



Parent/Student Handbook

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I. PHILOSOPHY

Mountain Island Charter School Mission Statement

The Mountain Island Charter School will offer traditional curriculum while instilling character values and leadership development within a positive, challenging learning environment. Students, staff, and parents will be encouraged to lead by example through their positive impact on and service to each other, their school, and their community. We will endeavor to promote and foster excellence, wisdom, integrity, and perseverance within our students to enable them to be successful in today's complex and diverse society.

The MICS Athletic Department will strive to develop and maintain a comprehensive Athletic Program based on the philosophy of the MICS Mission Statement. We want to challenge our athletes to develop an appreciation for the concepts of preparation, hard work, commitment, teamwork, and sportsmanship. While we want to promote a winning attitude, we must keep in mind that our primary goal is to instill in our athletes the importance of embracing MICS values, all of which can be achieved through sports: courage, teamwork, respect, integrity and wisdom. It is our hope that through athletics we are able to make a positive, valuable, and lasting impression on our athletes, and that their involvement with MICS Athletics will benefit them in all areas of their lives.

II. MICS Athletics – GUIDING PRINCIPLES

True Integration of Core Values in Athletics

- Intentional and purposeful teaching of core values in the athletic arena
- Consistent communication of core values topical discussions
- Respectful treatment and interactions with opponents, guests, officials, and fans
- Spirited competition within the rules
- Proper reaction to the scoreboard

Balance

- Maintaining the proper relationship between academics, athletics, and family
- Support of each and every player on the team
- Out of season conditioning and training policy

Teamwork

- Athletic department, athletic director, and coaching staff collaboration
- Coaching staff is unified on multi-sport participation
- Sharing of people, space, and resources
- Partnering with parents

Adaptive Expertise in Practice

- Developing and fostering a growth mind set
- Flexibility, preparedness, and willingness to change as needed
- Professional development
- Assessment and evaluation

III. SPORTSMANSHIP CODE

It is recognized that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is therefore necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for events; and adequate control of spectators, players, and pre-game/post-game activities. Every effort must be made to promote a climate of wholesome competition.

Athletic competition is guided by the following ideals.

The Players

1. play within the rules of the game,
2. win with humility and lose without excuses,
3. respect officials and accept their decisions,
4. never play with intent to injure an opponent,
5. remember that they represent their schools, their coaches, and their families as well as themselves,
6. respect the property and facilities of their opponents.

The Coaches

1. inspire in their players a love for the game and the desire to win,
2. teach that it is better to lose fairly than to win unfairly,
3. show restraint and respect when dealing with officials,
4. serve as positive role models for their players,
5. hold their players accountable for unsportsmanlike behavior.

We have the responsibility to treat officials, opposing teams, and their spectators as guests. We have a responsibility to educate our supporters to cheer the strengths and victories of their own teams and never denigrate the performance of an opponent or official.

During athletic contests, we will not tolerate any spectator, either adult or student, whose behavior is disrespectful toward players, officials, or other spectators. We will not permit any type of spectator behavior that detracts from the proper conduct of the game or puts a player or team at a disadvantage.

VI. Behavioral Expectations

Please see Student Handbook, those guidelines are to be followed during practice and competitions.

V. ATHLETIC ELIGIBILITY

The purpose of an academic eligibility policy is to ensure that our student-athletes are reminded of the importance of balancing athletics and academics.

Middle and Upper School Academic Policy (NCHSAA):

A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school.

- (a) A minimum load is defined as five courses in the traditional school schedule, so students must pass 5 of 6 courses.
- (b) Any student, including seniors, must pass that minimum load, even if they need fewer for graduation.

* School-assigned consequences for disciplinary infractions must be served as assigned, even if this causes a student to miss an athletic event.

*Athletes who are suspended from school for 3 days of accrued suspensions are ineligible for the remainder of the school year. Athletes who are suspended for aggressive or violent incidents will be immediately removed from participation for the remainder of the school year.

The Athletic Director and school administration maintain the right to suspend or remove an athlete from the team if necessary. Athletes suspended from school may be ineligible to participate in MICS sports for the entire year.

VI. LEVELS OF COMPETITION

Middle School teams may have students in grades 6th -8th grade only (exception is XC is open to 5th graders). This is considered the introductory level of interscholastic competition for MICS students. While student-athletes are expected to have a certain base level of skill and understanding prior to joining any Middle School team, there is a strong emphasis on skill development, individual/team improvement and the building of self-confidence.

Upper School teams will consist of 9th-11th graders.

VII. TRY-OUT/CUT POLICY

All sports with the exception of cross country, will have limited rosters.

VIII. PHYSICALS

The Athletic Department will confirm each player has an updated physical form, and liability waiver on file. **NO student may participate without an updated/current physical exam and liability waiver.**

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Each coach must submit a roster before the start of each season to the Athletic Office. The complete roster is due 24 hours after the completion of tryouts, unless you are awaiting the end of another sport. In that case, your complete roster is due one week from the time of the last arriving player from another sport.

IX. DUAL SPORT POLICY

High school students are permitted to participate in multi sports in the same season, provided they have a contract completed and filed with the Athletic Director.

Middle school student-athletes are only permitted to participate in one sport during the same sports season. Participating on two teams during the same season would mean that a student-athlete would miss practices and possibly games/meets for one sport while participating in the other. This would create an unequal situation for team members, as well as place an incredible amount of pressure (athletic and academic) on the dual sport athlete.

Student may participate in sports outside of school but their first commitment is to MICS, if there is an overlap in the schedule then the MICS sport takes precedence. No student-athlete may miss MICS practice for another sport, if they do then they will not be allowed to participate in games/matches that week.

X. EXPECTATIONS OF STUDENT-ATHLETES

1. Student-athletes must know that practice and game attendance are mandatory. Individuals who miss practice will not be allowed to participate in the next competition if there is not another practice prior to the game. Student-athletes are required to attend practices or games that might be scheduled on weekends, holidays, or breaks. Outside club teams, AAU, leagues, etc. are secondary to MICS sports teams.
2. Student-athletes are responsible for punctuality and preparedness for practice and games. Unexcused tardiness or absences **will not** be tolerated and should be dealt with by the head coach and/or athletic director at their discretion. Exception to this would be student-athletes seeking academic help or makeup. It is expected that student-athletes communicate with the coaching staff prior to missing practice. Student-athletes who are injured should still attend practice unless otherwise notified or cleared by their head coach.
3. MICS student-athletes, parents, and spectators alike are expected to exhibit the highest level sportsmanship at all athletic events (home and away).
4. No athletic jerseys will be worn to school without approval from the Head of School. No uniform shall be worn outside of athletic competitions.
5. Athletes must be in attendance for **at least three periods** of the school day in order to participate in a sporting event (practice or game) that afternoon.

MICS athletic teams will have the following game day dress options):

- a. Male students are encouraged to wear collared shirts, ties, dress slacks, with dress shoes (NO TENNIS/ATHLETIC SHOES).
- b. Females are encouraged to wear dress skirts/dress slacks and blouse, and dress shoes (NO TENNIS/ATHLETIC SHOES).

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** All dress must be in accordance with the MICS Dress Code*

6. Any student-athlete who commits to a team must complete the season, by attending a majority of the practices and all competitions. If a student-athlete does not follow this policy or discontinues his/her role with the team then he/she can be ineligible to participate in the next sport season (the next sport that the student would participate in). Exceptions to this policy are medical or family emergency challenges and will be handled case by case.

XI. TRANSPORTATION

1. A valid Volunteer Driver Pledge Card, Clear background check, and copy of DL and valid insurance card is needed in order to drive student – athletes to games.

Players are permitted to ride home with their parents provided the coach is informed by the player and/or parent. Parents must give permission for their child to ride with other parents. MICS will not be liable for violation of this rule.

2. If you are traveling and come back to school late, it is your responsibility to see that all of your athletes have been picked up or have transportation home.

XII. TEAM PICTURES

A photo day will be scheduled for each team. The Athletic Director will set up each team's day and time. Both team and individual pictures will be taken at this time. Athletes will have the opportunity to order and purchase these photos.

XIII. AWARDS

There are athletic awards ceremonies for athletes, parents and coaches that take place at the end of each sport season. Each student-athlete is required to attend the ceremony. This is a special event and attendees will dress appropriately, dress pants, shirts, ties, dresses or skirts.

XIV. PARENTAL BEHAVIOR

1. Respect the decisions of the coaching staff.
2. Under no circumstances are you to approach the team bench during competition
3. Respect officials and accept their decisions, 5
4. Remember that you represent the schools, the coaches, and your families as well as yourselves,
5. Your coaches are trained and knowledgeable; do not confuse your son/daughter by teaching them techniques that are contrary to what they are being instructed to do by the coaches.

