

Mr. Will Seymour, Athletic Director

Students and Parents,

It is the objective of the Bay St. Louis-Waveland School District to provide outstanding sports programs for student athletes. Each coach is committed to instilling in all athletes an attitude of sportsmanship while developing their individual athletic abilities.

The athletic handbook was created to provide all necessary information to parents and student athletes concerning policies and procedures to be followed in the athletic program. For any information not covered in the handbook, please feel free to contact the coach and/or athletic director.

Participation in sports plays a valuable role in the overall educational program as well as the development of the individual. The student athlete learns character, cooperation, positive work ethics, leadership, and other virtues which can enhance his or her life.

It is my hope that parents will support their child's participation in athletics by attending sporting events as often as possible. On behalf of the entire coaching staff, I would like to wish all athletes and teams the best of luck for a successful year in athletics.

With TIGER pride,

Will Seymour  
Athletic Director

***Student Athlete  
Handbook  
2008-2009***

Parent/Guardian,

This page must be detached, signed appropriately, and returned to the head coach before your daughter/son will be allowed to participate in athletics at Bay High/Middle School

Your signature below attests that you have read, understand, and concur with the information in this handbook and agree to the terms thereof.

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

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date Signed

## Competitive Sports in Grades 7-12

The purpose of the competitive sports program is to provide experiences which enable student athletes to progress toward established educational objectives. Outlined below are some of the desirable educational goals to be achieved through the competitive sports program.

A. To develop for the student athlete:

1. Qualities of physical strength, endurance, vitality, and neuro-muscular skills
2. A program of activities that meet the needs, interests, and capacities of the athlete
3. Qualities of courage, alertness, resourcefulness, and good sportsmanship
4. Proper emotional control and stability of character
5. Desirable social and competitive experience through interschool competition
6. Approved social patterns of individual and group conduct
7. A sense of achievement through teamwork

B. To develop for the school:

1. A program of interscholastic athletics as an integral part of the school curriculum
2. A high standard of school loyalty, student morale, and wholesome school spirit
3. Student understanding of sports so that they will be more intelligent and appreciative as spectators.

C. To develop for the community:

An understanding that the competitive sports program for the student has been promoted under conditions which insure to the participant and to the public the best traditions in sportsmanship, citizenship, and a wholesome school-community.

The programs of interscholastic athletics at the middle school/high school level are an extension of the educational program. In providing these educational experiences, qualified persons are employed to serve in a dual capacity as teacher and coach. Under the direction of the athletic director, this provision of a teacher-coach brings to the competitive sports program, persons qualified to train and supervise students in competitive sports who are also professionally prepared as teachers.

Students athletes participating in the competitive sports program are thus under the direction of competent persons exercising professional judgment where the best interests of youth are to be served. The competitive sports program will include as follows:

### Grades 7-8

Football  
Basketball  
Cheerleading  
Baseball

### Grades 9-12

Football  
Basketball  
Baseball  
Cheerleading  
Band  
Dance

### Grades 7-12

Soccer  
Tennis  
Volleyball  
Fast-Pitch Softball  
Track

<u>Sport</u>	<u>(Try-out Season)*</u>	<u>Roster</u>	<u>Selection Criteria/Procedure</u>
Baseball	Dec./January	Up to 25 (9-12) Up to 15 (7-8)	Demonstrate self-discipline, dedication, and follow team rules and baseball skills.
Basketball, Boys	Announce in Spring	Up to 20 (9-12) Up to 15 (7-8)	Must demonstrate a high level of skills and proper teamwork in the fundamentals of basketball.
Basketball, Girls	Announce in Spring	Up to 20 (9-12) Up to 15 (7-8)	Must demonstrate a high level of skills in basketball and a team attitude and good work ethic.
Cheerleading	Announce in Spring	Up to 13 (7-8) Up to 18 (9-12)	Handbook Handbook
Football	20 days before School Spring Training	No limit	Must demonstrate a high level of skills football with a team attitude and good work ethic.
Soccer, Boys/Girls	Announce in Spring	Up to 25 (7-12)	Based on skill level in soccer: heading, kicking, dribbling, blocking, saving.
Softball	Announce in Spring	Up to 22	Demonstrate basic softball skills and a attitude and work ethic.
Tennis	Announce in Spring	Up to 16	Demonstrate basic tennis skills and attitude.
Track, Boys, Girls	February	Up to 25	Demonstrate high level of skill in track and a good work ethic.
Volleyball	Announce in Spring	Up to 18	Demonstrate: serving, blocking, spiking, setting up plays, good sportsmanship.

\* Spring Try-out dates must be approved by the MHSAA.

## **Cardinal Rules**

The following discipline rules apply to all Bay High/Middle School sports programs.

1. Athletes must be **present at school at least 60% of the school day** to be eligible to attend practice or to play in a game or event. (MHSAA rule: Exception: School functions / field trips)
2. Athletes in ISS, Exclusion, or Alternative School can not participate in any practice, tryouts, or games/events during their suspension.
3. Athletes having excessive tardies or absences will be subject to restriction from athletic participation.
4. Athletes having any weapons or drug violation will not be eligible to participate in any athletic program during the school year the violation occurred.
5. Athletes may not wear team uniforms, warm-ups, etc., to school, with the exception of being allowed to wear their jerseys on game days. Uniforms, warm-ups, and travel bags are to used for game use only. Athlete may be suspended from participation and/or uniform taken.

6. Athletes must return all equipment, uniforms, etc., to the Head Coach within (3) days after last game/event. Failure to do so may result in any of the following consequences:
  - a. Fines will be assessed for any damages or, if uniforms are not returned clean.
  - b. Items not returned or damaged must be paid for at replacement cost.
  - c. Disciplinary actions will result from failure to comply with the above. Athlete may be denied privilege to participate in the future.
  - d. Athletes will not participate, in any capacity, in another sport, if they have not returned uniforms, or owe a fine from another sport.
7. Athletes will conform to a dress code conducive to developing a positive team/school reputation. No sagging pants, “doo” rags, etc., as deemed by the coach. Athletes should be well groomed and well behaved when representing your team and school. Coaches may institute a dress code for their team.
8. Varsity-level athletes can not participate on a recreational/select or AAU team during their high school sports season.
9. Athletes must consent to random drug testing. This includes school hours and non-school hours, school days and non-school days, twelve months a year. Athletes must sign a **Participant’s Pledge and the Policy Consent/Release Form** as a precondition to his/her participation in any capacity in all sports programs.

## Code of Conduct for Athletes

Participation in Bay High athletics is a **privilege**, not a right. In order to represent Bay High in a respectful manner, athletes must be well-disciplined and willing to conduct themselves with class and integrity at all times. Remember our team / school reputation is determined by the behavior and appearance of our athletes.

The **coaching staff** has the responsibility to enforce a standard set of sanctions against athletes that violate basic conduct requirements.

### Minor Offenses

Inappropriate classroom behavior  
 Tardiness or missed practices/meetings without proper excuse  
 Inappropriate dress  
 Disrespectful, foul language  
 Infraction of team rules  
 Conduct detrimental to team

Disciplinary Actions: Degree of misbehavior may warrant skipping steps.

1. Verbal correction, temporary suspension for the remainder of practice or game.
2. Conference with parent/guardian.
3. Suspension from practice (s), game (s)
4. Extended suspension (more than 2 games) to removal from the team.

\*Coaches are to notify parents when suspensions or removal from team is enforced.

## Major Offenses

Defacing or destroy school property (this includes uniforms and team equipment)  
Fighting  
Stealing  
Committing forgery  
Defying a coach or school authority  
Causing disruption in school  
Causing disruption on school bus  
Leaving school grounds or assigned area without permission  
Using abusive language  
Using alcoholic beverages  
Using of drugs or controlled substances  
Smoking or use of any tobacco product  
Displaying poor attitude and/or unsportsmanlike behavior  
Displaying a lack of self-discipline  
Boycotting the team for any reason  
Involvement in inappropriate behavior at any school function or off campus misbehavior while representing Bay High/Middle School  
“Hazing/Initiation” activities will result in automatic suspension from team for season

Disciplinary Actions: Severity of offense will determine action(s) taken.

1. Suspension from game(s)
2. Dismissal from team for a specified period of time
3. Permanent dismissal from team and/or any athletic participation
4. Any other action deemed appropriate by the administration

\*Parental notification for any Major Offense and disciplinary action taken.

## **Discipline Procedures**

It is the responsibility of each coach to insure that the individual athlete as well as the team is well disciplined. Coaches and athletes must remember that they represent Bay High School and are to exhibit good sportsmanship and respect at all times.

1. If for any reason a coach deems it necessary to suspend an athlete from participation or from the team, the parent must be notified within (3) three days of suspension.
2. The parent may appeal a suspension first to the coach and then to the athletic director.
3. If an athlete is suspended from the team for the remainder of the season, he/she forfeits credit toward any awards of letterman status for that sport for that season. If an athlete is **suspended or quits a sport**, he/she can not participate in another sport until the sport he/she was suspended from or quit is completed.
4. A head coach may desire to have his/her own team rules in addition to regulations in this handbook. Each coach is responsible to fully instruct their team on all rules and consequences.

During the 2008-2009 school years, every school that is a member of the Mississippi High School Activities Association will be required to go through the Star Sportsmanship program; and there will be no charge to the schools. Below is the requirement that was passed by the MHSAA Executive Committee. This rule will be included in the Handbook.

- Coaches, student-athletes, cheerleaders and dance participants in middle school and high school sports during the 2008-2009 school year will be required to complete the Star Sportsmanship online program which is endorsed by the Mississippi Department of Education, the Mississippi Association of Coaches and the Mississippi High School Activities Association.
  
- It will be the responsibility of the head coach of each sport to insure that his or her team's student-athletes and assistant coaches complete the Star Sportsmanship program.
  - \* Junior high and middle school coaches and students must complete the Star Program before their sports season ends.
  - \* High school coaches and students must complete the Star Program before post-season play begins in their sport.
  
- Star Sportsmanship rosters of high school teams participating in the playoffs will be checked along with the required playoff eligibility rosters turned in by participating schools. STAR SPORTSMANSHIP schools will be notified prior to the first playoff contest of coaches and players who have not completed the program.
  - \* The high school head coach will not be allowed to participate in post-season play until all players and assistant coaches have completed the Star Sportsmanship program.
  - \* Middle schools will be randomly checked to insure completion of the Star program. A \$500 fine will be assessed to middle school teams not completing the program.
  
- **Any coach or player who is ejected must complete the Star Sportsmanship program (if it has not already been completed) plus the remedial module before the ejected coach or player can once again participate.**

## Interscholastic Awards

Participants in the Bay High/Middle School interscholastic program who successfully meet the listed criteria will receive the following awards:

1st Year 7-8 ----- Certificate of Participation  
2nd Year 7-8 ----- Small Trophy

High School athletes ( 9-12 ) achieving letterman status will receive these awards:

First Year ----- Sport Medallion and Service Bar ( for each sport )  
Second Year ----- Trophy and Service Bar ( for each sport )  
Third Year ----- Letterman Jacket/Block "B", Sport Pin, and Service Bar  
Fourth Year ----- Plaque and Service Bar ( 4 complete years in each sport )

An academic trophy will be awarded to the student who achieves the highest academic average in each high school sport ( 7-12 ).

- Note: 1. Managers will receive the same consideration as athletes for letterman status.  
2. Injured participants will be considered on an individual basis.

- Criteria: 1. Only high school students ( 9-12 ) are eligible for letterman jacket awards.  
2. Letterman status for each sport will be determined by the head coach of that sport with prior approval of the Athletic Director.  
3. Athletes may receive letterman status for participation at Bay High only.  
4. Athletes must be academically eligible to receive letterman status and must **complete entire season** for that sport.

There will be ( 3 ) award ceremonies each year for 7-12.

1. ( November ) --- Cheerleaders, Football, Volleyball
2. ( March )--- Basketball, Soccer
3. ( May ) --- Baseball, Softball, Tennis, Track

## **Eligibility**

When in doubt concerning eligibility, consult your coach or the athletic director.

1. The athlete must not have reached 19 years of age prior to August 1.  
7th grader must not have reached 14 years of age prior to August 1.  
8th grader must not have reached 15 years of age prior to August 1.  
9th grader must not have reached 16 years of age prior to August 1.
2. The athlete must provide the head coach with a copy of his/her birth certificate. The birth certificate must be kept on file in the Athletic Director's office.
3. The student must attend school in the district where the family actually resides. Exceptions are noted in the MHSAA Handbook.

4. Athletes must earn (5) credits per year in order to participate in sports the following year. Seventh and Eighth grade students must pass to the next grade to be eligible. Incoming 9th grade students, in addition to the 5 credits, must have an overall average of 75 or higher in order to maintain eligibility. This will be done on yearly basis. Seventh and Eighth grade students participating in sports must pass their grade level by achieving at least an average of 75 in three of the four core courses of math, science, English, and social studies the previous year in order to be eligible to participate during the present year.
5. An athlete has four years of eligibility from the time he/she enters the ninth grade.
6. **Each athlete must have a physical, parent consent, insurance verification form completed before any try-out or participation.** This must be completed each school year and will be effective for all participation for that school year.
7. A student athlete who is uncooperative, disruptive, refuses to complete work, etc., will be considered a discipline problem which could result in suspension from athletic competition and/or removal from athletics.

## **Travel**

1. **Athletes must travel on school sanctioned vehicles to games/events.**
2. Teams will return to Bay High/Middle School immediately following the contest unless an event is scheduled for the following day.
3. **Only team members and coaching staff may travel with the team/squad.**
4. **All athletes must return with team/squad unless the parent/guardian signs the coach's travel release form.**
5. **Horseplay, profanity, and obscene gestures will not be tolerated on trips. Athletes not conducting themselves properly will be disciplined by the coach in charge and may be suspended from games/events or team.**

## CHEERLEADERS (Grades 7-12)

### A. Try-outs/Squad Selection

Try-outs and selection of the cheerleading squad will be held in the auditorium during the spring of each year. The 7-8 and 9-12 squads will be selected by ( 3 ) professional sanctioned cheerleading instructors or advisors from outside the school district. Scores during the try-out will be used to determine selection. The try-outs will be conducted in a closed session. No one except the students trying out, judges, and the athletic director may be present during try-outs. Winners will be announced following try-outs by the judges. More detailed information will be given to participants at try-outs in the Cheerleader Constitution.

The squads shall consist of the following:

1. Grades 7-8 may consist of ( 10 ) girls and up to ( 2 ) boys and ( 1 ) mascot.  
**Squad will consist of top scores without respect to grade.**
2. Grades 9-12 may consist of up to ( 18 ) members --- (15) girls, up to (2) boys, and (1) mascot.  
**Squad will consist of top scores without respect to grade.**

Note: 1. Cheerleaders will be chosen on a point system during try-outs.  
2. Squad positions will be left vacant if there are no qualified applicants.  
3. If a position becomes vacant, the sponsor may choose to add a member from the next highest score.

All prospective members of the squad must compete in try-outs to be eligible for the squad.  
No one is exempt from trying out.

A mini-camp will be held prior to try-outs in order to learn a cheer, chant, and dance to be performed at try-outs. The student must attend the entire week to be eligible for tryouts unless a valid excuse is accepted by the sponsor. The cheerleader sponsor or the superintendent's designee (who is an employee of the school district ) will attend summer camp with the squad.

### Scoring for Tryouts

The students will be judged on their overall ability to perform the cheer, chant, and dance taught in the mini-camp. The student's ability to perform required jumps, their personality during performance, and overall technique in motions will be the basis of the judges' scoring. Tumbling is recommended but not required. Tabulation of scores will be conducted by a sanctioned judge. The individual's score sheet may be viewed by arranging an appointment with the Athletic Director. The parent and student may view only the student's individual score sheet and no copies will be made. Score sheets will be kept on file by the Athletic Director for (30 ) days and then destroyed. A copy of scoring criteria will be given to each person before try-outs.

## **B. Squad Responsibilities**

1. Realize that each member of the squad is a representative and true leader of the student body.
2. Recognize that the squad functions as a group and that individual preferences may have to be adjusted for the benefit of all. This decision will be made by the captain and the sponsor.
3. Have a desirable attitude and spirit of cooperation in all classes.
4. Control to the best of their ability any unsportsmanlike conduct of the spectators.
5. Cooperate fully with the sponsor ( s ) and captain by remembering to be respectful and willing to abide by their decisions.
6. Cheer all required games.
7. Encouraged to attend the summer cheerleading camp selected by majority vote of the squad.
8. Attend all required practices and meetings; be on time and dressed appropriately.
9. Resolve all conflicts with jobs (including baby sitting), vacations, etc. These are secondary to the commitment made to the squad.
10. No member may wear jewelry of any kind while practicing and/or cheering (MHSAA rule)
11. If a squad member quits during the season that member would have to sit out an entire year before being eligible to try out again.
12. Appropriate clothing must be worn during practice sessions. (Sports bras worn as a top is not considered appropriate attire.)

## **C. Attendance**

1. Practice --- Guidelines for practice will be instituted by the sponsor.
2. Games --- Each member will cheer at all football games and home basketball games. Away basketball games requiring mandatory cheerleader attendance will be chosen by the sponsor and Athletic Director. Members should be prepared to attend all play-off, tournament, and championship games.
3. Pep-Rallies --- Members are required to participate in all pep-rallies. Pep-rallies will be held as deemed appropriate by the Principal, Athletic Director, and Sponsor.

## **D. Captain/Co-Captain**

### 1. Selection

- A. There should be one captain and one co-captain for the 9-12 squad.
- B. The 9-12 captain and co-captain will be selected by the sponsor prior to the first football game.
- C. The captains and/or co-captains may be removed from their position by the sponsor or Athletic Director at any time after their selection for failing to meet their designated responsibilities. Appeals for reconsideration are to be made to the Athletic Director.
- D. If the captain or co-captain is removed, a replacement will be selected by the sponsor.

### 2. Responsibilities of the Captain and Co-Captain

- A. Meet with the sponsor to plan and discuss cheer activities on a regular basis as determined by the sponsor.
- B. Prepare the squad for camp/regional/state competitions. This includes preparing a dance routine, cheers, chants and all other aspects of competition.
- C. Prepare the squad for games and pep rallies.
- D. Assure that all spirit signs are prepared and in place at each game.
- E. Assist the sponsor with scheduling practices.
- F. Provide additional help to members during practice.
- G. Assist the sponsor with spring try-outs.
- H. Assist the sponsor in identifying "trouble spots" on the squad.
- I. Organize all pep-rallies.
- J. Keep the sponsor informed about all cheer activities. Cheer activities must meet the sponsor's approval.



