



**BUNGER**  
MIDDLE • WATERLOO SCHOOLS

**Student Athletic  
Information Packet  
2023-2024**

*This handbook was designed to provide the Bunger Middle School students with Bunger-specific information. Please review this handbook prior to the start of the school year*

## **Important Contact Information**

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Ashley Reimer, Assistant Principal.....reimera@waterlooschools.org  
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Bunger Middle School (Main Office) .....319-433-2550  
Bunger Middle School (Health Office).....319-433-2563

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### **Important Forms/Schedules**

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| <input type="checkbox"/> Athletic Sign-up                   | <input type="checkbox"/> Cross Country Schedule              |
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| <input type="checkbox"/> Academic Expectations & Protocols  | <input type="checkbox"/> Swimming Schedule**                 |
| <input type="checkbox"/> Coach/Parent Communication         | <input type="checkbox"/> Track & Field Schedule**            |

**\*\*In progress\*\***

## **Sports Physical Locations**

Here are some options for sports physicals other than your family physician.

- |                               |              |
|-------------------------------|--------------|
| ● West High Success Street    | 319-433-2780 |
| ● East High Success Street    | 319-433-2446 |
| ● Carver Success Street       | 319-433-2530 |
| ● People's Clinic             | 319-874-3000 |
| ● Wilson Chiropractic         | 319-272-5000 |
| ● UnityPoint Express Clinic's | 319-231-2281 |
| ● Family Doctor               |              |

## **Middle School Practice Season**

Middle school seasons run 6-8 weeks. Athletes must move to the commons immediately after school. Practices are Monday-Friday concluding between 4:30-4:45 pm. All athletes are eligible to ride the activity bus after practice. Although transportation is provided to and from all away events, students returning to Bunger must be picked up by parents after all games - including home games.

## **Middle School Extracurricular Philosophy**

Although winning is an invaluable experience for students, the emphasis of extracurricular participation at Bunger will be to provide students with an opportunity to get involved, develop their skill sets, and explore their interests. ALL students who choose to commit to extracurricular activities will be given chances to participate and will be allowed to make mistakes. Through participation in extracurricular activities, students at Bunger will learn to appreciate teamwork, understand that hard work and perseverance lead to success, and develop respect for their coaches, referees, opponents, peers, and themselves. The coaches will model and maintain high expectations and accountability for our students.

## **Student Attendance Expectations**

Students are expected to be on time to practices and events. Students must be in school by 10:30 am and finish the school day on the day of scheduled events and/or practice to participate; the absence before 10:30 am must have been excused. A representative from the middle school office will inform you of any problems with attendance that may have occurred during the school day.

Per District policy, students who have in-school suspension, out-of-school suspension, or expulsion are not allowed on any school property or to attend any school activity, including athletic events.

## **Injuries**

All injuries, major or minor, need to be reported to their coach and/or athletic director within 24 hours of the incident occurring. This should be done to ensure that a report is made and a follow-up to ensure the student-athlete is cleared to return to participation.

If the student-athlete is suspected to have sustained a concussion, the following guidelines apply...

1. A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
2. A child may not participate again until a licensed healthcare provider, trained in the evaluation and management of concussions and other brain injuries, has evaluated him/her and the student has received written clearance from that person to return to participation.
3. Key definitions: "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board. "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

Please review the “Heads Up: Concussion in High School Sports” to become adequately informed about concussions and proper protocol when dealing with possible concussion scenarios. This protocol is mandated by the State of Iowa.

## **Eligibility & Participation**

Students are students first; extracurricular involvement is secondary to performance in school. Performance in school will dictate the level to which students can participate in extracurricular activities. At Bunger, students will be expected to fulfill the requirements of Board Policy “Eligibility for Athletes and Activities” 510.1R. Please review this policy to ensure that you are equipped with enough knowledge to enforce eligibility rules as set by Waterloo Community School District.

To participate, each student must have the following information on file in the main office:

1. Athletic Physical
2. Concussion Form
3. Student/Parent Contract
4. Student Information Card

## **Student Behavior & Sportsmanship**

Student athletes are expected to represent Bunger positively and appropriately. Minor incidents of misbehavior will be handled promptly and appropriately by the coaching staff. Incidents of major offenses (i.e. physical aggression, theft, etc.) will be reported to the AD immediately and will be handled jointly by the coaching staff and the AD.

A vital role of any coach is to model positive sportsmanship. Athletes often mirror their coach’s attitude and behavior. All high school coaches, players, and spectators are rated by officials, both at conference and state levels, on their sportsmanship. Sportsmanship is a component of the coaches’ evaluation form. Positive sportsmanship is a priority of the Waterloo Community School District and negative comments and or actions will not be tolerated. ***In addition, any ejections (coach or student) from competition will be reported by the head coach to the AD within 24 hours of the incident.***

## Uniform Policy

With the 23-24 school year we are implementing a uniform policy. We want to ensure that all students are able to receive uniforms for any sport(s) they participate in. We want to ensure all students can check out and return all item(s) so that future students can be insured uniforms. All students are responsible for the uniforms that are checked out to them. Students will receive only (1) uniform per sport. Items must be returned at the end of each athletic season. If an item is not returned upon completion of each sport the head coach will notify the athletic director and that student will not be participating in the next sport until the item(s) are returned or the missing items are paid for. Here is a breakdown of how much each item costs:

Volleyball	Jersey - \$25
Football	Jersey - \$30, Pants - \$30
Wrestling	Singlets - \$30, Hoodies - \$30, Sweatpants - \$25
Basketball	Jersey - \$25, Shorts - \$25
Track	Jersey - \$20, Shorts - \$20, Hoodies - \$30

## Locker Room Expectations

All students are expected to meet in the commons before walking down to the locker room. Coaches will escort students to the locker room for each practice so that students are supervised at all times. It is also the expectation that coaches check locker rooms and that athletes leave the locker rooms clean after practice and competitions.

## **Transportation**

When riding the bus students need to follow some basic rules. The following expectations should be communicated to students and enforced to ensure the safety of our students when traveling to and from events:

1. Conform to the same standards of conduct and cleanliness that are expected of him/her at school.
2. Obey the bus driver.
3. Remain seated at all times while the bus is in motion.
4. Keep hands/feet and head inside the bus at all times.
5. Do not throw anything outside the bus window or inside the bus at any time.
6. Do not participate in horseplay on or around the bus, including
  - a. Creating excessive noise;
  - b. Causing unnecessary confusion
  - c. Fighting
  - d. Using profanity
7. Avoid leaving personal possessions on the bus and keep them out of the aisle.

Students are allowed to ride home with a guardian but should be signed out with a note from that guardian given to the coach in person. ***At no time should the guardian of one student be permitted to take other students home.*** Remember the coach is liable for the student's safety. A coach must remain with students until all students have been picked up by a guardian.

Under no circumstances should the bus stop for any reason other than an emergency (i.e. convenience store to purchase food). This will ensure the safety of our students and efficient travel to and from.

# STUDENT ATHLETIC INFORMATION PACKET ACKNOWLEDGEMENT

Please sign and return this form to the Registrar Office to signify you have received, read and understand the student athletic information provided.

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Student's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Head Coach \_\_\_\_\_

Date \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Date \_\_\_\_\_