

CROSS TIMBERS MIDDLE SCHOOL
ATHLETIC POLICIES
2020-2021

Forms Required for Participation:

- Every 7th grade athlete must have a Physical Examination completed by a physician and Medical History completed by the parent/guardian on file before a student may participate. No physicals dated outside of April 1, 2020-September 8, 2020 will be accepted for the current school year. [2020 Physical/Medical History Form](#)
- 8th grade athletes enrolled in Athletics for the 2019-2020 school year can use their Physical from last year, but must have an updated Medical History form turned in to participate. 8th graders that were **not** in Athletics for the 2019-2020 school year must have a completed Physical and Medical History dated between April 1, 2020-September 8, 2020 to participate. [2020 Physical/Medical History Form](#)
- All 7th and 8th grade athletes must complete the required forms on RankOne before a student may participate in competitions. [RankOne](#)
- All 7th and 8th grade athletes must return signed copies of the CTMS Athletic Policies, [Parr Park form](#), and [GCISD Extracurricular Activity Pledge](#).

Sport Requirements:

Athletics is a yearlong commitment. All student athletes are expected to participate and compete in the sport or sports that are in season or at least two sports offered during the year. Students enrolled in Athletics are expected to fulfill the program requirements and will not receive a schedule change at the semester unless for disciplinary actions. Football, volleyball for 7th grade, cross country, and track running events are non-cut sports. Basketball, volleyball for 8th grade, tennis, and track field events are cut sports. 7th grade athletes wishing to continue participating in Athletics for their 8th grade year must participate in at least two sports.

Grading Procedures (Dressing Out and Participation):

Students will be given a grade every week. Students start with a "100" and points are earned/deducted weekly on the following scale:

- Workout Participation and/or Dressing Out(when classes resume in person) = 10 points
- Participation in 2 quizzes/discussions in Canvas = 10 points each

Students with an average of 90 or below at the semester will be in danger of being removed from the class and placed in PE or another elective if they are in 8th grade. Athletics is a higher level course and students will be expected to dress out consistently and participate at their top effort.

Dressing Out Procedure:

The athlete must dress in the appropriate clothing for that particular sport every day.

1. T-shirts - CTMS Athletic shirt (offered online).
2. Shorts – Black shorts or pants.
3. Socks / Shoes - rubber sole, laces that tie, good arch support
4. Sport-specific equipment - knee pads, ankle braces, helmet, etc.
5. Sweats - plain gray or black
6. No jewelry...NO EXCEPTIONS
7. Hair - must be pulled back out of the face

Lockers:

Each athlete will be issued a locker. Use your locker EVERYDAY to secure your personal items. The school and coaches are not responsible for any personal items not secured. If items are left unattended in the locker room and Coaches pick

them up, athletes will complete 50 push ups to get them back. Cell phone use in the locker room is prohibited. If student-athletes violate the cell phone policy, disciplinary action may be taken.

Student-Athlete Conduct Statement:

Members of the Wolves Athletic Program need to conduct themselves in a manner that will bring pride and honor to Cross Timbers Middle School, the athletic program, and the Grapevine-Colleyville Community. No athlete has the right to do or say anything that might hurt, embarrass, or degrade (himself/herself), (his/her) family, teammates, coaches, teachers, or school. Detrimental conduct will be handled with the appropriate disciplinary action.

Penalties for Inappropriate Player Conduct:

1. Reduced playing time
2. Game or games suspension
3. Player Contract
4. Dismissal from team
5. Dismissal from program

Tryouts:

Tryouts for teams at Cross Timbers Middle School are highly competitive. With this in mind, team members should understand that the CTMS teams should take priority over any club team affiliation. When you make a team, you are committing to all practices and competitions. CTMS players should never miss a practice or game due to a club team obligation. Any player who violates this rule could be subject to reduced playing time or removal from a team. Please communicate any possible conflicts with outside sport commitments with CTMS Coaches prior to the season. We want to work with all athletes to make sure everyone has the chance to participate.

Participation:

All students are expected to participate daily to the best of their ability. Athletes are required to give 100% effort in all activities. We understand that injuries and illnesses occur. Alternate assignments and activities will be assigned in these instances.

1. Students must attend in-person workouts and practice for the sports' season to participate in team competitions.
2. Practices will be excused only for illness or emergencies. Proper documentation is required.
3. Missed practice time will affect playing time.
4. A missed game/event due to an unexcused reason may result in reduced playing time or dismissal from the team.

Game Night Expectations:

For the 2020-2021 School Year ONLY: Athletes will be permitted to sign out and leave with a parent/guardian immediately after their team has competed. Each athlete must have a GCISD Extracurricular Alternate Travel Form turned in for each new season. Forms will be passed out at the beginning of that season. Athletes needing to ride the bus back to CTMS will stay in the bleachers at a safe physical distance.

Generally, we require all athletes participating in volleyball or basketball to stay for all games. This provides an environment of support and community for all our teams. Because of the special circumstances this school year, we have been instructed to release all athletes to sign out with a parent/guardian after their competition to lessen the amount of people at game sites.

Athletes will still sign in cell phones to coaches at approximately 4 pm on game days and will sign them out at the conclusion of their game if leaving with a parent/guardian. Please make sure athletes and parents make appropriate arrangements.

Illness or Injury:

1. Students MUST have a note from a parent to sit out of an athletic practice. There are no exceptions.
2. Students sitting out are still expected to dress out in their Athletic gear for the day.
3. Students on a travel squad are still expected to be in attendance for the full practice time.
4. Parent notes will excuse participation for up to two days maximum at a time.
5. Only two parent notes are allowed per nine weeks grading period.
6. If a student will be out for more than two days, a doctor's note is necessary for their well being.
7. Students will be required to dress out and complete alternate assignments during the Athletic period for the duration of their note. This is how their grade is earned.

Tardy Policy:

Athletes will be considered tardy if they are late to practice. This will result in consequences subject to the coaches' discretion.

"If you're early, you're on-time. If you're on-time, you're late."

Bus Rides:

Athletes must ride the bus to all athletic events. A GCISD Extracurricular Activities Consent to Alternate Travel Plans form will need to be turned in at the beginning of the season if athletes are planning to ride home with parents/guardians after games. A new form must be filled out for each new sport season. Please communicate with coaches if athletes will be riding home with an adult other than their legal guardian or an adult listed on the form.

Issued Uniforms / Equipment:

Any items issued to students throughout the season are required to be returned in its original condition at the end of the season. **Any** issued items should never be placed in the dryer. Athletes are responsible for all issued equipment. If the equipment is lost or damaged, fines will be assessed at the cost to replace the item.

Athletic Booster Club Membership/Fundraiser:

Our CTMS Athletic Booster Club consists of parent volunteers and the Campus Athletic Coordinator. These volunteers do a wonderful job setting our Athletic programs up for success. Membership and the annual Athletic fundraiser are not mandatory and athletes will not be punished for non-participation. That being said, our Athletic programs at CTMS would not be as successful as they are without the support of CTMS families and the Grapevine and Colleyville communities. The CTMS Athletic Booster Club provides all uniforms for all teams and the majority of equipment used for every sport at CTMS and PE classes. Please consider becoming a member and participating in our annual fundraiser.

Conflicts with Procedures or Personnel:

This section is included for conflict resolution purposes between PLAYER and COACH or PARENT and COACH. Any conflict should be addressed in accordance to the following protocol:

1. Meet with the specific coach directly at a mutually appointed time (not after a game or practice - please observe the 24 hour rule). Have athletes communicate with the Coach first, then parent if necessary.
2. Meet with the Head Coach of the sport at a mutually appointed time.
3. Meet with the Campus Athletic Coordinator at a mutually appointed time.
4. Meet with the Campus Athletic Coordinator and Assistant Principal at a mutually appointed time.

5. Meet with the Campus Athletic Coordinator and Campus Principal at a mutually appointed time.

Cross Timbers Middle School Athlete & Parent Acknowledgement

I/we have read and understand the procedures governing the Cross Timbers Wolves Athletic Program. I/we will adhere to the rules and regulations as stated in this document.

Athlete's Printed Name: _____

Athlete's Signature: _____ Date: _____

Parent's Printed Name: _____

Parent's Signature: _____ Date: _____

Parent's Phone Number: _____

PARENTS: In order to ensure you receive the most up-to-date athletic information, please check one of the following:

Yes, I have checked Skyward and my email addresses and phone numbers are currently correct.

****Please notify Rachel Harper at rachel.harper@gcisid.net or Darien Mooney at darien.mooney@gcisid.net if your email address changes throughout the course of the year.**

No, my email addresses and phone numbers in Skyward are incorrect and please use the following:

Email: _____

Phone: _____

Social Media:

I give consent for CTMS/GHS Coaches to post pictures or videos of my child for GCISD Athletics purposes on Twitter/Instagram/Facebook.

___ I *do not* give consent for CTMS/GHS Coaches to post pictures or videos of my child for GCISD Athletics purposes on Twitter/Instagram/Facebook.