



Hamilton Middle School Athletic Guideline and Rules

Academic Expectations

Students must have a 2.0 GPA or above and no F's to participate in a sport.

GPA's will be reviewed at the following times:

- Progress Reports
- 1st Semester Grades

If an athlete falls below a 2.0 GPA or has an F grade during a review, they are immediately suspended from the team.

Probation: Students may apply for probation if they are academically suspended from a team. They cannot practice, play in games, or participate in a meet for one week (7 days). During that week, the student must raise their GPA to a 2.0 or above and have no F's to return to team. GPA's below a 2.0 or contain an F will be cause for immediate removal from the team.

Playing Time Qualifications and Policies

Playing time and/or participation in an athletic event are not guaranteed to any player and must be earned.

To earn playing time or the opportunity to participate in an athletic event, the athlete needs to:

- Attend all practices, games and meets before the athletic event.
- Demonstrate the proper attitude (defined below).
- Demonstrate a strong work ethic (defined below).

If a player positively demonstrates the above criteria, they will receive some form of playing time determined by the coach. It is up to the coach to determine the amount of playing time a player receives based on the below standards:

Team First Mentality

Proper Attitude

All decisions by the coaches and players will be in the best interest of the team. Everyone must sacrifice.

Everyone will support and use encouraging language with every member of the team.

Respectful Attitude- Player and Coach/Official Interactions

Players must demonstrate a "Yes Coach" mentality and do what is asked of them without question.

Playing time and coaching strategy are never open to discussion between the coach and player/parent.

Players may discuss concerns/issues with the coach before or after practice.

If a player talks back to a coach (or official), consequences will be in the form of: running by the athlete or entire team; loss of playing time; and/or removal from the practice, game or team.

Any player removed from a practice/game/meet for a second time will be removed from the team.

At the coach and Athletic Director's discretion, a player can be removed from the team for misbehavior including, but not limited to: outward defiance, fighting, racist comments, sexual harassment, bullying etc.

Dedication- Attendance and Communication

Players who are at practice, meets and games are rewarded with playing time.

Players must attend practices and games. Playing time will be lost if a player is late without notification or misses a practice/game/meet WITH or WITHOUT notification.

Two missed practices/games/meet without notification will be automatic removal from the team.

Please notify the coach about being late or missing a practice/game by emailing or directly talking to them BEFORE the event.

Strong Work Ethic

Players must push themselves to accomplish the tasks assigned. Effort will help with playing time.

Quitting a Team

If a player quits a team after try-outs are complete (usually a one week period) or before the season officially ends, the player may not participate in another sport until the sport in season (current sport) has officially ended.

Equipment and Uniform

- Uniforms are loaned to student-athletes by the school and must be returned at the end of the athlete's season of sport.
- Athletes and their parents are financially responsible for all uniforms/equipment issued to the athlete.