

Quantico Middle High School

ATHLETIC DEPARTMENT

Quantico Middle High School

3307 Purvis Rd

Quantico, VA 22134

Phone: (571) 660-9555

Mr. Miles Shea- Principal: Miles.Shea@dodea.edu

Mr. Ben Kolodziej-Vice Principal: Benjamin.Kolodziej@dodea.edu

Mrs. Jessica Bleigh- Athletic Director: Jessica.Bleigh@dodea.edu

STUDENT ATHLETIC POLICIES HANDBOOK



Quantico Colors: Red and Gold
2024-2025

Mission Statement

Quantico Middle High School Athletics provides an atmosphere of mutual trust and support among parents, community, administration, coaches, athletes, and other students while maintaining high expectations of performance, sportsmanship, fair play, and other positive attributes that helps to produce a well-rounded individual while participating in a rigorous and competitive athletic program.

Statement of Philosophy

We believe that the opportunity for participation in a wide variety of activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Coaching leadership should be of the highest quality and should provide athletes with examples of exemplary behavior. Measurement of leadership success should not be measured in terms of the tangible evidence of victories and defeats. Instead, character, courage and integrity should be the major objectives of the athletic program.

The athletic program should always be consistent with the general objectives of Quantico Middle High School, Quantico Dependents' Schools and DODEA. Athletics should be viewed as an integral part of the total curriculum, and as such, every effort should be made to support the program with the best facilities, equipment and with the most qualified staff. Through the extracurricular activities' programs, athletic administrators and school leaders should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

Welcome to Quantico Middle High School Athletic Department Home of "The Warriors"

Quantico Middle High School is a D3 high school within the Virginia Independent Schools Athletic Association (VISAA). We are a member of the Greater Piedmont Athletic Conference (GPAC). This conference includes Highland School, Foxcroft School, Wakefield School, Randolph Macon Academy, King Abdullah Academy, Fredericksburg Academy, and Tandem Friends.

QMHS offers the following sports during the school year:

Fall Sports

Try-Out dates: Aug/Sept

(August – November)

Football –Varsity Men's

Soccer – Varsity Men's

Cross Country Men's/Women's

Volleyball-Varsity Women's

Soccer-Middle School Boys/Girls

Cheerleading- Varsity

Cheerleading- Middle School

Winter Sports

Try-Out date: Nov

(November – March)

Basketball-Varsity Men's

Basketball-Varsity Women's

Basketball-Middle School B

Basketball-Middle School G

Cheerleading-Varsity

Cheerleading-Middle School

Spring Sports

Try-Out date: Feb/Mar

(February – June)

Baseball-Varsity Men's

Softball- Varsity Women's

Soccer- Varsity Women's

Golf- Varsity Men's/Women's

VISAA Eligibility Requirements

The requirements to participate in sports at QMHS are not complicated but require explanation.

A student will not be allowed to practice or try out for a team until they are eligible in all areas.

Physical – A pre-participation examination/physical form is required for each school May 1 of the current year through June 30 of the succeeding year. VISAA Physical forms are in the front office or at <https://visaa.org/sports-medicine/physical-form>. Fill out your personal history and have it signed by both sponsor and student. Take this completed form with you to your physical appointment.

Insurance – Proof of insurance (expiration date of student ID card) must be provided prior to practices tryouts or skill development. Failure to maintain a current military ID or insurance card will result in ineligibility.

VISAA member schools shall conduct themselves in such a manner that their actions promote the values and mission statement of the organization. Any VISAA member school that brings discredit to the VISAA, whether through its actions, behaviors, or otherwise, shall be subject to disciplinary action.

Philosophy: The VISAA believes that interscholastic athletics are an integral part of the total educational program. High standards of behavior, scholarship, and citizenship are important to a sound athletic program. Students volunteering to participate in athletics should assume the responsibilities and lead by example by demonstrating fairness, respect, and self-control. Athletes, coaches, officials, and fans shall at all times conduct themselves in a reasonable and sportsmanlike manner. Each person will be responsible for his or her words and actions at all VISAA Events and shall adhere to the Code of Conduct. VISAA member schools are strongly encouraged to include the Code of Conduct in their athletic handbooks.

Sportsmanship Expectations: Each athlete, coach, parent, spectator, official or other attendees, by participating in or attending a VISAA Event, agrees as follows: • I will treat any coach, parent, spectator, player, official, or any other attendee with respect regardless of race, creed, color, national origin, religion, sex, or ability. • I will not engage in unsportsmanlike conduct. • I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, spectator, player, official, or other attendee. • I will not use drugs, alcohol, or tobacco while at any athletic event. I will not attend, coach, officiate or participate in an athletic event while under the influence of drugs or alcohol. • I will not use profanity. • I will not engage in verbal or physical threats or abuse toward any coach, parent, spectator, player, official or any other attendee. • I will not initiate a fight or scuffle with any coach, parent, spectator, player, official or other attendee. • I will not argue with officials or otherwise indicate dislike or disdain for a decision. • I will not make any degrading remarks about any official, coach, athlete, or school. • I will not detain or attempt to confront any official to request a ruling or explanation of actions taken by an official. • I understand that conduct that leads to my removal from a VISAA Event may be considered a serious violation of the Code of Conduct and result in discipline by the BoD. • I understand that, as a coach or school administrator, the removal of a team before the completion of the game may be considered a serious violation of the Code of Conduct. • I hereby agree that, if I fail to adhere to the Code of Conduct while attending, coaching, officiating, or participating in a VISAA Event, I will be subject to disciplinary action by the BoD.

Academics – In order to be eligible to participate in athletics at QMHS, the student must follow the VISAA guidelines, the Department of Defense School System regulations, the Quantico Middle High School policies, and policies of Quantico Middle High School. Below are the minimum requirements:

Each Semester - DODEA Regulation

A student must:

1. Students must keep a GPA of 2.0 and above
2. Student may have no more than one "F"
3. Students who are ineligible may not participate in practices or games until grade have been brought up

QMHS Grade Policy – Besides being present at school on the date of the Athletic or Club event, students must meet grade eligibility. Students who meet eligibility requirements have a minimum GPA of 2.0 and no more than one "F" as a course grade. Grades are checked and eligibility is met according to the following procedure:

- Student grades will be checked by a school counselor every Wednesday morning at 0700.
- The eligibility period is from that time (Wednesday morning) **through** the following Wednesday morning. Students will not be removed from the list mid-week.
- Students with grades that do not meet these criteria (above) are considered "Ineligible." Until the student brings their grade into compliance, ineligible student athletes:
 - Cannot be in uniform
 - Cannot participate in any game
 - Cannot travel with the team to away games

Eligibility for athletic and club activities occurring in Semester 1 is determined by student grades from Quarter 4 of the previous school year. Students who complete summer school may use those grades to count toward eligibility.

Age Requirement- The student shall not have reached the age of 19 on or before August 1 of the school year in which he or she wishes to compete. (This rule is not subject to appeal)

Grade Level Requirement- Students in grades 8-12 are eligible for VISAA Events. Students below the 8th-grade level are ineligible for VISAA Events.

Residency - A student must reside with at least one biological parent or show a court ordered custody and not guardianship to registrar. If a move is made you must report the move to QMHS registrar and ensure that appropriate arrangements are made for continued enrollment.

Attendance - DoDEA REGULATION 2095.01 An athlete must be in compliance with the DoDEA Attendance policy:

- (1) Students are required to be in school the full day (0725-1415) on the day of a weekday game/practice. The only exception is for an appointment approved by the school administration in advance.
- (2) A student cannot be absent from school and attend practice except for an excused absence approved by the administration in advance.
- (3) A student who is "unexcused absent" on the day a scheduled athletic program is ineligible for participation in that event.
- (4) A student suspended from school is not eligible, at the minimum, for the next scheduled competition.
- (5) Student attendance is recorded as "present school sponsored noncurricular activity."
- (6) Students are responsible for identifying and making up all classroom activities or assignments which were missed as a result of being out of school while traveling to or from, and participating in, an Interscholastic Athletic Program.
- (7) Students who are unexcused absent the day prior to a non-school day will not be allowed to participate in practice or competition on the non-school day.

Request for Student Absence - School administrators must consider the following factors prior to identifying an absence as excused.

- a. The student is in good academic standing.
- b. The student has a record of *consistent* school attendance during the current school year.
- c. Review of the impact previous extended absences from school have had on the student's educational program during the current school year.
- d. Administration shall confirm with the parent or sponsor's Command, if dates of any extended absence are mandatory or discretionary.

Excused Absence-

- a. The parent or sponsor should attempt to schedule appointments before or after the school day to minimize disruption of the educational environment.
- b. DoDEA considers the following conditions to constitute reasonable cause for absence from school for reasons other than school related activities. The principal has final authority to identify an absence as excused from school and institute a Student Educational Monitoring Plan to be completed during absences when appropriate. (See Appendix to Enclosure 2)
 - (1) Personal illness.
 - (2) Medical, dental, or mental health appointment.
 - (3) Serious illness in the student's immediate family.
 - (4) A death in the student's immediate family or of a relative.
 - (5) Religious holidays.
 - (6) Emergency conditions such as fire, flood, or storm.
 - (7) Unique family circumstances warranting absence and coordinated with school Administration (e.g., military mission-imposed restrictions of timing of leave).
 - (8) College visits that cannot be scheduled on non-school days.
 - (9) Pandemic event.
 - (10) Students are responsible for completing and submitting all assignments identified in the course syllabus or class outline provided by their teacher(s) within a reasonable time period. The Student Educational Monitoring Plan shall be completed for excused absences.

Academic Requirement- The student must be a regular bonafide student in good standing at the VISAA school that he or she represents and must be enrolled and in attendance at that school at least 30 days prior to the date of the commencement of the VISAA championship in which he or she proposes to participate to be eligible for such VISAA championship. For purposes hereof, the term "regular bonafide student" shall mean a full-time student taking an average of four hours of classroom instruction per day or at least five academic classes per semester/grade reporting period and working toward graduation requirements at the school he or she represents. For purposes hereof, the term "school" shall mean a private, preparatory, parochial, or other nonpublic school that is accredited by an accrediting agency approved by the VCPE and that does not derive its financial support from state or local government agencies. [Note: Distance learning courses may be applied toward a student's full-time standing at the school he or she represents provided that all of the following criteria are met: 1. The class must be taken on the school's campus under the supervision of the school's faculty. 2. Tuition for the class must be paid to and collected by the school. 3. The class must fall outside the school's course offerings (i.e., not a replacement for an existing course offering). 4. The course must be able to be applied toward the school's graduation requirements (may be an elective but must appear on the student's transcript). Note: The foregoing does not replace or alter the NCAA's Initial-Eligibility Standards.]

Conference Requirement- Any student or school team ruled ineligible by a conference is considered ineligible for VISAA Events. A conference's determination of eligibility under its rules is not appealable to the Appeals Committee of the BoD or the BoD.

Gender-

- a. If a school maintains separate teams in the same sport for girls and boys during the school year, regardless of the sports season, girls may not compete on boys' teams, and boys may not compete on girls' teams. If a school maintains only a boys' team in a sport, girls may compete on the boys' team. Boys may not participate on a girls' team in any sport. Notwithstanding the foregoing, if the BoD determines that boys' opportunities for participation in athletics have been limited in the past, boys may participate on a girls' team, unless the sport involved is a contact sport.
- b. To maintain competitive fairness in VISAA championship events, participation shall be determined by a student's biological sex rather than gender or gender identity. For any regular season competition, such

decisions are entrusted to the participating schools. VISAA will provide reasonable accommodations to this policy to the extent required by law.

Amateur Status- Students must be amateur athletes in the sport(s) in which they participate, and they may not accept compensation in exchange for athletic performance or participation, or as an inducement for enrollment. Students are permitted to benefit from their Name, Image, and Likeness (NIL), provided:

- a. they do not receive compensation contingent on enrollment;
- b. they do not receive compensation for athletic participation or achievement;
- c. they do not receive compensation for work not performed;
- d. there is no affiliation with, or reference to their school or to VISAA;
- e. they do not appear in the uniform of their school;
- f. they do not utilize the marks, logos, or name of their school or VISAA, and
- g. they do not receive compensation from a school NIL Collective, defined as a group of alumni, supporters, parents, or other people who form an entity to provide NIL opportunities to student-athletes of a specific school.

Penalties for Violations- A violation of these eligibility rules may result in one or more sanctions, as decided by the Board of Directors (BoD) in its sole discretion. These sanctions may include, but are not limited to, the following:

- forfeiture of any VISAA team or individual championships of which the ineligible student was a member;
- forfeiture of all games played by the school team of which the ineligible student was a member against VISAA opponents or by the school team declared ineligible by its conference;
- forfeiture of any VISAA team championship by the school or team declared ineligible by its conference, and
- ineligibility for VISAA championship competition in the sport in which the violation occurred during the school year in which the violation occurred and possibly for the following school year.

VISAA member schools shall conduct themselves in such a manner that their actions promote the values and mission statement of the organization. Any VISAA member school that brings discredit to the VISAA, whether through its actions, behaviors, or otherwise, shall be subject to disciplinary action. Section 1 – Philosophy. The VISAA believes that interscholastic athletics are an integral part of the total educational program. High standards of behavior, scholarship, and citizenship are important to a sound athletic program. Students volunteering to participate in athletics should assume the responsibilities and lead by example by demonstrating fairness, respect, and self-control. Athletes, coaches, officials, and fans shall at all times conduct themselves in a reasonable and sportsmanlike manner. Each person will be responsible for his or her words and actions at all VISAA Events and shall adhere to the Code of Conduct. VISAA member schools are strongly encouraged to include the Code of Conduct in their athletic handbooks. Section 2 – Sportsmanship Expectations. Each athlete, coach, parent, spectator, official or other attendees, by participating in or attending a VISAA Event, agrees as follows: • I will treat any coach, parent, spectator, player, official, or any other attendee with respect regardless of race, creed, color, national origin, religion, sex, or ability. • I will not engage in unsportsmanlike conduct. • I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, spectator, player, official, or other attendee. • I will not use drugs, alcohol, or tobacco while at any athletic event. I will not attend, coach, officiate or participate in an athletic event while under the influence of drugs or alcohol. • I will not use profanity. • I will not engage in verbal or physical threats or abuse toward any coach, parent, spectator, player, official or any other attendee. • I will not initiate a fight or scuffle with any coach, parent, spectator, player, official or other attendee. • I will not argue with officials or otherwise indicate dislike or disdain for a decision. • I will not make any degrading remarks about any official, coach, athlete, or school. • I will not detain or attempt to confront any official to request a ruling or explanation of actions taken by an official. • I understand that conduct that leads to my removal from a VISAA Event may be considered a serious violation of the Code of Conduct and result in discipline by the BoD. • I understand that, as a coach or school administrator, the removal of a team before the completion of the game may be considered a serious violation of the Code of Conduct. • I hereby agree that, if I fail to adhere to the Code of Conduct while attending, coaching, officiating, or participating in a VISAA Event, I will be subject to disciplinary action by the BoD.

Mandatory Parent Meeting - at least one sponsor/parent and the student athlete must attend the mandatory meeting. This meeting will provide eligibility guideline, hazing/bullying, Concussions, sportsmanship, and VISAA/QMHS DODEA contract information.

Quantico Middle High School Athletic Department General Rules

There are several rules that govern student athletic participation. The rules governing the athletic program are in addition to other rules that apply to your student / athlete. These rules do not replace or take precedence over rules imposed by another agency or group. If a situation develops, your student-athlete may have penalties imposed by more than one organization. All athletic, school, district, local, state, and federal rules apply whenever your student athlete participates as a member of the team. This is true for all home or away events.

1. **Discipline:** If there is the appearance of a discipline or schoolwork problem with a particular student athlete, the teacher will contact the coach or athletic director. If a discipline problem develops the assistant principal or principal will notify the athletic director. Eligibility and participation are subject to review at any time. Additionally, any student that is suspended from school cannot practice or participate in an athletic event.

2. **Tobacco / Drugs / Alcohol:** Simply stated no student-athlete may use any illegal substance at any time, on or off campus, on or off base. Use of illegal substances renders the student athlete ineligible. For the purpose of this rule, tobacco is an illegal substance. Additionally, under the terms of this policy, possession is defined as use. Consequences will result in the student athlete being ineligible up to two seasons.

3. **Transportation:** to and from games all student athletes are required to ride the school transportation to and from the games. A student athlete may only ride home with his/her parents unless previously approved in advance of the event by the principal to ride home with another adult. Students may not drive to games. If practices are held off campus on school days, an athlete may drive themselves. They may not take any other team members in their personal vehicle to practice.

4. **Academics:** each week grades will be checked for Quantico Middle High School academic requirements. *Student athletes* must stay in good standing of grades verification and eligibility.

5. **Attendance:** A player must be in compliance with the DoDEA Attendance policy DoDEA REGULATION 2095.01

6. **Dropping and Transferring Sports/Activities:** Athletes may not change team membership following the opening contest of each sport season. A student does not have to participate in a contest for this to be in effect, only be listed as a member on a team roster. If an athlete quits a team/activity, they may not try out for another sport/activity until the sport they participated in has completed their season/event. This includes play-offs. In season athletes may not participate in out of season pre-season/conditioning/skill development workouts until their season is complete to include playoffs.

7. **Dual Sports:** Athletes may participate in *only one sport* during the same season.

8. **Uniforms and Equipment:** Students are financially responsible for all equipment issued to them. Only school issued uniforms are permitted to be worn for athletic contest. All uniforms and equipment must be returned within 7 days of the last contest or meeting, clean and in good condition. School furnished uniforms/equipment are to be worn only for contest and or practice. Uniforms may be worn to school on home game days. All equipment not returned in good condition will be subject to financial penalty. No athlete will be eligible for another sport until all uniforms/equipment have been turned in. Athletic letters will not be awarded until the issued uniform is cleaned and returned to the respective coach.

9. **Lettering:** An athlete must complete the season in good standing and have met all requirements set forth by the coach at the beginning of the season. A season begins with the first practice and ends at the awards ceremony. Coaches will set lettering criteria after approval from the principal.

10. **Practices:** All practices are open to authorized personnel. (Unless otherwise indicated by the coach at their discretion)

11. **Sportsmanship/Code of Ethics:** All students shall abide by a code of ethics. Any conduct that results in dishonor to the student, team, or school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, and/or violations of the law, tarnish the reputation of everyone associated with the athletic and extra-curricular programs and will result in immediate dismissal from the team and/or suspension from school. Negative behavior reports may be grounds for suspension from practice and/or competition.

12. **Hazing/Bullying:** Hazing is any action or situation with or without the consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical, or academic health or safety of a student. See attached document for more information.

13. **Social Media Guidelines:** Doing any of the following could jeopardize your privilege of participating in high school sports. Student athletes should avoid the following on social media:

- a. Derogatory language or remarks about teammates or coaches; other team student athletes, teachers, or coaches; student-athletes, athletics administrators, or representatives of other Schools.
- b. Demeaning statements about or threats to any third party
- c. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- d. Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- e. Indicating knowledge of an unreported felony theft or felony criminal damage to property.
- f. Indicating knowledge of an unreported school or team violation—whether the violation was unintentional or intentional

14. **Heat Guidelines:** QMHS follows the USMC Quantico base flag conditions (WTOP).

15. **Emergency Action Plan (EAP):** An EAP is on file at the front office and located at each athletic venue. The EAP is updated yearly.

16. **Athletic Trainer:** QMHS does not have an AT. If an athlete gets injured, they need to notify the coach who will then notify the athletic director or admin. If the athlete fails to notify the coach, and you are aware of the injury, please report the injury to the athletic director. Any injuries are directed to the school nurse. The student will be assessed by school nurse the next school day.

17. **Team Rules:** Each head coach has team rules which they will go over with the student-athlete and the sponsor. At some point, they will ask you and your student athlete to sign and acknowledgement of these rules.

18. **Bus Rules:** The students are responsible for DODEA bus rules which include but are not limited to the following: Be courteous and respectful, no profanity, always remain seated, use inside voices, and keep all body parts inside the bus. No playing music through boom boxes are allowed. Students must listen to their own music with their own headphones. In addition, no cleats are to be worn on the bus. Sports buses are allowed to stop to eat. See DoDEA Regulation 2051.1 E8.A2

19. **Athletic Eligibility:** From the time documentation is turned into the athletic department, allow 72 hours for determination of athletic eligibility

20. Only athletes that are listed on the eligibility form may practice/compete/travel with a team.

21. If the athlete does not dress out for physical education they will not be allowed to practice or compete in the game that day.

Volunteer Coaches:

What do I need to do if I want to be a volunteer coach?

a. Fill out a volunteer form- located at the front office.

b. Wait for approval before you may begin coaching. Once approved by the system, the coach must then approve you as a volunteer for the team.

The Role of Parents in Interscholastic Athletics

Communication with your Student Athlete

1. Make sure your student athlete knows that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your student athlete's athletic ability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, *but don't coach them*. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your student athlete in a way that creates pressure.
6. Don't compete with the coach because your student athlete will be receiving mixed messages from two different authority figures.
7. Don't compare the skill, courage, or attitude of your student athlete with other members of the team.
8. Get to know the coach(es). Once you know them, we are sure that you will enjoy having your student athlete as a member of the team. Like many things in life, you don't always agree with everything that happens, but most of the time it works out for the best.
9. Always remember that student athletes tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative.

Communicating with the Coach

Communication You Should Expect from Your Student Athlete's Coach

- Philosophy of the coach
- Expectations the coach has for your student athlete as well as all players on the squad

- Locations and times of all practices and contests
- Team requirements (fees, special equipment, off-season conditioning)
- Procedures should your student athlete be injured
- Discipline that result in the denial of your student athlete's participation

Communication Coaches Expect from Parents

- Concerns expressed directly to the coach. In one way or another every student is connected to the Marine Corps. No organization functions well when the "chain of command" is violated. The coach is the first link in the team's chain of command. You owe it to yourself, your child, and the rest of the team to talk over your concerns about your child's participation with the coach before you talk to anyone else.
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and / or expectations
- Any special medical or other needs of your student athlete especially if your child takes medication or has an IEP because this information is confidential and is not automatically shared with the coach.

Appropriate Concerns to Discuss with Coaches

- The treatment of your student athlete, mentally and physically
- Ways to help your student athlete improve
- Concerns about your student athlete's behavior

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Appropriate Procedure for Discussing Concerns with Coaches

- Call to set up an appointment with the coach (contact the athletic director/admin to set up the meeting if unable to reach the coach).
- Do not confront a coach before or after a contest or practice. Allow 24 hours before talking with the coach. These can be emotional times for all parties involved and do not promote resolution.
- Discuss concerns with the coach directly. Do not discuss concerns through your child, other parents, and certainly not while being a spectator.

What If the Meeting with a Coach Did Not Provide a Satisfactory Result?

Call to set up an appointment with the athletic director/admin. You will leave that meeting either satisfied that your concerns were addressed or with an appropriate next step.

Hazing/Bullying

What is Hazing?

Hazing is any action or situation with or without the consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical, or academic health or safety of a student.

What does it look like?

- Required "greeting" of members in a specific manner when seen on campus.
- Performing of special tasks for the members or others
- Physical exhaustion from multiple sit ups, running, or other calisthenics.
- Appearance of mental exhaustion or withdrawal from normal lifestyle; change in personality.
- Withdrawal from normal activities or friends

What is bullying?

It goes right in hand with hazing and is aggressive behavior towards a fellow student that makes him/her feel uncomfortable and can end up in them being physically and mentally harmed.

There are different kinds of bullying that include:

- Verbal bullying- name calling, racist or sexist comments, and threats of harm.
- Social Bullying- Hurting someone's reputation, leaving someone out, spreading false rumors, and embarrassing someone intentionally.
- Physical Bullying- Hitting/Kicking
- Cyber Bullying-bullying using technology. For instance, it involves using the internet, mobile phone or other technology like a camera to bully and so hurt or embarrass someone.^[4] It can be caused by anyone at anytime, anywhere and reach a vast audience

What should I do if I think someone is being hazed/bully?

- Tell the person you are concerned.
- Describe what you have observed.
- Let your friend know its ok to withdraw from a group or organization.
- Offer support to the person.
- Let your friend know what help there is available.

The same follows for bullying. If you see it happening, then you should let someone know as soon as possible. It's all fun and jokes until you're on the wrong side of the joke. No one wants to be treated in a way that they feel scared and insecure. The bottom line is treating others how you want to be treated.

Stop Hazing/Bullying!

BASE OPERATING STATUS PROCEDURES

Normally used during the Winter months to ensure the safety of all aboard MCB Quantico, the base commander has established procedures for evaluating weather conditions to determine a delayed base opening or early base closure and how to publicize those decisions to all affected personnel. **However not all commands and activities follow the base operating status, so employees need to confirm reporting instructions with their chain of command.**

Upon first indication of possible inclement weather, command personnel begin monitoring weather conditions regularly to determine potential impact upon base operations. As inclement weather nears or begins, the command monitors weather reports more frequently and begins to receive regular road condition reports from aboard base and in the surrounding

community. Command personnel also communicate with local civilian authorities and the federal government concerning their assessments of the weather conditions.

Based upon the type and volume of expected precipitation, other conditions and the capabilities of base equipment and personnel to keep the roads clear and safe for travel, the commander will make the decision to keep the base open, delay base opening, or close the base.

If inclement weather occurs during non-working hours, every attempt will be made to make the decision on the base's operational status **prior to 4 a.m.** Notification of the Base Operating Status is broadcast via the [Quantico Mass Notification System](#), the [base Website](#), [base Facebook page](#), the [base Twitter page](#) and on WTOP.

Any operational adaptation will be announced via a Base Operational Status as follows:

BASE HEAT INDEX FLAG PROCEDURES

(Green Flag): Heavy exercises, for activities of unacclimatized personnel will be conducted with caution and under constant supervision.

(Yellow Flag): Strenuous exercises, such as marching at standard cadence, will be suspended for unacclimatized troops in their first 2 or 3 weeks. Outdoor classes in the sun are to be avoided.

(Red Flag): All physical training will be halted for those troops who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Those troops who are thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.

(Black Flag): All strenuous non-essential outdoor physical activity will be halted for all units. Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where the disruption would cause undue burden on personnel or resources, be excessively expensive, or significantly reduce a unit's combat readiness. Essential outdoor physical activity will be conducted at a level that is commensurate with personnel acclimatization as determined by the unit's commanding officer in coordination with the unit's medical officer or medical personnel. All efforts should be made to reschedule activities during cooler periods of the day.

General Notes for all Base Conditions:

These conditions are a guideline for MCB Quantico. They will not necessarily reflect the conditions and challenges in our neighboring communities. These codes will also serve as guidance for operational irregularities other than those dictated by inclement weather. Please use common sense and sound judgment in your decision to get on the roads. Your safety is the most important factor.

During inclement weather or other destructive weather operations, families with special needs (EFMs, handicap, etc.) which may need special / additional assistance should call the **MCBQ emergency maintenance at (703) 784-2072 / 2073/2227 for assistance.** For

urgent emergencies dial **911**. For other *non-urgent* emergencies, call the PMO Desk Sergeant at (703) 784-2251 / 2252 / 2253.

HEAT INDEX CONDITIONS

As the heat index rises, everyone needs to pay attention to the flag conditions here on MCB Quantico and understand what they mean.

There are *five* conditions listed for the heat flag warnings from least to most severe.

They are:

1. **no flag under 80°F**
2. **green for 80° to 84.9°F**
3. **yellow for 85° to 87.9°F**
4. **red for 88° to 89.9°F**
5. **black for 90°F and above**

It is important to note that some of these flag conditions have extremely narrow 2–3-degree ranges. That means that temperatures can rise from yellow to black more quickly than the flag station operator's observation interval. It is also essential to always keep in mind that extreme conditions can lead to serious health problems such as dehydration, heat exhaustion, heat stroke and even death.

Quantico Middle High School Athletic Department Participation Agreement 2024-2025

Instructions: The student athlete and his/her parent or legal custodian must initial beside each statement acknowledging that they have read and understand the corresponding statement. The student athlete will initial in the left column, and the parent or legal custodian should initial in the right column. This form must be completed for each student athlete and his/her parent or legal custodian prior to tryouts.

Student Athlete Name: (please print) _____

Parent/Legal Custodian Name(s): (please print) _____

Student Athlete Initials		Parent/Legal Custodian(s) Initials
	I acknowledge that there is a certain risk of injury involved with athletic participation, and it is impossible to eliminate this risk. With the best coaching, use of the most advanced protective equipment, and strict observance of the rules, injuries are still possible and on rare occasions, these can be severe.	
	I will not possess, use, sell, or distribute any illegal drug products; alcohol, tobacco or E-cigarettes at any time while I try-out or become a member of the team. Any violations will result in a loss of up to two sports seasons.	
	I will not be involved in any criminal activity according to the rules for behavior established in the Student Handbook, including Federal, State, and local laws.	
	I am not a convicted felon or juvenile.	
	I understand that my eligibility and participation is subject to review at any time due to discipline issues, schoolwork, absences, current physical on file, current ID card etc...	
	I will not be involved in any bullying/hazing or taunting of fellow team members or other students at any time. This includes verbal, social, cyber and physical bullying/hazing/taunting. I understand that I am an example to my fellow students and athletes. I will maintain exemplary behavior everywhere I go.	
	I will report to my coach, athletic director, and/or admin if I see any hazing/bullying/ taunting acts.	
	I understand I could face punishment if I am involved in any acts of hazing/bullying/taunting.	
	I will not be 19 on or before August 1, 2024	
	I understand that if I falsify any eligibility information, it will result in the student athlete being declared ineligible for 365 days.	
	I have read and understand the attendance policy in the athletic handbook as outlined in DoDEA Regulation 2095.01	
	I understand the athletic participation is conditional upon satisfactory scholastic progress. I understand the school and VISAA state policies regarding athletic probation and/or suspension for failure to meet academic guidelines.	
	I understand it is my responsibility to keep my grades up in ASPEN for weekly grade checks.	
	I understand that if I quit a team/activity at any time I will not be able to go out for another team/activity until the sport/activity I participated in is completely done to include playoffs/events.	
	I understand that I must wear my athletic uniform as it is intended to be worn by the manufacturer.	

	I understand school furnished uniforms/equipment are to be worn for athletic contest/practices and at school on home and away game days.	
	I have not participated in the same sport in a different state this school year.	
	I accept full responsibility for all equipment/uniforms issued to me and understand that damage due to negligence or to lose all or part of my equipment/uniform will cause me to be financially liable for equipment/uniform repair and/or replacement cost and may be cause for dismissal from the team.	
	An athlete must complete the season in good standing in order to letter at Quantico Middle High School. Coaches may have additional standards.	
	I understand that I have 7 days to return my equipment/uniform in clean and good condition in order to be able to try out for the next sport.	
	I understand that my coach will have a set of administration approved rules that are binding on me while I try out for and/or become a team member.	
	Athletic rules are in addition to the Quantico Middle High School rules.	
	I have read and understand the guidelines within the Quantico Middle High School Athletic Handbook.	
	Student Athlete Sportsmanship 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 and necessary physical contact. I know the behavior expectations of my school, my conference, and the VISAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.	Not Applicable
Not Applicable	Parent Sportsmanship 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 the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference, and the VISAA. I acknowledge my rights and responsibilities when communicating with the coach (es) as outline in "The Role of Parents in Interscholastic Athletics". I hereby accept my responsibility to be a role model of good sportsmanship that comes with being the parent of a student athlete.	
	I understand that I must be in attendance the entire school day to be eligible for practice/games unless the absence was pre-approved, or a doctor's note is provided.	

By signing below, we agree that we have read and understand the information contained in the Student Athlete and Parent/Legal Custodian 2024-2025 Quantico Middle High School Athletic Department Participation Agreement and have initialed appropriately beside each statement.

Signature of Student Athlete

Date

Signature of Parent/Legal Custodian

Date

Last Update Aug. 23, 2024