/support or to support fundraising efforts for particular activities. Contact Mrs. Tripp at 935-2401 if you wish to join.

**Family vacations** are discouraged while school is in session. The Maine Department of Education considers student illness, appointments with health officials/professionals, observance of religious holidays, and family emergencies as excused absences.

### **PROCEDURES FOR QUESTIONS & CONCERNS**

Parents or students with concerns during the season are expected to talk directly to the coach at a time when they are not responsible for students' safety and supervision. The best time would be to call or email them in accordance with the contact information they provide. If there is an immediate concern or question, please ask to speak with them before or after a practice or game.

If for some reason both parties are unable to communicate openly, with respect and understanding, then a meeting with the parent or student, the coach and the athletic director will be arranged.

### **ROLE OF THE ATHLETE**

A good athlete, commits to the team, but puts family and academics first. Work hard physically to become a stronger athlete. Work on cardiovascular conditioning in the off seasons. Practice hard and learn more about your sport. Study the system that your team uses; keep your head in the game. Be a good student and citizen. Strive for positive behavior and demonstrate respect for others, so you and your teammates become good role models for others. Let errors go. Accept them, learn from them, and move forward to strive for performance with the best attitude to demonstrate your ability. Help team mates make good choices both in and outside of school, make good choices, keep the locker room, practice and game areas clean, and demonstrate good sportsmanship. Keep the lines of communication open with your coach.

### **ACADEMIC SPORTS ELIGIBILITY AND BEHAVIOR POLICY**

At Molly Ockett Middle School, we are working under the assumption that learning rather than time should be the most important factor. With the focus on learning rather than time, we want to make sure the main emphasis for eligibility is on what students are doing to be successful. To remain eligible, student-athletes must consistently do the following:

1. Turn in homework and classwork on time.
2. Complete all assignments fully and to the best of their ability.
3. Behave in a manner deemed appropriate for school.

Teachers report on performance of students weekly. Failure to follow the above consistently will result in either (a) a parent meeting to discuss behavioral concerns or (b) mandatory after-school help (MASH) until work is up-to-date.

Students needing to attend a mandatory after school help session will attend Monday, Tuesday, and Thursdays from 2:45-4:45. They are not permitted to attend away games with their team but are able to attend home games on non-MASH days to cheer. This policy is in place so that athletes are given ample opportunity to complete any missing work and become a full participating member of their team. Students will be notified by the athletic director when they are not eligible to play and will be notified again when they return to full participation. Any issues surrounding missing work should be brought to individual teachers.

While we do not want to prevent students from participation in extracurricular activities, our primary responsibility is to assure that students are successful in their academic pursuits. We appreciate your support in this matter.

**Attendance** at school on the day of practice or games is required for the player to participate in any extra/co-curricular activities after school. Please bring a note from a doctor's office if school is missed due to an appointment on the day of games. If the student will not be attending practice or game due to a need for academic help, disciplinary detention, illness or appointments, the student should inform the coach in advance. If the coach cannot be contacted, please leave a message in the MOMS office for the coach. Please remember that academic requirements or detentions must be completed on the day scheduled, even if that means missing practice or a game.

**Lock/Lockers:** Athletes on teams, who use the locker room, must request a school lock from Mrs. Barry. The student must inform the coach of their locker number and combination. Only locks provided from the school will be permitted on the lockers. Property that is lost or stolen is almost always taken from unlocked lockers. Athletes must be responsible for putting uniforms, equipment and other valuables in their academic or locker room locker before leaving the locker room area. The locker room must be kept clean by the students and be supervised by the coach. Students can use the curtained changing areas, but must pick up all of the items so that the locker room can be cleaned and sanitized daily. Repeated violations of locker room rules and requirements could result in the loss of the privilege to use the locker room.

**Laptops:** Athletes on teams must sign their laptop into the designated area determined by the coach and office staff. Laptops cannot be taken into the locker rooms, on the field, or on the bus to away games/meets. If there are extenuating circumstances that must be accommodated, special arrangements to transport and keep the laptop safe must be made between the coach and the parent.

**Cellphones:** We recognize that it is common for students and parents to communicate with cell phones. Students must keep their cell phones in their locker while at school, and use the office phone to contact parents if there is an emergency or illness. Plans (and back up plans in case of cancellation of games/practice) for the day are expected to be made prior to the school day along with a note to turn in to the office in the morning if those plans are a change from the routine written on the emergency card. On away trips, student must keep their cell phone off and in their bag until the coach instructs players to call ahead to parents with a pick up time.

**Missing Uniforms:** Athletes who fail to return uniforms or equipment may be suspended from participation in future sports or activities until the uniform/equipment is returned to the coach or the parent pays to replace the missing items.

### **TRANSPORTATION**

The district provides bus transportation to events and contests for athletes and coaches only. If a parent wishes to transport their child back from an away competition the athletic director should have a note in the office so that there is a record of who is on the bus at all times.

### **BAD WEATHER**

We try to make the decision about cancellations for games/contests between the two Athletic Directors and the two schools transportation departments between 11:00 am and Noon on the day of the game/contest. Once a decision is made to cancel, the office will make an announcement to students so they have time before the end of the day to adjust their plans. You can help by having a backup plan in place for your child in the morning of a day when bad weather is expected. Also check the Molly Ockett Middle School Athletics Facebook page for up to the minute changes. Send a note with the student to use if the game or practice is cancelled. Given that our district covers 366 square miles, please contact the coach to excuse your child from practice or a game whenever you feel that the weather makes travel too dangerous for you even if the team practice or game is not cancelled. Whenever school is cancelled, practice and games will also be cancelled.

### **ATHLETIC DIRECTOR'S AWARD**

Generally, no awards are provided by the Triple C League, MPA or Molly Ockett Middle School. During the Award Celebration at the end of the 8th grade year, the Athletic Director presents two Athletic Director's Awards; one to a male student and one to a female student. The award is in recognition for participation in Molly Ockett extra/co-curricular programs and for consistently demonstrating respect, teamwork, citizenship and good sportsmanship.

# Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

### Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness ( <i>even briefly</i> )	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

### *Remember*

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

**Molly Ockett Middle School**  
**2017-2018 Athletic Handbook Acknowledgement Form**  
**for Student-Athletes & Parents/Guardians**

Student Name \_\_\_\_\_ DOB \_\_\_\_\_ Grade \_\_\_\_\_

Mailing Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

I hereby acknowledge that I have been given a copy of the Molly Ockett Middle School 2017-2018 Athletic Handbook and concussion information. I acknowledge that I have carefully read and will abide by the regulations and expectations that are contained within the handbook.

Parent/Guardian Signature \_\_\_\_\_

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

Date \_\_\_\_\_ This acknowledgement applies for the 2017-2018 school year.