**Apex Middle School Athletic Expectations**

1. Attendance- Athletes must attend practices daily, unless directed otherwise by the Head Coach.
2. Each coach will submit to team members a set of rules that will reflect Wake County Guidelines. Coaches can set higher standards based on their team rules and expectations. Examples might include greater demands on grades in season, behavior at school or other requirements by the coach.
3. Try out and selection process for middle school teams is at times difficult and stressful. Students need to take rules, expectations & commitment seriously before trying out.
4. Athletes need to be picked up in an area designated by the coach within 15 minutes of specified time, at the end of practice. Extended and/or chronic tardiness may result in disciplinary action by the coach/ AD.
5. A parent must secure prior permission from the coach to take your child home after an away event.
6. Athletes need to report to their assigned team area as per coach’s instructions after school.
7. A WCPSS Middle School Athletic Participation Form must be turned into the AD BEFORE a student can try out for a sport. Also, be sure to keep a copy of this form for future needs.
8. During the season if an athlete’s grades reflect a drop by interim or quarterly reports, the athletic department retains the right to put that student on an academic contract in order to remain eligible for the participation.
9. Students absent from athletic practice 5 or more days due to illness or injury shall receive a medical release by a licensed physician before they are able to practice or play.
10. If school is not in session or school closes early, no practice or game will take place. There will be no practice on Saturdays (this includes year round schools), holidays, or vacation days.
11. If a player/parent has a concern, it is recommended that this be discussed with the coach. If there is still a concern, the athletic director should then be consulted followed by the school principal.
12. Must not participate (practice or play) in any athletic event or practice if suspended or is actively serving in the in-school suspension program (Cougar Den) for that day or days.

**Sportsmanship:**

Sportsmanship is defined as the quality of responsible behavior characterized by a spirit of generosity and genuine concern for opponents, officials and teammates. Athletes, students and parents should:

* Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman and encourage others through the practice of good sportsmanship.
* Recognize that good sportsmanship is MORE important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
* Remember that the purpose of interscholastic athletics is to promote physical, mental, moral, social and emotional well-being of the players through the medium of contest.
* Be modest in victory and gracious in defeat, respect the judgment and integrity of game officials.

**WCPSS does not allow the use of any tobacco products on any campus.**