

# **Northbridge High School**

## **Guide to Athletics**

[www.NPS.org](http://www.NPS.org)

To the Student Athlete, Parent/Guardian:

Welcome to the 2009/2010 athletic season. Northbridge High School celebrates all of our student athletes, and we are proud of the contribution they make to our school and to our community.

The Athletics Program at Northbridge High School is an integral component of the overall educational experience and designed to reflect our Mission & Expectations. Our program offers a wide range of interscholastic sports; it provides students with an opportunity for individual and team participation as well as personal development socially, emotionally, mentally, and physically.

This *Guide to Athletics* is designed to familiarize the athlete, and the parent/guardian, with the more general and frequent governing policies set forth by the Massachusetts Interscholastic Athletic Association (MIAA) and Northbridge High School. This Guide should be read in conjunction with our *Student/Parent Guardian Handbook* as our athletes are subject to all school policies and procedures.

We have addressed a variety of questions that may arise regarding athletics; however, if you have any specific concerns, do not hesitate to contact the coach, Athletic Director (Ext. 3204), or Administration at any time.

We wish you a great season.

Sincerely,

Michael Gauthier  
Principal

Allan E. Richards  
Athletic Director

**R**esponsibility**A**chievement**M**utual respect**S**ervice

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## APPENDIX

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- **Northbridge Public Schools – Coaches Guidelines**
- **Directions to Frequent Contests**
- **Athletic Eligibility Form 2009-2010/Parental Consent Release/Liability Form**

### **ACADEMIC/SCHOOL OBLIGATIONS**

Student athletes are expected to fulfill all school-related obligations prior to practice or game times. Student athletes are encouraged to stay for extra help sessions. A student must fulfill all disciplinary actions that may have resulted from a violation of school policy. Practices and/or games are not reasons for missing detentions, etc. On and off the field -- Think before you act!

### **ATTENDANCE**

To participate in daily practice, competition, or preceding any weekend event, students must be in school for a minimum of ½ day. One half day is equal to no dismissals before 10:45 no arrivals after 10:45. (See Student/Parent Guardian Handbook 2009-2010 for full description of our attendance requirements)

It is important that a coach be notified if a student athlete is not going to be present at a practice or a game. It is expected that athletes will be present at all team-related activities. Suspension or dismissal from a team may take place as a result of such absences.

Students are excused from team activities for illness, injury, academic obligations, family emergencies and/or religious reasons. Prior notification is strongly recommended and expected. Absences may, however, affect playing time.

### **ATHLETIC ELIGIBILITY FORM**

Student athletes are expected to complete an athletic card prior to the start of practice. These athletic cards signify that the student is in good standing and has a current physical on file. Cards may be obtained from the Main Office or their coach. The cards are signed by the following:

Academic eligibility – Principal or designee

Athletic obligations – Athletic Director

Physical – Nurse

Parental Consent Release Form – Student/Parent or Guardian

All athletes are expected to present to their coach an athletic form with all required signatures PRIOR to participation in a practice/game and a completed *Parental Consent, Release from Liability and Indemnity Agreement/Northbridge Consent to Participation in Extracurricular Activities*. **REMEMBER – NO COMPLETED FORM -- NO PRACTICE.** The Athletic Director will keep these forms on file for the duration of the season.

### **AWARDS, ASSEMBLIES, AND INFORMATION SESSIONS**

Various information sessions, award presentations, and general assemblies are organized throughout the school year. Students and parents/guardians will be notified via mail, website, cable, and/or other means of communication with specifics.

### **BONA FIDE TEAM MEMBER**

In accordance with MIAA Rules 51 and 97.2.1, a bona fide member of the school team is a student who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with an out-of-school team on the same day. Violation of this rule will result in a 2-week or 2-game suspension, whichever is greater and exclusion from MIAA post-

season tournament play. A student, under the current MIAA rules, *may* practice or compete for his/her high school team *as well as* a club team on the same day. However, a student **may not** leave a high school practice or a competition to play or practice for another club team scheduled simultaneously with a high school game or practice on the same day. Athletes must remain loyal to their high school team first and foremost.

A coach does not have the right to excuse a team member from a practice or a game so he/she may play or practice with another team.

### **CALENDAR OF EVENTS**

The Athletic Department maintains an up to date calendar of activities. The calendar is available on our website. Schedule updates are available by visiting [HighSchoolSports.net](http://HighSchoolSports.net).

### **CANCELLATIONS**

Any cancellations of games, practices, etc., due to weather or schedule changes are announced to our students at the end of the school day or when appropriate. Updated games schedules are available at [HighSchoolSports.net](http://HighSchoolSports.net). A whiteboard is posted on the upper deck of the field house and will post cancellations, reschedules.

### **CHEMICAL/SUBSTANCE ABUSE**

In accordance with MIAA Rule 62.1 (Chemical Health), a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student is found in violation of this rule; and, he/she is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

#### **Minimum Penalties**

**First Violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated (all fractional part of an event will be dropped when calculating the 25% of the season.)

**Second and Subsequent Violations:** When the Principal confirms that a second or subsequent violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated ie. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

## **COACHES**

Northbridge High School holds its coaches to the same high degree of professional standards as it holds members of its teaching staff. As such we recognize the key role that coaches play in the lives of student athletes – that of teacher, coach, and mentor. The MIAA Code of Ethics governs our coaches and all policies set forth by the Northbridge Public School System, the MIAA and in accordance with Massachusetts General Laws. Each coach is held responsible for the contents of these documents as defined by these rules and regulations.

### **Coaches Selection**

Coaches are selected based on the following criteria and qualities. Our coaches demonstrate

- A genuine concern for the well being of student athletes, parents, colleagues, and community
- A familiarity with the game: rules, fundamentals, and strategy.
- A working knowledge of First Aid and CPR.
- An interest in the entire school community
- An overall interest in the student athlete's academic performance
- A positive connection with the student's academic program of study
- A desire to embrace the mission statement of Northbridge High School
- An ability to organize practices, conduct scouting trips, develop game plans and game analyses and perform administrative duties as they apply to a coaching position
- An ability to provide positive reinforcement
- A desire to promote sportsmanship, and demonstrate leadership, integrity and character

All positions will be posted in a manner consistent with policy. The Principal may confer with the Athletic Director at any time regarding the appointment of any coach. According to MIAA regulations, the Principal is responsible for adherence of all policies and procedures. The Athletic Director will report any and all instances that are in conflict with these policies to the Principal. All coaches will participate in a preseason training/information session as scheduled by the Athletic Director.

### **Coaches' Evaluation**

The Athletic Director conducts observations and a final evaluation throughout the athletic season on an on-going basis. The evaluation will be reviewed with the coach and submitted to the Principal for review and filing purposes.

## **Coaches - Roles & Responsibilities**

### **Head Coach**

The head coach is responsible for the administration of all programs under his/her sport. The Head Coach is responsible for monitoring all student athletes on his/her roster for eligibility. The Principal has the final say on all matters relating to academic performance and eligibility.

### **Assistant Coach**

- The assistant coach is directly responsible to the head coach and will remain with the varsity sport throughout the season of play. He/she will abide by all directives given by the head coach.

## **CODE OF ETHICS**

The MIAA Code of Ethics and Northbridge Coaches' Guidelines are included in this *Handbook* and shall be reviewed at the preseason training/informational meeting. All coaches are held responsible for understanding and adhering to both governing policies.

## **CONTACTING THE SCHOOL**

We encourage parents/guardians to contact the school whenever they have a question regarding an athletic activity. The usual and encouraged communication link is that of coach, athletic director, Principal.

## **DIRECTIONS TO CONTESTS**

Directions to most sites are available in the back of this *Handbook*. Directions are also available on the MIAA web site: [www.MIAA.net](http://www.MIAA.net) or HighSchoolSports.net.

## **ELIGIBILITY - ACADEMIC**

Student athletes may not fail more than one major courses in any given marking period in order to remain eligible to participate. Major courses are defined as courses that grant standard credit hours and fulfill the regular class-meeting schedule.

- Fall sports participation is based upon the previous year's fourth quarter and final grades. A student may not fail more than one course in the 4<sup>th</sup> quarter AND/OR is ineligible if he/she receives more than one F as a final grade in a full year or second semester course. Any student determined "ineligible" based on 4<sup>th</sup> quarter grades may be reinstated pending review of the next year's 1<sup>st</sup> quarter's progress report. Ineligibility status will continue if a student is issued a "failing" progress report.
- A failed course taken and passed in summer school may restore eligibility for the final grade but does not affect fourth quarter status.
- Continuation of eligibility for a fall sport and participation in a winter sport is based on the first quarter grades. A student may not fail more than one course in the 1<sup>st</sup> quarter. Continuation of eligibility for a winter sport and participation in a spring sport is based on the second quarter grades. Continuation of eligibility for a spring sport is based on the 3rd quarter grades. A student becomes eligible the day the report card is issued.

- An *Incomplete* grade is considered a failing grade until such time as the work has been completed and an official grade has been issued. A student has ten school days from the day report cards are issued to make-up any work required.
- The grade “Withdrew Failing” (WF) will be considered a failing grade. A student will be assigned a WF for any course(s) that he/she is failing and withdrew from beyond the allowable add/drop period.

A student athlete with a school disciplinary obligation must fulfill the disciplinary obligation before reporting to a practice and/or game. Student athletes will be expected to fulfill all school obligations as assigned. No disciplinary action will be postponed or canceled for any athletic reason. The Principal reserves the right to remove a student athlete from a team for excessive numbers of disciplinary problems. The Principal, upon sufficient evidence of improvement, may reinstate the student athlete.

### **ELIGIBILITY - AGE**

A student must be less than 19 years of age on September 1 of the current school year. In some cases an appeal may be filed with the MIAA on the student’s behalf. For freshmen competition, a student shall be under 16 years of age on or after September 1. Principals must secure birth certificates from the town clerk to verify area of a doubtful situation arises.

### **ELIGIBILITY – SCHOOL CHOICE, TRANSFER, OR FOREIGN STUDENTS**

The MIAA governs eligibility under the above categories. As a general rule, students who participated in a varsity level sport or equivalent at the sending school are ineligible to participate in any interscholastic athletic contest at the receiving school. This policy refers to the one-year period preceding transfer. For a more detailed explanation of the MIAA transfer rule, contact the Athletic Director or Guidance Office. **ALL NEW INCOMING STUDENTS MUST COMPLETE AN MIAA FORM** prior to the start of a sports season.

### **EMERGENCY INFORMATION**

All coaches must have player emergency information with them at all times. The emergency information may be found on the *Consent for Participation in Extracurricular Activities-Release from Liability*.

### **EQUIPMENT**

Students are responsible for all equipment issued to them. Students are expected to return all equipment and uniforms to their coach at the end of each season. Lost equipment, uniforms, etc., will be billed to the player and may result in a student athlete’s becoming ineligible for another season of play.

### **EQUIPMENT LISTS**

All coaches will submit a complete list of equipment issued to the Athletic Director during and at the conclusion of the season of play. Coaches must keep an accurate record of all equipment issued. Students are responsible for all equipment issued to them. Any lost or stolen equipment will be billed to the student/parent/guardian as soon as the information becomes known. At the end of the season, a list of lost equipment will be given to the Athletic Director.



## **FEES**

Northbridge High School is pleased to offer our student body a diverse athletic program. To offset the costs of such a program fees are assessed as follows for the 2009-2010 School Year:

Students \$200 per sport; \$300 per individual maximum  
Family \$500 maximum

All fees are paid to Dawn Heney, NHS Main Office prior to the first game. Refunds will be given to students who are cut or leave prior to the first game. No refunds are given for students removed from the team for disciplinary or academic reasons. No cash please. Checks payable to NHS Athletics.

## **FUNDRAISING**

All fund raising requests must be processed through the Athletic Department or Athletic Booster Club. No team fundraising will be allowed.

## **HAZING**

Hazing as defined by the Northbridge High School Student/Parent/Guardian Handbook and Massachusetts General Law is unacceptable in any form and will not be tolerated. If you have a concern that you (or your son or daughter) has been subjected to hazing in any form as defined below, contact the Athletic Director and/or Principal immediately.

The practice of hazing is a criminal offense according to Massachusetts State Law – Chapter 269. (See below) Any conduct or method of initiation into any student organization, on public or private property, which willfully or recklessly endangers the physical or mental health of any person, is forbidden. The penalty of hazing may result in expulsion/exclusion. The police will be notified.

### **C.269, S.17. Crime of Hazing: Definition: Penalty**

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for more than one year, or both such fine and imprisonment.

The term “hazing” as used in this section and in Sections 18 & 19, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or any other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St.1985, c.536; amended by St.1987, c665.

**C.269, S18. Duty to Report Hazing**

Whoever knows that another person is the victim of hazing as defined in Section 17 and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. A fine of not more than one thousand dollars shall punish whoever fails to report such crime. Added by St.1985, c536; amended by St.1987, c665.

**C.269, S.19. Hazing Statutes to Be Provided; Statement of Compliance and Discipline Policy Required**

Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and Sections 17 & 18; provided, however, that an institution's compliance with this section's requirements that no institution issue copies of this section and Sections 17 & 18 unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams, or organizations.

Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and Sections 17 & 18.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary schools, the Board of Education, certifying that such institution has complied with its responsibility to inform student groups, teams, or organizations and to notify each full time student enrolled by it of the provisions of this section and Sections 17 & 18 and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communication the institution's policies to its students. The Board of Regents and, in the case of secondary institution, the Board of Education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution that fails to make such report. Added by St.1985, c.536; amended by St.1987, c.665.

**INSURANCE/INJURIES**

All injuries must immediately be reported to the coach. All members on interscholastic teams are covered by an excess policy which covers expenses which your family plan may not cover. The Northbridge Public Schools secondary policy provider. Forms may be obtained through the coach or school nurse.

**LEAGUE INFORMATION**

Northbridge High School is a member of the MIAA, Southern Worcester County League – East (SWCL). A complete listing of schools and respective league affiliations is included in this Handbook.

## **LOCKERS**

Lockers are always available for students use. Students are responsible for securing any items of value while at a game or practice. Students must supply their own locks. See your coach for locker assignment.

## **PHYSICALS**

Students must have an up-to-date *yearly* physical (January – December not school calendar year) from a doctor. It will be kept on file with the school nurse. It is the responsibility of the student/parent/guardian to see that this documentation is current and on file prior to the beginning of practice. The school nurse has the authority to determine eligibility for medical reasons. The nurse will sign the athletic card to signify eligibility.

**Remember, NO PHYSICAL – NO PRACTICE-NO TRYOUTS OR PLAY**

## **PICTURES**

Team photos will be taken and available for purchase. Student athletes must be in team gear for photos.

## **PRACTICE**

Students on a team practice at least 5 days prior to participating in the first game/contest. These practice sessions must be within seven days of the first game/contest. Once the season begins, students are expected to practice in accordance with the schedule defined by the respective coach.

In all cases, practices should start no earlier than 2:30. This will provide students with the opportunity to seek extra help in their academics while still fulfilling their practice time.

## **PRACTICES - CAPTAIN'S**

The term "Captain's Practice" usually means the team's captain is organizing a conducting out-of-season practice for that sport without adult supervision. The MIAA does not in any way sanction, encourage, or condone such practice in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of the rule defining season limitations. All coaches should be familiar with the requirements for practices at all times. Transportation, when no bus is provided, is the responsibility of the student and parent/guardian

## **PRACTICE - COACHES**

Coaches are responsible for their practice schedule. Coaches should consult the school calendar to avoid conflicts. Student athletes should be informed of days and times. Coaches are expected to remain with their students after practices to insure the safety of students and to eliminate students "hanging around".

The practice schedules will be given to the Athletic Director. The schedules will be made available to the High School office for informational purposes. Days off should be the exception not the rule. Students who report late for the start of the season must practice for at least 5 days prior to participation. Players who continually miss practice should not be allowed to dress or participate in games/meets. Transportation, when no bus is provided, is the responsibility of the student and parent/guardian.

Student athletes are expected to maintain their academic eligibility; therefore, students should not be penalized or chastised if they stay for extra help sessions. Further, it is expected that students will fulfill any disciplinary action regardless of the practice or game schedule. Administration will make every effort to inform you of a student's disciplinary situation as we recognize the important role athletics and our coaches play in the lives of our students. A proactive, team approach works best. Coaches should feel free to readily contact Administration or a specific teacher if they have a concern, and our teachers are encouraged to do the same.

### **RECORDS/SCORES**

Coaches are responsible for keeping scorebooks, team scores, any and all stats, and information that may help the Athletic Department now and in the future. All above information and a written report should be given to the Athletic Director at the end of each season. Head coaches are responsible for all team sport information.

### **SCHOOL DISCIPLINE**

Student athletes are representatives of Northbridge High School, themselves, their family, team and community at all times. Therefore, athletes will be held accountable for their actions on and off the field of play and in accordance with school policy and MIAA regulations.

Athletes cannot expect, and should not request, disciplinary action to be postponed or cancelled for any athletic reason. The athletic department reserves the right to remove a student athlete from a team for excessive disciplinary problems. **Student athletes may not represent their school if they are on in-school or out-of school suspension. A suspended student is ineligible for practice or competition for at least the number of days or partial days equal to the number of days (24 hour period) of the suspension.** (Good Citizen Rule 63.1 MIAA)

All coaches are to use their discretion but should remain within the following guidelines in handling problems involving their athletes. Such disciplinary offenses include:

- Failure to remain academically eligible
- Continued use of profanity
- Violation of chemical health rules
- Disrespect or disobedience
- Unexcused absences from a practice or a game
- Any action of a serious or flagrant nature
- Violation of and school rules
- Conduct unbecoming of a representative of Northbridge High School

The coach must notify the Athletic Director/Administration of any and all actions by an athlete that is in conflict with our School Code of Conduct. The Athletic Director shall notify Administration and disciplinary action may be taken.

### **SECURITY OF PERSONAL BELONGINGS**

All personal belongs should be locked in a locker while the student athlete is trying out, practicing, or playing. Students must provide their own locks; however, when a lock is not available, they

should see their coach to secure belongings. Lost or stolen items are not the responsibility of Northbridge High School.

### **SPORTS SCHEDULES**

Sports schedules are printed per season and are available through the Athletic Department and/or the NHS Main Office. Information is also available at [highschoolsports.net](http://highschoolsports.net) and our homepage.

### **SPORTSMANSHIP**

Northbridge High School values good sportsmanship not only from our athletes and coaches but also from our spectators. Sportsmanship includes but is not limited to:

- Appreciating a good play no matter who makes it
- Showing compassion for injured student athletes
- Avoiding jeering and taunting opponents
- Avoiding use of profane language
- Avoiding obnoxious cheers
- Respecting the of calls by officials

A rule of practice is to show respect for others, to take responsibility for one's actions at all times, and to refrain from any actions that may be inappropriate whether at home, in transit, or away.

### **TAUNTING – MIAA POLICY**

Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, and conduct that attack religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.

Examples of taunting include but are not limited to: “trash talk” defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including “in the face” confrontation by one player to another, standing over/straddling a tackled or fallen player, etc.

In all sports, officials are to consider taunting a flagrant, unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to existing MIAA Expulsion Rules. A warning shall be given to both teams by a game official prior to the contest.

**At all MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials or other spectators are subject to ejection.**

### **TEAM APPAREL**

Northbridge High School provides our student athletes with the necessary equipment and uniforms, within budgetary limits for each team member. Mouth guards are highly recommended for all athletes and are available from the athletic department free of charge. Team-related apparel is available through the ***RamStand*** located directly off the foyer at NHS. It carries an extensive line

of sports-related clothing and items for parents and students alike. All coaches are required to discuss any and all purchases with the Athletic Director/Administration prior to purchase to insure that the items support the mission of our school philosophy.

### **TEAM ROSTERS**

All team rosters must be given to the Athletic Director at least one week prior to the start of games. Such rosters will include the name of the student athlete and his/her telephone number, grade, and player number. The athletic director will give a copy of the roster to the Principal prior to the start of the season.

### **TRANSPORTATION**

Students must travel to and from an athletic event via the team bus when a bus is provided. In certain cases, students may travel home with their parent/guardian only after they have notified their coach. (See MIAA Rule 51 above.) Proper notification involves the coach is making direct contact with the parent. **Under no circumstances will athletes be allowed to transport themselves or travel home with other students. Any student who misses the bus can only be transported to that contest by his/her parent/guardian.**

### **TRANSPORTATION - STUDENT CONDUCT**

Students who miss the bus to away games cannot participate in that game unless their parents accompany them. Attendance must be taken to ensure all athletes are on the bus prior to departure to and from the athletic competition. If someone is missing, the bus and occupants will wait until the missing student has been located.

Student athletes must return to school on the bus. EXCEPTION: A parent/guardian may take his/her son/daughter home with him/her upon notification to the coach. The coach must actually speak with the parent before allowing a student athlete to leave. Student athletes cannot leave with another athlete's parents unless approved by the AD or Principal. **Under no circumstance may a player travel with another student.**

**All coaches must abide by the bona fide player rule when allowing students to leave a game or practice.**

Student/athletes are expected to act in a manner that is consistent with our school policy whenever they are taking a bus to and from an event. Any behavior that is in conflict with our expected behavior of all students will result in disciplinary action, which may include suspension of practices and or games, removal from the bus, suspension of bus privileges, and referral to the police. Coaches are expected to notify Administration regarding any infraction immediately upon return to school in person or by discipline referral form.

### **TRY OUTS**

Participation in athletics is a privilege; students try out voluntarily. In some cases, cuts must be made. During the try out period the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate that he/she can meet these expectations to the best of his/her ability. Students who may be cut from a team are encouraged to try out for another team if there is space and the final cuts, if any, have not been made. Students who may be cut from a team will be informed of the reason(s).

Fall Season try-outs vary depending upon the start of the school calendar year.

Winter Season try-outs begin the Monday immediately following the Thanksgiving break.

Spring Season try-outs begin the third Monday in March.

### **USE OF FACILITIES**

Students are expected to act responsibly and respectfully when using the facilities. Students found abusing, littering, etc., will face disciplinary action.

### **WEIGHT ROOM**

The Weight Room is available to all students whenever it is supervised by a staff member. Supervision is provided at various times throughout the year. If a student wishes to use the facility, he/she should contact the Athletic Director and/or Principal.