

# Blalack Bears Athletics Handbook 2024-2025

## Purpose

Blalack Middle School Athletics is committed to building a strong foundation for future high school athletes. We focus on developing fundamental skills, teamwork, leadership, and good sportsmanship through competitive sports and dedicated off-season conditioning programs.

## Sports

Middle school students can participate in volleyball, football, basketball, track, and soccer. To determine teams in which cuts will be made, performance on skills tests, behavior, attendance, coachability, and team play will be considered.

**VOLLEYBALL (girls only)** – Two teams in grade 7 (12 players on A and 12 players on B). Two

teams in grade 8 (10 players on A and 12 players on B) **SEASON: August-October**

**FOOTBALL** – A and B team in grade 7, A and B team in grade 8 **(NO CUTS-All Play)**

**SEASON: September-October**

**BASKETBALL** – Two teams in grade 7, two teams in grade 8 (10 players on A-team, 10 players on B-team). **SEASON: November-January**

**TRACK** – One boys and one girls' team in each grade. The top 3 in each event will go to a meet. **SEASON: February-March**

**SOCCER** – Spring, practice before or after school, one boys / one girls team (7th and 8th grade combined), 22 players on each team. **SEASON: March-April**

## Off Season Athletes

If an athlete is not selected for a team for the sport in season, he/she will participate in the off season program during that sport's duration. This program includes speed and strength improvement, plyometrics, cardiovascular exercises, and fundamental skills needed to enhance the student's overall athletic ability. This class meets during the school day every day. They will not have workouts before or after school.

## Athlete Practice Responsibilities

The athlete must:

1. Participate in practice during class and during scheduled before or after school practices.
2. The head coach of each sport will determine the overall practice schedule.
3. No wearing of jewelry or chewing gum.
4. Tie hair back if long enough to get in the eyes.
5. Wear the practice uniform (gray T-shirt, maroon shorts, socks, and athletic shoes) for practice every day. (One gray T-shirt and one pair of maroon shorts will be issued to each athlete.) **Lost maroon shorts and gray shirt will result in a \$5.00 replacement fee for each. Dri-Fit shirts cost \$15.00.**
6. Sweats will be issued once the weather gets cold. Lost sweatshirts are \$25.00 and sweatpants are \$25.00.
7. Dress out and come to practice ready to learn plays and strategies. Students with injuries and orders verified by a medical professional that negate participation must also come to practice and are encouraged to dress out.
8. **NO CELL PHONES**

## Injuries

If injured during practice or games, the athlete will be evaluated by our athletic trainer and the parent will be contacted. It is the athlete's responsibility to notify the coaches or trainer immediately any time an injury occurs. A note from a parent regarding any injury/illness occurring outside of school will excuse the athlete from practice for one day. If the injury or illness is going to keep the athlete out of practice for more than one day, a note from a doctor is required. Please have the doctor write specific information on what your child may or may not do while injured, and a specific date to return to normal activity. If you do not feel it necessary to take your child to the doctor for evaluation, but are concerned about him/her participating, then our athletic trainer will evaluate the injury and contact the parent with his recommendations.

## Game Day Procedures

### **The athlete will:**

1. Dress nice on game days.
2. Play in all games and tournaments (school games comes before club/select)
3. Be at school dressed in uniform and ready to play 30 minutes prior to game time (or as directed by the individual coach.)

### **Please note:**

1. If an athlete misses the bus, he/she will not play in the game.
2. If an athlete is late, playing time will be affected.

## Bus Procedures

All students are expected to ride the bus to and from games. If an injury or emergency occurs during the game, a parent MUST sign the coach's score book to take their son/daughter with them. No food or drinks allowed on the bus.

## When In Uniform

Athletes represent Blalack Middle School and should act accordingly. When not playing, they should sit in the bleachers together and cheer for their teammates. Failure to do so will result in losing playing privileges in the next game. Athletes should show respect to others, both on and off the court, field, or track. Athletes should act like leaders at all times and demonstrate Blalack pride!

## Lockers

Lockers will be issued to all athletes. The large locker will provide room for all books, clothing, uniforms, and shoes during practice.

1. All lockers should be locked during practice with belongings inside.
2. A small container should be put in the locker for any valuables.
3. Locker combinations must not be shared.
4. **New locks for lockers cost \$5.00**
5. Athletes must be responsible. All belongings should be picked up before practice and again after practice before leaving the locker room.

## **Philosophy of the Blalack Middle School Athletics Program**

1. We will play with great emotion. Nobody will play harder than us.
2. We will run our program with flexible, but consistent discipline.
3. We will always play within the rules and confines of the game.
4. Coaches will set the tempo for this program. We will coach with great enthusiasm and intensity. We will always be honest with our players and they will always know exactly where they stand.
5. We will develop and learn the habits of dedication and sacrifice.
6. Each day we will prepare and practice with a purpose.

## **Blalack Student-Athlete Policies and Expectations**

### **General Guidelines and Expectations**

Conduct yourself, both publicly and privately, in a manner which demonstrates pride in and respect for yourself, family, teammates, coaches, and school. This includes after school hours. Choices you make reflect on your school and the athletic program.

### **Specific Policies**

**Classroom:** Conduct yourself as a lady/gentleman and show respect to the teacher and fellow students. Behavior issues in the classroom are as serious as issues on the playing field and will not be tolerated.

**Eligibility:** Every player is responsible for their academic eligibility. Keep your priorities in order. Academics are more important than athletics. Grade checks will be conducted throughout the year per UIL.

Keys to academic success are:

- attend class
- complete all assignments
- study everyday
- attend tutorials as needed
- ask early and often for help if you are struggling

Have a current physical on file by **Monday, August 19th**

**\*Football by Wednesday, August 14**

Have Rank One paperwork filled out electronically by **Monday, August 19th**

**\*Football by Wednesday, August 14**

Athletic Contract signed by **Monday, August 19th**

**Maintain passing grades in all classes throughout the season. Grade checks are as follow per UIL:**

- September 20 (6 weeks)
- October 11 (1st Nine weeks)
- December 20 (2nd Nine weeks)
- March 7 (3rd Nine weeks)

**(if failing on these dates athletes will become ineligible until 3 week progress check)**

### **Temperature Guidelines**

- > 92.1°F NO outdoor workouts
- 30°F or 25°F windchill NO outdoor workouts

### **Team Rules & Policies**

**Facility:** Treat our facilities like you would your own home. Pick up after yourself. Only players and coaches are allowed in the locker room.

**Attire:** All players are to wear Blalack athletic gear during workouts.

**Equipment:** Equipment will be issued to wear in practice and games. You will be held accountable for wearing and keeping up with your equipment. Anything issued to you is the property of Blalack Middle School.

### **Practices:**

Understand that we can only improve individually and as a team through practice, so missing practice for any reason will result in less playing time in games. Anytime a player misses one practice, she will lose half of her playing time. Two missed practices in one practice week, regardless of the reason, will result in the player not playing in that week's game. It is, likewise, important to be on time for practice. Jewelry is not allowed during matches, so it is not allowed during practice. Everyone is expected to be involved in every drill, whether on the court or off. Listen to instructions given to others, encourage your teammates, and be prepared to jump in when called on. Be coachable, exaggerate techniques, and make eye contact when a coach is instructing.

- Attendance is mandatory. Missed practice time will result in reduced playing time in games.
- Be on time for all practices.
- All players will wear athletic gear during workouts.
- Practice with relentless effort.
- Practice with enthusiasm and emotion.
- Report injuries before leaving the locker room.

### **Games:**

- Show respect for yourself, team, and opponents. Do not taunt your opponent.
- Act with class and dignity at all times.
- Players will always show respect to game and school officials.
- Athletes are expected to stay after school in the locker room and complete homework, eat dinner/snack, and change into uniform.
- Athletes may attend tutorials after school, but must be back to the locker room by 4:45 PM for away games, so they do not miss the bus.
- Athletes are to stay in the bleachers with their TEAM cheering their other teammates on during their games.
- Bathroom trips need to be held to a minimum and always with a buddy.
- All athletes must be picked up no later than 10 minutes after the conclusion of the game or 10 minutes after we return to school; failure to do so will result in the athlete's loss of playing time for the next game.
- **NO CELL PHONES!** We are there to support and cheer for our teammates, not to text, snap chat, twitter, etc. Cell phones are for calling parents at the end of the night.
- For home games, athletes are encouraged to stay for all games, however, if needed they may leave at the conclusion of their game after checking out with their coach.

## **Academic Plan**

### **Monitoring Grades**

- Coaches will monitor the academic progress of their athletes on TEAMS.
- Each coach will act as a liaison between the athletic program and an assigned academic department.
- Parents will be encouraged to register on-line and monitor their daughters/sons academic progress

### **Grading**

Athletes receive a weekly activity grade. Each day counts for 20 pts to add to a possible 100 for the week.

10 pts comes from fully participating in the warm-up, workout, and cool down

10 pts comes from dressing out correctly

- Maroon shorts and Gray shirt/Blalack shirt
- Athletic shoes - NO CROCS OR SANDALS
- Hair pulled back off the neck
- NO JEWELRY
- NO GUM

A parent note is good for one day of excused workout. Any more than a day a Dr. note is needed or they will need to be looked at by the trainer.

### **Consequences**

Tardy - 20 up downs

Bathroom - 10 up downs

Repeated Offenses - Lunch detention followed by removal from Athletics

**Plan of Action if Athlete is not meeting Academic Progress**

- If an athlete is failing or in danger of failing a class, he will be required to attend tutorials for that subject.
- Coaches will monitor tutorial attendance

**THANK YOU FOR ALLOWING US TO COACH YOUR ATHLETE**

**Athletic Policies and Guidelines**  
**(Applies to both School and Non-School Time)**

**Student Statement:**

My signature below certifies that I have read and understand the Blalack Middle School Athletic Policies and Guidelines. I agree to comply with all rules and regulations in these guidelines and any additional rules adopted by my school as a condition of participation as a member of an extracurricular activity. I understand that my failure to comply with these guidelines may result in disciplinary action, including dismissal from all extracurricular activities.

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Printed Name of Student

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Student Signature Date Signed

**Parent/guardian/Legal Guardian Statement (for students under 18 years of age):**

My signature below certifies that I have read and understand the Blalack Middle School Athletic Policies and Guidelines. I understand that my student must comply with all rules and regulations written in these guidelines and any additional rules adopted by my student's school as a condition of participation in an extracurricular activity. I understand that his or her failure to comply may result in disciplinary action, including dismissal from all extracurricular activities.

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Printed Name of Parent/guardian or Legal Guardian

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Signature of Parent/guardian or Legal Guardian Date Signed