



Amherst Middle School

165 Gordon's Fairgrounds Rd, Amherst, VA 24521 • ams.amherst.k12.va.us • tcampbell@amherst.k12.va.us



**Student/Athlete Handbook
2022-2023**

Amherst Middle School
165 Gordon's Fairgrounds Road
Amherst, VA 24521

434-946-0691 (phone)

434-946-0258 (fax)

ams.amherst.k12.va.us



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Dear Parents and Student Athletes:

Welcome! Amherst Middle School believes that participation in athletics is a privilege. Involvement in interscholastic activities affords our students opportunities to develop in areas of physical fitness, social skills, self-discipline, sportsmanship, and teamwork. It is our goal to offer challenging, positive, and enriching programs that complement the development of the entire middle school student.

At Amherst Middle School, the student athlete is first and foremost a student, expected to adhere to high academic and behavior standards. Student-athletes are expected to comply with guidelines and standards outlined in the Amherst Middle School student-athlete handbook and the Amherst Middle School student handbook. The information contained in these handbooks will assist you in becoming familiar with expectations for student athletes and guidelines for participation in interscholastic activities at Amherst Middle School.

We trust that your experience as a “Cougar Athlete” will be a positive and rewarding one, preparing you for success in future endeavors. If I can be of assistance, please contact me at (434)946-0691 or tcampbell@amherst.k12.va.us.

Sincerely,

Mrs. Terri Campbell,
Athletic Director

*Final interpretation of this handbook rests with the building principal.



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Amherst Middle School Student-Athlete Handbook

Head Coaches

Principal.....	Mr. J. Kelly Holmes, Jr.
Assistant Principal.....	Mr. Matt Giles
Athletic Director.....	Mrs. Terri Campbell
Football B-Team.....	Mr. Marvin Dodgion
Basketball-Boys.....	TBD
Basketball-Girls.....	Mr. Nathan Kurko
Wrestling.....	Mr. Mike Tyree, and John Brunner
Soccer.....	Ms. Katherine Widrick
Volleyball-Girls.....	Mrs. Terri Campbell
Swimming.....	Ms. Elizabeth Schupp
Cross Country.....	Mr. Michael Jacobs
Cheerleading.....	Mrs. Heather Davila
Archery.....	Mr. Jeremy Thompson



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Student-Athlete Handbook

Sports

Amherst Middle School offers athletic teams in the following sports:

Fall Sports	Winter Sports	Spring Sports
Cheerleading B Team	Basketball-Girls	Soccer
Cross Country	Basketball-Boys	
Football B Team	Wrestling	
	Cheer	
Volleyball-Girls	Swimming	

Physical Examination, Insurance, Parental Consent

Before participating in tryouts, student-athletes must submit a completed Virginia High School League physical, insurance, and parental consent form to their head coach. The physical form must be completed and signed by a licensed medical doctor, doctor of osteopathic medicine, or a licensed nurse practitioner. The insurance and parental consent form is to be completed by the parent or guardian of the student-athlete. A separate examination is required for each school year, May 1 of the current year through June 30 of the succeeding year. You may obtain a copy of the Virginia High School League physical form in the main office of the school.

Eligibility

Participation in athletics is a privilege, not a right. Eligibility to participate in Amherst Middle School athletics is a privilege you acquire by meeting the standards outlined in the Amherst Middle School student-athlete handbook, Amherst Middle School Student Handbook, and all other standards set by coaches and administrators.



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Probation

At Amherst Middle school we are dedicated to the development of the overall student- athlete. If student-athletes fail to meet the current guidelines and standards for academics and behavior, probation is required. Probation is a period in which a student-athlete may be ineligible for practice and competitive play. If the student-athlete is placed on academic or behavioral probation, a conference will be held with that student's coach and the Assistant Principal. The parents/guardians of the student-athlete will be invited to attend this conference.

Academic Probation- If a student-athlete is placed on academic probation then he/she will have their grades monitored on a weekly basis. Academic probation takes into account all core classes taken by the student athlete.

Behavioral Probation- If a student-athlete is placed on behavioral probation, the student will be monitored closely for a period of one week during which time he/she may be denied participation in practice and/or interscholastic competition.

Academics

Student-athletes must remain in good academic standing to participate in athletic activities at Amherst Middle School. Listed below are standards that student-athletes must maintain:

1. Grades will be checked on interim reports and the last day of the nine week grading period.
2. Grades must average 2.0 or better in all core subjects.
3. Students who do not meet the grade requirement will be placed on academic probation.
4. Academic probation will last until the end of the grading period or the next interim reporting period whichever comes first. During this period, the student and coach will work together to schedule support time with the classroom teacher of academic concern. The student may participate in practice and games during this period.
5. If during this period, the student has brought his/her grade up to meet the academic requirements, the student may end his/her probationary period.
6. If after this period, the student has still not met the academic requirements he/she will continue on academic probation and be allowed to participate in practice, but not play in games. During this period, the student and coach will work together to schedule support time with the classroom teacher of academic



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concern.

7. If after this period, the student still has not met academic requirements needed to be eligible to play, he/she will have removed themselves from the team and will be ineligible to play for the remainder of the season.
8. If a student is placed on academic probation for a second time during the school year, the student will be removed from the current team for the remainder of the season and will not be allowed to participate in any other athletic team for the remainder of the school year.
9. Coaches will use weekly grade sheets to monitor academic progress throughout the season. Coaches will contact the parents of student athletes who are in danger of becoming academically ineligible to play. Weekly grade sheets will be used to monitor the need for academic support that a coach may need to put in place for those students who are having difficulty in the classroom.
10. Anytime a student is on academic probation, the student must attend all support time to be able to practice, play or remain a part of the team.

Behavior

Each time a student-athlete attends an athletic meeting, practice, event, or wears the “Cougar” uniform they are representing our school, community, and county. Student-athletes must maintain a positive standing in regards to behavior and citizenship in order to participate in athletic activities at Amherst Middle School. Listed below are standards that student-athletes must maintain:

- If it is reported (to a coach or administrator) that a student-athlete has become a behavior issue at school, that student’s coach or an administrator may place the student-athlete on behavioral probation.
- While on behavioral probation, the student-athlete may be denied participation in practice and/or interscholastic competition.
- If behavior warrants a second period of behavioral probation, that student-athlete will be removed from the team instead.
- In-School-Suspension: If a student is assigned an ISS during the athletic season, the following policy will be followed:
 - 1st Offense of ISS: The student will serve the ISS and may return to practice and competition.
 - 2nd Offense of ISS: The student will serve the ISS and will miss the next competition. The student will sign a “Behavioral and Sportsmanship Contract.” This states “Failure to comply with this contract will result in dismissal from athletic participation for the remainder of the 2022-2023 sport season and possible



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- school discipline per the AMS Code of Conduct.”
- Next referral: removal from the team per the Behavior Contract regardless of ISS/OSS offense.
- Out-Of-School Suspension: If a student is assigned an OSS during the athletic season, the following policy will be followed:
 - 1st Offense OSS: student is not allowed to participate in practice or competition during the suspension. The student may participate with the team at practice and competition once the suspension has been served. The student will sign a “Behavioral and Sportsmanship Contract.” This states “Failure to comply with this contract will result in dismissal from athletic participation for the remainder of the 2022-2023 sports season and possible school discipline per the AMS Code of Conduct.”
 - Next referral: removal from the team per the Behavior Contract regardless of ISS/OSS offense.
- If a student-athlete is removed from a team because of behavior concerns he/she may try out for another athletic team; however, the student-athlete's prior discipline/behavior records will be considered when making team selections.
- Student-athletes are not to be inside the school building or on Amherst County Public School property after school hours unless being supervised by school personnel.

Cheerleading is considered a fall and winter sport. Behavior guidelines will be enforced independently during football and basketball season.

Attendance

Regular school attendance for student-athletes is a top priority. Student-athletes must adhere to attendance guidelines outlined in the Amherst Middle School agenda. Student-athletes are expected to attend school, practices, and interscholastic events. Listed below are standards that student-athletes must maintain:

- Student-athletes are required to be in attendance for the entire school day in order to practice or participate in interscholastic competitions that occur that same day. Exceptions may be made for an excused tardy at the discretion of a school administrator.
- If a student-athlete is absent from school or practice the day before an interscholastic competition, that absence will be weighed by the coach as he/she decides on that student-athletes level of participation at that competition.
- If a student-athlete becomes an attendance concern he/she may be placed on probation and/or be removed from the team.
- It is expected that student-athletes place top priority on practices and



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interscholastic events at Amherst Middle School. If a student-athlete has a conflict with other scheduled events, he/she must get permission from their coach to participate in these events. Failure to comply may result in the student-athlete being placed on probation and/or being removed from the team.

Transportation

Student-Athletes are required to conduct themselves on the bus in a manner that will permit the safest possible transportation for all passengers to and from interscholastic events. Listed below are standards that student-athletes must maintain:

- Student-athletes must adhere to the school bus regulations outlined in the Amherst Middle School agenda. Failure to comply may result in the student-athlete being placed on probation and/or being suspended from the team.
- Student-athletes are expected to ride the bus to interscholastic events. If a situation occurs that a student-athlete needs to ride home with a parent, the head coach should be notified. Failure to comply may result in the student-athlete being placed on probation and/or being suspended from the team.
- Parents are expected to pick up their child from practices and interscholastic events on time. Pick-up times will be announced in advance*. **Student-athletes who are habitually picked up late may be removed from the team.**

*Activity buses are available Monday – Thursday for students staying after school for practice. Activity buses are not available on game days.

Parents/Guardians: Please be aware that activity buses run only on main roads. Your child's bus stop on activity runs may differ from their normal bus stop. Please call the transportation department at 946-9707 with questions.

Uniforms



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Student-athletes will be supplied with a team uniform for participation in interscholastic events and with practice equipment as needed. These supplies will be issued by the coach prior to the first practice and interscholastic event. All equipment and uniforms issued must meet the standards of the Virginia High School League. Listed below are standards that student-athletes must maintain:

- It is the responsibility of the student-athlete to maintain all uniforms and practice equipment, keeping them clean and presentable for interscholastic events.
- Uniforms and practice equipment may not be worn out of school except when given permission from the coach.
- At the end of a sports season, all school equipment (including uniforms and wind suits) should be returned to the coach, cleaned, within one week of the last interscholastic event.
- Student-athletes will be asked to reimburse in full for damaged, soiled, or lost practice and game equipment and uniforms.

Lockers

As needed, student-athletes are assigned lockers to assist in storing equipment. These lockers are school property and remain at all times under the control of the school.

Student-athletes are expected to assume full responsibility for the security of their lockers and its contents. School authorities for any reason may conduct periodic general inspections of lockers at any time without notice, without student-athlete consent, and without a search warrant. Student-athletes are asked not to leave anything of value in their lockers. Do not give your combination to anyone and keep your lockers locked at all times. All locks should be returned to the coach at the end of the season. If a student-athlete damages or loses a lock then the student-athlete is expected to reimburse the athletic department for the lock.

Disclaimer: The administration of Amherst Middle School reserves the right to change or adjust the guidelines provided in this document. Such decisions will be based on the best interest of the student-athlete and will be made with the consent of the administration and participating coaches.



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We trust that this handbook will serve as a resource to assist in you becoming more familiar with interscholastic activities at Amherst Middle School. We believe that participation in one or more interscholastic activities offers opportunities for success and growth. Thank you for taking the time to read the Student-Athlete Handbook. GO COUGARS!



I have read and I understand the Student- Athlete Handbook for the 2022-2023 school year.

Parent's Printed Name

Parent's Signature

Date

Student's Printed Name

Student's Signature

Date

Updated 8/13/2019



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