

Philosophy cont.

SELF-DISCIPLINE: Making strong commitments to the development of mind and body; accepting responsibility to care for the environment that provides opportunity for every student.

We strongly endorse the Operating Beliefs and Principles of the CIF as outlined in November of 1999. The key concept is "Pursuing Victory with Honor" through "a commitment to developing student-athletes of character". CIF reminds us that "winning at all costs is not winning at all".

Our goal is to include as many of our students as possible in our athletic programs. We believe that inclusion is one way to increase student engagement at school. Giving students a positive experience in middle school sports is one way to encourage them to participate in high school.

Los Osos Middle School is a 6, 7, 8 grade school. When appropriate and available, we will attempt to field teams for all three grade levels, part of this will be based on competition options. In the event that we are unable to have sufficient competition for all three grades, we will field 6/7 and 8th grade teams. The goal is to give as many students a chance to participate and have a great experience in our athletic program.

We will have Tryouts for all sports. This is a time for athletes to check out the sport and make a determination whether they would like to play the full season. Coaches will make every effort to communicate with players on where they stand on the team. Our teams encourage healthy competition for all athletes in the program.

Seasons of Sport

Our seasons of sport are determined by our neighboring schools and districts and a tradition of playing the varying length of seasons. Part of this is determined by the available competitions.

Seasons of sport 2017-18

Fall Sports

Girls Volleyball	10 weeks	Aug 29 - Oct 28
Cross Country	6 weeks	Sept 19 - Oct 28

Winter Sports

Boys Basketball	12 weeks	Oct 24 - Jan 27
Girls Basketball	12 weeks	Nov 28 - Feb 24

Spring Sports

Boys Volleyball	10 weeks	Feb 6 - April 14
Spring Boys Soccer	12 weeks	March 6 - May 26
Spring Girls Soccer	12 weeks	March 6- May 26
Track and Field	6 weeks	April 10 - May 26

We encourage each coach to have a minimum of 4 contacts per week with practices being a minimum of 1 ½ hrs, coaches may choose to have additional practices as they see fit.

Coaches are not required to hold practices during regular school holidays or breaks. An optional practice may be held during school holidays. It must be communicated in advance to all parties involved.

Team Composition

Los Osos Middle School teams will be limited to grade level teams except under the following circumstances:

1. The Athletic Director is unable to schedule a suitable amount of contests to justify a season for a grade level team, a younger player may tryout for a higher grade level team.
2. A minimum roster cannot be filled by using only a grade level team. A minimum roster is defined as 12 players for the purpose of soccer, basketball and volleyball.
3. Once the roster is set at the beginning of the season. Only students on the set team roster will be allowed to play on that team unless the competition opponent causes a reason for change.
4. In general, a student can only be placed on one roster per sport per season.

Under no circumstances will a player be allowed to play down a grade level.

For sports that are primarily individual competitions (cross country and track and field) there are no grade level restrictions.

Athletic Clearance

The Athletic Director must clear all athletes for participation. No athlete will be allowed to begin practicing until the students are on the official clearance list as generated by our Athletic Department.

All student athletes must turn in a completed Athletic Clearance Packet to the Athletic Secretary prior to the first practice. The packet contains the following forms, and all must be completed and turned in together: These packets may be picked up in the front office of the school.

The following forms must be completed and turned in together:

- SLCUSD Authorization for Emergency Treatment of Minor
- Los Osos Middle School Athletic Contract / Code of Ethics
- Los Osos Middle School Interscholastic Sports Personal Information
- Los Osos Middle School Athletic Code of Conduct
- Los Osos Middle School Concussion Information Sheet
- Pre-participation Physical Form

Academic Eligibility

All students must be academically eligible to play in any contest. The standard for eligibility is a 2.0 grade point average with no failing grades during the relevant grading period (either the preceding or coinciding grading period depending on the school/athletic calendars). For example, basketball will use the first quarter grades for tryouts, and the semester grades as the season progresses.

Student-athletes may apply for academic probation if they don't meet the standard.

To qualify a student must have passed four courses during the relevant grading period.

The student qualifies when he/she meets this criteria and turns in the application with the signatures of the student, guardian, and counselor within the specified time frame.

If the student qualifies, they are granted one quarter to raise their grades to the 2.0 AND "no Fs" standard.

Academic Eligibility cont.

A student-athlete who must file may not play in any contest until the A.D. has notified the coach that the student has satisfied the probation policy. Any violation of the probation policy that allows an academically ineligible player to participate in a contest is a violation of our athletic policy.

Coaches must be clear about the dates for probation filing and probation grade checks that affect their season(s) of sport. Sometimes these dates occur at inconvenient times for coaches and students. Be sure to arrange a pre-season meeting to explain the process and filing deadlines to your student-athletes.

Event Transportation

Los Osos Middle School is sponsoring all of our athletic teams. Trips that are longer than 20 minutes, we will use district transportation. Our policy at LOMS is that all team members will travel on the bus both to and from athletic competitions. Athletes should not ride home with their parents, as this does not promote a team experience. All bus trips will always go directly from the competition back to LOMS. Only in emergency situations should families ask for approval to transport their athlete home from a competition.

Parent Drivers

We are going to be working with parents to create the most efficient and cost effective transportation model for our athletes. Our goal is to have enough parents complete the district volunteer packet that for all short trips, 20 min or less, we could use parent drivers. This saves money, allows our students to stay in class a little longer, and typically gets them home sooner after an event. If you are interested in being a district volunteer, please stop by the office and get a packet and complete this as soon as possible. Once your a district volunteer, you may act in this roll as long as your student is in the district. This will ultimately help out Morro Bay High School.

After Event Pick-up

We expect that parents be available to pick up their students after an athletic contest. We would hope that parents would be at school no later than 5 min after the bus returns to school. We ask that athletes notify their parents by phone while on the bus so that coaches don't have to wait with athletes at school.