

JEFFERSON COUNTY MIDDLE SCHOOL

1180 SE Kemper Way

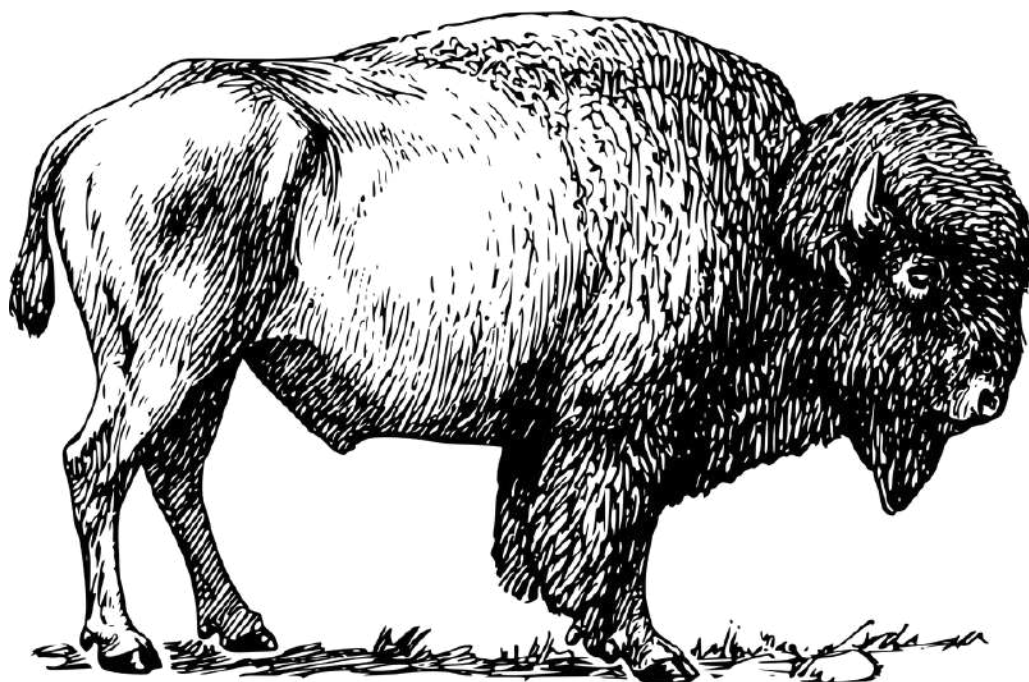
Madras, OR 97741

541-475-7253

Fax: 541- 475-4825

ATHLETIC HANDBOOK 2021 – 2022

The document will be adjusted as new information becomes available for the current school year.



FORMS TO BE SIGNED & RETURNED before PARTICIPATION (please tear off the back of the packet and turn them in.

1. School Sports Pre-Participation Examination (physical). This can be picked up when getting a physical at the doctor's office, at JCMS, or this link [Physical form](#)
2. Emergency Release Card/ Interscholastic Sports Parent Approval Form (in this handbook)
3. JCMS Athletic Participation Agreement Forms (In handbook)
4. JCSD Athletics/Activities Participation Agreement (In handbook)
5. 509j Waiver of Liability

JCMS ATHLETICS AND ACTIVITIES

I. Philosophy

JCMS Athletic Programs provide a safe, structured environment that allows individual students of diverse backgrounds and abilities a chance to belong. We believe that participation in athletics and school-sponsored activities provides a unique opportunity to fulfill many of the emotional, social, and physical needs common to middle school youth. Participation in competitive athletics increases an individual's sense of personal worth, self-control, respect, and fair play, which can carry over into daily problem-solving situations throughout life. Coaches, teachers, and parents have a shared responsibility to help guide, nurture and support youth in developing the confidence, skills, and character that will help them learn to make good choices on and off the playing field. Cooperation, self-discipline, sportsmanship, and a sense of personal satisfaction are taught in conjunction with the fundamental skills of the sport or activity during each season.

II. Programs:

JCMS provides the following current athletic programs at this time. The handbook will be adjusted as more information and sports are available. Students must have all paperwork completed before participating

JCMS provides the following athletic programs throughout the school year:

7 th and 8 th grade Football	Fall Sport
6 th grade football is <i>run through the MAC</i>	Fall Sport
6 th , 7 th and 8 th grade Cross Country	Fall Sport
6 th , 7 th and 8 th grade Volleyball	Fall Sport
7 th and 8 th grade Boys Basketball	Winter Sport (Before winter break)
7 th and 8 th grade Girls Basketball	Winter Sport (After winter break)
6 th , 7 th and 8 th grade Wrestling	Winter Sport (After winter break)
6 th , 7 th and 8 th grade Track & Field	Spring Sport

Fall- Football, Cross Country and Volleyball

- September 2- Helmet and shoulder pad fitting for football @ 2:30pm
- September 2- Cross Country, Football, Volleyball sign-ups from 4-5:30 pm. Students can meet the coaches and do some drills/conditioning.
- September 7- First day of practice from 3:20-5 pm.
- September 13- Parent meeting for fall sports @ 5:30 pm in the JCMS commons
- September 22- Team pictures during practice

Winter- Basketball and Wrestling

- October 28- BBB Open Gym and sign-ups right after school to 5 pm
- November 1- First practice for BBB (must have all paperwork in) 3:20-5 pm
- November 4- Boys Basketball parent meeting @ 5:30
- January 3- GBB and wrestling open gym and sign-ups right after school to 5 pm
- January 4- First practice for girls' basketball and wrestling (3:20-5:00)
- January 10- Wrestling and Girls' basketball parent meeting @ 5:30

Spring- Track

- March 15 (Tuesday)- Paperwork and First official practice for Track (3:10-5:10)
 - We will practice Tues-Thursday this week and Monday-Friday each week after break
- March 29 (Tuesday)- Parent meeting @ 5:30pm

General Guidelines for Masks- See attached OSAA information at the back of the packet.

- [OSAA Mandates for Masks](#)

General participation expectations

- Athletes should bring their own:
 - Personal water bottle. No water fountains are available.
 - T-shirt, shorts, & gym shoes (locker room available)
- **All Athletes must have a current physical and all paperwork (fill in sheets) from this packet on file with the JCMS office to participate**

III. Contacts:

If you have any questions, comments, or concerns regarding your child's team, please call JCMS @ 475-7253 and ask for your child's coach to call you as soon as they are available.

General concerns or questions may be addressed by the administration at 475-7253.

Sincerely,

Walter Stahl , JCMS Athletic Director

IV. Athletic Policy and Procedures

1. Student-Athletes must have a current (2 year) **Pre-Participation Sports Physical** on file in the Athletic Coordinator's office before participation in any sport. Other required paperwork must be turned into the office or the coach before participation in a contest.
2. Athletes will not be allowed to participate in a new sport until all **equipment and uniforms** from prior sports have been returned, or proper restitution has been made. Uniforms are the responsibility of the athlete throughout the season and loss or damage will result in a fine.
3. Appropriate Behavior on and off the court/field is mandatory. Students must follow all school policies as outlined in the JCMS Student Handbook and JCSD policies regarding student conduct. A behavior violation may result in a temporary or permanent suspension from the team.
 - A. If a player displays inappropriate behavior to teammates, the other team, and/or coaches while participating in a sport, that player may be removed from the team.
 - B. A student whose behavior receives a *behavior referral that results in detention (ISS, ASD, or Saturday School)* will not participate in the next scheduled game or contest. Students may or may not attend practice at the administrator's discretion. An absence will be considered unexcused and may result in appropriate consequences assigned by the coach.
 - C. A participant who has been dropped from the team for disciplinary reasons will not be allowed to participate in any other sport during that same season.
 - D. An athlete may not participate in or attend any event on a day when he/she is suspended out of school.
 - E. Athletes who are too sick or too injured to participate in physical education class are too sick or too injured for an athletic event that same day.

For More information and schedules please check our webpage:

<http://jcsd.k12.or.us/schools/jcms>

Like us on Facebook:

[Facebook Link](#)

Please keep us up to date on any changes impacting your child:

Address changes, absences, illness, and medical.

Schedules and individual sports items will be handed out at parent meetings. Please attend.

Please return the following forms to JCMS.

They must be turned in before your child can participate.

Your child may already have a physical on file with the school (they are good for two years). If they do not have one on file they will need to get one before participating.

JEFFERSON COUNTY MIDDLE SCHOOL 2021-2022

1180 SE KEMPER WAY, MADRAS, OREGON 97741

541.475.7253 FAX-541.475.4825

ATHLETIC PARTICIPATION AGREEMENT (Please tear this page off and return to JCMS. This must be turned in before a student can practice)

PLAYER NAME: _____ GRADE: _____ DATE: _____

SPORT my child can participate in (please check): ☐ Football ☐ Volleyball
☐ Cross County ☐ GBB ☐ BBB ☐ Wrestling ☐ Track

Athletic participation at JCMS is contingent on players following all the rules and procedures outlined in the Athletic Handbook AND any additional expectations that a coach has for a specific sport.

Players who fail to adhere to the rules and procedures are subject to disciplinary action and possible dismissal from the team.

It is therefore important that parents read through and assist their children in understanding all the rules of athletic participation and eligibility as outlined in the athletic handbook and the guidelines of the individual sport that coaches will provide each season.

This form must be signed by parents and athletes and be returned to the athletic coordinator before a student will be allowed to participate in a contest.

Other forms needed before participation include a current sports physical cleared and signed by a physician, an emergency medical release card signed by the parent, and any sport-specific guidelines that a coach hands out to players at the start of a new season.

Student-Athletes are responsible for getting all forms home to be signed by parents and returned to the coach or Athletic Coordinator before participating in a contest.

Please read the athletic handbook and discuss the rules and procedures for participation, including attendance at school and practice, and grade eligibility requirements, with your child. Then sign the form below and have your child return it to his/her coach or turn it into the athletic coordinator.

If you have any questions or concerns please call Walter Stahl @ 541.475.7253 or wstahl@509j.net

I have read and understood the rules and procedures for athletic participation at JCMS. By signing here, I agree to follow all rules and procedures and understand that my participation in athletics is subject to compliance with the rules and procedures as outlined in the athletic handbook. I understand that a coach may provide players with additional guidelines specific to a sport at the beginning of the season and that I must also adhere to those rules.

SIGNATURE OF PLAYER: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN _____ DATE: _____

JCSD EMERGENCY MEDICAL CARD 2021-22 (must be on file w/JCMS)

Student Name _____
Grade _____ DOB ____/____/____ Age ____
Parent/Legal Guardian _____
Parent/Legal Guardian Contact (Home #) _____
(Cell #) _____ (other #) _____
Parent/Legal Guardian EMAIL _____
Address _____ City _____ ZIP _____
Emergency Contact Person _____
Emergency Contact #'s _____
Allergies & Health Disorders _____
Current Medications _____
Insurance Carrier _____ Policy # _____
Family Doctor _____

Interim health Questions: has the child ever experienced any of the following:

- | | |
|---|---|
| <input type="checkbox"/> <u>Passed out or been Dizzy during exercise</u> | <input type="checkbox"/> <u>Ever has a prolonged, unexplained viral illness</u> |
| <input type="checkbox"/> <u>Had Chest pain During exercise</u> | <input type="checkbox"/> <u>Student uses Medication (please list above)</u> |
| <input type="checkbox"/> <u>Tires more quickly than friends/frequently</u> | <input type="checkbox"/> <u>Ever been denied participation in sports</u> |
| <input type="checkbox"/> <u>Has been told they have a heart murmur</u> | <input type="checkbox"/> <u>Had injuries in the past year</u> |
| <input type="checkbox"/> <u>Has palpitations/skipped beats of heart</u> | <input type="checkbox"/> <u>Had surgery in the last year</u> |
| <input type="checkbox"/> <u>Had baseline concussion training</u> | <input type="checkbox"/> <u>Is currently under a physicians care</u> |
| <input type="checkbox"/> <u>Anyone in the family passed away due to heart problems or suddenly before the age of 50</u> | |
| <input type="checkbox"/> <u>Has the student or anyone in the family experienced seizures</u> <input type="checkbox"/> <u>Diabetic</u> | |

If you know of any reason your child should not participate in a sport please list/explain:

I HEREBY CONSENT OF MY SON/DAUGHTER PARTICIPATING IN A CO-CURRICULAR SPORT DURING THE SCHOOL YEAR AS DIRECTED BY JEFFERSON COUNTY SCHOOL DISTRICT 509J. THE PARTICIPATION IN A SPORT THAT INVOLVES THE MOVEMENT OF THE HUMAN BODY CARRIES WITH IT THE POSSIBILITY OF INJURY THAT COULD LEAD TO DEATH OR PERMANENT DISABILITY. ALTHOUGH THIS IS EXTREMELY RARE IN MIDDLE SCHOOL ATHLETICS, THE POSSIBILITY ALWAYS EXISTS. I AM AWARE THAT THERE IS A RISK OF SERIOUS INJURY INVOLVED IN PARTICIPATING IN ATHLETICS AT **DISTRICT 509J** SCHOOLS.

IN CASE OF ILLNESS, ACCIDENT, OR EMERGENCY NECESSITATING, MEDICAL TREATMENT, I HEREBY AUTHORIZE THE ADVISOR OR COACH OF MY CHILD TO OBTAIN EMERGENCY MEDICAL TREATMENT. I ALSO RELEASE ANY LIABILITY OF ANY KIND WITH THE ACTIONS TAKEN IN GOOD FAITH BY THE SCHOOL DISTRICT PERSONNEL IN PROVIDING EMERGENCY MEDICAL TREATMENT. I FURTHER AGREE THAT SCHOOL DISTRICT PERSONNEL MAY SEEK THE NEAREST AVAILABLE TREATMENT FROM ANY PHYSICIAN OR MEDICAL FACILITY AS THEY DEEM BEST ABLE TO PROVIDE SAID TREATMENT IN THE BEST INTEREST OF MY CHILD.

I UNDERSTAND THAT ATHLETIC ACCIDENT INSURANCE IS NO LONGER A REQUIREMENT FOR PARTICIPATION IN JEFFERSON COUNTY SCHOOL DISTRICT 509J'S ATHLETIC PROGRAMS. I RECOGNIZE THAT IN CASE OF INJURY TO MY SON/DAUGHTER, THE COST OF TREATMENT, INCLUDING EMERGENCY TRANSPORTATION, IS MY RESPONSIBILITY AND NOT THE RESPONSIBILITY OF THE SCHOOL DISTRICT. JEFFERSON COUNTY SCHOOL DISTRICT 509J DOES NOT PROVIDE STUDENT INSURANCE. I FURTHER UNDERSTAND THAT IT IS STRONGLY RECOMMENDED THAT MY SON/DAUGHTER BE COVERED BY MEDICAL INSURANCE WHILE PARTICIPATING IN SCHOOL-SPONSORED ACTIVITIES.

I UNDERSTAND THAT STUDENT GRADES WILL BE CHECKED EVERY FRIDAY DURING THE SEASON. STUDENTS WITH MORE THAN ONE (1) FAILING GRADE (F) OF HAVING A GPA BELOW 2.0 WILL BE CONSIDERED ACADEMICALLY INELIGIBLE, AND WILL NOT BE ALLOWED TO PARTICIPATE UNTIL ACADEMICALLY ELIGIBLE. CONTINUED INELIGIBILITY COULD RESULT IN DISMISSAL FROM THE SPORT.

I HAVE RECEIVED, UNDERSTAND, AND AGREE TO THE TERMS OF THE STUDENT ATHLETIC HANDBOOK.

SIGNATURE OF PARENT/LEGAL GUARDIAN _____ DATE: _____

**JEFFERSON COUNTY SCHOOL DISTRICT WAIVER OF LIABILITY AND HOLD HARMLESS FOR
COMMUNICABLE DISEASES INCLUDING COVID-19**

Student Name: _____ Grade: _____ Home

Phone: _____ Address: _____

Parent(s)/Guardian(s) Names: _____

Parent/ Guardian phone: Work: _____ Home: _____ Other: _____

The novel coronavirus ("COVID-19"), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. While rules, guidance, and personal discipline may reduce this risk, the risk of serious illness and death does exist. **Jefferson County School District cannot completely mitigate the transfer of communicable diseases like COVID-19, especially when involved in sports. Participation in sports includes possible exposure to and illness, injury, or death from infectious diseases including COVID-19.**

In consideration for providing my child the opportunity to participate in sports and any related transportation to and from these events, both my child and I voluntarily agree to waive and discharge any and all claims against District and release it from liability for any exposure to or illness or injury from an infectious disease including COVID-19, including claims for any negligent actions of the District or its employees or agents, to the fullest extent allowed by law, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, and our successors.

I also agree to release, exonerate, discharge and hold harmless the District, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from all liability, claims, causes of action, or demands, including attorney fees, fines, fees, or other costs (e.g. medical costs) arising out of any exposure to or illness or injury from an infectious disease including COVID-19, which may result from or in connection with my child's participation in sports.

I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of myself and the above-named student.

I certify that I have read this document in its entirety and fully understand its contents. In exchange for the opportunity to participate in sports, the above-named student and I freely and voluntarily assume all risks of such hazards and notwithstanding such, release District from all liability for any loss regardless of cause, and claims arising from the student's participation in sports.

Date

Student Signature

Parent/Legal Guardian Signature Date