

**EMS
ATHLETICS**

ECHOLS MIDDLE SCHOOL



**PARENT & STUDENT
ATHLETE HANDBOOK**

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MEET THE TEAM

THE PEOPLE WHO MAKE UP THE
ECHOLS MIDDLE SCHOOL
ADMINISTRATIVE TEAM



JASON STAPP
Principal



LAURIE COPELAND
Assistant Principal



DOMINIC INGRAM
Assistant Principal & Athletic Director

SCHOOL HISTORY



EVERY CHILD, EVERY CHANCE, EVERY DAY!

Echols Middle School was named after Wilhelmina Quarles Echols. Mrs. Echols was born Wilhelmina Quarles on August 14, 1914 in Tuscaloosa, and later moved to Northport where she lived and attended school.

Wilhelmina graduated in 1930 at age 15 in the first class to complete four years of high school at the "new" Tuscaloosa County High, now named Echols Middle School after being opened in the year 2000 after being extensively remodeled.

Today, Echols serves approximately 900 students in grades 7-8, with 3 administrators (2 assistants principals), 43 faculty members, and over 10+ office and support staff personnel.



MISSION & VISION



ECHOLS MIDDLE SCHOOL TOUCHSTONE: C.L.A.W.S

COMPASSIONATE, **LEADERS**, **ACCOUNTABLE**, **WISE**, **SELF-RELIANT**

At Echols Middle School we strive to promote good character and positive choices. This is highlighted in our school touchstone through the acronym CLAWS.

At Echols Middle School, we are...

Compassionate

We genuinely care for ourselves, each other, and our school.

Leaders

We are motivated by high expectations and we inspire others to do their best.

Accountable

We are responsible for our conduct in our words and actions.

Wise

We grow by discovering new things and learning from our mistakes.

Self-Reliant

We work toward becoming productive citizens and our best selves.

At Echols Middle School, we expect our student-athletes to conduct themselves as model students for their peers. Our student-athletes are to show compassion for one another, be leaders within our school, and model the Wildcat Way, inspiring their peers to do the same. They should also be accountable for their words and actions, display appropriate conduct at all times, be wise in their decision-making, and strive for excellence through being self-reliant.

ECHOLS SPORTS OFFERINGS



FALL SPORTS

Boys Basketball

Girls Basketball

Bowling

Cheerleading

Cross Country

Football

Track & Field (Indoor)

Volleyball

SPRING SPORTS

Baseball

Golf

Boys Soccer

Girls Soccer

Softball

Tennis

Track & Field (Outdoor)

Boys Wrestling

Girls Wrestling

NOTE:

SPORTS OFFERINGS ARE SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE

ATHLETICS REQUIREMENTS



1

COACHES REQUIREMENTS

All coaches must complete the following required AHSAA coaching certification courses:

- Coaching Principles
- NFHS Sportsmanship Course
- Sports First Aid, Health & Safety for Coaches NFHS Concussion Course
- NFHS Sudden Cardiac Arrest Course
- NFHS Heat Acclimatization Course

ALL forms must be submitted before any player can be certified or any coach can work with students.

Any AHSAA fines regardless of the reason incurred by a coach shall be paid by the coach. All other fines shall be the school's responsibility.

2

VOLUNTEER COACHES REQUIREMENT

Non-TCSS employees must have an employee number and meet AHSAA/TCSS requirements to serve as a paid coach. All volunteer coaches must have a completed background check.

Head coaches will be allowed to make recommendations for their assistant coaches who are AHSAA certified.

3

STUDENT-ATHLETE REQUIREMENTS

All student athletes must create a DragonFly Account and upload the following:

1. Certified Birth Certificate
2. NFHS Sportsmanship*
3. Concussion History Form* – signed by parent or guardian & student*
4. Student Participant Form* – signed by parent or guardian & student*
5. Current Physical Form* – signed by an M.D. or D.O.*



www.dragonflymax.com

ALL forms must be submitted before any player can be certified.

PARENT & ATHLETE CONDUCT

AS STUDENT REPRESENTATIVES OF ECHOLS MIDDLE SCHOOL AND THE TUSCALOOSA COUNTY SCHOOL SYSTEM, WE SHOULD CONDUCT OURSELVES APPROPRIATELY

SOCIAL MEDIA

Student-athletes and parents will refrain from unsportsmanlike behavior on social media. Behavior such as demeaning or threatening language towards others will not be tolerated. This includes but is not limited to derogatory comments about a school, player, or coach. Additionally, participation in videos depicting violence, illegal activity, and/or obscene material, etc., is prohibited. Failure to abide by these rules could result in an athlete's removal from the team.



ATHLETE CONDUCT

As student representatives of Echols Middle School and the Tuscaloosa County school system, student athletes should conduct themselves appropriately in the locker room, in transportation to athletic contests, while awaiting as spectators before their contest, on the playing field, and in the classroom.

Prior to being able to compete as an athlete, each student must complete the AHSAA Sportsmanship Course.

Student athletes are expected to show respect for opponents, coaches, and game officials. Students athletes should refrain from offensive gestures or language, show respect for public property and equipment, follow the rules of the game, and follow the more specific team rules issues by their coach. It is our expectation that all Echols athletes will be modest in victory and gracious in defeat.

NOTE: Any AHSAA fine incurred by a student athlete regardless of circumstances for unsportsmanlike conduct must be paid by their parent(s)/guardian(s).

AHSAA Rule 1 – Eligibility Section 18

First Ejection: A \$300 fine (An athlete's fine can be reduced to \$100 if the athlete being ejected takes the online NFHS Captain's Course and payment is made within 10 days of the date of the ejection.) (NFHS Captain's Course can only be taken one time per sport in a student's athletic career.) If the ejection is due to NFHS contest rules and does not result in unsportsmanlike conduct, only the ejection will be assessed. The ejection is not a fineable offence if the ejection was based on NFHS playing rules related to contact that was not flagrant. An ejection for unsportsmanlike behavior will result in a fine.

Second Ejection: A one-game suspension and a \$500 fine

Third Ejection: Minimum penalty of a suspension for the remainder of the season plus a \$750 fine

Leaving The Bench Ejection: If players come off the bench onto the court or field and are ejected under National Federation rules, they will also be suspended for 20 percent of the team's total number of regular season contests.

PARENT CONDUCT

Alabama became the 16th state to toughen the punishment of angry sports fans that attack game officials, coaches and administrators. The law creates new crimes of harassing, menacing and assaulting sports officials, coaches and administrators. The punishments are harsher than normal for convictions for harassment, menacing, and assault.

For example:

- A second-degree assault can carry a sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach and administrator could result in a sentence of up to 20 years.
- The legislation applies to all levels of athletics from church softball to professional sports.

NOTE: Any parent exhibiting poor behavior will be asked to leave the athletic venue, and could be subject to being trespassed from school property for the period of one year.

The following are the expectations of an EMS athletic parent:

- Take part in cheers with the cheerleaders and applaud performance.
- Avoid criticism and the use of profane language towards game officials, players, and sideline coaching which may side track athletes from their performance.
- Work cooperatively with contest officials and supervisors in keeping order.
- Stay off the playing area at all times.
- Show respect for public property and equipment.

Parent/Athletes Concern Procedure – Line of Communication

To assist all parents in communication procedures with the coaches of their student athletes – please follow the procedures listed below:



Student to Coach

The student athlete should first discuss any problems he or she may have with the coach of his or her team. Playing time is only discussed with an athlete.



Student, Parent, Coach, AD

If the problem remains unresolved, the parent, student athlete and coach may ask to meet with the athletic director.



PRINCIPAL

If this meeting does not resolve the problem, the parent may ask to meet with the principal.



NOTE: 24 HOUR RULE

PARENTS MUST WAIT 24 HOURS AFTER A GAME BEFORE CONTACTING A COACH OR ATTEMPTING TO SCHEDULE A MEETING.

It is our intent to work cooperatively as a unit -- parent, student athlete and school system -- for the welfare of each of our students.

ATTENDANCE & STUDENT ATHLETE BEHAVIOR



1

ATTENDANCE

- Daily attendance at school and practice is expected. For athletes to be eligible to participate in any after school activity they must be present at school on the day of the activity.
- To be considered present a student must be in school at least one-half of the school day. Practices are considered an activity.
- Any exceptions must have the approval of the principal.
- Athletes must be at school on a regular basis to be eligible to participate in athletics.
- An athlete who accumulates an excessive number of absences will be subject to suspension for a specified period determined by the coach and/or school administrator.
- If absences continue during this time, the athlete will then be suspended from the athletic participation until the problem is resolved.
- Students are also expected to be on time to class each period.

2

BEHAVIOR

It is the responsibility of the administration and faculty at Echols Middle School to provide a safe and positive learning environment for all students and personnel. The administration is committed to student achievement, and will have little tolerance for students who disrupt the educational process and infringe on the rights of others. All students and parents are encouraged to read the Tuscaloosa County Student/Parent Information Guide. All responses to student misbehavior will be in keeping with Tuscaloosa County Board of Education policies and procedures the consequences associated with student misbehavior will vary depending on the severity and frequency of the behavior.

3

ATHLETIC CONSEQUENCES

Student disciplinary misconduct during school and while in participation in athletic activities could also result in athletic consequences such as the following:

- Suspension for 1 half of an athletic contest
- Game Suspension(s)
- Dismissal from the team

Note: *Students assigned detention for in-school disciplinary infractions cannot skip detention to attend practice or games.*

EMERGENCY ACTION PLAN (EAP)

THE ATHLETIC DIRECTOR AND
SCHOOL ADMINISTRATION WILL
CREATE ACTION PLANS TO ENSURE
THE SAFETY AND WELL BEING OF
ATHLETES AND SPECTATORS IN
THE EVENT OF AN EMERGENCY



EMERGENCY ACTION PLAN

- Each school's athletic department is responsible for having an emergency plan to ensure all athletes and staff understand the procedures during: medical emergencies, injuries, bad weather conditions, terrorist's attacks, intruders, or any other situation deemed dangerous.
- Any suspicious activity must be reported immediately. All medical supplies must be readily available during practice and contests.
- Each school must have an AED on-site during all athletic events.

ECHOLS EMERGENCY ACTION PLAN

- Each sports emergency action plan will include the following:
 1. Incident Chain of Command
 2. EMS Emergency Protocol
 3. Nearest Phone to Athletic Venue
 4. Nearest AED to Athletic Venue
 5. Location of EpiPen
 6. Venue Location Details
 - a. Address of Venue
 - b. Pertinent Landmarks
 - c. Field Access Directions for Emergency Personnel

ACADEMIC REQUIREMENTS



1

8TH GRADE ACADEMIC RULE

Students entering the 8th and 9th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least five new subjects with a minimum composite numerical average of 70 in those five subjects and must have been promoted to the next grade.

Note: A new unit is one that has not been previously passed. A semester is half of a school year as defined by the local school system.

2

7TH GRADE ACADEMIC RULE

Students entering the 7th grade for the first time are eligible. Students in high school must complete a NFHS Sportsmanship online interactive course one time during their high school careers. Middle/junior high school students must take the NFHS Sportsmanship course. Students taking The Advanced Middle/Junior High component will not have to take another component in high school.

A certificate of completion must be kept on file in the school principal's office along with other eligibility items. Cheerleaders must also complete the course one time during their high school years.



EMS ELIGIBILITY RULES

WHEN IS ELIGIBILITY DETERMINED?

Eligibility may be determined before the start of each new school year or at the beginning of the second semester. A student that is academically eligible at the beginning of the school year remains eligible for the remainder of that school year so far as grades are concerned. A student that regains eligibility at the beginning of the second semester remains eligible for the remainder of the second semester so far as grades are concerned.

WHEN CAN I REGAIN ELIGIBILITY?

Students declared ineligible at the beginning of a school year may regain their eligibility at the end of the first semester by meeting the academic requirements listed above during their last two semesters in attendance and summer school, if applicable. The regained eligibility of any student may be determined any time after the end of the first semester, but all course requirements used to determine the eligibility must be completed no later than the fifth day of the second semester.

COMPUTING COMPOSITE AVERAGE

Only one unit (or subject) of physical education per year may be counted.

A maximum of two units (or subjects) earned in an approved summer school may be counted. If a unit (or subject) is repeated in summer school, the higher numerical grade for that unit (or subject) may be used to compute the composite grade average.

EMS ELIGIBILITY RULES

OUTSIDE OF HOME SCHOOL ZONE

A student who attends a school outside of his/her home school district must attend that school for one full calendar year in order to establish athletic eligibility

COACHING OUTSIDE SEASON

During the school year, a student may not be coached by his/her school's coaching staff outside the season of his/her sport except for the allowable 2 hours per week per athlete. (see Rule III. Coaching outside school year.)

INELIGIBLE PLAYERS

An ineligible student-athlete may not dress in uniform for an athletic contest, sit on the bench in a game uniform or be on the field or court as a player.

INELIGIBLE PLAYERS

An ineligible student-athlete may practice with his/her school team and is covered by catastrophic insurance.

BONA FIDE MOVE

A bona fide move occurs when a student's parents move completely out of one school attendance zone into another.

GUIDELINES FOR BONA FIDE MOVE

The household furniture of the family must be moved into an unoccupied house or apartment.

GUIDELINES FOR BONA FIDE MOVE

All principal members of the family must reside in the new place of residence.

GUIDELINES FOR BONA FIDE MOVE

The original residence must be closed, rented or disposed of and not used by the family.

CONTACT US

2701 Echols Avenue Northport, AL 35476
205-342-2884 | <https://www.tcass.net/Domain/18>

Echols Middle School Athletic Handbook Acknowledgment

We, (I) _____

Parent(s)/Legal Guardian(s) of _____

enrolled in Echols Middle School

hereby acknowledge by our (my) signature that we (I) have received and read or had read to us (me) the Echols Middle School Athletic Handbook.

NOTE: If the student athlete lives with both parents, both parents are to sign this form. If the student lives with only one parent or legal guardian, only one parent or legal guardian is to sign this statement.

Sign and Date

Print Parent/Guardian Name

Parent/Guardian Signature

Date

Print Parent/Guardian Name

Parent/Guardian Signature

Date

Print Student Athlete Name

Student Athlete Signature

Date

