

# Panthers Athletics Information Packet

*The following contains important reminders and information related to Alexander Elementary School athletics.*

Please review this packet of information, and sign and return the last page to the school.

**Eligibility-** All students must meet age/grade requirements and the following guidelines before participating in school athletics.

Basketball: All students in grades 3-8.

Cheerleading: All students in grades K-8.

Cross Country: All students in grades 2-8.

Softball: All students in grades 5-8.

## Eligibility Guidelines:

1. Parent permission is required - a signed and dated permission must be received by the school office.
2. A sports physical OR signed parent waiver is required - a sports physical must be on file with the main office. Sports physicals are valid for one calendar year.
3. Academic requirement - Working academically at an acceptable level (**No F's, Incompletes, or more than one D**). Students who are academically ineligible will be placed on probation for a period of two weeks. If at the end of a two-week probationary period the student is still ineligible he/she will be suspended from all athletic teams for the remainder of the current season.
4. Attendance - Regular school attendance is required of all students. Athletes and/or students participating in extracurricular activities who are absent from school on any part of the day of a game, practice, or activity, or the practice the day before a game, shall not participate without the written excuse of a parent or physician and the full sanction of the school administration.
5. Discipline - Students suspended shall not be allowed to practice or participate in any extracurricular or athletic events while on suspension.
6. Health - Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to

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competition, practice or scrimmage, must be removed from the activity immediately. The student and his/her parent(s) will be informed of the need for an evaluation for brain injury before the student will be allowed to return to the activity. No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion. Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

## **Code of Conduct-**

Alexander Elementary believes athletic programs are an important component to promoting growth and development of a well-rounded student. Students involved in any athletic program offered in our school will be expected to display the proper ideals of:

- Respect
- Citizenship
- Sportsmanship

In addition to the ideals, athletes shall recognize that they have the following responsibilities.

- They are official representatives of their school.
- They represent their families, friends, and community.
- Their action in and out of school builds students' respect and contributes to the school spirit. This implies proper respect be given to the administration, teachers, coaches, officials, fellow athletes and the student body.

Team managers shall be considered as squad members and shall meet the same requirements as the players.

Infractions that violate the code of conduct or other guidelines/expectations set forth by the Alexander School Department may result in suspension or removal of the student from the activity or team.

## **Game & Practice Expectations-**

Students are expected to arrive at school on time and prepared for a game and/or board the bus no more than 15 minutes prior to departure, unless otherwise communicated by the coaches.

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Students are expected to be on time for practices and have the necessary clothing to be able to participate. Students shall not be allowed to enter the building or gym early to wait for their practice to begin (i.e. arriving at 4:30pm to wait for a practice to begin at 5pm). Instead, students should arrive closer to their scheduled practice time.

Practices are "closed door" - to ensure the full focus of players.

Parents/guardians/family members/other students are asked not to interrupt practices while they are in session.

Team members are expected to remain with their team and/or coaches during sporting events - to be seated with their teammates- on the bench during the game or together as a team in the stands while waiting for their game to begin.

## Transportation

School bus transportation is limited to only students and supervising staff.

If a student is not riding the bus to/from a game, the parent/guardian of that student shall need to notify the coach.

If a student is being picked up and/or riding with another adult to/from a game or practice, the parent/guardian of that student shall need to notify the coach.

## Uniforms & Dress-

Students are expected to be responsible for their uniforms and to bring their uniforms to school as requested by staff and coaches. On game days, uniforms will be stored and transported with the team by the coaches. Students may not change into/wear their uniforms during school or before the game (i.e. on the bus).

Students who **do not** have their uniforms **and/or appropriate footwear** for a game will not be allowed to play for that game.

The following are guidelines for students to follow upon receipt of their sports uniforms:

1. NEVER eat while wearing your uniform (also never eat while near your uniform).
2. Do NOT drink anything other than water while wearing your uniform.
3. When not wearing your uniform, always keep it folded neatly in a safe and dry place.

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4. Before each game, inspect your uniform for wrinkles, stains, or damage.
5. If you need to clean your uniform, follow the instructions on the tag: (ie gentle cool wash, hang dry).
6. If you need to get wrinkles out of your uniform, place it in the dryer along on LOW with a damp washcloth and tumble dry for a few minutes (keep checking on it while it's in the dryer). You do not want to leave your uniform in the dryer on high heat OR for a long time as it will shrink/damage the uniform.
7. Do NOT iron your uniform to get the wrinkles out, it will damage the uniform. Follow step 6 instead.

Following these simple steps will ensure you look your best while on the basketball court. Remember, when you wear the Alexander Panthers uniform you are representing yourself, your school, and your community. Treat and wear your uniform with pride!

Students are expected to be dressed neatly and appropriately on the day of a game, including proper attire for cold weather.

## **Communication-**

Effort will be made by the coaches and staff of Alexander Elementary to inform parents/guardians of the dates and times of practices within a reasonable time frame.

Effort will be made by the coaches and staff of Alexander Elementary to inform parents/guardians of cancellations or changes to scheduled games in a timely manner. Please note: if school has been cancelled on the day of a scheduled game, the game will also be cancelled and made up at a later date unless otherwise notified.

## **Schedule-**

Bus arrivals/departures for away games will vary depending on the destination of the scheduled game. In the event of a significant delay, effort will be made by AES staff and coaches to notify parents/guardians in a timely manner via electronic messaging systems.

## **Volunteering at Sports Events-**

Alexander Elementary seeks volunteers to help ensure an enjoyable and enriching athletic experience for the students. Please contact the school if you are able to volunteer your time at one or more of the games. Volunteers are important and

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appreciated! Sign ups for volunteers will be made available prior to the start of the season.

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## Signature Page

I have read and understand the guidelines set forth in the athletics information packet and student handbook.

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Parent/Guardian Name

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Date

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Student(s) Name(s)

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Date