

## **The Bulldog Way Athletics**

As a student athlete here at Bettendorf Middle School you are always representing your school and The Bulldog Way!

### **We are RESPECTFUL, we ....**

- Use appropriate and positive language with everyone.
- Accept everyone on the team regardless of ability level.
- Demonstrate good sportsmanship with our teammates, officials and opponents.

### **We are RESPONSIBLE, we...**

- Keep our grades up and complete our work on time.
- Lock up all our personal belongings.
- Turn in all equipment in a timely manner.

### **We are READY, we...**

- Are all set for practice at the starting time 3:10 (M,T, Th, F) and 3:30 (W).
- Have all needed equipment, including correct practice clothes.
- Have arranged for the needed transportation for practices and games.

### **Things to Keep in mind:**

- **Absences**
  - Excused absences - a note from a guardian must be provided
    - If possible please provide note prior to absence so that coaches can make the necessary plans for practice/games
  - If you have 3 unexcused absences you will be removed from the team.
    - Unexcused absences will limit your playing time
- **Detentions**
  - Must be served in a timely manner
  - A detention list will be pulled on Tuesday morning - if a student athlete has a detention they will be expected to serve it no later than the following Wednesday or they will be unable to participate in practice or games until the time has been served.
- **Games**
  - All athletes are expected to remain in uniform and on the bench during all games
  - **Away Games**
    - BMS Bus expectations are to be followed at all times

- Cell phones may be used to listen to music, play appropriate games or call parents for a ride home. Any use of a cell phone to harass/bully another student will result in administration being notified. This infraction can result in the student athlete no longer being allowed to attend away games for the remainder of the season.
  - If leaving with a parent after a game you and your parent must sign out with the coach prior to leaving.
  - If leaving with someone other than a relative you must provide 24 hours notice, in the form of a note/email, from both parties indicating that this arrangement is okay with both sides.
- **Grades**
  - If you have an F at the time of practice on Friday (without documentation from a teacher that your grade is passing), you will have to sit out of all practices and games until the Friday of the following week. This means you will not be allowed to attend practices or games. You will be expected to be meeting with teachers at this time to get your work completed and your grade(s) raised.
- **Locker rooms**
  - Locker rooms will be locked at 3:20 ((M,T, Th, F) and 3:40 (W)
  - BMS locker room expectations will be enforced for practice times and games
- **Other**
  - You must have an updated physical signed by doctor and a signed concussion form (school form can be found on the school webpage) before you will be allowed to participate in **ANY** practice or game. All physicals expire after one year. If your physical expires in the middle of the season, you will not be allowed to continue participating until an updated one has been turned in.
  - If you are unable to participate in PE for any reason (medical reasons or no appropriate clothing, including shoes) you will not practice or play in the game that day.
  - If you have been suspended (ISS or OSS) you will not be allowed to participate in practice or games on that day.
  - Coaches will remain to supervise students for 20 minutes after practice ends. After this time students will be asked to wait outside if weather is conducive and there will no longer be adult supervision.
  - Equipment must be turned in at the end of the season in a timely manner or the cost of the equipment will be added to your school fees.

**Bettendorf Middle School  
Athletics Expectations  
Signature Form**

I have read the expectations and rules for participating in sports at Bettendorf Middle School. I agree that I will adhere to these rules and expectations. I understand that I am representing Bettendorf Middle School and the Bettendorf Community School District by being a member of the team.

Student Name (Please Print): \_\_\_\_\_

Grade: \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date