



RHAM MIDDLE SCHOOL ATHLETIC HANDBOOK

RHAM Middle School
25 Rham Road
Hebron, CT 06238
(860) 228-9423 Fax (860) 228-5316

Michael Seroussi
Principal

Carri-Ann Bell
Assistant Principal

Kevin Kanaitis
Athletic Director
(860) 228-9423 Ext. 6
Kevin.kanaitis@rhamschools.org

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SPORTS

**RHAM MIDDLE SCHOOL
ATHLETIC HANDBOOK**

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Introduction

RHAM Middle School is dedicated to developing all aspects of a student's potential. We believe balance is the key to achieving and maintaining excellence. In addition to the opportunities available to all students through a challenging and inspiring academic curriculum, RHAM Middle School is proud to offer students a wide array of complementary athletic and co-curricular activities.

Philosophy and Athlete Code of Conduct

Athletics serve as a base for the development of a positive self-image for all participants. Athletics encourage individual and group excellence, dedication, and commitment in working toward team goals. They contribute to the individuals' physical fitness and skill level, and fosters mental alertness, emotional maturity, and social interactions.

RHAM athletes are a source of pride for the school and community. Participation at any level of athletics is a privilege at RHAM Middle School. As representatives of the school there are standards of conduct that are expected of all our athletes. By participating in RHAM athletics you are agreeing to a higher standard of behavior.

While the RHAM Middle School Athletic program serves as an arena for the student athletes to display his or her talents, student athletes must in turn be willing to assume certain responsibilities.

RHAM middle school athletes must strive to achieve sound citizenship, emotional control, honesty, cooperation, dependability, and respect for others and their abilities. Athletes must maintain academic eligibility and must show respect for both authority and property.

***Student athletes continually serve as a reflection of his or her
coach, team, school, and community.***

Spectator Code of Conduct

Fans and supporters are encouraged to cheer for your team but discouraged from cheering against the opponent. Please respect the officials' decisions whether or not you agree. Fans and supporters are asked to bear in mind that this is not an advanced level of competition. While we hope that you will enjoy the game as an expression of the hard work and dedication the young players have put forth, please do not criticize their play. You also are representatives of RHAM Middle School and we ask that you conduct yourself appropriately and respectfully.

No food or beverages are allowed in the school gymnasium.

UNDERLYING BELIEFS

Athletics can be a nurturing and positive experience for our students. Indeed, the philosophy of athletics at RHAM declares that athletics “comprise an integral part of the educational program at RHAM.” It is with this core belief that RHAM Middle School encourages the best possible experience for our student-athletes during their tenure here. The involvement of parents in the total educational experience is necessary to achieve this end.

- Our athletic program should promote high standards of academic achievement, good citizenship and individual responsibility on the playing field, in the school and in the community. Participation in our athletic program is a privilege which is afforded to those individuals who possess the ability, attitude, cooperative spirit, and the desire to represent their school and community.
- Our athletic program should provide valuable lessons in many practical situations that are helpful later in life: teamwork, sportsmanship, personal responsibility for success and failure, competition, commitment and hard work.
- Striving to win is a critical aspect of any athletic program. Winning, however, should not supersede the well-being and development of the student-athlete.
- An emphasis on skill development, knowledge and implementation of game and safety rules, team play, and team cohesiveness should be made on all levels.
- Trust is a dynamic relationship between the coach and the athlete, reflecting confident expectation that both parties strive for excellence.
- The development of a work ethic and teamwork combined with individual responsibility and dependability produce a shared responsibility for a team’s success.

General Policies and Procedures for Student-Athletes

No student or student athlete shall ever incite/initiate a fight. Incidents involving fighting will be referred to the administration and dealt with through the RHAM Middle School Student/Parent Handbook after careful investigation.

- Verbal and/or physical abuse of officials or coaches by students or student athletes will not be tolerated and may result in immediate dismissal from the team.
- Student athletes are expected to attend all practices and contests. Consequences of absences other than illness, family emergency or unavoidable school-related conflicts, will be made known, in writing, by the coach at the beginning of the season.
- Student athletes are expected to attend classes on the days of contests.
- Student athletes will be expected to travel to and from contests on the team bus, accompanied by the coach.
- Student athletes will conduct themselves as ladies or gentlemen at all times, both on and off the playing field.
- Students and student athletes are expected to stand at attention during the National Anthem.

- Student athletes are responsible for all equipment and uniforms issued to them and will be held financially responsible for any equipment and uniforms damaged or not returned. Until obligations are met, no additional uniforms or equipment for any sport will be issued.

INTERSCHOLASTIC TEAMS

Teams which compete with other schools are interscholastic teams. This includes teams for both boys and girls in each of the three seasons: Fall, Winter, and Spring. Presently, the teams are as follows.

Fall	Boys' Soccer Girls' Soccer Cross Country
Winter	Boys' Basketball Girls' Basketball Cheerleading Wrestling
Spring	Boys' Baseball Girls' Softball Track and Field

PERMISSION TO PLAY

Sports Participation

Team tryouts are announced in advance of the seasons and, for those who make the team, special transportation arrangements must be anticipated as practices run beyond late bus departure much of the time. Time commitment to team practice and games is almost daily.

A complete physical examination, including the cardiovascular and musculoskeletal systems, is mandatory on a yearly basis in order for your child to participate in interscholastic athletics. This exam must have occurred within the last year, and be recorded on the blue state physical form. **A parental consent to participate form, one yearly concussion and cardiac arrest form, along with permission for an "Impact" concussion baseline test is required for each sport that your child participates in. These forms must be completed and returned to the nurse before tryouts, at the start of practice and/or by a specified date (based on particular sport). Students who do not meet these criteria will be ineligible to participate. Students must be in attendance during the school day in order to participate in any co-curricular activity or athletic event scheduled for that day. If students arrive late to school, they must arrive before their scheduled lunch period in order to participate in an evening activity. Students not in attendance will be excluded from school-sponsored event, unless special arrangements have been made with the principal prior to the event.**

Please be sure to get all this information in as soon as possible. **No athlete will be allowed to practice with or try out for a team until all of the above requirements are met.**

PARTICIPATION FEE

Students participating in RHAM's Athletic Program must pay a Participation Fee. Students may participate in up to three sports once they have paid the Participation Fee. RHAM's current athletic policies and regulations will remain in effect and unchanged. Student athletes must adhere to all athletic policies and regulation. The amount of playing time a student receives will continue to be at the sole discretion of the team coaches. The participation Fee does not guarantee a student playing time. Students who have not paid the fee by the second week of their athletic season will have their eligibility to participate in athletics withheld until the fee is paid. The athletic fee can be paid online at [**www.pay4schoolstuff.com**](http://www.pay4schoolstuff.com)

Eligibility Policy

Students participating on interscholastic activities must be in good academic standing. Board policy (5132a), states that students who have not maintained a C- average with no F's may try out for a team. If selected, they may practice but **cannot participate in interscholastic competition** (games or meets) until eligibility grade requirements are met. Students' grades will be checked every two weeks to determine eligibility. If eligibility is met at that time, students may join or re-enter activities. **NOTE: 7th grade students will not be disqualified from participating in co-curricular activities during the first marking period for grades which they received during the previous school year. 8th grade eligibility for fall sports will be based upon the previous year's 4th quarter's grades. The administration reserves the right to deny students' participation in any activities if students are having serious academic or behavior problems.**

Picking up Student Athletes

At away games and meets, athletes at RHAM Middle School are asked to depart and arrive home with their specific athletic team on the bus. In the event that a parent/guardian would like to take their OWN child home from an away game, the parent/guardian must provide a signed note to the coach/main office prior to 1:30pm stating that they will be driving their child home. In the event a parent/guardian would like to take another child home from an away game, BOTH the pickup parent and the parent of the child to be picked up MUST provide signed note(s) to administration prior to 1:30pm on the day of the event. NO emails/faxes/phone calls will be accepted for approval. Administration MUST approve these notes prior to the students leaving the school for the game/match.

Substance Abuse Regulations for Student Athletes

RHAM Middle School recognizes the use of chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemicals by athletes affect extracurricular participation and the development of related skills. All activities sponsored by RHAM Middle School are included in these regulations.

A student-athlete using or possessing drugs (including alcohol and marijuana), anabolic steroids, or tobacco (any facsimile of tobacco or any item represented to be tobacco), or an electronic nicotine delivery system (e.g. E-cigarette) during the athletic or calendar school year will immediately be dismissed from the team and will lose the privilege to participate in athletics, **practices and competitions**, for the next sixty athletic days (which may include part or all of the next season in which the student-athlete participates). For this purpose, an athletic day is defined as any school sanctioned day in which athletic tryouts, practices or contests are scheduled in a sport. If it is the student-athlete's first offense, he/she may apply for a modified punishment consisting of exclusion from athletics for twenty athletic days (which may include part of the next season in which the student-athlete participates).

The student-athlete must do the following:

1. Meet with the school's AHM social worker within three (3) school days of dismissal from the team;
2. Follow the written and oral recommendations of the AHM social worker;
3. Meet with the administration or its designee and the athletic director to discuss the possibility of rejoining the team for continuing athletic participation.

A second violation in the career of a student-athlete will result in immediate loss of the privilege to participate in athletics, practices and competitions for the next sixty days. Additionally, the student-athlete will be required to meet with the school's AHM social worker and follow the written and oral recommendations of the AHM social worker.

A student is considered a student-athlete from the day of his/her first tryout for a RHAM High School team through his/her last day as a RHAM Middle School student.

Regional School District #8 Board of Education Policy 5114 (discipline) and 5143 (Drug and Alcohol Use by Students) supersedes these regulations. Adopted 7/22/02 Revised 4/22/04

LEAGUE AFFILIATION

RHAM Middle School is a member of the Mid-State Middle School League (MMSL) which consists of Berlin (McGee), Colchester (Johnston), Cromwell, East Hampton, Durham (Strong), Middletown (Woodrow Wilson) and Rocky Hill (Griswold). We attempt to limit the number of games in any season to a range of 10 – 20. The league has adopted the following regulations:

1. No league standings are to be maintained or published
2. No league champions are recognized or honored except for those in cross country
3. The league does not sponsor any post-season tournaments

LOCKER ROOMS

Facilities are provided for you to change and store your belongings. They are not recreation areas. Please be respectful of the area whether it is our locker room or that of a school that we are competing against. Fans and other students are not allowed in the locker rooms. Should you see someone in the locker rooms that does not belong there, please notify the coach or athletic director immediately. Do not bring large sums of money or other valuables to the locker rooms. It is not worth the risk of them being lost, stolen or damaged. You will not need them to play, so please leave them at home.

INJURY/INSURANCE

When a player is injured and has been declared ineligible by a physician, he/she may not return to practice or games until released by the physician with a note or a fax to the school nurse during school hours (7:15 – 2:10 pm). The school fax number is 860-228-5306.

If a player is injured and requires treatment at a medical facility, the fees incurred would be covered through the family's insurance. Any unpaid portion of the bill should be submitted to the school, at which time the school's insurance will take effect.

Any athlete/player injured either during practices and/or games must see the school nurse the next day before he/she can return to either practice and/or a game.

DETENTIONS

If a player receives a detention, it must be served when the administrator or teacher indicates. Neither coaches nor the athletic director can release players from this obligation. **A detention that is the result of inappropriate behavior may result in a player receiving further discipline from the coach.**

ATTENDANCE/SUSPENSION

Players must arrive at school prior to their scheduled lunch wave on the day of a game in order to be eligible to play in that game. Please try to schedule appointments in such a manner as to avoid a conflict.

Any player serving a suspension is ineligible to practice or play in a game during the suspension.

COMMITMENT TO TEAM

Once a player joins one of the middle school teams, it is expected that he/she will participate in all of the scheduled practices and games. If there are conflicts with other activities, it is expected that the middle school teams will be the athlete's priority. This includes bus rides home from away games.

We sincerely hope that once a player has been selected for a team, it is recognized and understood that a commitment is made to that team for the season. This means that players are expected to be at all practices and games, unless the coach is notified of extenuating circumstances. Please schedule appointments and vacations during the pre and post season time.

PLAYING TIME

One of our objectives at the middle school level is to provide athletes with opportunities to play and improve. The coach has the ultimate decision on who or how much playing time the athlete will receive. Neither the coach nor the athletic director can guarantee how much playing time each player will get. However, every varsity player will have the opportunity to participate in formal competition unless disqualified by academic or behavioral concerns.

COACHES

We endeavor to provide our athletes with the best available coaches. We have been very fortunate to have outstanding coaches work with our young athletes. Obviously, we realize that our methodologies and practices will at times be in conflict with yours. If a problem arises, the player should communicate with the coach and seek a resolution. If that does not achieve satisfactory results, then the player should contact the athletic director. If there is a parental concern, the parent should contact the coach, and if still concerned, the athletic director.

UNIFORMS AND EQUIPMENT

Uniforms issued to players are the property of the RHAM Middle School. Everything issued must be signed for by the player. It is expected that uniforms will be returned in serviceable, clean condition no later than one

week after the end of the season. If a uniform is lost or damaged due to neglect, the player will be assessed the replacement cost. Report cards will be withheld and players may not join other teams until payment is made. **Jewelry of any form (rings, earrings, bracelets, necklaces, etc.) are not part of the uniform and may not be worn.** Students are discouraged from bringing jewelry to practices or competitions.

HAZING

Hazing, harassment, intimidation or any act that injures, degrades, or disgraces a student or staff member will not be tolerated. Any student who engages in such behavior is subject to disciplinary action, according to applicable procedural requirements, including suspension, expulsion or referral to law enforcement officials.

SCHEDULES – CHANGES

Schedules are printed and given to all players and managers prior to the start of the season. If either players or parents do not receive one, they should ask for one. Sometimes dates and games have to be changed due to weather or other conflicts. When inclement weather is a factor, game status will be decided after 1:00 pm. Please do not call the office prior to 1:00 pm. Rescheduled games are always announced. It is the responsibility of the players to communicate these changes to their parents. If you have doubts about a game date, please contact the athletic director for verification @ (860-228-9423 Ext. 6). Please do not call other schools for information.

RECOGNITION OF ATHLETES, MANAGERS AND COACHES

We believe that the hard work of the players, managers, scorekeepers and coaches, merit special recognition. To that end, we schedule Sports Award Ceremonies in November, March, and June to honor the accomplishments of everyone involved in the sports program. You will be notified of the dates of the awards ceremonies.

BERLIN	<p>McGee Middle School, 899 Norton Rd., Berlin. (Please note: game locations can vary.) Take Rt. 9 North to Exit 22 (Showcase Cinemas). Turn right at end of ramp and then right at the traffic light. Proceed through the next light, up the hill past the church and turn right onto Hudson St. Go through the 4-way stop sign and school is on the right about ½ mile. Sage Park: At Showcase Cinemas, Exit 22, take Berlin Tnpk (Rt. 15) South. At second light, turn left for Northbound lanes. Park is on right approximately 200 feet. For Softball – turn left into Park. Percival Park: Rt. 9 North to Willowbrook Park Exit. At end of exit turn left onto New Britain Rd., proceed through several lights and look for Robbins Rd. on right, turn right onto Robbins Rd. and stay on it for awhile until you reach stop sign. At stop sign, turn right onto Percival Ave. – field is ½ mile down road on the right hand side. XC only-Directions to PISTOL CREEK - 600 Spruce Brook Road, Berlin; South on Rt 15 Berlin Turnpike to Spruce Brook Rd. Left onto Spruce Brook; Pistol Creek Park on the right. If coming from Rt 372 west, take left onto Savage Hill Rd; right onto Spruce Brook Rd; Pistol Creek is on the left.</p>
COLCHESTER	<p>COLCHESTER Follow CT 16 into Colchester, turn right onto Main Street/CT 85, left onto Norwich Ave. School is on the right (.7 miles). Drop off in front of school, soccer fields behind the school. Girls or Boys Soccer games at William J. Johnston Middle School, 360 Norwich Avenue, Colchester, CT. Boys or Girls Soccer games at Jack Jackter Intermediate School which is accessible from the back of William J. Johnston Middle School (please refer to the schedule because they rotate sites each year)</p>
CROMWELL	<p>Cromwell Middle School, Mann Memorial Drive, Cromwell Route 9 North, Exit 18 (Route 99). Proceed on Rt. 99 for about 3 miles. After 3 miles, go through 2 traffic lights and look for Geer St. on left across from Millane Nursery. Turn left onto Geer St., then right onto Raymond Pl., and then left onto Mann Memorial Dr. School is on right; fields are on the side and in back.</p>
DURHAM	<p>Strong School, 191 Main Street, Route 17, Durham Take Rt. 66 from East Hampton over the Portland Bridge to Rt. 9 South, take Rt. 17 South Exit (South Main St.), and stay on Rt. 17 for approx. five miles. The school is on the left in front of Coginchaug Regional High School. The fields are in back of the school between the middle school and high school.</p>
EAST HAMPTON	<p>East Hampton Middle School, 19 Childs Road Take RT 66 towards Middletown. Entrance to East Hampton Middle School on left when you arrive in the center of town. Note: for soccer only! When one team is at East Hampton MS the other team plays at East Hampton High School. Directions from EHMS, take a right onto RT. 66, take a left at first light onto North Maple, East Hampton High School is approx. 1/4 mile on the left, fields are in back.</p>
LEBANON	<p>Lyman Middle School, 891 Exeter Road, Lebanon Take Rt. 16 through Colchester Center to Lebanon. At intersection of Rt. 207, turn right onto Rt. 207. School is approx. 2 miles on your right. You will pass the high school and turn right into the middle school.</p>
MERIDEN	<p>Thomas Edison Middle School, 1355 N Broad Street, Meriden, CT W. High St/CT-66 towards Middletown, turn right onto Washington St./CT-66, CT-66 W becomes I-691 W, turn right onto US-5/Broad St Exit 8, Thomas Edison is .8 mile on right hand side.</p>

REVISED (11/18/13) DIRECTIONS TO SCHOOLS FOR ATHLETICS Cont'd.

MIDDLETOWN	<p>MIDDLETOWN Woodrow Wilson Middle School, Wilderman's Way, Middletown, CT (Moody School) Soccer only-Pat Kidney Field, Take Rt. 66 NW to Rt. 9 South, take exit 13 Main Street, go to the end @ stop light take a left on South Main Street (Rt. 17), at fork (blinking light), bear left onto Farm Hill Road. Field straight ahead on left.</p> <p>XC only-Directions to Veterans Park West High St. CT-66 towards Middletown, take right onto Washington St., take right onto Newfield St. (CT-3), take 1st left onto Newfield Court, entrance to park on left.</p> <p>TO Woodrow Wilson - 370 Hunting Hill Avenue, Middletown Basketball only: Rt. 66 take Rt. 9- turn at exit 11 (Randolph Rd.). Turn left at the exit ramp. Pass through 3 sets of lights. Take second right (after the 3rd light) onto Hunting Hill Avenue. Proceed through 2 stop signs, Middle school entrance on the right.</p>
MOODUS	<p>Nathan Hale-Ray Middle School, 73 Clark Gates Road, Moodus Turn left onto West High Street (Rt. 66); turn sharp left onto Middletown Ave., turn right onto Young Street (CT-196), turn left onto CT 196/Leesville Rd., Turn left onto E. Haddam Moodus Rd/CT 149; turn slight right onto E. Haddam Moodus Rd/CT 149/CT 151 continue to follow CT 149; turn left onto N Moodus Rd; turn right onto Clark Gates Rd.</p> <p>Baseball only: Go on RT. 16 and turn onto Young St./CT-196; continue on to CT-151 S/Moodus Road (stay to the left); go past resorts and past Johnsonville; turn left onto Neptune Ave. Baseball field on your left side.</p>
PORTLAND	<p>Portland Middle School, 93 High Street, Portland Take Rt. 66 NW. Turn left onto W. High Street (Rt. 66 W). Turn right onto Gospel Lane (Rt. 17). Turn left onto William Street. Turn left onto High Street. Entrance road to Middle/High School is approx. ¾ mile on right (at stop sign).</p>
RHAM	<p>RHAM Middle School, 25 Rham Road, Hebron . (Please note: game locations can vary.)(Soccer/Baseball/Cross Country)Take W High St./CT-66. Turn Left onto Gilead St/CT-85. Turn right onto RHAM Rd. Fields located to the left of school. Veterans Park (Soccer/Softball) W High St./CT-66. Turn slight left onto Wall St/CT-316. Veterans Park is directly across from the RHAM High School.</p>

ROCKY HILL	<p>Griswold Middle School, 144 Bailey Road, Rocky Hill (Please note: game locations can vary. Route CT 9 N, Exit 18 (Rt. 99) through Cromwell into Rocky Hill. At the intersection of Main St. and turn left onto Elm St. (look for Best Cleaners on the corner). Proceed onto Elm St. until second right (intersection of Bailey Rd and Elm Ridge Park). Turn right onto Bailey Rd. and then take your second right onto School Way. The school is straight ahead. The soccer fields are on the side and in the back of the school. Baseball/Sunny Crest Fields: Parsonage Street. Follow directions as above but go straight onto Bailey Rd. to the end of the street. Take a left onto Parsonage St. and the fields are approx. 1/8 mile on the left. Softball: Rocky Hill High School 50 Chaplin Ave: CT-9, take exit 18 toward CT-99, turn left onto Elm St. Take first right onto Chaplin.</p>
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RHAM MIDDLE SCHOOL

25 RHAM Road
Hebron, CT 06238

Athletic Dismissal Form

I give permission for my child _____
(Student's Name)

To be released on _____ from _____.
(Date) (Sport)

Please allow my child to be released to.

The purpose of requesting this dismissal is: (optional)

I understand that the school regulation will only allow my child to be released to a legal guardian or family member at the game or meet.

Parent's Signature Date

It would be preferable if this form could be handed in to the coach prior to the date of the sporting event.
