

**AMITE SCHOOL CENTER**  
**Athletic Handbook**  
**2024/2025**



Amite School Center  
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**I AM AN AMITE SCHOOL CENTER REBEL.**

**I AM A WINNER. THIS IS MY CREED.**

Amite School Center and winning will become synonymous terms principally because of my efforts.

Winning will not be automatic; neither will I win simply by wanting to win.

Wanting to win is not enough. I, the individual Rebel, will become a winner and will help my school become a winner because I realize that any worthwhile endeavor requires personal commitment – a price must be paid, a price whose currency is hard work, dedication, and sacrifice, along with injury and frustration.

I will become a winner because I have determined in my heart to pay this price of blood, sweat, and tears and am now proceeding with the necessary daily installments.

I realize that regardless of my talents, I have an important contribution to make to my team and that the deeper meaning of being a Rebel is my own willingness to make personal sacrifices for the good of my team and my teammates.

I deeply believe that regardless of whether I am the least or the greatest athlete on my team, I have an important part to play in my team's success. Every time I give my best effort on and off the field or court, in practice or in games, I make my team a better team.

Every time I take it easy and do less than my best, I hurt myself and my team with both my attitude and my actions.

I realize that my team is no stronger than I - the individual athlete. Therefore, I make the following personal commitment:

I will keep faith with my God, my teammates, and myself. I will pay the price of heat and grime, sweat and fatigue, aches, and blisters so that my teammates may keep faith with me. I will expect to win, but will not demand that winning be easy.

I strongly believe that I will be a better person because of this personal commitment and that the world will be a better world because of me.

I will not forget that even though I may sometimes lose, I will never become a loser, for

**I AM A WINNER IN THE TRUEST SENSE.  
I AM AN AMITE SCHOOL CENTER REBEL!**

### **Amite School Center Mission Statement**

The mission of Amite School Center is “*To provide a quality Christian education in a disciplined and safe environment*”.

### **Amite School Center Athletics Mission Statement**

At Amite School Center, we expect our student athletes to compete and conduct themselves according to the following principles.

- Amite School Center student athletes will compete with strength and courage.
- Amite School Center student athletes will overcome adversity.
- Amite School Center student athletes will be humble and honorable in their actions.
- Amite School Center student athletes will honor God with the physical training of their bodies.
- Amite School Center student athletes will work as a team recognizing all parts are necessary for the body.
- Amite School Center student athletes will demonstrate a respect for coaches, game officials, and all proper authority.

Amite School Center student athletes are often the only representation of our school that others see. With that in mind, our student athletes are expected to be ambassadors for Amite School Center and to be representatives of our school mission and our sports mission at all times. This includes in the classroom, on campus, at practice, participating in games, and in the community. Failure to represent Amite School Center in a positive manner in any of these areas can result in the athlete being suspended from participation in athletic events.

### **Forms**

Each student must have a current physical, a permission to participate form, a permission to treat form, and insurance information on file with the Athletic Director before he or she begins practice.

### **General Information**

#### ***Conduct***

The conduct of athletes must reflect the fact that they represent Amite School Center. In the athletic and academic arenas, athletes’ behavior must epitomize a positive attitude and a strong work ethic. According to this code, athletes must:

- Play hard and play for the love of the game.
- Respect officials and accept their decisions without question.
- Win without boasting and lose without excuses.

#### ***Physical Strength and Conditioning***

The philosophy of the strength and conditioning department is to ensure that each athlete is given the proper training to prevent injury. Athletes will challenge their power, speed, strength, and flexibility. Each athlete will use the safest and most effective programs to reach set goals. The girls’ and boys’ weight room is located in the multi-purpose building. All athletes will participate in year-round strength training (in-season and out-of-season).

#### ***Eligibility for Athletics***

The Amite School Center Athletic Department strives to uphold the high ideals of success in academics, self-discipline, sportsmanship, morality, and respect for law and authority in all extracurricular activities. Therefore, the following guidelines are in effect for all students participating in athletics at Amite School Center.

The Administration and coaches at Amite School Center strongly believe that student-athletes should remain drug, alcohol, and tobacco free. Use of these substances not only hinders performance, but also threatens the health and welfare of the student. To assist in the administration of this policy, a committee has been formed to discuss any incident where drugs, alcohol, and/or tobacco are involved. The purpose of this committee is to reinforce the importance of abiding by our training rules and to impose fair and consistent discipline for violations. The committee will consist of the Athletic Director, the Head of School, and the Head Coach of the player involved in the violation. Any athlete who is caught violating the policy on the use of drugs, alcohol, and tobacco will be required to appear before this committee.

### ***Eligibility Guidelines***

- Students using or found in possession of illegal drugs will face severe disciplinary action by the Administration.
- Students who must leave school early due to an inter-school event are expected to take any regularly scheduled tests before they leave. They are also expected to turn in any assignments due on that day and be prepared for the class the following day. This includes turning in assigned work and taking tests.
- For a student, in grades 7-11, to be eligible for participation in any junior high or varsity sports, cheer, dance, or any other extra-curricular activity, he/she must have accumulated 4 major units (credits) the previous academic year. For grades below 7th the student must have been promoted. Satisfactory summer school will apply towards a student's eligibility at the beginning of the school year. Grades will be checked frequently and reported to coaches each time that progress reports and report cards are issued. Student must maintain a semester GPA of 2.0 or higher. At no time do athletics or extra-curricular activities supersede the educational responsibilities of a student. Student-Athletes are first a student followed by being an athlete. If a student-athlete is absent due to an athletic event, he/she must follow the attendance make-up work. An extra-curricular event is NOT an excuse for not completing one's class assignments. To be eligible to participate in that day's events, a student must attend all academic classes. In rare cases (funeral attendance etc.) The Head of School may allow a student to participate who has not been at school all day. Athletic participation is an honor and a privilege that may be revoked by the Head of School and or the Athletic Director if they feel as if a student is not deserving of participation. This includes, but is not limited to, behavior, academic performance, and/or attendance.

### **Eligibility Guidelines for new students**

- A new student, in grades 10-12, enrolling from an MAIS member school without a bona-fide move, according to MAIS regulations, cannot compete in an athletic contest for one year.
- A new student enrolling from a non-MAIS member school must be registered for a period of one week before they can compete in an athletic contest but will be allowed to practice.
- A new student enrolling from an MAIS member school that makes a bona-fide move and is registered prior to the playing of the first athletic contest of the season in the sport the athlete wishes to participate is eligible to participate.

If the student is registered after the first athletic contest of the season has been played but prior to the final date an athlete may be added to a roster under the MAIS regulations, the coach of the team the athlete wishes to join along with the Athletic Directors and Headmaster will determine if the athlete will be allowed to become a member of that team and participate in athletic contests for that sport.

Academic Requirements for all New Students that want to participate in athletics:

- Must have passed 4 (Four) academic subjects the prior semester.
- If transferring during the semester student must be passing 4 academic subjects.

### **Sportsmanship Guide**

#### ***Our Philosophy***

- The athletic program at Amite School Center is student centered and is an integral part of the student's total educational experience.
- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administration strongly believe in being accessible to parents and supportive of the coaching staff.
- We constantly strive to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understand the focus and direction of the program.

#### ***The Responsibility of the Athlete***

An athlete is often respected and admired by the student body, spectators, and the children in the community. The role is filled with responsibility. Good sportsmanship can be shown by the following:

- Remember that you are representing your God, your family, your school, and your community.
- Respect the integrity and the judgment of the officials.
- Live up to the standards of the Amite School Center Mission Statement and the Amite School Center Athletic Mission Statement.
- Display positive actions in public at all times.

Athletes that engage in conduct that causes them to be removed from a game by the officials or by the coaches or actions that reflect poorly on Amite School Center in the opinion of the administration are subject to discipline by the coaches as well as by the administration. **All fines incurred by actions of an athlete or by an athlete's parent(s) will be paid by the parent.**

#### ***The Responsibility of the Fan/Parent***

Spectators at an athletic contest play an important role in displaying good sportsmanship. As a group, your actions may have the biggest impact on how others view our school.

Fans should:

- Compliment student-athletes in their attempts to improve and learn.
- Respect both players and fans of opposing teams.
- Refrain from speaking negatively about coaches in the presence of student athletes.
- Know and understand the rules of the game and cheer good performances.
- Cheer for our athletes, not against athletes on opposing teams.
- Never confront an official/umpire before, during, or after a game. Please use discretion when reacting to a call with which you disagree.
- Never confront players, coaches, or fans at any time. Physical or verbal abuse of a Amite School Center employee may result in a \$500.00 fine and a one-year ban from all Amite School Center athletic events.

- Amite School Center Administration reserves the right to ask a student or fan to adjust conduct, refrain from remarks, or leave an event to maintain the positive image or integrity of our team and school.
- Any fines incurred by a parent or by an athlete will be paid by the parent.
- School rules regarding conduct apply at school-sponsored events.

Violations of these rules of conduct could lead to forfeiture of the contest, the school being placed on probation and fined, or the parent/fan being denied access to future contests and or fined by the MAIS.

**All fines incurred by actions of an athlete or by an athlete's parent(s) will be paid by the parent.**

### ***Athletic Lines of Communication***

Student athletes are under the direct supervision of the coaching staff. It is important that the athlete communicate directly with the coach. If a parent would like to talk with the coach or has a concern, he or she may contact the specific coach by calling the office: 601-657-8896.

Coaches have responsibilities throughout the day. Phone calls will be returned as soon as possible.

#### ***Parent/Coach Relationship***

Both parenting and coaching are extremely challenging responsibilities. By establishing and understanding each position, we are able to accept the actions of others, thus enhancing effective communication. As parents you have the right to understand what expectations are placed on your child. This begins with clear communication from your coach.

#### ***Communication You Should Expect from the Coach***

- When and where practices and contests are held.
- Expectations the coach has for your child and the team.
- Procedure if an injury occurs during participation.
- Team requirements/rules for participation.
- Notification whenever any disciplinary action results in your child being denied participation in a practice or game.
- Monetary costs of participation
- Coaches will be required to have a meeting with parents prior to the season.

#### ***Communication Coaches Expect from Parents***

As students become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to understand at times students may experience disappointment and frustration. At these times, student-initiated discussion with the coach is recommended and encouraged.

#### ***Parents/Students should notify the Coach regarding:***

- Any schedule conflict well in advance.
- Any special health concerns.
- Any injuries, treatment, or rehab.

#### ***Appropriate Concerns to Discuss with Coaches***

- Any unhealthy mental or physical strain you detect in your child at home.
- Ways you can contribute to your child's skill improvement and development.
- Any dramatic changes you detect in your child's behavior.
- Treatment of your child, mentally and physically.

#### ***Issues Not Appropriate to Discuss with Coaches***

- Team strategy or play calling.
- Other student athletes.

### ***Procedure to Follow If You Have a Concern to Discuss with a Coach:***

- Make an appointment with the Athletic Director to set up a meeting with the coach. Never approach the coach immediately after a game unless the coach requests the meeting.
- If the Athletic Director cannot be reached, call the Administrator to set up a meeting with the appropriate coach and the Athletic Director.
- Please do not confront a coach immediately before, during, or immediately following a contest or practice. These can be busy and emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings always require calm, rational attitudes.

If the meeting with the Athletic Director and the coach does not result in resolution of the problem, the following steps should be taken:

- Call and set up an appointment with the Administrator to discuss the situation.
- At this meeting the appropriate next step can be determined.

### **Practice**

Specific guidelines concerning practice times and schedules are outlined with each sport. General practice information includes the following:

- Days and times of practice are communicated through individual coaches.
- With prior notice, a coach may call a special practice session.
- A storm does not necessarily cancel practice. There are inside athletic areas where teams can practice.
- Holiday practices must be scheduled by the coaches with at least two weeks prior notice. These practices are approved through the athletic director.
- The coaches distribute summer practice and weight training information before summer vacation. Summer practices follow MAIS guidelines.

### **Sunday Practice**

- Any Sunday practice must be approved by the Athletic Director. These practices cannot be mandatory and must not interfere with church or family obligations. Athletes will not be punished in any way for missing a Sunday practice.
- Sunday practices can only be called if there is a conference game or playoff game on the following Monday. Furthermore, Sunday practice cannot begin before 2:00 p.m. and must be over by 4:00 p.m.

### **School Attendance**

Athletes are expected to attend classes the day of a game. They must be in school the morning after a game unless they have prior permission from the Administrator or an excuse from a doctor.

### **Travel Dress**

When students report to games, they should be appropriately attired. Coaches will determine appropriate attire.

### **General Athletic Rules**

- School attendance is mandatory the day after the game unless the athlete has a doctor's excuse or prior permission from the Administrator. Athletes must be in school.

- Any player that receives In-School Suspension (ISS) will also be suspended from all extracurricular activities on the day of the suspension. There may also be additional penalties administered by the athletic director or the coaching staff.
- Any player that receives out-of-school suspension will also be suspended from practice and from games during the suspension period. There may also be additional penalties administered by the athletic director or the coaching staff.
- Smoking, drinking, dipping, chewing, and vaping by players are prohibited. Use of alcohol and tobacco is destructive to the training process. The use of these substances can result in game or practice suspension or dismissal from the team.

### ***Athletes Participating in Multiple Sports***

#### ***Two Seasonal Sports***

Athletes may participate in more than one sport during a season as long as the coaches involved and the athletic director give permission. In some situations, it is impossible to play two sports in the same season due to conflicting schedules of practice and events. Athletes playing two sports must fulfill the obligations of each team as set by the coach in order to participate in both. If conflicts in schedules occur, the coaches, with approval from the athletic director, will determine in which activity the athlete will participate.

#### ***Participation in Overlapping Sports***

If an athlete is participating in a sport and another sport in which he/she plans to participate begins prior to the conclusion of the first sport, the athlete's primary responsibility is with the first or seasonal sport. No athlete will be taken from one sport at the expense of another sport at Amite School Center. The head coach of the in-season team has the right to deny or grant permission for the athlete to participate in some activities on a limited basis.

#### ***Points of Emphasis***

It is important for the involved coaches to work together for the benefit of the entire athletic program and not put the athlete in the middle of the controversy. The end of a sport is obviously the most important time due to playoffs and tournaments. Coaches need athletes focusing on advancing as far as possible without the added pressure of starting a new sport.

Athletes that know they will be involved in overlapping sports must accept the circumstances and take responsibility.

- The athlete should take responsibility and work outside the seasonal sport on an individual basis to condition and improve skills required in the next sport.
- The athlete should realize that those players already working on the next sport may have an early advantage.
- No athlete will be penalized for participating in another Amite School Center sport.

### ***Termination from a Team after the Season Begins***

Once an athlete begins the playing season in a sport and his/her team membership is terminated by the athlete or the coach, for a reason other than being cut due to lack of ability- he/she is ineligible to begin participating in another sport that season. This may be appealed to the athletic director. An exception will require mutual consent of both coaches involved and the athletic director.

Note: The playing season is considered the beginning and ending dates of interscholastic competition.

#### ***Purpose of Guidelines***

- Reinforce commitment to finishing what you start.



- Reinforce loyalty to teammates and the program.
- Prevent athletes from changing sports for inappropriate reasons.
- Prevent quitting toward the end of an unsuccessful season just to start a new sport.
- Reinforce to players that may have taken a limited spot on the team that there is an obligation that goes along with being selected to a team

**This handbook is designed in an attempt to provide information to parents and athletes concerning the athletic policies and procedures of Amite School Center. While many areas have been addressed, there is little doubt that issues and circumstances could arise that are not covered in this handbook. Any questions on interpretation of policies and procedures or any issues or circumstances that arise which are not covered in this handbook will be decided upon by the administration.**