

# **Eich Middle School Athletics Handbook**

# Eich Athletics Handbook

## *Welcome Wildcats!!*

Participation in interscholastic athletics is an important experience for many students. At Eich, we believe that athletics assists the student in developing respect for others, good sportsmanship, fitness and health skills, responsibility and sport skills. We recognize that the junior high school competition level is a learning experience. For some students, participation at the junior high level is the first step in what we hope is a long and rewarding athletic experience.

We stress teamwork, hard work and cooperation as the most important factors in developing a good team and a good program. We believe that junior high sports should offer the opportunity to build skills and help develop more specific skills needed for a given sport. We feel our goal is to be competitive within our league while we build skills and develop character.

We believe that at the junior high level athletes should not only build skills but also discover what true competition is all about. This includes all aspects of gracious victory as well as the grace and dignity of defeat. The team goals involve team success and all team members need to be willing to do what it takes to focus on the goals and be successful. Once an individual makes a team, he or she becomes a part of the team goals.

Eich participates as an active member of the Foothill Intermediate School Athletic League, (F.I.S.A.L.) The following schools are participating in F.I.S.A.L. for the current school year:

E.V. Cain, Auburn  
Springview, Rocklin  
W.C. Riles, Sacramento  
Cavitt, Granite Bay  
Olympus, Granite Bay  
Buljan, Roseville  
Creekview Ranch, Roseville

Glen Edwards, Lincoln  
Antelope Crossing, Antelope  
Silverado, Roseville  
Granite Oaks, Rocklin  
Cooley, Roseville  
W.T. Eich, Roseville  
Twelve Bridges, Lincoln

# Sports Offered

Eich school, through F.I.S.A.L. league, offers the following sports to our students:

Girls Volleyball, Cross Country, Competitive flag football;	August-October
Boys Basketball;	November-January
Wrestling;	January-February
Girls Basketball;	February-March
Boys Volleyball;	April-May
Track;	March-May
Cheer;	Year Round

Cross Country, Wrestling and Track are considered “no cut” sports, meaning that there is a spot for any student that wishes to be involved. Students at lower grades in feeder elementary schools may participate as needed in these three sports. They must be approved by the athletic director, the league and are subject to all Eich rules.

## Athletic Code and Eligibility

1. Students participating in school-sponsored extracurricular activities shall demonstrate positive learning behaviors. Students should not have scores of “Rarely” in three or more classes. Students are expected to meet school-wide behavior expectations as outlined in the school handbook. The athletic director or club advisor shall validate if the student is meeting behavior expectations. If students are denied participation in any extracurricular activities, the student has the right to appeal the decision to the Principal or designee.
2. Students must maintain 85 or more merits. Any student who drops below 85 merits is off the team until he or she follows all rules and requirements to return to 100 merits. It will be a coach’s discretion if an athlete may return to the team after reaching 100 merits again.
3. Students must be in attendance at school for a minimum of four (4) periods on any given day in order to attend practice or a competition on that day.
4. Any student who is excused from physical education by a parent, doctor, or nurse may not participate in either practice or competition that same day.
5. Absences, tardies/ consequences, for missing practice are set by the coach.
6. Students representing Eich will conduct themselves in an appropriate and respectful manner. We will show respect on the bus, to the officials, and the opposing players, coaches, and parents.

7. As stated in rule 600, article 6, page 33 of the CIF RULES, no Eich athlete may participate in any league or team of the same sport during the season of that sport. There are no exceptions. If this rule is violated, the consequences are that the player is removed from the team, and probable team forfeiture of games, matches, or meets will occur.

This is not limited to but includes; volleyball, and club volleyball, pee wee football and school flag football, school basketball and AAU, school wrestling and club wrestling, and so on. A student may not even attend a practice or sit to observe a team other than the school team during the school season of the same sport.

8. Students who are selected for extra-curricular athletics/dance and spirit team, a voluntary donation \$50.00 will be suggested by each sports coach for each participant. Donations help defray the costs associated with transportation, bus driver fees, field maintenance, referee/starter fees, and uniform upkeep.
9. Students are expected to ride the bus to and from all contests. Only by written signature from the parent will a student be released to travel home from an away game with a parent. A parent may not sign out another student.
10. Each student shall receive an Eich uniform for the duration of the season. The student is responsible for the maintenance of the uniform- wash in cold water and cool dry. The uniform must be turned in at the conclusion of the season. Loss or destruction of the uniform will result in a financial charge to the student's parents. Athletic uniforms are not to be worn at any time outside of the game setting. Additionally, some sports have an uniform fee and the student in that case owns the shirt after the season.
11. All school rules apply.

## **Philosophy and Participation**

At Eich we acknowledge that the league, F.I.S.A.L. is interscholastic, not intramural. The participating schools are competing in the various sports through-out the school year. Tryouts for each sport are held 3 weeks prior to the first game and practices begin 2 weeks prior to the first game. In the school sports where the interest is greater than the number of spots available on a team, cuts may be necessary. When cutting players is necessary, Eich coaches are committed to making the process as painless as possible. Each season we offer a non cut sport so that all students wishing to be involved in a school sport have that opportunity.

In each sport, we select a 7th grade team as well as an 8th grade team. No player at Eich will play other than his or her own grade level. Within the league a player is eligible only two years, once as a 7th grader and once as an 8th grader. We permit 6th graders from feeder schools to participate in wrestling, track and cross country.

The Eich coaches recognize that players need to have game time as part of the learning and growth process. Coaches will attempt to have all players, if all participation criteria have been met, to participate in each game or meet to some degree. There is no guarantee of equal playing time for all players. There are many factors that go into a coach's decision with regard to playing time. It should be understood by all players that playing time is earned, not a privilege or a guarantee. If a player or a parent has some questions regarding game time, it should be discussed with the coach in private and not immediately after a game. A player or a parent should make an appointment to come see the coach at an appropriate time.

## **Communication**

Each coach for each sport will hold a parent / athlete meeting prior to the season to discuss all specifics of the season. Parents and athletes will have the opportunity to meet the coach(es) and ask any questions they may have. No student will be allowed to continue to participate until the parent and coach have made the necessary contact. We encourage all parents to be active fans, encouraging all players from the team in their endeavors to become better athletes. Parents are not to make any complaining comments to the referees at any time, regardless of the situation. Parents may register their concerns with the Athletic Director the following day. Coaches should not have to put their energy into controlling the negative comments from parents.

Parents, coaches and students working together can help W.T. Eich keep up the tradition of a great athletic competitor. We strive to be recognized for excellence and great character both off and on the fields of competition.

# **Contract for Participation with Eich Middle School Athletic Teams**

It is understood that while the student is participating on an Eich team, during that same season he / she cannot participate in any other league of the same sport at the same time. There are no exceptions to this rule.

We have read the Eich Athlete Sports Handbook and by our signatures we agree to uphold the information and display good sportsmanship toward all involved.

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Student Signature

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Date

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Parent/Guardian Signature

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Date

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Coach Signature

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Date

## **Eich Parent Protocol**

### **Raising a Generation of Nice Parents**

Years ago, watching a youth game was fairly simple. Parents would bring their kids to a game, hang around and chitchat with other parents while watching the game. When the game ended, the kids would hop back into their parents' cars and everybody would head to the ice cream store.

Unfortunately, today, life at games is not free of problems. And, sadly, all too often it is the parents, coaches, or other adults, not the kids, who are creating some of the problems and the concerns that pop up. Many of our Eich parents are amazing people and already model fabulous sideline behavior at games. But too many adults are losing perspective not only of what is important at youth games but also of appropriate sideline and court behavior. Here is a quick refresher on what we at Eich expect to see from our parents.

#### **1) Praise for Winning, Praise for Losing**

Remember that sports at this level are part of a larger journey, not a destination. Remind your child that it is the effort and the hard work that counts. We know that kids want to win, that is a given. But we also know that for every winning team there is going to be a losing team. Be prepared to cushion your child's disappointment after a loss by complimenting the hard work and effort that was put forth. Be prepared to celebrate a victory with your child while also recognizing the hard work and effort put forth by the losing team. We need to model excited and humble winnings and courageous, character building losses.

#### **2) Model Sportsmanship**

Kids will copy adult behavior. If parents are not good sports at games, kids will not be either. If a parent sets a pattern of being a menace and yelling and screaming at refs, coaches, scorekeepers, or players, the kids will begin to respond in the same manner.

#### **3) Treat Officials with Respect**

Do not hesitate to compliment a ref, umpire or official. These individuals are people, they have families and they generally care about the sport and the kids and the development of the game. Most refs, scorekeepers or officials are not in it for the money. They appreciate the acknowledgement of their efforts by the parents and the fans. They are not perfect but are trying to call a good, fair, safe game to the best of their ability. If we remember they are people, not objects, it will be a much better experience.

#### **4) Treat Coaches with Respect**

It is nice to give the coach a thank you or a pat on the back after a game, whether a win or a loss. Coaches are people who want to help grow your child in the sport and want to see improvement and character building. They are people with families and are not in it for the money. They give a lot of their own time and energy to helping your child. You as a parent will often not see things the way the coach sees them and that needs to just

be accepted. They are not perfect and will have oversights and sometimes make poor decisions. A kind word or thank you will go a long way, especially after a loss. Coaches sometimes have to leave coaching for a number of reasons: relocating, college, family obligations, job change, new baby and many more life reasons. Rarely does a coach choose to leave coaching because they are tired of kids. But sadly, many a coach has also left coaching for the simple reason they are tired of dealing with parents.

5) Know when to Hold 'em. know when to Fold 'em

Learn when to talk to a coach and when to wait. Do not attempt a conversation or even an email when you are upset about something. Make an appointment with the coach to allow for a cooling off time. You may not think that you need that but everyone involved with indeed benefit. In addition, know the situation and facts before you address your concerns. You may have only part of the picture.

Encourage your athlete to address a coach personally if they have a question or concern. This is an important life skill. Coaches love to see athletes take ownership for their lives.

6) Mom always said, "If you can't say something nice. don't talk at all!"

Use your voice at games to shout praise and encouragement!! There is no room at a game for snide, rude, derogatory, sarcastic comments toward anyone at a kid's game. Don't be the one on the sidelines criticizing and being negative about things going on. If you have concerns, find the proper way and proper time to address the concerns. Nothing ever got better with negative comments and unhealthy criticism. If you hear another parent behaving in such a way, ask them to address their concerns properly and to stop the sideline bickering.



## **Sportsmanship Ethics**

### **Ethics for Coaches**

- I will place the emotional and physical well - being of my players ahead of a personal desire to win.
- I will treat each player as an Individual, remembering the large range of emotional and physical development within the age group.
- I will do my best to provide a safe playing environment for my players.
- I will do my best to organize practices that are fun and challenging for all players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will be knowledgeable in the rules of each sport that I coach and I will teach these rules to my players.

### **Ethics for Players**

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice that I can and will inform the coach if I cannot attend.
- I will do my best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect.
- I deserve to be in an environment that is free from drugs, tobacco, and alcohol.
- I will encourage my parents to be involved with my team in some capacity. I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

### **Ethics for Parents**

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or youth sports event.
- I will provide plenty of praise and encouragement.
- I will place the emotional and physical well - being of my child ahead of my desire to win, and encourage the effort given even after a loss.
- I will insist that my child play in a safe and healthy environment.
- I will see to it that my child participates in a sports environment that is free from drugs, tobacco and alcohol.
- I will remember that the game is for youth, not adults.
- I will do my best to make participation fun for my Child.
- I will treat all players, coaches and officials with respect.

## **DIRECTIONS TO F.I.S.A.L. SCHOOLS**

**Antelope Crossing Middle School- 9200 Palmerson Dr. - Roseville - 745-2101- Jason Dupree, A.D.**

Off of Highway 65 take Pleasant Grove to Fiddymment - Make a left on Fiddymment - Stay on Fiddymment it turns into Walegra. Go to North Loop, make a left on North Loop. Stay on North Loop and cross over Don Julio Blvd. When you cross Don Julio North Loop Blvd. turns into Heartland, go down about 1/4 mile and the gym will be on the left hand side.

**Cross Country to run at Park of Dreams** - Follow same directions as above. When you get to the corner of Don Julio Blvd and North Loop, make a left on North Loop. At the stop sign make left onto Palmerson. The park is on the left next to the firehouse.

**Buljan Intermediate School- 100 Hallissy - Roseville - 773-2059 - Janet Soule', A.D.**

Off highway 65, take the Pleasant Grove exit. Make a left on Pleasant Grove and make a right on Hallissy. Buljan will be on the left hand side about ~ mile up.

**Cavitt Junior High -7200 Fuller Dr. - Granite Bay -791-4152 - Brian Robertson, A.D.**

Take the Douglas Blvd. exit off I-80 heading towards Folsom Lake. Turn right on Auburn-Folsom Rd. Make a left about 500 yards down onto Fuller Dr. The school is about 2-3 blocks down on the right hand side.

**Wilson C. Riles Jr. High (Formally Center) - Antelope - 338-6450 - Mark Jordan, A.D.**

Take I-80 to Highway 65 exit - Take the Pleasant Grove exit - make a left at the end of the off ramp. Stay on Pleasant Grove until it dead ends into Fiddymment. Make a left of Fiddymment - This will turn into Walegra when you cross baseline. Stay on Walegra the school will be on the corner of Walegra and PFE.

**Cooley Middle School- 9300 Prairie Woods Dr - Roseville - 786-3030 - Mindy Hoburg, A.D.**

Take the Highway 65-Marysville exit off I-80. Stay on Highway 65 until the Blue Oaks exit. Take the Blue Oaks exit: Make a left onto Blue Oaks. Stay on Blue Oaks for about 4 -5 miles. Cooley will be on the left hand side at the corner of Blue Oaks and Prairie Woods Dr.

**Creekview Ranch Middle School - 8779 Cook Riolo Rd - Roseville - 770-8845 - Kevin Edmondson, A.D.**

Take Highway 65 to Pleasant Grove - Make a left at the end of the off ramp. Stay on Pleasant Grove to Foothills Blvd. Make a left onto Foothills, make a right onto Baseline Rd and then make a left onto Cook Riolo Rd.

**E.V. Cain Junior High -150 Palm Avenue - Auburn - (530) 823~6106 - Steve Howe, A.D.**

Take I-80 east towards Reno. Take the Grass Valley exit (Highway 49), heading towards Grass Valley. At the third stoplight make a left onto Palm Avenue. Be prepared to turn left about 50 yards later onto the school side street.

**Olympus Junior High - 2625 LaCroix Dr. - Roseville - 782-1667 - Bill Tindall, A.D.**

Take Douglas Blvd exit off 1-80. Head towards Folsom Lake. At the corner of Douglas and Sierra College make a left onto Sierra College. Take the next left, which is Olympus Dr. Go to the corner of Olympus and LaCroix. The school will be on the left hand side.

**Silverado Middle School- 2525 Country Club Dr. - Roseville - 780-2620 - John Clark and Doug Irwin, A.D. 's**

Take the Highway 65 exit off of I-80. Take the Pleasant Grove exit from Highway 65. Make a left on Pleasant Grove. Stay on Pleasant Grove until you come to the corner of Pleasant Grove and Country Club. Make a left on Country Club. Silverado will be on the right hand side on Country Club Dr.

**Spring View Middle School- 5040 5<sup>th</sup> St - Rocklin - 624-3381 EXT - 4413 - Marty Flowers, A.D.**

Take the Rocklin Rd. exit off 1-80 Head towards the middle of Rocklin. Crossover Pacific Street and the railroad tracks. Rocklin Rd. dead-ends into 5<sup>th</sup> Street. Make a right onto 5<sup>th</sup> Street and Spring View is about 1 block down on the left hand side.

**Twelve Bridges Middle School- 770 Westview Dr - Lincoln - 434-5270 - Mary Jane Masys, A.D.**

Take Highway 65 towards Lincoln - Take the Twelve Bridges exit and make a right at the end of the off ramp. Go to E. Lincoln and make a right Twelve Bridges is on the corner of E. Lincoln and Westview. If you get to Whitney High School you have gone too far. Twelve Bridges Middle School is only about two - three blocks from Whitney High School.

**Warren T. Eich Junior High - 1509 Sierra Gardens Dr. - Roseville - 783-5245 - Debby Fasl, A.D.**

Take the Douglas Bl. exit off 1-80. Head towards Folsom Lake. At Douglas and Sierra Gardens make a right onto Sierra Gardens. Stay on Sierra Gardens until it dead-ends. Eich will be on the right hand side.

**Glen Edwards - 204 L Street - Lincoln - 645-6370 - Vikki Eutsey, V.P., A.D.**

Take the Highway 65 exit off 1-80. Stay on Highway 65 until you get to Lincoln. When you come to First St. make a left. Go across the railroad tracks and approximately 5 blocks down will be L Street. Make a right onto L Street the school will be on the left hand side.

**Basketball and Volleyball @ Glen Edwards - 2010 1<sup>st</sup>** - Basketball and Volleyball games will be played at the Community Center. Same directions as above. Before you get to Lincoln you will make a left on Ferrari Ranch Rd and then a right onto Joiner Parkway and then a left on 1st street. The Community Center will be on the right hand side.

**Granite Oaks Middle School- 2600 Wyckford Bl- Rocklin - 315-9009 - Jerry Ryan, A.D.**

Take the Highway 65-Marysville exit. Take the Stanford Ranch Rd exit. Stay on Stanford Ranch Rd for about 5 miles. When you come to the corner of Stanford Ranch Rd and Park, make a right onto Park Dr. Go up about 1 mile and Granite Oaks will be on the left hand side at the corner of Park and Wyckford.

