

**Quitman School District**  
**Athletic Program**  
**Handbook 2023 - 2024**



**Board Approved – June 12, 2023**

# Athletics Program Handbook

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This Handbook is intended to cover the general day-to-day operations of the Quitman School District, and to address matters covered within frequently asked questions. While the administration and School Board have made every effort to review this Handbook for accuracy, there may still exist some unintended errors and omissions. If a conflict exists between the terms and provisions of this Handbook as opposed to the School District's Official Policies, then in said event the Official Policies will control. The School District's Official Policies can be accessed and reviewed at:  
<https://quitmansd.msbpolicy.org/DistrictHome/tabid/9626/Default.aspx>

## Introduction

This Athletics Handbook has been prepared to present clear guidelines to cover specific aspects of the athletic programs of the Quitman School District. The School Board and the administration believe that it will be helpful not only to staff members directly involved in athletics but also to students and parents who are affected by or interested in learning about the programs. It is important to understand that this handbook is supplemental to - and is not intended to supersede or substitute for - the policies and procedures of the Quitman School District adopted by the School Board governing operations of the school district. Every staff member and all students are subject to these policies, together with policies as stated in student handbooks and formally adopted by the School Board each year. In addition, the athletic programs of the district must conform to all rules and regulations established by the Mississippi High School Activities Association and the Mississippi Department of Education – [www.misshsaa.com](http://www.misshsaa.com); [www.mde.k12.ms.us](http://www.mde.k12.ms.us). All staff members are responsible for seeing that programs under their supervision and/or with which they are associated as members of the athletic department are in compliance with Quitman School District, Mississippi High School Activities Association, and Mississippi Department of Education policies. This handbook outlines in detail vital areas of the athletic programs with which staff members must be concerned.

### I. Mission Statement

Athletics are an extension of the classroom and are considered extracurricular activities. Athletics should function as an integral part of the total curriculum at Quitman High School and Quitman Junior High School. The athletic programs should offer opportunities to promote self-realization and all-around growth as well as the development of fellowship and good sportsmanship. The major objective of the athletic programs is to provide wholesome opportunities for students to develop positive and responsible habits and attitudes toward group and social living. Athletics help the student athlete develop a healthy self-concept, as well as a healthy body, by teaching those skills necessary for team participation. The interscholastic athletic program should be conducted in accordance with the Quitman School

District, Mississippi High School Activities Association, and Mississippi Department of Education policies and regulations. It should at all times be conducted in a manner that

will justify it as an educational activity.

## **II. Code of Ethics**

When one becomes a member of the coaching profession, he/she assumes certain obligations and responsibilities to the sport, to players and to fellow coaches. It is essential that every member of the profession be constantly aware of these obligations and responsibilities, to the end that coaching remains an honorable calling, and that each member conducts himself/herself in such a manner as to maintain the dignity and decency of the profession. In relationships with players under his/her care, the coach should always be aware of the influence he/she wields for good or bad. Parents entrust their children to the coach and through his/her example, these young people should emerge as fine and decent people. The coach should never place the value of winning above that of instilling the highest ideals and character traits in his/her players. The safety and welfare of the players should be uppermost in the mind of the coach. In teaching a sport, the coach must realize that there are certain rules designed to protect the player and provide common standards for determining a winner and a loser. Any attempts to beat these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct have no place in athletics. The coach should set the example for winning without boasting and for losing without bitterness. Coaches who conduct themselves using these principles as guidelines will be successful in terms of the respect they have gained from their players as well as from their opponents. The essential qualities desired in coaches are honesty and integrity. Coaches whose conduct reflects these characteristics will bring credit to the coaching profession and to themselves. It is through such conduct that the profession will earn and maintain its rightful place in the educational program and make its full contribution to the American way of life.

## **III. OUTLINE OF SPORTS OFFERED**

### **HIGH SCHOOL**

#### **FALL:**

Football

Volleyball

Cross Country

Cheer

Golf

E-Sports

#### **WINTER:**

Basketball

Soccer

### **JUNIOR HIGH**

Football

Volleyball

Cheer

Basketball

Soccer

Powerlifting

Archery

Archery

**SPRING:**

Baseball

Baseball

Fastpitch Softball

Fastpitch Softball

Track

Track

Tennis

#### IV. ATHLETIC POLICIES

It is the responsibility of the athletic director and the head coach of each sport to see that the participants meet the requirements of the MHSAA. Failure to abide by MHSAA rules may result in a coach being sanctioned, fined, and possibly terminated from his/her position.

##### COVID-19 Statement

It is essential for the school community to work together to prevent the introduction and spread of COVID-19 in the school environment and in the community while still providing a quality education program. To view the Quitman School District Reopening School Plan, visit our school website at [www.quitmanschool.org](http://www.quitmanschool.org).

**Athletic Equipment:** Quitman Schools strives to provide high quality athletic equipment. The athletic director and head coach of each sport shall keep abreast of the latest trends in athletic equipment. Safety is the number one priority when selecting and purchasing athletic equipment. When purchasing athletic equipment, the coach and athletic director must follow the guidelines of the purchasing department. If a coach checks out any athletic equipment, he/she must see that it is returned promptly. A fine will be assessed to any student for the misuse or loss of athletic equipment, and the fine must be paid before the grading period ends. **In addition, at the end of the season, each head coach must provide an inventory to the athletic director.**

**Awards/Banquets:** The booster club and support groups are responsible for athletic awards and banquets for each sport. If there is not a booster club for a particular sport, then it is the discretion of the athletic director to establish the award program and banquet for that sport. At the end of the season, the booster club of a sport may choose to have a banquet with the approval of the head coach, at which awards may be presented. **The date of the banquet needs to be approved by the Athletic Director.**

**Booster Clubs:** Booster clubs are essential components of successful athletic teams and provide necessary financial support to our athletic teams. However, booster clubs

should limit their roles to lending financial support and not help coach, schedule, or administer the team. Any money raised by a booster club is solely for the benefit of the team. The booster club shall have a constitution with by-laws and procedures established. The monies that are raised by the support groups shall be spent at the direction of the athletic director and the head coaches of that sport. **Monthly financial statements must be submitted to the athletic director and business manager. These statements will be due on the 15th of each month.**

**Spectators:** If a spectator is removed from an athletic event for any reason, he/she could be banned from all events home/away for a calendar year.

**Awards:** The school district gives out two awards at the Senior Awards Night Ceremony. These awards will be nominated and voted on by the coaching staff of Quitman School District. The following will be the awards presented.

**Panther Award –** A Senior that has had outstanding athletic performance, conduct, and leadership throughout his or her athletic and academic career.

**Zack Huggins Award –** The best all-around student that possesses great leadership, citizenship, and performance in the classroom and on the field. (Top Scholar Student-athlete)

**Coaching Clinics for High School Coaches:** Quitman School's coaching staff shall stay abreast of the latest techniques and mechanics being used to teach their respective sports. Quitman Schools will reimburse each coach for the cost of attending one coaching clinic per year with the prior approval of the athletic director. Each coach may request approval to attend the clinic that he/she would like to attend, with preference being given to local and state clinics. It is expected that the coaches attending clinics will share the information with their colleagues after returning.

**Coaching Clinics for Junior High Coaches:** Coaches for grades 7 & 8 will be reimbursed for expenses incurred in attending the Mississippi Association of Coaches Clinic. It is expected that the coaches attending clinics will share the information with their colleagues after returning.

**Commercial Driver's License:** All Quitman School coaches will obtain a commercial driver's license and be responsible for transporting your teams to away games. If you have a medical excuse from your doctor, you must have a copy of the medical excuse on file with the Athletic Director and the Principal of the building in which you work.

**Discipline Procedures:** All athletes are expected to deport themselves as responsible young men and women. This applies to the classroom as well as the athletic fields and social events. If an athlete shows a lack of self-discipline, has a poor attitude, or is not fulfilling his/her commitment to the athletic program, he/she may be suspended

from that sport. If any athlete boycotts the team or coach for any reason, that athlete could be suspended from participation in that sport and any other sport for the remainder of the school year. An athlete must comply with all written and oral directions given by the coaches of his/her sport.

1. Disciplinary action for **minor offenses** such as inappropriate classroom behavior, tardiness to class, missed practices and/or meetings without proper excuses, disrespect, inappropriate dress, etc. (see list of possible **Disciplinary Actions** below)

2. Disciplinary action for **major offenses** such as defacing or destroying school property, fighting, stealing, committing forgery, defying a coach or school authority, causing a disruption in school or on a school bus, leaving school grounds without permission, abusive language, threatening another student or coach, using alcohol, tobacco and/or drugs, exhibiting a poor attitude, lack of self-discipline, boycotting the team for any reason, etc. (see list of possible **Disciplinary Actions** below)

**Disciplinary action** can consist of: a parent conference, sitting out a game or games, dismissal from the program for a specific time, permanent dismissal from the program, and any other action deemed appropriate by the coaches and/or the Athletic Director.

**Drug and Alcohol Testing Policy:** In response to the serious health risks and other risks posed by active student drug and/or alcohol use, the QSD has implemented an extracurricular drug and alcohol testing policy designed to provide early detection of drug use and to eradicate or reduce significantly the use and influence of prohibited drugs, alcohol and other chemicals by students participating in QSD extracurricular activities.

All students enrolled in the QSD who are 7<sup>th</sup> grade or higher and who participate in any of the following QSD extracurricular activities—athletics, band, cheerleading, chorus, and ROTC shall be subject to this screening policy. Copies of this policy are available from the department of athletics.

**Ejections of Athletes/Coaches and/or penalties:** The Quitman School District follows all MHSAA rules relative to the ejection of an athlete or a coach. If an athlete or coach is penalized, he/she must comply with the penalty. The Quitman School District encourages all coaches to conduct themselves in such a manner that neither a fine, penalty, nor ejection from a game will be warranted. However, should a financial penalty be imposed on a coach, it is his/her responsibility to pay the penalty. The Quitman School District will not be responsible for payment of a coach's fine.

**Eligibility:** All coaches must be knowledgeable of and comply with the MHSAA rules governing eligibility of student athletes, which require that a contestant must:

(a) Have enrolled no later than the 15th day of any semester of participation, carry the

required number of subjects for graduation by their local district, and deport himself/herself satisfactorily;

(b) Not have become 19 years of age prior to August 1 (\$1,000 fine to the coach for this infraction);

(c) Not be a graduate of a four-year high school;

(d) Not have enrolled in college or junior college or participated in athletics beyond the high school level;

(e) Be a student whose parent(s) or legal guardian(s) are (1) bona fide residents of the district or (2) are instructional personnel or licensed employees of the district;

(f) Have a certified copy of his/her birth certificate on file with the school;

(g) See MHSAA handbook for the recognized exceptions.

**To be eligible for athletic competition and co-curricular activities, students must meet the minimum scholastic requirements stated below. Eligibility will be determined at the end of each semester in compliance with the new Children First Act.**

### **Middle/Junior High Eligibility**

To be eligible only for middle/junior high activities, a student must have passed any four courses (that meet the equivalent of 250 minutes per week and meet MDE requirements) with a 2.0 GPA for the preceding semester (computed numerically or by GPA). The year-end average for the spring semester will be used to compute averages for the fall semester. Students must be on track to be promoted to be eligible. To be eligible for high school activities, the middle/junior high school student must have passed the four core courses (English, math, science, and social studies) with a 2.0 GPA for the preceding semester (computed numerically or by GPA). The year-end average for the spring semester will be used to compute averages for the fall semester. Students must be on track to be promoted to be eligible .

Summer school or extended school year grades will replace the grade for a failed course in the spring semester GPA.

### **High School Eligibility**

To be eligible, a student must have a 2.0 GPA on a 4.0 scale for the 1st semester of the year to participate in the 2nd semester of that school year and a 2.0 for the year-end average of the school year to be eligible to participate in the 1st semester of the next school year. According to the MHSAA , students must also stay on graduation track as well as having a 2.0. The MHSAA allows a student to become eligible only once for the second semester of a school year if that student was ruled ineligible using their year-end



average. This can only happen once for that student, because the MHSAA requires the student to stay on graduation track. A student can gain credits toward eligibility through summer school courses, correspondence courses, and credit recovery. The grade earned in those courses would be used in computing the year -end average for the spring semester in place of the original grade.

**Eligibility for student athletes is now checked twice a year – at the end of the school year for fall eligibility and at the end of the fall semester for spring eligibility. In order to be eligible, a student athlete must have a 2.0 (70) GPA and be on track to graduate. It is the coach’s responsibility to check all of your students/athletes for eligibility. If you have any questions, you need to consult the athletic director before allowing the student/athlete to compete. New students to the District must complete a Transfer Student form that must be signed off by their previous school and the MHSAA before they are able to compete.**

**Evaluations:** All coaches must answer to their building principal for their teaching evaluations. All High School and Junior High School head coaches will be evaluated at the end of their season by the athletic director. He/She will sit down with each to discuss their season and complete an evaluation form on the head coach. The head coach will be responsible for completing an evaluation form on his/her assistant coaches. The head coach should bring these evaluations to his/her end-of-the-year meeting with the athletic director. The head coach should also bring his/her inventory list to the meeting.

**Game and Practice Supervision:** All coaches must ensure that proper security and fan supervision is in place prior to an athletic contest/event. Further, no game or practice may be held without a coach present.

**Multiple Sports Participation:** Quitman School District acknowledges that there are sports whose seasons overlap, and some athletes may have conflicts in scheduling. Sports, in-season, take precedence over tryouts in other sports. In the case of an athlete who wishes to participate in multiple sports and scheduling conflicts arise, it is hoped that the two coaches can arrive at a solution. If no agreement can be reached, then a “playoff game” would take first priority, followed by a “district game” next and a “non-district game” last. Athletes are encouraged to participate in as many sports as they wish, and they should be able to do so without pressure from any coach to limit participation to one sport.

**Quitman School District may discipline any coach who discourages an athlete from participating in more than one sport.**

A student/athlete who quits one sport to participate in a second sport will not be allowed to play in the second sport until the season of sport that he/she quits is over. (Example: Jon Doe quits basketball late in the season to play baseball. John Doe will not

be allowed to play baseball, practice or compete, until basketball season is over.)

**Paraprofessional Coaches:** In some cases, depending on teaching assignments available, Quitman Schools may have to hire paraprofessional coaches. These paraprofessional coaches must meet the recommendations of the MHSAA in order to coach at the High School or Junior High School level.

**Physical Examination/Waiver:** All athletes are required to complete an "Athletic Clearance form" that includes insurance information. A physical examination must be conducted **prior** to participating in tryouts, a practice, or game. **Quitman School District may discipline any coach who knowingly allows a student/athlete to participate without these forms on file.**

**Purchases:** Each head coach will be allowed to give a "Wish List" to the athletic director each year. In most cases, the athletic department will not be able to purchase everything on the wish list, so the head coach and athletic director will have to prioritize the list. The head coach and athletic director will agree on the purchases to be made by the athletic department. The athletic department will work with the business office to get a purchase order for the items. The vendors should not place an order until they have received a purchase order from Quitman School District. The vendor should make sure that all items ordered are delivered to the correct school.

**Quitman School District may discipline any coach who does not follow the proper procedure for ordering equipment, etc.** Head Coaches can use their Booster Club to purchase other items that the athletic department could not cover.

**Religious Neutrality:** Quitman School District recognizes the right of every person to make personal decisions about religion free from school or governmental involvement. Quitman School District encourages all students and staff to appreciate, respect, and be tolerant of each other's religious decisions and views. Coaches and/or district employees may not lead, plan, or encourage, discourage, or prohibit prayers or religious activities at school and/or school events.

**Safety Procedures for Athletes:** The safety of athletes in practice and games is a top priority in the Quitman School District. The athletic director and supervising coaches must take all necessary precautions to insure the safety of the athletes.

**Scholar-Athlete Team Award:** Each head coach should complete a Scholar-Athlete Team Award Application. These are due to the MHSAA by April 1st and are based on first semester grades. Therefore, all head coaches should complete the form and submit it to the athletic office shortly after the first semester ends. It is based only on varsity athletic

teams, and everyone who played on a varsity fall sport or winter sport should be listed. Coaches who will begin their practice in February for spring sports will need to estimate their varsity teams based on past participation or tryouts and use this list to complete the application.

**School Attendance on Game Day (Practice):** In order to be counted present, a student must be in attendance for at least 63% of the school day. In order to participate in any extracurricular activity (including daily practices), a student must attend school a minimum of four periods on the day of the activity. A student absent with permission for a school-related activity will be considered to have attended school the required minimum of four periods on the day of the activity.

**These same guidelines apply to coaches. Coaches must be present in order to participate in activities associated with an extracurricular activity - practices, games, banquets, etc. It is the coach's responsibility to check school attendance for his/her players on athletic and/or extracurricular days.**

**Squad Selection:** Each head coach will have a policy on how athletes are selected for a team ( "selection policy"). This policy shall be approved by the athletic director and should be posted in a visible place prior to the team selection. Each selection policy will be on file in the athletic director's office.

**STAR Sportsmanship:** According to the MHSAA, all coaches, sponsors, student-athletes, cheerleaders, and dance participants in middle school, junior high, and high school sports must have completed the online *STAR Sportsmanship* training program at some point in time. Junior High and Middle School coaches, sponsors, and students must complete STAR Sportsmanship training before their season ends. High School coaches, sponsors, and students must complete STAR Sportsmanship before post-season play begins in their sport. It is the responsibility of the **head coach or sponsor** of each sport to make sure that his or her team's student athletes and assistant coaches complete STAR Sportsmanship training.

**Completion Reports** for each team will be reviewed by the MHSAA to check eligibility.

**Teaching Assignments:** Most coaches will have a teaching assignment at one of the Quitman Schools. You will be evaluated by your building principal during the year based on your teaching assignment. It is your responsibility to maintain your teacher license and to keep it current. In some cases, Quitman School District will hire a paraprofessional coach who will not have a teaching assignment in the District.

**Teacher Certification:** Each coach is responsible for keeping his/her teaching certification current through the Mississippi Department of Education (MDE). The personnel office will remind you during your last year of certification, but you should

have already done some previous work to keep current. In order to keep up your certification, there are many opportunities for you to get CEU's during the school year.

**Travel:** The athletic director and head coach are responsible for transporting the athletes to and from games/contests in an approved state vehicle. Alternative travel may be arranged in accordance with Quitman School District Policy. Any alternative travel should be approved by the athletic director prior to the event. It will be up to the head coaches if they want to allow students/athletes to ride home with parents. If the head coach decides to allow them to ride home with a parent, it can only be their legal guardian and cannot be a relative. The legal guardian must sign the child out and take responsibility for the student/athlete getting home. If the legal guardian will not be traveling to the away contest, the student/athlete will ride the bus back home. He/She cannot ride back with another parent, relative, etc.

**Tryouts:** The MHSAA issued new tryout guidelines in the spring of 2011. A sport that begins in the fall must have its tryouts in the spring semester. A sport that begins in the spring must have its tryouts in the fall semester. **The date(s) of your tryout must be approved by the MHSAA.** Coaches must submit tryout date(s) to the athletic director well in advance. Tryouts cannot be conducted until your date( s) have been approved by the MHSAA.

**Weight Room:** A well-organized weight program is essential to a competitive athletic program. All head coaches should work to stay current with the latest weight training techniques specific to your sport. The weight room should be a safe and wholesome environment.

**Athletes are prohibited from working out in the weight room without the supervision of a coach.**

## V. ATHLETIC FORMS

**Physical Form:** A generic physical form is in the athletic office. All athletes must have a physical **prior** to tryouts. Doctors can use their own physical forms as long as they designate the athlete can participate in the sport or all sports he/she is trying out for. **Quitman Schools may discipline any coach who knowingly allows a student/athlete to participate without a physical form on file.**

**Athletic/Extracurricular/Co-Curricular Activity Participation Clearance:** This form covers three (3) things and is available online:

(1) The Parent/Guardian waiver allowing the student/athlete to participate;

- (2) The insurance information for the athlete;
- (3) Emergency contact information

This form must be turned in **prior** to tryouts. **Quitman Schools may discipline any coach who knowingly allows a student/athlete to participate without this form on file.**

**Concussion Form:** This is a form from the MHSAA and must be signed by each athlete each year. This form must be turned in **prior** to tryouts. **Quitman Schools may discipline any coach who knowingly allows a student/athlete to participate without a concussion form on file.**

**Emergency Medical Authorization:** This form must be filled out for all athletes and must be **kept with the coach at all times**. If an athlete has a medical emergency, this form gives all the necessary information to medical personnel treating the athlete.

**Insurance:** All student/athletes must provide proof of insurance before being allowed to try out, practice, or play. Quitman School District provides supplemental insurance for student athletes that covers accidents during practices and games.

## VI. COACHES

**Out-of-State Events:** MHSAA must approve any out of state events at least 30 days prior to the scheduled event. This included teams from other states competing in events at Quitman School District.

**Private Transportation:** This form is for athletes who will not travel with the team to an away game. This is used only for extenuating circumstances and must be approved by the athletic director and head coach in advance.

### COACHES

**Day Travel:** Coaches wishing to attend clinics must to complete the day travel form a minimum of 2 weeks in advance. The leave must be approved by your direct supervisor, your building principal, and the superintendent.

**Field Trip (Bus) Permits:** This form is commonly referred to as the “bus permit” and must be filled out by the driver/coach before the team leaves and after arriving back on campus. The permit will remain on the bus. **A bus cannot be used without a bus permit.**

### MEALS/SACK LUNCHES

Any coach requesting sack lunches from the cafeteria must submit in **writing/email** the dates to the athletic office at least **2 weeks** prior to the request. The cafeteria must

have sufficient time to order the necessary supplies to make these meals. Arrangements must be made with the cafeteria to pick up the lunches on time. Most of the time the cafeteria workers are gone by the end of the day, so please keep this in mind when needing to pick meals up. The cafeteria workers have always gone “above and beyond” to help the teams out with making the sack lunches, so please take care of picking them up. Once you start picking them up, please make sure that your athletes do not waste the food. If they are not eating the meals, cancel the orders. These sack lunches will be for teams that will be traveling.

### **HEAD COACH JOB DESCRIPTION**

The job description for all head coaches, High School and Junior High School, will be on file in the athletic director’s office and in the personnel office. Whenever a job becomes available, the job vacancy will be posted on the website and made available to all applicants.

### **ASSISTANT COACH JOB DESCRIPTION**

The job description for all assistant coaches, High School and Junior High School, will be on file in the athletic director’s office and in the personnel office. Whenever a job becomes available, the job vacancy will be posted on the website and made available to all applicants.

### **EVALUATION FORMS FOR HEAD COACHES**

The evaluation forms for all head coaches, High School and Junior High School, will be on file in the athletic director’s office. The athletic director will inform all head coaches of these expectations and review the head coach’s progress at an end-of-the year meeting at the conclusion of their sport. Both the athletic director and head coach will sign the forms and file them in the head coach’s file. The head coach will be given a copy of the forms for his/her file.

### **EVALUATION FORMS FOR ASSISTANT COACHES**

The evaluation forms for all assistant coaches, High School and Junior High School, will be on file in the athletic director’s office. All head coaches, High School and Junior High School, should complete an evaluation form on all of your assistant coaches at the conclusion of your season. Both the head coach and the assistant coach will sign the forms and the head coach should bring them with him/her to his end-of-the year meeting with the athletic director. The assistant coach/coaches will be given a copy of the forms for his/her file.

## VII. Team Policies and Procedures

### Volleyball

#### Quitman Lady Panthers Volleyball Expectations for Excellence

Lady Panthers Volleyball is part of the “face” of Quitman School District. The coaches and players represent QSD wherever they go. As such, the coaching staff is committed to raising up a group of young ladies who exemplify the very best that Quitman has to offer.

The following is a list of guidelines and expectations along with their corresponding consequences:

1. Lady Panther Volleyball Players will maintain grades above 70 in every class at all times.
  - a. Consequences:
    - i. 1st offense: player will sit on the stage at practice and work on school work/study materials for courses in which her grade is suffering. Player will have two weeks to improve her grade to 70. Alternatively, the player may attend tutoring with the appropriate teacher during a portion of practice hours. (Attendance verified)
    - ii. 2nd offense: player will repeat 1st offense consequence and be placed on probation for the remainder of the season.
    - iii. 3rd offense (or failure to improve grade): player will be dismissed from the team.
2. Lady Panthers Volleyball Players will maintain exceptional school attendance.
  - a. A player will not practice or play on any day in which she did not attend 65% or more of class. As a result, if a player misses practice, she does not start and may not play.
  - b. A player who accumulates four unexcused school absences during the regular season will sit out for one game and be placed on probation.
  - c. A player who accumulates a fifth unexcused school absence during the regular season will be dismissed from the team.
3. Lady Panthers Volleyball Players will maintain exceptional behavior, attitude, and work ethic inside the classroom.
  - a. Informal teacher report (i.e. email/conference) (at coaches’ discretion)
    - i. 1st offense: Player will earn the opportunity to attend additional cardio/ calisthenics practice after regular practice.
    - ii. 2nd offense: Player will earn extra practice time as described above and will sit for 1 game.

- iii. 3rd offense: Player will sit out for 2 games and earn extra workouts
- iv. 4th offense: Player will be dismissed from the team.
  - b. In-School Suspension
    - i. 1st offense: Player will earn extra practice time as described above and will sit for 1 game.
    - ii. 2nd offense: Player will sit out for 2 games and earn extra workouts
    - iii. 3rd offense: Player will be dismissed from the team.
  - c. Out-of-School Suspension
    - i. Player will be dismissed from the team (at coaches' discretion)
- 4. Lady Panthers Volleyball Players will attend all practices and games.
  - a. Players MUST notify coaches of absence prior to practice or game she will miss.
  - b. Player absence will be considered "excused" if
    - i. Coaches were notified in advance
    - ii. A doctor's excuse is submitted
    - iii. A player participates in additional extracurricular activities or work AND a schedule for shared practice times has been arranged and approved by coaches
    - iv. Documented family emergencies
  - c. Player absence will NOT BE excused for
    - i. hair/nail appointments (exceptions may be made at coaches' discretion for homecoming, etc)
    - ii. School work
    - iii. Absences which are not arranged ahead of time.
  - d. Players will earn extra practice time (cardio/cali) for any unexcused absence.
  - e. Players will be dismissed after 3rd unexcused absence from a practice or game.
- 5. Lady Panthers Volleyball Players will protect their practice time and use it to improve their skills and athleticism (strength, endurance, etc).
  - a. Players will arrive to practice and be prepared to begin practice at the start time. They will be dressed appropriately with all gear and have a water bottle full of water.
  - b. Players will assist in setting up the court for games and practices. They will identify tasks that need done and do them quickly and with a positive attitude.
  - c. Players will not be dismissed until all equipment is managed and all trash is disposed of.
  - d. Players will give their best effort during practice. They will not be satisfied with poor performance, and will not give up on themselves and their teammates.
  - e. Players will hold each other accountable to pay attention, follow directions, and give their all.
  - f. Players will support one another without criticism, and will leave the coaches to do the coaching unless instructed to otherwise.
  - g. Players will maintain an appropriate noise level and appropriate conversation levels during practice. (In general conversation is for break times and before/after practice.
  - 15
  - h. During practice, players are focused on the task at hand, and conversations should reflect the current task.)



6. Lady Panthers Volleyball Players will exude poise, dignity, and appropriate sportsmanship before, during, and after games.

- a. Players will wear the team-approved attire on game days (no exception).
- b. Players will use appropriate language at all times.
- c. Cheers and chants will show team spirit and enthusiasm without being derogatory towards the other team.
- d. Players will NOT argue with the refs, their teammates, or the other team during games.
- e. Players' behavior will NEVER reflect vulgarity, negativity, violence, or anything else that will reflect poorly on our team, coaches, school, and district.
- f. Consequences for violating these expectations will be determined on a case-by-case basis at the coaches' discretion based on the severity and frequency of the violations. These consequences may include, but are not limited to, extra conditioning practices, suspension from games, or dismissal from the team, in addition to handbook consequences when necessary.

7. Lady Panthers Volleyball Players will conduct themselves as a team unit. They will participate in team-building activities, team gatherings, etc.

- a. Players will attend an FCA Team-Building camp scheduled for July 5 (pending school board approval)
- b. Players will attend "family" dinners periodically (at the end of summer practices, for example)
- c. Failure to attend a team event without PRIOR written notification AND approval will constitute an unexcused absence.

This is a general outline of expected behaviors and consequences. Each player and each situation may be handled at the coaches' discretion. We understand that sometimes things happen which are outside of the norm, outside of anyone's control, etc.

#### Playing Time

- Playing time is determined by a player's skill level, attendance, attitude, behavior, etc. It is NOT determined by grade level, team seniority, etc. While the coaches want the best six girls out on the court at all times, we will adhere to the above expectations for behavior, attendance, etc. If you have great skill but poor attendance, you will not play. Just because you are a senior does not mean you will play.

- If a player or her parents wish to discuss a conflict or concern, they should make an appointment with the head coach to discuss these matters. They will NOT be discussed on the court after a game or practice (outside of an appointment time) and will be discussed privately. In these discussions we will only talk about your player (or yourself). We will not discuss other players or their playing time, behavior, etc.

- Parents should expect to adhere to the 24-hour rule. (Nothing will be discussed with the coach until 24 hours after the game/practice/incident.

- **PLAYING TIME WILL NOT BE DISCUSSED.**

### Additional Information

- Players will be issued uniforms. It is the player's responsibility to care for any district issued items once issued. The replacement of any lost or damaged items will be player's responsibility (other than normal wear/tear)

Player eligibility involves completion of athlete's and parent's submission of required forms and information into the MHSAA's dragonfly website. No player will be allowed to participate in any practice or game until all dragonfly requirements have been met. Step by step instructions will be made available to each player/parent by the head coach.

### **Archery / Cross Country / Powerlifting / Tennis / Track / Attendance**

1. Athletes must attend 63% of the school day to participate in an event

2. All absences **MUST** be discussed with the Head Coach in advance. Any unexcused absences could result in sitting out of a portion or all of a game. Emergencies/extenuating circumstances will be evaluated by the head coach.

3. Athletes must attend ALL practices and games. Missed practices / games should be communicated with the Head Coach prior to the absence ~~if possible~~. Excessive absences from school / practice / games could result in loss of playing time or removal from the program. Emergencies/extenuating circumstances will be evaluated by the head coach.

4. Athletes are required to ride the bus to all away games. **Parents** must sign their child out in order to ride with parents after contests. Everyone else will ride the bus back to the high school. Parents must make sure their child is picked up at the designated time after games / practices.

### **Academics**

1. Athletes are required to have and maintain at least a 70 cumulative average to be eligible for extracurricular activities. Eligibility will be officially checked at the end of school and after

Christmas break. Students who do not meet academic requirements will not be allowed to practice or participate in games.

2. Athletes must be promoted to the next grade to be eligible.

### **Behavior**

1. Athletes must abide by all school and team rules.

2. Any athlete suspended from school will not be allowed to practice or play in games during the duration of the suspension.

3. Athletes must conduct themselves appropriately at practices and games. Violation of team / school rules could result in disciplinary action including but not limited to a parent conference, sitting out a game or games, dismissal from the program for a specific time, permanent dismissal from the program, and any other action deemed appropriate by the Head Coach.

## **Baseball**

### **General standards for Quitman Baseball:**

1. Respect the brand.
2. Play for what is on the front of the jersey "NOT" the back
3. Active/respectful in the community. You always represent the program.
4. Remember you are a student/athlete first. You have a standard that is required to a higher standard. Strive to be the best team with GPA each 9 weeks.
5. Be a leader
6. Accordance with the MHSAA

Our program has high standards for the level reached in 2022 with the expectations to be higher in 2023.

1. Be on time
2. Be accountable
3. Be prepared to work
4. Be better than yesterday
5. Stay motivated
6. Set goals

COMPETE EVERY PLAY

Rules of the Program.

NO PLAYING TIME DISCUSSION

24 hour rule is always applied after a game. Meeting will be made with the Administration involved.

We have rules with any player who is in violation of different levels of attention.

NO HATS EVER WORN BACKWARDS

ALL PRACTICE/GAME UNIFORM SHIRTS TUCKED IN WHEN WALK ON THE FIELD.

KEEP EVERYTHING CLEAN/ASSIGNMENTS DAILY DUTIES.

Unexcused missed practice – level one 20-25 second poles, 100 crunches, 1 game suspension

For every game missed you will sit the number of games missed.

Practice time is not scheduled stop time.

No Down Time –no standing everything is on a schedule

Assigned weight room required workouts must be reached during fall.

**MOST IMPORTANT OF ALL BE COACHABLE**

### **Cheerleading**

The cheerleaders occupy a position of leadership and have great responsibility for good sportsmanship and school loyalty, resulting in an enthusiastic school spirit. As school leaders, they are expected to display at all times those same traits which they seek to develop in the traditional school spirit.

Cheerleaders are selected in the spring by judges. Eligibility requirements include:

These policies must be maintained after being selected. This means that they are in effect during the year selected and the year of participation.

### **Eligibility for Tryouts**

- Any student selected as a cheerleader for the upcoming year must be eligible according to MHSAA. Any student not meeting eligibility requirements by the specified date will be removed from the squad.

- All candidates must have a copy of a current physical on file with the district prior to the participation in any pre-tryout clinic or tryouts.

- Candidates for the high school cheer squad must be in grades 9-12 for the next school year. Candidates for the junior high cheer squad must be in the 7/8 grade for the next school year.

- Candidates trying out for their SENIOR year of cheer and have cheered for 9th, 10th and 11th grade without being dismissed and meet the MHSAA academic guidelines will automatically be placed on the QHS Cheer team.

- Selection will take place during the spring semester preceding the year of service.

- To be eligible for tryouts, a student must be enrolled in Quitman High School and pass all subjects for the nine week grading period prior to the time of try-outs.

- A discipline review will be conducted on students trying out for cheerleading.

- If a student is failing for the fall semester prior to try-outs, that student is not eligible to try out.

- Any cheerleader who quits the squad before the end of the cheerleading year or is dismissed will not be eligible to try out the following year.

- To be eligible for tryouts, a student must turn in a signed copy acknowledging the constitution, agreeing to furnish the uniform, the uniform payment schedule, extracurricular form, and the hazing/bullying form by the designated date and time.

Candidates will be judged by the following standards: technical skills, jumps, crowd involvement, motion techniques, dance techniques, and teacher evaluations.

To serve, a student must meet and maintain MHSAA requirements: pass all subjects each nine week grading period, must be eligible under the No Pass/No Play rule, and must have satisfactory conduct and attendance for the current year.

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year.

It is the responsibility of the cheerleader to acquire the information about uniforms and meeting times.

### **Expectations**

All cheerleaders/mascots must conduct themselves in a manner to reflect credit to yourself, your school, and the Quitman School District. Failure to do so will result in dismissal from the squad

Social Media, such as Facebook, Twitter, Instagram, Snapchat, and any other social media not listed, is a reflection of yourself and your activities. If you choose to participate in this program you are representing Quitman High School cheer. All photographs and written posts need to be school appropriate. ALL social media accounts will be monitored by the coach. If you have more than one account, you must be-friend your coach on ALL accounts.

Cheerleaders are not allowed to wear uniforms to school (class).

All cheerleaders will follow the guidelines set forth by the sponsors and school administration.

### **Summer Camp/Stunt Clinics/Cheer Clinics**

It is required for all students selected as a Quitman High School cheerleader to attend camps and clinics scheduled by the QHS Cheer Coach. Any unexcused absence from an entire or partial session of the camp may result in dismissal from the squad. Absences will not be excused for such things as: driver's education, vacation, church trips, hair appointments, summer employment, family vacations, etc. The cheerleading coach will determine whether the summer camp will be.

### **Cheerleader's Code of Conduct and Responsibilities**

Attendance (during the spring, summer, fall, and winter) at ALL practices, pep rallies, games, competitions, and other approved activities are expected and REQUIRED. Things such as doctors' appointments should be scheduled around cheer practices, games, pep rallies, competitions, and other events. Prior approval of the coach is required for excused absences or tardies. Excused absences will be given for such things as:

- Sickness, with doctor's excuse
- Injury that is verified with a doctor's excuse, and a release date
- Verifiable family emergency
- Coach's approval (Appropriate punishment(s) will still apply).

If a cheerleader has an excused injury over a prolonged period the individual must continue to dress for practice, games, and participate when possible.

If a cheerleader is absent or checks-out of school and will miss a practice or game, he/she should make every effort to notify the coach so that adjustments can be made to compensate for his/her absence. Appropriate punishment(s) will apply.

A cheerleader will not be excused from any planned activity due to work. If a cheerleader has a job he/she must plan his/her job around cheerleading, not cheerleading around his/her job.

If a cheerleader misses the final practice immediately preceding a pep rally and/or game, he/she WILL NOT be allowed to participate in the pep rally and/or game. This is for safety purposes, and it is important to be there for any changes that might occur during the last practice. (If a violation occurs and this rule is to be enforced the week of the state competition, for the benefit of the entire team – the enforcement will be postponed until the week following the competition)

If a conflict arises between cheerleading and another school sponsored activity (or sport), the cheerleader is expected to attend the cheerleader practice, game, or activity unless prior-approval has been given by the cheer coach. Multi-sport athletes are expected to split time between sports with a preapproved schedule and notify the cheer coach if an issue arises. The COACHES will resolve the issue. NO LAST MINUTE notification will be approved.

If a cheerleader is involved in another activity which is NOT SCHOOL-RELATED, the activity should not conflict with cheerleading practices or games.

Regardless of whether excused or unexcused, excessive absences will not be tolerated.

### **Code of Conduct**

Cheerleaders are considered school leaders and many people closely observe their conduct. Cheerleaders should represent QHS in a positive manner. All cheerleaders are expected to be very familiar with the Quitman High School Cheerleading Constitution and the Quitman School District Handbook and deport themselves in accordance with each of these publications.

If a cheerleader's behavior becomes detrimental to the squad while she is participating at a cheerleading function (i.e. practice, game, etc.), the cheerleading coach has the autonomous authority to remove and withhold the cheerleader from further participation. On the next school day the incident will be submitted to the school administration for further review and possible additional sanctions or dismissal from the squad.

Cheerleaders should be able to take corrective criticism from the coach and/or other squad members.

Respect must be shown for all teammates, coaches, administrators, and teachers, as well as other teams at QHS, all other schools, and school members. 6. Good sportsmanship must be practiced at ALL times.

Cheerleader will maintain proper sideline behavior, which includes:

- Refrain from excessive talking.

- Refrain from conversing with the crowd/team.
- Pay attention to the game.
- Show proper respect during the National Anthem.
- Show proper respect during school songs.
- There shall be no gum chewing at practice, pep rallies, or games.
- There shall be NO cell phone use during practice or games.
- It is a MHSAA rule that no jewelry can be worn while practicing, cheering at games, or participating in the state competition. Cheerleaders should not have to be constantly reminded to take off jewelry.

Cheerleaders MUST accept the responsibility of setting an example for proper deportment during the playing of the National Anthem. At the playing of the National Anthem; they will place their right hand over their hearts, left hand behind their back, and face the flag standing at attention until the end of the anthem. There will be NO talking, NO laughing, or NO playing during this time.

Cheerleaders shall accept responsibility in playing an integral part in controlling the student body behavior at games especially during public address announcements, pre-game, or half-time activities and in regard to a call by an official.

## Dance

**It is important that you understand what will be expected of you as a member of the QH S Dance Team. This program is under the direction of the Athletic Department and will be similar to all other sports in the school. You are expected to abide by the QSD Athletic Code all year, as well as the guidelines listed below.**

### Practices, Meetings & Attendance

1. Practices will be conducted 3-5 days/week. All members must arrange their schedules around our calendar. Attendance is mandatory!

2. Additional practices/meetings may be added as needed. All members will make a reasonable effort to attend.

3. Any member who misses the last practice before a performance (excused or

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unexcused) will not perform. The coach may consider extenuating circumstances/emergencies.

4. Members must be on time for every practice and performance. Members will remain together until excused by the coach.

5. Members must dress in the designated practice attire with appropriate shoes for all practices, or will not be allowed to participate in practice.

6. Practices are not to be conducted without the coach's knowledge and/or presence.

7. Jewelry and gum are not permitted at any practice or performance.

8. If excused from school, you are excused from practice. If you are at school, you must attend practice. Any other absences must be cleared prior to the absence with a note or phone call from a parent. Jobs and other dance classes are not excused absences.

9. Cell phones are not allowed at practices or performances – coaches reserve the right to confiscate phones.

### **Conduct**

1. Dancers must commit to maintaining their grades and attending school regularly.

2. Members will follow the Quitman School District Athletic Code year round.

3. The team will wear team-designated attire on performance days.

4. Members will remain in designated areas at all performances.

5. Members will set an example for desired behavior at all times (school spirit, no swearing, no social media misbehavior, etc.)

6. Complete honesty is expected at all times.

7. From day one, dancers must EARN their spot in formations. All members are required to be at all practices and know all choreography, whether they are in formations or not.

### **Consequences/Penalties**

1. Letting yourself and your teammates down.

2. Not participating in practice.

3. Not participating in a performance.

4. Others as deemed necessary by the coach.

### **Rewards**

1. Personal satisfaction

2. Improvement/Progress

3. Team Success

4. Respect

### **What is expected from parents:**

1. Express concerns to the coach directly.



2. Notification of any schedule conflicts well in advance.
3. Support towards the commitment of the program.
4. Observe all sportsmanship rules.
5. Respect the coach's decision.

## **Basketball**

### **Eligibility**

1. Basketball player's eligibility will be determined by the Mississippi High School Activities Association and C2C Schools.
2. Basketball players must have a current physical and signed parent consent for ms.
3. Eligibility does not determine playing time.

### **Discipline**

1. Basketball players under out of school suspension are not eligible to participate during the term of the suspension.
2. Basketball players that are under in school suspension will be disciplined by the coach at their discretion.
3. Team rule violations will be upheld by the head coach.

### **Team Rules**

1. Coaches will cover team rules and expectations with players before, during, and after the basketball season.
2. Players and parents will receive a copy of the team rules that is to be signed and returned to the head coach.
3. Players that do not return a signed copy of the rules form will not be able to participate in any basketball activities.

### **Travel**

1. Players are expected to travel to the game by the school district's designated school bus.
2. Travel permission forms must be completed and turned in prior to an event that the coach has cleared for separate travel (circumstances may vary).
3. Players with unlawful behavior at an event or on the bus may or may not be able to ride the bus back to the designated area – parents will have to pick up students (circumstances may vary).

4. Players can only travel from games with guardian/parents or a designated person that parent has agreed upon.

5. Athletes are required to ride the bus to all away games. **Parents** must sign their child out in order to ride with parents after contests. Everyone else will ride the bus back to the high school. Parents must make sure their child is picked up at the designated time after games / practices.

### **Playing Time**

1. Playing time will be determined by the head coach.

### **Football**

#### Objectives of the Quitman High School Football Program

1. The program will be an encourager and motivator of all players to excel in the classroom. Academics and Football are not separate, they go hand in hand. Our coaching staff will strive to encourage all players to give their best effort in the classroom. We will take on the role of reminder to turn in work promptly and make that work a quality product. We will adhere to a policy of (No zeroes). If students turn in their work on time and stay organized, the strong grades will take care of themselves.

2. We will operate in accordance with the rules, regulations, and policies as outlined by the MHSAA and the administrative policies of the Quitman School District.

3. Play at a level of effort, intensity, aggression, and perseverance that our opponents cannot endure.

4. Through the football experience, we want to become better people. Players will learn to be encouragers. They will learn the influence they have on younger people and use this influence in a positive manner.

5. Have fun. Football is a game to be enjoyed. To be enjoyed it must be done correctly. The player will give his best physical and mental effort, and once that's done everything else will take care of itself.

Player Expectations: A. Attendance B. Attitude

A. Attendance

1. Be here every day on time

2. If you cannot practice, come dressed out and encourage your teammates.

3. If you cannot come to practice, call and let the coach know. Do not send messages by other players.

4. Irregular attendance makes it difficult or impossible for you to be a part of the team.

Consequences- If you do not come to practice and do not call in, there is a strong possibility that you will not be allowed to play in the game that week. It is based on

individuals and not a general team. It has a great deal to do with attitude. A person who missed once with what turns out to be an acceptable reason will be judged less harshly than the chronic absent or tardy.

General Rule: 8 Gassers for an unexcused absence

4 Gassers for an unexcused tardy

There is no punishment for excused absence or tardy. Only the head coach can excuse absences or tardies.

#### B. Attitude

1. Come every day with the expectation of something great happening.
2. Be an encourager every day.
3. Losers view the player/coach relationship as a competition
4. Winners view the player/coach relationship as a cooperative effort to make the player the best he can be.
5. Have great expectations daily.
6. Don't be cool, we have no room for cool players. Be passionate about Quitman Panther Football.

Consequences- If you have an attitude detrimental practice or the team, you will be eliminated from

practice. When this happens you will not compete in the contest that week.

Attendance & Attitude – choices you make.

#### On the Field

##### Effort

1. You are expected to give great effort every play.
2. You decide on each play, each drill exactly how much effort you will give.
3. Effort is simply a habit.
4. A player who gives 100% every play with less liability is often more productive than a player who gives 100% only under ideal conditions
5. If you cannot give 100% effort, tell your coach.
6. During practice get in the habit of giving 100% take each play, each drill one at a time.

Consequences: not giving effort will result in one gasser for every time you don't give 100%. The team that gives 100% effort every play takes care of their conditioning during practice.

#### Classroom – School Building

##### A. Accountability

Players will be held accountable for all work teachers ask to be completed. We can help somewhat by helping players increase their vocabulary, but most of all being a winner in the classroom is giving 100% effort which means turning in assigned work.

Vince Lombardi – “Winning is not a sometime thing”

Consequences – For every assignment not turned in it will be two half gassers after practice.

#### B. Responsibility

You are responsible for your actions. Breaking school and classroom rules are choices and must have consequences. Players are a member of something great, and being suspended for breaking school rules hurts our team. Players should use good judgment in the classroom and on school grounds, always keeping the team in mind. Remembering that they are part of this football team 24 hours a day.

#### Off Campus

##### Little Eyes Upon You

There are little eyes upon you and they are watching night and day.

There are little ears that quickly take in every word you say.

There are little hands all eager to do anything you do;

And a little boy who is dreaming of the day he will be like you.

The above poem was written for fathers, but it is just as true for athletes. High School Athletes emulate college and professional athletes, elementary children emulate you. Make sure what they are imitating is positive.

#### Consequences of poor choices

Selfishness – you will be eliminated from the team. There is no cure except removal when you constantly put yourself above the team. You must be eliminated.

Symptoms of selfishness – Chronic Tardy, absent, stealing, fighting, violation of dress, Appearance code class misconduct, chronic complaining.

If there are problems in the community, consequences are severe. You may be the only representative of our program that people see. You represent us, it is imperative that you keep this in mind.

#### Player Placement

Every player would like to be a starter on our football team. Unfortunately not all will. The coaching staff will determine who will start. Consequently, I feel it is important for you to understand how we will determine depth charts as practice progresses.

1. Knowledge of Assignment- we cannot and will not play players who do not know their assignments. Position coaches will spend extra time with players if so desired. Everyone can and should know their assignment.

2. Hustle and effort – everyone will be expected to give 100% effort at all times. Your teammates will be giving 100% and they will expect you to also. Extra effort wins games.

3. Hitting and mental toughness- we will discover during spring and fall training who has a strong desire to be physical. Football is a contact sport and must be played with a great deal of toughness.

4. Contribution to overall team- the individual who motivates his teammates to do better is always enthusiastic and ready and will make a greater contribution than one who does not have this quality.

5. Talent-if the above four characteristics are equal and they should be then the young man who produces on the field in the way of making plays will start.

## **Soccer**

The cheerleaders occupy a position of leadership and have great responsibility for good sportsmanship and school loyalty, resulting in an enthusiastic school spirit. As school leaders, they are expected to display at all times those same traits which they seek to develop in the traditional school spirit.

Cheerleaders are selected in the spring by judges. Eligibility requirements include:

These policies must be maintained after being selected. This means that they are in effect during the year selected and the year of participation.

### **Eligibility for Tryouts**

- Any student selected as a cheerleader for the upcoming year must be eligible according to MHSAA. Any student not meeting eligibility requirements by the specified date will be removed from the squad.

- All candidates must have a copy of a current physical on file with the district prior to the participation in any pre-tryout clinic or tryouts.

- Candidates for the high school cheer squad must be in grades 9-12 for the next school year. Candidates for the junior high cheer squad must be in the 7/8 grade for the next school year.

- Candidates trying out for their SENIOR year of cheer and have cheered for 9th, 10th and 11th grade without being dismissed and meet the MHSAA academic guidelines will automatically be placed on the QHS Cheer team.

- Selection will take place during the spring semester preceding the year of service.

- To be eligible for tryouts, a student must be enrolled in Quitman High School and pass all subjects for the nine week grading period prior to the time of try-outs.

- A discipline review will be conducted on students trying out for cheerleading.

- If a student is failing for the fall semester prior to try-outs, that student is not eligible to try out.

- Any cheerleader who quits the squad before the end of the cheerleading year or is dismissed will not be eligible to try out the following year.

- To be eligible for tryouts, a student must turn in a signed copy acknowledging the constitution, agreeing to furnish the uniform, the uniform payment schedule, extracurricular form, and the hazing/bullying form by the designated date and time.

Candidates will be judged by the following standards: technical skills, jumps, crowd involvement, motion techniques, dance techniques, and teacher evaluations.

To serve, a student must meet and maintain MHSAA requirements: pass all subjects each nine week grading period, must be eligible under the No Pass/No Play rule, and must have satisfactory conduct and attendance for the current year.

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Cheerleaders are not allowed to wear uniforms to school (class).

All cheerleaders will follow the guidelines set forth by the sponsors and school administration.

### **Summer Camp/Stunt Clinics/Cheer Clinics**

It is required for all students selected as a Quitman High School cheerleader to attend camps and clinics scheduled by the QHS Cheer Coach. Any unexcused absence from an entire or partial session of the camp may result in dismissal from the squad. Absences will not be excused for such things as: driver's education, vacation, church trips, hair appointments, summer employment, family vacations, etc. The cheerleading coach will determine whether the summer camp will be.

### **Cheerleader's Code of Conduct and Responsibilities**

Attendance (during the spring, summer, fall, and winter) at ALL practices, pep rallies, games, competitions, and other approved activities are expected and REQUIRED. Things such as doctors' appointments should be scheduled around cheer practices, games, pep rallies, competitions, and other events. Prior approval of the coach is required for excused absences or tardies. Excused absences will be given for such things as:

- Sickness, with doctor's excuse
- Injury that is verified with a doctor's excuse, and a release date
- Verifiable family emergency
- Coach's approval (Appropriate punishment(s) will still apply).

If a cheerleader has an excused injury over a prolonged period the individual must continue to dress for practice, games, and participate when possible.

If a cheerleader is absent or checks-out of school and will miss a practice or game, he/she should make every effort to notify the coach so that adjustments can be made to compensate for his/her absence. Appropriate punishment(s) will apply.

A cheerleader will not be excused from any planned activity due to work. If a cheerleader has a job he/she must plan his/her job around cheerleading, not cheerleading around his/her job.

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If a conflict arises between cheerleading and another school sponsored activity (or sport), the cheerleader is expected to attend the cheerleader practice, game, or activity unless prior-approval has been given by the cheer coach. Multi-sport athletes are expected to split time between sports with a preapproved schedule and notify the cheer coach if an issue arises. The COACHES will resolve the issue. NO LAST MINUTE notification will be approved.

If a cheerleader is involved in another activity which is NOT SCHOOL-RELATED, the activity should not conflict with cheerleading practices or games.

Regardless of whether excused or unexcused, excessive absences will not be tolerated.

### **Code of Conduct**

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Cheerleaders should be able to take corrective criticism from the coach and/or other squad members.

Respect must be shown for all teammates, coaches, administrators, and teachers, as well as other teams at QHS, all other schools, and school members. 6. Good sportsmanship must be practiced at ALL times.

Cheerleader will maintain proper sideline behavior, which includes:

- Refrain from excessive talking.
- Refrain from conversing with the crowd/team.
- Pay attention to the game.
- Show proper respect during the National Anthem.
- Show proper respect during school songs.
- There shall be no gum chewing at practice, pep rallies, or games.
- There shall be NO cell phone use during practice or games.
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Cheerleaders shall accept responsibility in playing an integral part in controlling the student body behavior at games especially during public address announcements, pre-game, or half-time activities and in regard to a call by an official.

### **Fastpitch Softball**

● Players will have required make up running for any unexcused absence of a practice or game. The time must be made up within the week before the following game to participate. Players must attend school the day of games to participate.

● Players will not play in a game if there is an unexcused absence from practice the day before the game.

● Players are required to be at all games and practice (even if the player has an injury and cannot actively participate), unless there is a valid excuse approved by the coach.

● The player must inform the coach of any situation which does not allow them to attend practice.

● Valid excuses for missing practice or games include but are not limited to: A doctor's excuse, funeral of immediate family, a school event.



- Players will be required to travel both to and from (coach's decision) all team competitions and activity events with the team. If a parent of the player wishes to have the student return with them, it must be brought to the coaches' attention by the parent on the sign out sheet.

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- All team members will conduct themselves (on and off the field) so that their behavior is a credit to themselves, their team, their coaches, and their school. Players who do not uphold this standard will be disciplined and may lead to conditioning, suspension, and/or dismissal from the team.

- The player will have responsibilities at the field she will be required to do with the team such as clean up days, locker room checks, and bus duties.

- All athletes are students first. Each athlete will be required to follow MHSAA/Quitman School District academic probation policies. Suspension/termination from the team could result based on grades. Players that must make up work and/or tutor will be allowed to but will result in a loss of practice time and possible loss of playing time. Make up will be required for time missed.

- Players will respect coaches, parents, umpires, and teammates.

- Alcohol, Vapes, Nicotine, or any other harmful substance are not to be in possession of a player at any time.

- Cell phones will be put up during practice and games AT ALL TIMES. The player will be allowed to use their cell phone after practice and games are completed.

- Any discipline issue that occurs at the school will also be dealt with at the softball field to the coach's discretion.

### **Junior High Football / Basketball / Baseball**

Athletes at Quitman Junior High are expected to conduct themselves as positive representatives of the Quitman School District. The following are guidelines in behavior, attendance, and academics that every QJH athlete must follow.

#### **Attendance**

1. Athletes must attend 63% of the school day to participate in an event.

2. All absences must be discussed with the Head Coach. Any unexcused absences could result in sitting out of a portion or all of a game.

3. Athletes must attend all practices and games. Missed practices / games should be communicated with the Head Coach prior to the absence, if possible. Excessive absences from school / practice / games could result in loss of playing time or removal from the program.

4. Athletes are required to ride the bus to all away games. Parents are allowed to sign their child out after games. Everyone else will ride the bus back to the junior high. Parents must make sure their child is picked up at the designated time after games / practices.

**Academics**

1. Junior High athletes are required to have and maintain at least a 70 cumulative average to be eligible for extracurricular activities. Eligibility will be officially checked at the end of school and after Christmas break. Students who do not meet academic requirements will not be allowed to practice or participate in games.
2. Junior High athletes must pass the four core courses for the year in order to be eligible. The core courses are English, Math, Science, and Social Studies.

**Behavior**

1. Athletes must abide by all school and team rules.
2. Any athlete suspended from school will not be allowed to practice or play in games during the duration of the suspension.
3. Athletes must conduct themselves appropriately at all practices and games. Violation of team / school rules could result in disciplinary action including but not limited to a parent conference, sitting out a game or games, dismissal from the program for a specific time, permanent dismissal from the program, and any other action deemed appropriate by the Head Coach.

Student / Parent / Coach  
Agreement **2023 - 2024**

This is to certify that we have reviewed the contents of this athletic handbook.

\_\_\_\_\_ Student's Signature

\_\_\_\_\_ Parent's Signature

\_\_\_\_\_ Coach's Signature

\_\_\_\_\_ Athletic Director's  
Signature

\_\_\_\_\_ Date

Please detach and return to your child's coach. 33