

# PV Schools Middle School Festival Sports

## Parent/Student Handbook

### Mission Statement

The Paradise Valley Unified School District

believes that extracurricular athletic participation is an important part of the middle school educational experience. Every student is given the opportunity to participate in a healthy, positive and developmentally appropriate athletic program. Each sport will include fundamental instruction, an emphasis on sportsmanship, positive reinforcement, inclusion and the rewards of team play.

The goal is to develop confident and motivated student athletes who have the opportunity to contribute to their school communities. Revised 5/21/12

### Description of the Program

1. Instructional Weekly clinics in most sports by middle/high school coaches and athletes/mentors.
2. Intramural Supervised practice and play at site, incorporating fundamentals taught in clinics.
3. Festival Culminating day which provides opportunity to compete against other PV Schools middle schools.
4. All Stars 7th & 8th grade teams selected to compete in district-wide competition.

## Major Elements of Instruction

Accountability Expected to show consistent attendance and adherence to rules, regulations, academics, and behavior.

Commitment Learning importance of setting aside time & committing to goals of improving skills.

Healthy Perspective of Competition Learning to appreciate the rewards of participating and giving best effort and handling temporary setbacks without the overwhelming pressure of winning at all costs.

Inclusion All students eligible and allowed to participate regardless of level of skills & talent.

Positive Reinforcement Medals given in several skill levels.

Role Modeling High school athletes from feeder schools will be demonstrators and mentors during weekly fundamental clinics.

Scope and Sequence High school varsity coaches will have valuable input as to how and what fundamentals will be taught with the model used at every site.

Sportsmanship Constantly stressed and reinforced throughout activities that involve team and individual competition.

Team Building Learning to sacrifice for goal of team and blend for good of overall team.

### **The Festival Sport instruction day will consist of:**

1. Visitation of high school varsity coaches and staff
2. Three times a season, high school coaches and players will instruct using district format
3. Middle school activity directors & coaches will prepare sites & arrange proper equipment

### **Festival Sports**

- |                                  |                       |
|----------------------------------|-----------------------|
| 1. Boys' Basketball              | Begins Sept/August    |
| 2. Girls' Softball               | Begins Sept/August    |
| 3. Boys' and Girls' Track        | Begins October        |
| 4. Boys' Passing League Football | Begins December       |
| 5. Girls' Volleyball             | Begins December       |
| 6. Girls' Basketball             | Begins February/March |
| 7. Boys' Wrestling               | Begins April          |

### **Intramural & Clubs**

1. Each site will determine the activities and seasons for clubs and intramurals.
2. A minimum number of 25 students must sign up for the activity to meet.
3. These activities will meet 16 times, or for a minimum of 24 hours Monday-Thursday.
4. Changes might occur, depending on the type of intramural program.

### **Fees**

1. Festival Sports - \$65.00 All Stars - \$25.00
2. Activities - \$30.00
3. Late Bus - Site-based determination
4. These fees are general guidelines and are subject to change.

## School Positions

### Middle School Festival Sports

Director	Marena Potts	602.449.5313	mapotts@pvlearners.net
Admin. Assistant	Tori Koch	602.449.5313	tkoch

### Athletic Directors

Desert Shadows	David Moore	602-449-6800	damoore
Explorer	Dana Wagner	602-449-4200	dawagner
Greenway	Shani Kmetko	602-449-2400	skmetko
Mountain Trail	Tammy Butler	602-449-4600	tbutler
Pinnacle Peak	Courtney Swenson	602-449-6700	cswenson
Shea	Mike Selmo	602-449-3500	mselmo
Sunrise	David Abrams	602-449-6100	daabrams
Vista Verde	Carrie Bonnell	602-449-5300	cabonnell

### Festival Coaches

2 coaches per sport

### Officials

Tri Star Officials

### Parent and Student

1. Emergency Card/Permission slip complete
2. Abide by statement below.
3. Pay appropriate fees

Do hereby give and grant unto any medical doctor or hospital consent and authorization to render such aid, treatment or care to said student as in the judgment of said doctor or hospital, may be required, on an emergency basis, in the event said student should be injured or stricken ill while participating in an activity sponsored by PVSchools.. It is hereby understood that the consent and authorization hereby given and granted are continuing, and are intended by us to extend throughout the current school year. It is further understood that any expense incurred will be paid for by the parent/guardian or their insurance. Payment of the expense is not a school responsibility. Emergency Care: If emergency service involving medical action or treatment is required and parents/guardians cannot be contacted, I hereby consent, for the student named above, to be given medical care by the doctor selected by the school.

Give consent for coaches, athletic directors and trainers to use their judgment in securing medical aid in emergencies.

Understand that insurance and medical coverage is recommended for student athletes. PVSchools does not provide health insurance for students. Parents are highly encouraged to obtain insurance, as they are responsible for medical bills incurred as a result of participation in athletics.

Have watched the Sports Injury Video that is on the district website and understand the risks involved in participating in athletics.

Give Permission to Transport the above named student by District vehicles to and from away games.

Will take care of equipment that is provided by the District for use during the season.

Understands and will follow the informed consent and code of conduct that is listed below.

## **Informed Consent and Code of Conduct for Middle School Parents and Students**

*We believe that keeping students and parents well informed encourages an environment that greatly reduces the potential for catastrophic injury. As a school district, we endorse the following statement from the American Medical Association committee on the medical aspects of sports. "Participation in athletics is a privilege involving both responsibilities and rights. The student has the responsibility to play fair, to give his/her best, to keep in training, to conduct him/herself with credit to the sport and the school. In turn, the athlete has the right to optimal protection against injury as this may be assured through good technical instruction, proper regulation and condition of play and adequate health supervision."*

1. Parents and Students must be aware of and accept a degree of risk from participation in sports. Coaches/sponsors accept responsibility for instructing students to the full extent of and reasons for rules of safety related to their activity. Parents must accept responsibility for reinforcing these rules.
2. Parents are to be informed in writing regarding minimal health requirements. Students who are mentally, emotionally and physically conditioned for an activity are less susceptible to injury.
3. Outside practices will be modified if temperature exceeds 100 degrees and the combination of temperature & humidity is above 150. Students will be acclimated to hot weather activity by carefully graduated practice schedules. Adequate body fluid levels are critical. Students are encouraged to practice proper hydration on a daily basis as a part of their regular daily activity. Fluid loss and intake during practice is to be monitored. Students are not allowed to use dehydration devices.
4. Parents can assist coaches/sponsors in watching for signs of trouble, in the determined student, who may not want to report discomfort.
5. A student will not be allowed to return to activity after a serious illness or injury without written permission of the student's doctor. The coach/sponsor may override the doctor's permission to allow participation, if the coach does not believe the student is ready.
6. The Governing Board of the PVSchools believes that drugs and alcohol have no place in school academics and activities. Students who are in possession or under the influence of illegal drugs are suspended nine school days for the first offense and are expelled (by board action) for a second offense. Students who sell or in any way provide drugs or alcohol are expelled on the first offense. In addition to the suspension or expulsion referenced above, student participants in any athletic activity or school-sponsored clubs or organizations will be removed from any form of participation in those activities.
7. Year round conditioning is beneficial to the student's health and is a vital part of any sports program for maximizing performance and minimizing injury. Parents and school staff must be willing to fully share all information regarding the student's health, including injuries, illness and other symptoms, no matter how slight.
8. Parents and students will inform the coach/sponsor if the student is taking prescription and/or non-prescription medication.
9. An Athletic Advisory committee has been established which consists of parents, administrators, teachers and the Director of Student Services. The Director of Student Services will chair this committee representing a cross section of all those concerned with secondary athletic endeavors to provide for consultation regarding athletic safety.
10. Before a student may participate in practice sessions, all necessary forms must be signed.
11. Athletes must practice with their team in order to participate in games and maintain team membership. Under no circumstances may an athlete participate on one of our teams without practicing with that team. They must attend at least a ½ a day of school to practice./compete with the team.
12. Transportation to and from weekday game sites is provided by the school district. Parents may not transport student athletes, except in emergency situations approved by the school administration. In those cases, the necessary paperwork must be filed with the school. All athletes participating in Saturday Festivals are responsible for providing their own transportation to the game site.
13. Our administrators, teachers and athletic staff expect students to demonstrate good sportsmanship and citizenship at all times. Students not living up to this expectation may lose team membership or playing privileges.
14. We expect parents to join the staff in setting good examples. The school staff is charged with the responsibility for taking corrective steps when spectators create or contribute to fan behavior problems. We respectfully ask our parents to join in an overall effort to help make student sport participation a happy and healthy experience. In most sports, spectator bleachers are provided. We expect fans to stay in the seating area and not interfere with the coaches', sponsors or officials' responsibility on the court or field of play.
15. In some sports, there is a limit to the number of athletes that can be selected for the team. Our coaches have developed selection procedures that have been approved by the school principal and athletic director. Each athlete who is interested in All Stars is given a fair opportunity to demonstrate their skill and attitude. The decisions by the coaches are final.
16. There is a NO PASS NO PLAY Policy. An "F" is considered a no passing grade. Each school may choose to make a more stringent policy. By the completion of the third week of practice, any Festival participant interested in pursuing the All Star team must have a grade check. Wrestling and Track policy – athletes must be passing prior to the first match/meet to travel and compete.
17. Practices are for coaches and athletes. If a parent/guardian is interested in volunteering a district volunteer packet needs to be turned in along with coach/administration permission. This process takes time. If you are interested, apply over a month before the season begins.

## Risk Management for Festival Sports

1. PVSchools has determined that physicals for Festival Sports are not required.
2. All coaches are required to be Basic First Aid and CPR certified.
3. A certified person will monitor all Festival Sports activities and all Interscholastic Sports.
4. The Athletic Director and coaches of each school will coordinate provisions for water and make it available at all Festival sites.
5. The Athletic Director will coordinate and monitor this safety issue and take water/nutrition.
6. Every school will be afforded a home base location on the site where the athletes may rest

## Hydration Policy

As a district, we recognize that our desert environment necessitates specific attention to our climate and its impact on the physical well being of our students. All athletes participating in all sports will be taught the importance of maintaining body fluids as a matter of life and death. Instruction and reinforcement will be the responsibility of the coach.

Athletes participating in heavy workouts during warm weather practice will be given water breaks every twenty minutes. Additional water shall be given to any athlete who requests water. Coaches will be responsible for monitoring all athletes to make certain each one is replenishing bodily fluids. Water will be provided for all athletes. Athletes participating in all sports will be given water breaks sufficient to maintain regular replacement of bodily fluids with the same attention being given to monitoring the water intake.

In all sports, care should be taken to properly condition athletes before they engage in strenuous activity. Students coming to the Paradise Valley Unified School District schools from colder climates must be counseled and conditioned to warm weather activity. When the temperature is greater than 100 degrees and the temperature and humidity added together equal 150 degrees or higher, practice is to be modified.

Please look online and check the weather before each scheduled practice and game.

<http://www.azcentral.com/weather/>

## Heat Illness Guidelines

Heat Related problems occur when there is excessive water loss without adequate replacement or when the body is so hot the sweating mechanism can no longer maintain the normal body temperature. Heat Illnesses are Preventable:

1. Adequate hydration
2. Forced fluid intake
3. Light-weight clothing
4. Acclimation

There are three categories of heat illness to which athletes are subject:

**GREEN**

Heat Cramps: Cramping of a muscle due to dehydration

Physical Signs

1. Painful cramps in the arms and legs (calves usually)
2. No change in level of consciousness

Action

1. Calm athlete
2. Stretch affected limb
3. Replace water loss with plain water
4. Observe athlete for 5 minutes after symptoms clear and return to activity if ok

**YELLOW**

Heat Exhaustion: Shock-like condition caused by excessive water loss from sweating

Physical Signs

1. Pale, cool, clammy skin
2. Normal body temperature
3. Sweating still
4. Athlete awake, but dizzy and weak
5. Skin cool to the touch
6. No signs of head injury

Action

1. Provide shade
2. Cool athlete with cool damp cloths
3. Loosen or remove clothing
4. Replace water loss with plain water
5. If severe vomiting or diarrhea occur, consider calling 911

**RED**

Heat Stroke: Life-threatening condition caused by body's instability to cool adequately.

Physical Signs

1. Talk to the athlete: Is he conscious, disoriented to person, place, time?
2. Confusion or irritability?
3. Unconsciousness
4. Unsteady gait
5. Increased body temperature: flushed, hot, dry skin
6. No signs of head injury
7. Change in level of consciousness

Action

1. Call 911
2. Decrease body temperature rapidly: shade, fan, cool cloths: neck, armpits, & groin
3. Watch for shock or cardiopulmonary arrest

**Festival Sports Information and Frequently Asked Questions**

**Who can participate in the after school sports program?**

All students can participate in the festival program.

**When are cuts?**

There are no cuts. Athletes will be placed on teams based on their experience and ability. They will play against teams of their similar ability level and from the other middle schools in our school district (PVSchools).

**How much does it cost to play an after school sport and when is it due?**

The participation forms and money, \$65, are due on the first day of practice. Tax Credit is a payment option.

## **What are the dates for each festival sport season?**

### Sports Festival season dates are:

Boy's Basketball and Girl's Softball Sept/August

Boy's and Girl's Track & Field October/Nov

Boy's Football and Girl's Volleyball December

Girl's Basketball February/March

Boy's Wrestling April

## **What do the students need to wear?**

Students will need to dress out for practice in t-shirts and comfortable shorts or sweatpants depending on the season and the weather. The athletes will need to wear black shorts and the festival shirts (provided) at the festival tournament.

## **What do the students do with their belongings during practice?**

Students who do not currently have PE will be assigned a PE locker and will need to provide their own combination lock. All belongings must be locked in a locker during practice.

## **What time are practices?**

Practices run from 2:40-4:10 or 3:40-5:10

## **What time and where do the students get picked up after practice?**

All athletes must be picked up .....4:15 or 5:15pm on practice days.

## **Is there a late bus and where does it pick up the students?**

Any athlete who will be riding the late bus will get picked up ..... varies at each school.

## **Where can I find the drop off locations for the late bus?**

Ask your front office...

## **Where are the Sports Festivals held?**

**Shadow Mountain High School**

and

**Shea Middle School**

2902 E Shea Blvd

2728 E. Shea Boulevard

Phoenix, AZ 85028

Phoenix, AZ 85028

## **When are the sports festivals? See Start/End date sheet**

## **What is an all-star season and when are the athletes picked?**

Some of the sports have all-star seasons that follow the festival seasons. The coaches will pick the athletes for their all-star team following the festival season.

## **How are the all-star athletes chosen?**

There will usually be about 10-15 athletes chosen and it will be based on ability, attitude and sportsmanship.

**What is the cost for the all-star season and when is it due?**

The fee for the all-star season is an additional \$25. This needs to be paid on the first day of the all-star practice. Failure to pay by end of the first week will result in suspension from the team.

**What are dates for the all-star season and which sports have one? See start/end date sheet.**

**What time do the all-star games start?**

7<sup>th</sup> grade All-Star games begin at approximately 4:30.

8<sup>th</sup> grade All-Star games begin at approximately 5:30.

**How many all-star games are there and where?**

There are six all-star games. Three of the games will be home games and three will be away games.

**Can I pick up my child from an away game?**

Yes, you can pick up your child from an away game but you must sign them out with the coach.

There needs to be an official release form filed at the school before the day of the event, for a coach to allow this to happen.

**Can I sign out an athlete who is not my child?**

No, you can only sign out your own child.

**Where do I pick up my child if I am unable to attend an away game?**

Your child will ride the bus, with the coaches, back to your home school. You will need to pick him/her up within a reasonable time (30 minutes) of last game finishing.

**What time do you expect to return to your home school following an away game?**

While the exact time will vary, we are usually return to your home school by 6:30PM - 7:30PM.

**Is there a calendar for each teams practice and game dates?**

There is a tentative schedule listed on each school's website under Athletics although each coach will pass out a calendar at the beginning of their season. Occasionally some practice days are changed.