

PETER MUHLENBERG MIDDLE SCHOOL



ATHLETIC HANDBOOK

1251 Susan Avenue
Woodstock, VA 22664
540-459-2941

Introduction

Athletics at Peter Muhlenberg Middle School (PMMS) are offered as an opportunity for student-athletes to learn good sportsmanship, discover athletic skills, and develop habits that will enable the student-athlete to better succeed in scholastics and athletics. Athletics are an opportunity for each student-athlete to develop these skills through individual and team competition.

Participation in athletics at PMMS is a privilege, not a guarantee, extended to every student who is eligible under regulations established by the Virginia High School League, the Northern Virginia Junior League, the Shenandoah County School Board, PMMS, and the community. It is important, therefore, that athletes representing PMMS School should, at all times and in all places, carry themselves as shining examples of good character.

Guidelines established by the Virginia High School League and Peter Muhlenberg Middle School for athletes are:

1. Be courteous and respectful to visiting teams and officials
2. Play hard and to the limit of his/her ability, regardless of discouragement.
3. Be modest in victory and gracious in defeat.
4. True athletes do not grandstand, give up, quarrel, offer excuses for failure, or cheat.
5. Maintain physical fitness by observing team rules and advice of coaches, parents, and medical professionals on abilities to participate.
6. Play for the love of the game.
7. Maintain scholastic standing in all classes.
8. Be a positive leader among the student body, maintaining high standards of character and respect for classmates and staff at Peter Muhlenberg Middle School.
9. Respect the integrity and judgment of officials and accept their decisions without question.
10. Respect the facilities of host schools.

With these ideas in mind, the Peter Muhlenberg Middle School Athletic Handbook has been compiled to assist the student-athlete and parents of student-athletes with the basic policies and procedures of athletics at PMMS. Should you have any questions, please contact the principal or assistant principal for their advice and council.

Good luck on an exciting and rewarding athletic season!

Ms. Gina Stetter
Principal

Mr. Heath Johnston
Assistant Principal

Athletic Activities Offered at PMMS

Peter Muhlenberg offers the following sports:

Fall

Cross Country (7th and 8th grade)

Winter

Boys' Basketball (7th and 8th grade)

Girls' Basketball (7th and 8th grade)

Spring

Track and Field (7th and 8th Grade)

The following junior varsity sports are offered to 8th grade students through the athletic department of Central High School. Please see the Central High School Athletic Handbook for guidelines concerning expectations.

Freshman Football (Fall)

JV Girls' Volleyball (Fall)

JV Boys' Basketball (Winter)

JV Girls' Basketball (Winter)

JV Baseball (Spring)

JV Softball (Spring)

JV Boys' Soccer (Spring)

JV Girls' Soccer (Spring)

Student Responsibilities and Procedures

Academics and Behavior

First and foremost, student-athletes are responsible for maintaining academic achievement. The following academic requirements must be met and maintained in order to participate in athletics at PMMS.

A student with one “F” on the six-weeks report card may participate, but is on probation. A conference is to be held with the coach, student-athlete, and student’s parent. The coach must see continued improvement in this grade in order for continued participation on the team

A student who earns two or more “F’s” on the six-weeks report card is ineligible to participate in sports the following six weeks.

Students must be in attendance for at least half of the day in order to participate in practice or a game.

Any student who has in-school or out-of-school suspension will be suspended from participating in athletic activities the day of the suspension and may be suspended from the next athletic competition.

In cases in which the student is assigned detention, the discretion of the coach will prevail.

Continued violations of school rules may result in removal of the student from the team at the discretion of the coach and administration.

Remember, your responsibilities as a student-athlete must be focused on academics first.

Practices and Games

Student-athletes are expected to attend all practices.

If a student-athlete must miss a practice, arrangements should be made before practice either by contacting the coach directly, by e-mail, or by leaving a message at the school. Arrangements should not be made through a teammate.

Individual coaches will have established policies on missed practices and the consequences resulting from unexcused absences.

Shenandoah County School Board policy establishes that the right to play can be denied by any of the following individuals: athlete, parent, team physician, trainer, coach, family doctor, principal, athletic director, or officials.

Participating on an athletic team does not guarantee participation in games, matches or events. The discretion of the coach will be the guiding factor in determining participation in games, matches, or events.

Hint: Here is what coaches look for when deciding who to play in games!

Hustle, desire, and attitude—notice that these three are often considered the most important factors.

Attendance at practice—if you're not there you can't learn

Athletic skills & ability

Improvement

Physicals and Insurance

Each student-athlete must have an annual, updated **physical and insurance** to participate in athletics at PMMS. You cannot practice or play without both.

Physicals are current from May 1 of the current year to June 30 of the following year.

If a student has a physical during that timeframe, it is considered updated for that time period. A completed VHSL physical form is required. **ALL SECTIONS MUST BE COMPLETED!** Forms can be obtained from the office or the coach.

All students that do not have personal medical insurance may purchase a school insurance policy. The price varies and depends on the level of coverage desired by the parent. These forms can be obtained from the office or the coach.

Equipment

All student-athletes will be issued equipment necessary to participate in that specific event, including uniforms. It is the responsibility of the athlete to do the following:

Personally return all equipment to the coach at the end of the season for evaluation of equipment.

Each student-athlete is financially responsible for the equipment issued at the beginning of the school year. All lost equipment must be paid for at the rate of replacement cost.

School athletic equipment is not to be worn except for practices or games, unless authorized by the coach.

Uniforms should be laundered regularly.

Jewelry is not to be worn during contests or practice.

All student athletes are issued a locker and lock in physical education class. These lockers can be used for athletic participation. However, the school or coaching staff is not responsible for lost equipment. **DO NOT BRING EXPENSIVE PERSONAL ITEMS TO SCHOOL OR TO ATHLETIC EVENTS.** If you do, make sure you keep your items secured at all times.

Conduct and Behavior

As a Peter Muhlenberg Athlete, your behavior is to be above reproach at all times. Respect and proper behavior is expected at all times from student-athletes, whether in uniform or not. The coach and administration may render necessary discipline when infractions do occur. Serious offenses may result in dismissal from the team and/or suspension from the school.

Athletes are to refrain from the following:

- Disrespectful behavior and actions
- Abusive language/ profanity
- Destruction/ vandalism of school property
- Fighting
- Malicious gossip
- Stealing
- Cheating
- Possession, use, or sale of tobacco products, alcohol, or drugs
- Violating other school policies
- Violating team policies

Sportsmanship

Any student-athlete who is ejected from a game is ineligible for the next contest. If the player is ejected for fighting, he/she is ineligible for the next two contests. In either case, further discipline by the coach and administration may be warranted.

Parental Responsibilities

As parents of student-athletes you serve a vital role in their success and the success of the team. Please promote good sportsmanship, as this is a collective responsibility. Parents are expected to:

Support each student-athlete with positive reinforcement, both your athlete and all the others.

Remember that student-athletes at this level are in the learning process.

Applaud both teams for their efforts at the end of the game.

Be prompt in picking student-athlete up after practices and/ or events, games, or matches

Be gracious hosts and respectful guests at all events.

Respect the coaching staff and game officials even when you disagree with a call or a decision. Violation of this policy may result in removal from the athletic event and further action by Shenandoah County Schools.

Understand the policies of this manual, of PMMS, and SCPS and encourage your student-athlete to abide by these policies.

Athletic Trips

The athlete's dress should reflect the policies of PMMS and Shenandoah County School Board dress code policy. Coaches may require additional dress requirements.

Conduct on the bus must also match the expectations of PMMS and SCPS.

PLAYERS AND MANAGERS MUST RETURN ON THE BUS FROM AN ATHLETIC CONTEST UNLESS:

A note has been signed by a school administrator **prior** to the trip.

A coach may, under extenuating circumstances, give permission for an athlete to ride home with parents in cases of injury or family-related emergency.

Team members and coaches are responsible for the cleanliness of the bus.

Directions to Athletic Events

R.E. Aylor Middle

901 Aylor Road, Stephens City, VA 22655

I-81N to Stephens City Exit and turn right off ramp. Take left at stop light on to Aylor Rd. School is on right past McDonald's restaurant.

Daniel Morgan Middle

48 South Purcell Avenue, Winchester, VA 22601

I-81N to Winchester. Use Apple Blossom Mall exit towards Winchester. Go to second stop light and turn right onto S. Pleasant Valley Rd. Turn right at next stoplight onto Cork St. Continue to next stoplight and turn left onto S. Purcell Ave.

Frederick County Middle

441 Linden Drive, Winchester, VA 22601

I-81N to Winchester bypass (Rt 37). Exit and turn left off ramp. Take bypass to Rt 50 exit. Exit and turn right off the ramp. School is approximately one mile on the left.

James Wood Middle

1313 Amherst Street, Winchester, VA 22601

(Same directions as Frederick County except school is on the right)

Johnson-Williams

200 Swan Avenue, Berryville, VA 22611

I-81N to Winchester. Take exit 315 toward Winchester/Berryville. Turn left on Berryville Pike. Bear right on W. Main St./VA-7-Bus. Turn right on Lincoln Ave. (#1003). Small school sign on corner. Turn left on Swan Avenue.

Warren County

500 West 15th Street, Front Royal, VA 22630

I-81N to I-66. Take I-66 to Front Royal (Exit 300). Exit and turn right. Go over both bridges into Front Royal. At the next stoplight turn right. At the end of that street turn right.

Admiral Byrd Middle School

134 Rosa Lane, Winchester, VA 22602

I-81N to Exit 313 (Winchester). Straight off of exit ramp onto Rte 522S for about 3 mi. (past COSTCO). Immediately after stoplight at Papermill Road, turn left onto Justus Dr. Take left onto Rosa Lane. Take the 3rd driveway entering school grounds.

Strasburg High School & Signal Knob Middle School

US 11N to 1st traffic light in Strasburg. Turn right, follow for two blocks. Continue on Sandy Hook road to reach Signal Knob Middle School and Sandy Hook Elementary School are on the same road. Continue to get to these schools.

Stonewall Jackson High School & North Fork Middle School

I-81S to Shenandoah Caverns exit. Right off of exit. North Fork Middle School and Ashby-Lee Elementary School are on the same campus.

Directions to Luray Middle School

Start out going northeast on Susan Ave toward W Reservoir Rd/VA-42. Turn left onto W Reservoir Rd/VA-42. Merge onto I-81 S via the ramp on the left toward Edinburg. Take the US-211 exit, EXIT 264, toward New Market/Timberville/Luray. Turn left onto US-211/W Old Cross Rd. Turn left onto N Congress St/US-11/US-211. Take the 3rd right onto E Lee Hwy/US-211 E. Continue to follow US-211 E. Turn right onto US-340. US-340 becomes US Hwy 340. Turn right onto Panther Dr. 198 PANTHER DR is on the left.

Directions to Luray Middle School

Start out going northeast on Susan Ave toward W Reservoir Rd/VA-42. Turn right onto W Reservoir Rd/VA-42. Take the 1st right onto S Main St/US-11. Stay straight to go onto Old Valley Pike/US-11. Continue to follow US-11. Turn left onto Fort Rd. Fort Rd becomes Edinburg Gap Rd. Turn slight right onto S Fort Valley Rd. Stay straight to go onto Camp Roosevelt Rd. Turn slight right onto Fort Valley Rd. Turn left onto N Egypt Bend Rd. Turn slight right onto Bixlers Ferry Rd. Stay straight to go onto Mechanic St. Turn right onto US-340-BR/N Broad St. Take the 3rd left onto E Main St/US-211-BR. Take the 3rd right onto S Deford Ave. Take the 3rd right onto Luray Ave. LURAY AVE is on the left.

North Street CC Course

From PMMS: Take Falcon Road and turn Right onto Ox Road. Turn left onto Park Ave. Turn Right onto S. Summit Ave. Take a left onto North Street. The course is on the right just before you travel over the interstate.

Highlights from the Handbook

Respect is expected from both parents and athletes towards coaches, officials, and school officials at all times

Being on an athletic team carries extra responsibilities for leadership and behavior both within the school and outside of school.

Athletic participation on a team does not guarantee playing time in athletic contests.

Athletes must ride the bus home after all events unless prior arrangements, in writing, have been made by school administration and the parents.

An updated physical, on a VHSL form, and proof of insurance are required to participate in athletics at PMMS.

Middle school athletics is a time for learning and growing. Enjoy it!

Student Athlete Handbook Confirmation

Sign and return to the coach within five days of making the athletic team. This is required for participation.

We have received a copy of the Peter Muhlenberg Middle School Athletic Handbook. We have read the rules and expectations and agree to abide by them.

Student Athlete: _____ Date: _____

Parent/Guardian: _____ Date: _____

In order to stay after school for athletics, students must have parental permission. Parents may use this form below or write a note to the school. Student-athletes will not be allowed to stay after school if a record of parental permission is not on file.

Date _____

I give permission for (athlete) _____ to stay after school, when required, to participate in (sport) _____.
After the game or practice I will be (please check all that apply):

Picking my student up promptly

Allowing my student to go home with _____

Walk home

Sincerely,
