

MHMS Middle School Athletic Policy

Gaston County Eligibility Policy:

1. Only students in grades 6, 7 and 8 may participate in middle school interscholastic athletic competitions.
2. The student must meet the residence criteria.
3. The student shall not participate on a middle school team if he/she becomes 15 years old on or before August 31st of said school year. 2023.
4. The student must receive a medical exam once every 395 days by a licensed medical physician, nurse practitioner or physician assistant.
5. Eligibility requirements: A student must pass at least 4 of their 5 courses. This is based on the final grade at the end of the year and the semester grade at the end of the first semester in January.
6. A student must have been in attendance at least 85% of the previous semester (no more than 13.5 days absent). Summer school attendance shall not count.

MHMS Athletic Policy:

- Consequences for BAD sportsmanship will consist of a one game suspension or removal from the athletic team. Examples of bad sportsmanship are as follows (leaving the team for a confrontation, taunting of an opponent, throwing or kicking any equipment, not shaking hands after a contest, verbal abuse of another player, coach or referee). Coaches are not limited to the preceding list but they will determine what characterizes bad sportsmanship. The athletic director and or principal will have final say on the consequence the athlete will receive.
- Mt. Holly Middle School Administration will not show special privileges for our athletes. If a student is suspended on a day of an athletic event (no matter the importance of the event) the student will not be allowed to participate.
- Redirect visits not resulting in ISS or OSS. These visits are when the student is assigned a redirect period
 - 1st Redirect Visit: Coach's Decision
 - 2nd Redirect: ½ game suspension
 - 3rd Redirect: 1 game suspension
 - 4th Redirect: Removed from the team for the season
 - 5th Redirect in a semester: Cannot play any sport for the remainder of that semester.
 - 10th Redirect (from beginning of school): REMOVAL from all sports at MHMS
- The athletic director will keep a running total of redirects and will let each coach know how many redirects an athlete has collected and why the visits have occurred before a sport begins.
- Any athlete that is assigned to three or more days consecutively of ISS or OSS will be removed from the sport they are participating in that season.
- Each coach will hand out team rules. Student athletes and parents will sign the team rules and return it to the coach. Team rules may exceed these school rules but can not be lesser.

Student Athlete Pledge:

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, abusing equipment, hazing, and unnecessary physical contact. I also realize that in order to stay on my team I have to show respect for my teachers, teammates, coaches and administration. I realize that in order to be a great athlete I also must be a great student. I know that behavior expectations of my school, the conference and Gaston County and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

Parent or Guardian Pledge:

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for all students. I must show respect for all players, coaches, other spectators, faculty and school support groups. I understand that the coach is doing what is best for each team and understand that just because my son/daughter is on the team that does not mean they are guaranteed playing time. I will participate in cheers that support, encourage, and uplift the teams involved. I will represent the school with positive sportsmanship at home and away athletic events. I understand that spirit of fair play and the good sportsmanship expected by our school, our conference and Gaston County. I hereby accept the responsibility to be a model of good sportsmanship that comes with being a parent of a student athlete.

Courtney Wellman
Athletic Director