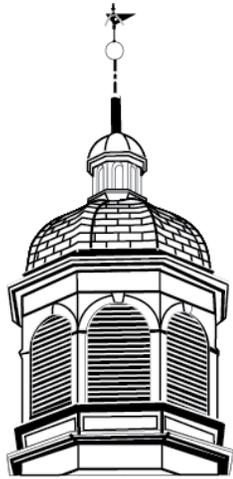


MMI Preparatory School

Student-Parent Athletic Handbook

2023-2024

REVISED 07/17/2023



MMI
Preparatory School

Head of School: Mrs. Theresa Long
Academic Dean: Mr. Justin Vincent
Director of Athletics: Mr. Joseph Flanagan

Introduction

Students at MMI Preparatory School are challenged with a rigorous academic program. In addition, they participate in a wide variety of extra-curricular activities from which they gain valuable perspectives about themselves and life beyond the classroom. Athletic competition and organized sports play an essential role in both physical education and school life. To provide these important experiences for its students, MMI offers interscholastic competition through 17 teams from grades seven through 12.

The contents of this guide are designed to help establish standards of behavior and provide direction for the student-athletes, coaches, and parents during their athletic experience as a MMI Prepper. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide.

All questions pertaining to student eligibility and athletic department policy should be brought to the attention of the athletic director. Questions regarding a specific sport or team should be directed to the head coach.

Statement of Athletic Philosophy

Athletics at MMI is an integral part of the School's total educational program. Our goal is to help develop our student-athletes physically, psychologically, and socially while teaching them to strive for excellence.

The purpose of the athletic program, regardless of age level, is to develop healthy lifestyles and recreational skills and to teach commitment, self-discipline, self-sacrifice, sportsmanship, cooperation, citizenship, loyalty, and pride in one's self and school community. Athletics also provide opportunities for students to learn to deal with adversity. The athletic program is based on interscholastic competition in grades 7 through 12. The level of participation is arranged for each student appropriate to their age, development, ability, and interest. MMI seeks to encourage as much participation as possible to each level of interscholastic competition.

Sub-Varsity (Mid School, Junior High, and Junior Varsity)

Sub-varsity teams are considered introductory level interscholastic competition. Emphasis is placed on skill development, individual improvement, self-confidence, and teamwork, with the ultimate goal being continued progress towards varsity competition. MMI will follow a “no-cut” policy for these levels. Every team member that attends practices as designated by the coach and follows team and School rules will have an opportunity to participate and receive playing time in competitions. The coach will always determine the amount of playing time; but the focus will be on developing skills and fundamentals necessary to compete at the varsity level.

Varsity

Varsity teams are the highest level of interscholastic competition. MMI is committed to fielding the best possible athletic teams for competition at this level. Varsity teams may have some roster limitations. Coaches will continue to strive for high levels of skill, positive self-esteem, sportsmanship, and team play. While it will be the goal of the varsity-level program to encourage student-athlete participation, playing time in games will be earned by the athlete’s talent, effort, and what is best for the overall success of the team. Additionally, an athlete’s season does not end with the regular season and all varsity athletes are expected to attend scheduled practices and contests in the post-season. Failure to attend practices will result in a decrease or elimination of playing time in the post-season. Failure to attend contests in the post-season for a reason other than those outlined as excused absences, will result in documentation that the athlete quit the team before the season was over.

Expectations of the Student-Athlete

Participation in athletics is not a right but a privilege. In order for students to participate in interscholastic athletic programs, there are certain rules and regulations that must be followed. It is the responsibility of every student-athlete to know and understand these rules and regulations. Continued disregard of the following expectations could result in suspension or dismissal from a particular team.

Student Handbook

As noted in the student handbook, students are expected to show respect for the rights and property of others, to exhibit courtesy and good character, and to engage in behavior, which brings credit to the School and to the community, whether they are on or off campus.

PIAA

MMI is a member of the Pennsylvania Interscholastic Athletic Association (PIAA) District II, which is the governing body of high school athletics in Pennsylvania. All PIAA rules and regulations must be followed by MMI's administrators, coaches, student-athletes, and parents. The PIAA handbook, which includes rules and regulations of the association, can be found on their website at www.piaa.org.

Conduct/Sportsmanship

As a member of athletic teams, student-athletes are high profile representatives of MMI. Students are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

1. Fighting
2. Profanity
3. Possession of, use of, or being under influence of alcohol, tobacco, or drugs (on or off school property)
4. Unsportsmanlike conduct
5. Rude or disrespectful behavior
6. Taunting/Threatening opponents or official
7. Destruction of property
8. Bullying/Harassing

Any student-athlete who exhibits any of the above behaviors may be suspended from athletic competition for a period of time as per PIAA regulations and/or MMI administration. The student-athlete will also be responsible for any and all costs the School may incur due to the unsportsmanlike conduct.

Academic Requirements

Students that do not meet the academic standards set forth in MMI's Student Handbook (core class grades must be 70% or higher) will be placed on academic probation for a period of one week. Students will be notified by the Athletic Director that they have one week to bring their grade(s) back up into good standing. If, at the end of the week, a student has not made sufficient improvement then the student will become ineligible to participate for the next week. Academic ineligibility is not meant to be a punishment, but is an opportunity for students to focus on their schoolwork and improve their grades. At the conclusion of the

ineligible week, the student's academic record will be reviewed and if sufficient improvement has been made the student will be allowed back to participate. If sufficient academic progress has not been met, the student will sit out another week. The week will begin on Monday (or the first academic day) and run through Sunday. The student will not be allowed to attend practice, play in a contest, or attend the contest during that time period.

Students who conclude the marking period with a grade below 70% in any core class will be ineligible to participate for a period of two weeks (ten academic days).

Practice/Game Attendance

Practice and game attendance is mandatory, and it should be noted that optional and required practices or games may be scheduled on weekends, holidays, or breaks. Illnesses, family emergencies, religious observances, and college visits are acceptable reasons for missing practices and games. MMI teams take precedence over all outside programs. Anticipated conflicts with practices and games will be directly addressed by Head Coaches. Any participant that goes out for a team and chooses to participate on a team is required to fully commit to that team. If, for some reason, a student-athlete decides to stop participating on a team, or the student-athlete is dismissed from a team, then he/she will not be permitted to join or participate in any other sport for the duration of that sport season.

School Attendance

A student-athlete must be in attendance on regularly scheduled school days by 11:30 am in order to participate in athletic competitions and practices for that day. In the event we are operating on a 2-hour delay schedule, the student-athlete must attend by 12:15pm in order to participate. Excused absences will be taken into consideration (i.e. religious observances, college visits, etc.).

Early Dismissals/Absences

It is the student-athlete's responsibility to inform his/her classroom teachers of all known absences and/or early dismissals due to athletic events. Student-athletes are responsible for submitting assignments and completing tests, quizzes, and papers due in classes missed for athletics.

Varsity Letter

A varsity letter will be awarded to a student-athlete who abides by this handbook and at the discretion of the Director of Athletics with input from the Head Coach. Failure to follow the guidelines set forth by the Head Coach may result in denial of this varsity letter. Quitting a team will automatically disqualify a student-athlete from obtaining a varsity letter.

Requirements for receiving a Varsity Letter:

Must be of good character, in good athletic and academic standing.

- Must complete the season including any post-season play and maintain academic eligibility.
- If injured, athletes may receive a letter if in the opinion of the Head Coach, he/she would have participated enough had they not been injured and served the team in some capacity.
- Must have regular attendance at practices, games, meets, or matches unless excused by the Head Coach, or Doctor.
- Contribute to the team's success.
- With the approval of the Athletic Director, team managers may also be awarded varsity letters if, in the estimation of the Head Coach, it is warranted.

In addition to the general letter requirements, the following sport specific requirements contribute to the awarding of a varsity letter:

Baseball:

- Participate in more than 50% of varsity innings.
- Pitchers qualify if they appear in 20 or more innings as a pitcher.

Basketball:

- Participate in more than 50% of varsity game quarters.

Cheerleading:

- Participation in more than 80% of all scheduled cheering events.

Cross-Country:

- Be a scoring place finisher in more than 50% of the dual competitions.
- Finish in the top half of MMI runners more than 50% of all dual competitions.

Golf:

- Be a scoring place finisher in more than 50% of the dual competitions.
- Finish in the top half of MMI golfers in more than 50% of all dual competitions.

Soccer:

- Participate in More than 50% of varsity halves.

Softball:

- Participate in more than 50% of the varsity innings.

Tennis:

- Earn more than one-half of all possible play points during the season. Each match will be one possible play point. (15 matches = 15 possible play points, 8 points needed to letter.)
- Play in more than 50% of varsity games (not matches)

Transportation

All student-athletes **MUST** travel to and from athletic events held off campus on transportation provided by MMI. All students must ride the bus or van to the venue. Students are not permitted to drive themselves to or from games when a contest is held on a regular school day and the bus is leaving from school during school hours. **Parents must obtain special permission from the Head Coach and/or Athletic Director if other transportation requirements are needed.** Any student that will not ride the bus or van to or from a contest must have a transportation waiver on file with the Athletic Director. Students will only be released to parents or parental designee after a contest and parents or parental designee must sign the student out.

Equipment and Uniforms

It is the student-athlete's responsibility to care for the equipment and team uniforms issued to them. If items are lost or damaged beyond what is considered normal wear and tear, the family's account will be billed for replacement costs. Student-athletes will have one week after the completion of their last contest to turn in all school-issued gear to the athletic department.

MMI's official colors are red, white, and black. Gray is an accent color. All practice shirts, warm-ups shirts, jackets, etc. must adhere to school guidelines. All items must be approved by the coach and Athletic Director.

The School has the ability to control when warmups, shooting shirts, team jackets may be worn or not allowed to be worn for games/contests. This goes for items that are purchased through the parent organizations and/or items directly purchased by the students/parents.

All players must have the opportunity to purchase a warmup, shooting shirt, team jacket, etc. If all players are not given the opportunity, then it is possible that no one will have the ability to wear the item during the game.

Students may dress down on the day of a home game/contest to show school/team spirit. The student must wear the team uniform or the team warm up. In the case of multiple home game/contest in a week, the student-athletes must choose the contest they wish to wear their team uniform/warm up as a team. All players on the team must wear the same item (i.e. some

cannot have the uniform on and others the warmup). This should be coordinated prior to the school day amongst the team members. Other regular dress code requirements must be adhered to.

Required Forms

All students in grades 7 through 12 that are interested in playing on any MMI team **MUST** have the following forms completed. The completed forms must be turned into the Athletic Department before you can participate in **ANY** athletic activity. All forms can be found on the School's athletic webpage.

- **PIAA Comprehensive Physical Form (Sections 1-6)**
- **Participation Waiver for Communicable Diseases Form**
- **Student-Parent Athletic Handbook Acknowledgement Form must be signed at least once per year prior to the start of the student athlete's season.**

Physical Education/Athletic Study Hall

Upper School student-athletes can elect to take a study hall in place of their physical education class. **Eligible students must opt out PE to be placed in the Athletic Study Hall at the beginning of their respective season (please see the Academic Dean and/or the Athletic Director for more information)** and this enrollment choice will remain in effect according to the following schedule:

- Fall Season - Marking Periods 1 & 2
- Winter Season - Marking Periods 2 & 3
- Spring Season - Marking Periods 3 & 4

Students that meet all participation requirements for their respective athletic teams and elect to take a study hall may receive a 100% for the appropriate marking periods in their PE class. Students in study hall must meet minimum practice and/or contest participation guidelines set by the Head Coach. Students who elect to take PE will be graded according to the standard protocols. Study hall will take place in the gym to coincide with PE class.

Should a student-athlete be struggling academically, they may be moved to the Athletic Study Hall at the discretion of the administration.

Student-Athlete Injuries

From time to time, when participating on an athletic team, a student-athlete may get injured. It is the responsibility of the student-athlete to inform his/her coach immediately if an injury has occurred during a practice or competition. Occasionally an athlete may not know that he/she is

injured until after a practice or competition has ended. In this case, please do not hesitate to take the student athlete to a medical professional. If the student-athlete decides to seek care, please contact the Athletic Director within 24 hours so that the injury can be documented by the Athletic Department. However, if the parent/guardian would like for their child to be evaluated by a licensed and certified athletic trainer, please have the student athlete report to the Athletic Department the following school day. The Athletic Trainer will evaluate the athlete's injury and determine the best course of action for getting him/her back to competing. If your student athlete is injured during a competition or practice and the athletic trainer evaluates him/her, the parent/guardian will be notified of the incident and the proper steps will be taken to treat the injury.

Expectations of the Parent/Guardian

The parents/spectators role is one of support to the players and coaches. Every parent and spectator is expected to:

- Attend all required pre-season meetings and submit all paperwork on time. Parents who cannot attend a pre-season meeting must meet with the Athletic Director in person, via phone, or virtually before their student-athlete will be eligible to play.
- Refrain from coaching their child and/or other players during games and practices.
- Respect the officials and their authority during games.
- Never question, discuss, or confront coaches at the athletic venue. Speak to coaches at an agreed upon time and place.
- Never confront the opposing team's coach or players.
- Understand that playing time is earned through talent, work ethic, attitude, practice/scrimmage/game performances, and is at the sole discretion of the coaching staff. Coaches will use a fair and objective system to determine each student-athlete's playing time.
- Understand that the coaches will not discuss strategy, playing time, or substitution patterns with parents or relatives of the student-athletes.
- Remember that student athletes participate to have fun and that the game is for the student-athletes, not the adults.
- Demand that their child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
- Promote the emotional and physical well-being of the student-athletes ahead of any personal desire they may have for their child to win.
- Not encourage any behaviors or practices that could endanger the health or well-being of the student-athletes.
- Be positive support for all players, coaches, officials, and spectators at every game, practice, or sporting event.
- Not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent, such as booing or taunting or using profane language or gestures.

- Pick up their son/daughter after a practice or event in a timely manner.
- Follow the PIAA rules for conduct at all sporting events.

In summary, parents and spectators should not engage in “coaching” from the sidelines, criticizing players, coaches, or game officials. Parents/spectators are prohibited from standing on or behind team benches. If a parent/guardian or spectator exhibits any negative behaviors, it will be considered cause for dismissal, suspension, or permanent expulsion from future athletic events.

Expectations of the Coach

It is MMI’s desire to provide the best athletic experience for each student-athlete. Below is a list of guidelines we expect all MMI coaches to follow in order to provide such an experience:

- Maintain the standards of the MMI Athletic Philosophy.
- Promote the health and safety of all student-athletes at all times. Create a safe environment.
- Ensure all student-athletes on their team are legally and properly equipped.
- Be a model of sportsmanship and behavior and demand this of all team personnel.
- Respect and dignify each student-athlete as an individual.
- Establish time demands that acknowledge the primary importance of each student-athlete's academic and family responsibilities. Communicate these demands in a timely manner (including practice and game schedules).
- Promote among athletes and coaches a solid sense of team membership.
- Maintain an awareness of recent thinking and strategy in their specific sport or discipline.
- Assist, whenever appropriate and mutually convenient, with the post-high school planning for individual student-athletes as it relates to athletics.
- Be available to parents at times that are mutually convenient and in alignment with the athletic “24-hour rule.”
- Work with school personnel, when appropriate, to advocate for the best interest of the student-athletes.
- Encourage student-athletes to experience high school in a well-rounded manner.
- Foster their interests to pursue other options in addition to your specific sport. Speaking in a derogatory fashion about other sports or activities is unprofessional and unacceptable.
- Adhere to all PIAA and MMI Athletic Department policies at all times.
- Communicate in a timely and appropriate manner to players and/or parents.

Senior Recognition Days/Nights

Senior Recognition Days/Nights will be coordinated with the coaching staff, parents, and

student-athletes. Each team can conduct their own program during the designated sporting event; however, approval from the Athletic Director must be acquired. The senior day/night event will take place on the last regular scheduled league or conference home game. Exceptions may happen if there is a postponement or scheduling conflict. This includes 8th grade recognition nights for the mid-school teams. These events are run by parents, coaches, and/or underclassmen of the team. The Athletic Director does not coordinate these types of events. All senior night activities are limited to announcement of the player and escorts, along with presentation of parent flowers, and reading a short bio. Players will receive further recognition at end-of-season events/award programs.

Steps to a Successful Experience as an MMI Student-Athlete and Parent

Athletics can be an emotional endeavor and occasionally conflict will arise. If there is an athletic issue concerning your student-athlete, please consider the “24 hour rule” – that is, please wait 24 hours before contacting the coach. We have found that if all parties involved with an athletic conflict take time to reflect on the situation, the ensuing conversation will be based less on emotions and more on facts. While the “24 hour rule” may not resolve your concern, it might prevent a misunderstanding from escalating into an adversarial situation. If, after 24 hours, you still feel that the situation merits attention, please follow the grievance procedures listed below:

1. Have your child talk with the coach first.
2. Schedule a conference with the coach. If a coach is not available, or does not return calls or emails, contact the Athletic Director.
3. Schedule a meeting with the Athletic Director, coach, and parent. This meeting shall be facilitated by the Athletic Director where both sides shall be allowed to present their side.
4. Schedule meeting with the Head of School, Athletic Director, coach, and parent.

Playing Time

One of the primary sources for conflict in athletics is the issue of playing time. Please keep the following distinctions in mind as you consider your athlete’s experience. Every student athlete at the sub-varsity level, who fulfills his or her academic and team commitments, will be given the opportunity to play in games or competitions. The amount of playing time and time of play within the competition will always be determined by the coach, but the focus will be on developing skills and fundamentals necessary to be on the varsity level.

On varsity teams, there are no guarantees of playing time for any student-athlete. Playing time will be determined by the coaching staff with the focus on competing for success.

Athletes at all levels should have an expectation that their development will be evaluated and coaches will communicate areas for improvement.

The College-Bound Student-Athlete

If a student-athlete is planning to enroll in college as a freshman and wishes to participate in Division I or Division II athletics, he/she must be certified by the NCAA Eligibility Center. It is each athlete's responsibility to see that the Clearinghouse has the documents it needs for certification. The NCAA Eligibility Center, located in Iowa City, Iowa, is the organization that handles ALL inquiries regarding an individual's initial eligibility status. The Clearinghouse operates a separate Web site at www.eligibilitycenter.org , which maintains and processes all of the initial-eligibility certifications.

If you need any further assistance, please contact the Athletic Director and/or the MMI Director of College Counseling.

MMI Athletic Offerings

Fall Sports (August – November)

- Boys and Girls Cross Country (9-12)
- Boys and Girls Golf (9-12)
- Co-ed Upper School Soccer (9-12)
- Girls Volleyball (9-12)
- Girls Tennis (9-12)
- Co-ed Mid School Soccer (7-8)

Winter Sports (November- March)

- Upper School Boys Basketball (9-12)
- Upper School Girls Basketball (9-12)
- Mid School Boys Basketball (7-8)
- Mid School Girls Basketball (7-8)

Spring Sports (March – June)

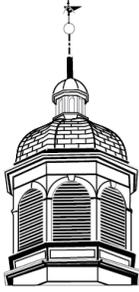
- Upper School Baseball (9-12)
- Upper School Softball (9-12)
- Mid School Baseball (7-8)
- Junior High Softball (7-9)
- Boys Tennis (9-12)

COVID Protocols:

All MMI Athletes are required to have turned in the Communicable Diseases Waiver through the School. If you are sick, stay home!

Athletes that test positive for COVID-19, must continue to isolate for five days (day of testing is considered day zero). If on day five, the student athlete is fever free without the use of medicine and symptoms are improving, or if the student athlete is without symptoms, he/she may return to play. Athletes must continue to wear a high-quality mask for a total of 10 days (days 6-10 after return). Athletes can stop wearing a mask during this timeframe with two sequential negative tests taken 48 hours apart.

Athletes that have been exposed to COVID-19, no longer need to quarantine, regardless of vaccination status. Wear a high quality mask in all indoor locations for 10 days, monitor health, and test if symptoms develop.



MMI
Preparatory School

Student-Parent Athletic Handbook Form

The Student-Parent Athletic Handbook is available to view and/or download on the MMI Athletic Website (www.mmiprep.org). Once the Handbook is completely read, the student-athlete and the parent(s)/guardian(s) must sign and date this form.

I have read and fully understand the Student-Parent Athletic Handbook and agree to comply with all the rules and regulations.

Athlete's Name: _____ Grade: _____

Athlete's Signature: _____ Date: _____

I have read and fully understand the Student-Parent Athletic Handbook and agree to comply with all the rules and regulations.

Parent/Guardian's Name: _____

Parent/Guardian's Signature: _____ Date: _____

Parent/Guardian's Name: _____

Parent/Guardian's Signature: _____ Date: _____

****This form must be signed and dated and turned into the Athletic Department before the student-athlete can participate in any athletic contest****