

Program of Activities

highschoolsports.net (for schedules)

<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Cross Country: V/JV	Basketball: V/JV/F, B/G	Baseball: V/JV/F
Field Hockey: V/JV/Fr.	Gymnastics: V/JV	Track and Field: V/JV, B/G
Football: V/JV/Fr	Hockey: V/JV	Lacrosse: V/JV, B/G
Golf: V/JV	Indoor Track: V/JV, B/G	Softball: V/JV
Soccer: V/JV, B/G	Swimming: V/JV, B/G	Tennis: V/JV, B/G
Football Cheerleading	Wrestling: V/JV	
	Basketball Cheerleading	
	Hockey Cheerleading	

Starting Dates:

Fall: Football two weeks before the start of school. All other sports third Thursday in August. Double and single sessions not to exceed 10 up to and including Labor Day. (Exception: Football allowed three additional days.)

Winter: The Monday after Thanksgiving.

Spring: The third Monday in March.

The conclusion of the season is determined by the last MIAA sponsored tournament or event in which the Salem High team is a participant.

Athletic Department Expectations

Developing positive student-athletes in an environment that fosters their personal, academic, social, and athletic growth with the support of coaches, parents, teachers, peers, administrators, and the community.

The material outlined in this guide defines the interscholastic athletic policies and procedures for all students participating in our high school programs. The information is intended to provide you with a better understanding of the Athletic Department's philosophy, goals, and policies. Participation on an interscholastic team can be a rewarding educational experience. However, it is important that student-athletes realize the increased academic and behavioral expectations, time demands, responsibilities and dedication necessary to commit to a team.

1. Drug and Alcohol Policy:

The Salem High Athletic Department has a zero tolerance tobacco, alcohol, and drug policy. Violations can occur for a student-athlete from the first day of fall practices until the last day of the school year, regardless of whether that student-athlete is in season. Consequences for violations will take place from season to subsequent season during the same school year if possible. If it is not possible during the same school year, the consequences will occur during the next athletic season the following school year. In addition, violations will carry from year to year, not restart at the beginning of each school year.

Zero tolerance means that infractions incur specific, pre-determined consequences, and that there are choices that provide fair and equal treatment for all. The following consequences are in accordance with the MIAA minimum penalties which occur when the principal deems that a violation occurred after the student-athlete has an opportunity to be heard.

First offense = must commit to a tobacco, drug, or alcohol cessation program. Failure to commit to a program will result in removal from the team on which the student-athlete is currently participating and all other athletic teams **until a program is completed**. The student-athlete will miss 25% of all contests in that sport, but may practice for rehabilitation purposes after completing a rehabilitation program. If the offense occurs at the end of one season, the student-athlete will miss a total of 25% of the competitions between the current and the following season. Captains will lose their captainship. Underclassmen who commit an offense must show progress and other leadership traits to become a captain as a junior or senior based on the coach's discretion. The Northeastern Conference adopted the following rule on August 27, 1998: If a student is elected a team captain and she/he violates the MIAA or their own school drug and alcohol policy at any time during the year, she/he will lose the privilege of being a team captain.

Second offense = may not participate for the rest of the season which must total at least 60% of the competitions, and must attend a cessation program to be eligible for participation in subsequent seasons that year and for the years that follow. If the infraction occurs at the end of a season, or does not fulfill the 60% of contests missed, the student-athlete will miss a number of competitions between the current and following seasons that totals 60%. With a second offense, an underclassman will lose the possibility of becoming a captain of a team.

Offenses beyond two result in removal from athletic programs, so that the student-athlete may focus solely on his or her addiction. After at least one complete season to focus solely on recovery (partial seasons do not count), the student-athlete may practice, but not compete for a season if a therapist deems the participation to be helpful for the student-athlete's mental and emotional progress, and if it does not negatively impact the rest of the team. A therapist must certify the student-athlete for restatement in MIAA activities after a complete season off and after missing a minimum of 60% of contests. Additionally, the student-athlete only may compete (after a complete season of and a season of practicing with the team) depending on the development of a contract and a conversation between the Athletic Director, parent(s) or guardian(s), coach(es) and the student-athlete.

2. Attendance:

- If a student-athlete misses a practice, and the absence is unexcused, she or he will miss a competition.
- If a student-athlete misses a competition, and the absence is unexcused, she or he will miss a subsequent competition.
- Two unexcused absences result in removal from the team.
- No practice held by a head coach, or by an assistant coach on behalf of the head coach is to be considered optional. No official practice may be held without a SHS coaching staff member present. Practices are held daily and may be held on weekends.
- If a student-athlete misses school, she or he may not participate in practice or competitions on that day—except for school related absences, college visits, or family deaths.
- Student-Athletes may only miss one 80 minute block period to be eligible for practice or competitions. In other words, if the dismissal occurs at the beginning or ending of a day, a student must be in school by 8:44 a.m. or can be dismissed at 12:36 p.m.
- If a student-athlete has an excused absence on a Friday, he or she may be eligible for competitions on Saturday or Sunday.

Excused absences will be determined by the coach on a case by case basis. Depending on the excused absence and the coach's policy, the student-athlete may not start at the next competition. Repeated excused absences inhibit the team's and the student-athlete's performance, and may result in removal from the team. General examples of excused absences are certain family issues, sickness, academic commitments, etc. General examples of unexcused absences are hair appointments, shopping for prom, etc. This includes extended trips during vacation.

3. Definition of the Levels of Athletic Participation:

- a. **Varsity** – only the best student-athletes will compete at this level. Varsity student-athletes must possess fierce dedication to the team, sport, and school. Seniors may be cut from a varsity team. Seniors who are not cut, but who are not competitive may remain on the team to

manage or to participate in other team building ways—permitting that a conversation between the coach, guardian, and student-athlete occurs. Student-Athletes in grades 9 through 12 may participate at this level.

- b. Junior Varsity – no senior may participate at this level for teams that carry a limited number of student-athletes who participate. Retaining seniors on a junior varsity team reduces the number of underclassmen who are able to participate which prepares those underclassmen to compete at the more competitive varsity level. Student-Athletes grades in 9 through 11 may participate at this level. Seniors may only participate at this level if a complete junior varsity team cannot be fielded without them.
- c. Freshmen – Only freshmen may participate at this level. Coaches will use this time to determine if the student-athlete is best suited for junior varsity or varsity competition, or if the student-athlete is better suited for an alternative sport.

The coach will use her or his discretion to determine the level of competition most appropriate for each student-athlete and the amount of playing time a student-athlete will be allotted at that level. There will be no negotiation once the coach makes these decisions based on what is best for the team and what is most beneficial to the development and progress of each player. It should be understood that playing time could be limited by the strategy of the game, coach's discretion, and conditions that allow as many students as possible to participate and share the experience and benefits derived from team membership that allows the team to compete successfully with opponents.

4. Forms and User Fee Regulations:

The Salem School Committee has adopted a user's fee policy for interscholastic athletics at Salem High School. The policy states that every athlete will pay a user's fee of \$200.00 per school year.

Some of the general guidelines are as follows:

- checks are to be made out to Salem High Athletics.
- payment is due before any uniform or equipment is issued.
- the payment of user fee does not ensure playing time.
- there will be no refund unless at student-athlete is cut during try-outs.

All fees are due two weeks after the start of the season. If a student-athlete cannot pay the fee, she or he may meet with the Athletic Director to set up a system of paying in increments or to sell raffle tickets. All raffle ticket money will be due on a pre-determined date. Failure to pay the fee or sell the allotted tickets will result in the student-athlete not being allowed to participate for the remainder of the season and subsequent seasons until the fee is paid, or another accommodation is made. Excluding physicals, without which a student-athlete may not participate, all forms must be turned in within the first week of the season, or the student-athlete may not participate. At no time will a Salem High School student-athlete be barred from participation in a sport due to the inability to pay the user fee. The total fee for any family will be set at \$350.

5. Grades and Eligibility:

Eligibility occurs on the day the report cards are issued (go out in the mail). Each student must practice for 10 days before she or he participates in a competition, with the exception of football which requires a 15 day practice time for individuals joining a team later than the first day of the season.

Fall Sports:

Fourth quarter grades and final cumulative grades from the previous school year will determine eligibility for fall sports. First quarter grades will determine eligibility if report cards are issued before the conclusion of the fall season. While a student-athlete may fail off a team after the posting of first quarter grades, a student-athlete may not pass back on to a team if he or she becomes eligible after first quarter grades are posted.

Winter Sports:

First quarter and second quarter grades will determine eligibility for winter sports. While a student-athlete may fail off a team after the posting of second quarter grades, a student-athlete may not pass back on to a team if he or she becomes eligible after second quarter grades are posted.

Spring Sports:

Second and third quarter grades will determine eligibility for Spring Sports. While a student-athlete may fail off a team after the posting of third quarter grades, a student-athlete may not pass on to a team if she or he becomes eligible after third quarter grades are posted. Fourth quarter grades will determine eligibility if report cards are issued before the conclusion of the spring season.

If a student-athlete is not academically eligible, she or he may not practice, possess a uniform, or be part of team roster and bench at any level of play. Academic eligibility is defined as passing five of eight classes with a 60% or higher. While student-athletes may not pass on to a team, continuing to work on their grades will help student-athletes to become eligible for future seasons and sports.

Practice time allotted before competition occurs:

Generally, all teams must practice for 10 days before a competition. Student-athletes who are cut from a team may join a non-cut sport for up to one week after cuts are made. After the first two weeks of (including the cut week) the season, a student may no longer join a team unless that student falls under a MIAA school transfer waiver.

6. Good Citizen Rule:

As described in the MIAA Blue Book a student-athlete may not represent their school in practices or in competition if they are on an in-house or out-of-house school suspension. In addition, a suspended student is ineligible for participation for at least the number of days of the suspension. Depending on the severity of the issue and the length of the suspension, the coach and Athletic Director may meet to determine whether the student-athlete may still participate on team.

As the MIAA believes, we believe that athletics is a privilege, not a right.

7. Physicals:

In order for a student-athlete to remain eligible, proof of an updated physical examination must be submitted before the student is allowed to participate in any practice or competition. A doctor's physical expires 13 months from date of the original physical. If the student-athlete had a physical within one year, she or he may submit a signed note written on the doctor's stationary stating the athlete has had a physical within a year of participation and may compete in athletics. Any athlete barred from participation due to doctor's orders because of illness or injury may not participate again until a "return to participation" form is filled out by the doctor.

8. Pre-Season Responsibilities:

The coach of each sport will hold an informational meeting prior to the start of the season. All candidates are expected to attend and must meet the following requirements prior to attending any tryouts or practice sessions:

- Have evidence of passing a current physical examination.
- Have submitted signed parental consent and insurance forms.
- Be under 19 years of age.
- Be academically eligible.
- Notify the Athletic Director if she/he is a transfer student.
- Must have fulfilled all financial obligations for equipment issued the previous season.

9. School Insurance/Injuries:

The school provides secondary health insurance coverage for all student/athletes injured during the season. The insurance plan takes over where family insurance, if any, leaves off. There are coverage and time restrictions within the policy. For a copy, please call the Athletic Office. According to the policy provisions, all claim forms must be picked up and filed with the insurance company within 90 days of injury. This is a policy provision - DO NOT FORFEIT BY INCOMPLETE INFORMATION OR DELAY. Please have the school fill out their portion of the form. Parents must fill out a section of the form and have their doctor fill out the back. Do not leave this form at the doctor's office because often times they believe it to be theirs and file it. After having the doctor fill out the form, the parent/guardian should mail it

to Corporate Design Insurance, 64 Bridge Street, Salem, MA 01970. If this information is not received by them within 90 days then the coverage is void.

After your insurance company pays their portion, then remaining bills should also be forwarded to the Corporate Design Insurance Company.

10. School Equipment Responsibilities:

Student-Athletes are responsible for and are expected to maintain proper care of all equipment issued to them. Student-Athletes are responsible for payment of any items lost, or stolen and for damaged equipment. Any item not returned will be assessed at a rate comparable to the current replacement costs. All equipment is to be returned within three days of the completion of the season. Student-Athletes are not to wear uniforms (practice or game) at any time other than those allowed by the specified team regulations. Student-Athletes who do not return equipment during one season will not be allowed to participate in any manner during the next season.

11. MIAA Rule 59 Bonafide Team Member:

A bonafide member of the school team is a student who is regularly present for, and actively participates in, all team practices and competitions. **STUDENT-ATHLETES ON ALL TEAMS MUST COMPLY WITH THE BONAFIDE TEAM RULE. BONAFIDE 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.** Violations of the above rules will result in ineligibility for two high school contests or for two weeks, whichever is the greater on the first offense, and 45 school days of high school ineligibility on the second offense.

12. Hazing Rule:

Section 17 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 not more than one year, or by both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, 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 other person. Such conduct shall include "whipping, beating, branding, forced calisthenics, exposure to 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.

Section 18 Whoever knows that another person is the victim of hazing as defined in section seventeen 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. Whoever fails to report such crime shall be punished by a fine of not more than five hundred dollars.

Section 19 Students who fail to remain eligible (academic or otherwise) during an athletic season will not receive a "Certificate of Participation" or a "Varsity Letter".

13. Player's Agreement to Participate and Parental Consent:

High school sports are designed to provide participants with hours of enjoyable activity. The rules are written to promote competition in a fair and safe environment. If players are to realize the benefits of selflessness, striving for a common cause, and the development of skills, knowledge, fitness and other sport-related outcomes, they must assume many personal responsibilities.

The most important of the participant's responsibilities relates to what must be done to avoid injuries to self, teammates, and opponents. In spite of rules to prevent injuries and equipment to protect vulnerable

body parts, participation does include risk of injury. Injuries may be very slight or severe, such as bruises, lacerations, broken bones, injuries to eyes and teeth, and those with long-term catastrophic consequences, including permanent paralysis or even death. Even in supervised programs, it is possible only to minimize, and not completely eliminate, the risk. Participants have the responsibility to help reduce the chance of injury through following the rules of instructions from the leadership and proper conditioning specifically:

- Obey the letter and spirit of the rules. Use your body and equipment only for purposes provided for in the rules.
- Discourage rule violations among your teammates.
- Avoid aggressive acts and remain under emotional control at all times. Players are legally liable for injuries to others, including spectators, due to “reckless disregard” for the safety of others. The players must give undivided attention to instruction on the skills and techniques of the sport and then try their best to perform according to the instruction. When difficulty is encountered, a coach must be notified. Leaders should be obeyed regarding behavioral conduct, whether at the activity site or traveling to and from games or practices.
- Players must wear appropriate clothing when playing. Shoes that have the appropriate coefficient of friction for the playing surface are essential to safe play.
- Players must participate fully in the conditioning and training drills that are designed to: strengthen muscles, tendons and ligaments; provide required flexibility; and provide required cardiovascular fitness. The physical condition of the player is an important element in avoidance of injury.
- Players must report all personal physical problems and injuries to their athletic trainer, coaches and parents. Medical assistance must be sought, particularly when pain persists.
- In order to participate after an injury, the injured student-athlete must be free from pain and the rehabilitation program must have restored complete range of motion, strength and normal speed and agility to the injured part. Before resuming participation, those injuries that require medical attention, must be cleared by a physician with a written note on the doctor’s stationary.

14. Transportation:

Students are required to ride the provided bus to and from all away games. At no time will a student be allowed to drive herself or himself to a contest. Any exceptions to this rule must receive prior approval of the Athletic Director or Principal.

15. Fundraising/Boosters:

While we encourage parents/guardians to participate in their child’s athletic endeavors, we ask that you remember the following:

- As representatives of Salem High, all fundraising ideas must be reviewed by the head coach and the Athletic Director for approval.
- Out of fairness to all sports, fundraisers may not occur more than two weeks before the season for that sport begins, and may continue until the conclusion of that season. The only exception is **events** held in the summer.
- The head coach has the final say on banquet locations, gifts, trophies, etc.

In accordance with student record regulations the Salem Public Schools considers the following to be Directory Information, which will be released without the consent of eligible students or parents: a student’s name, address, telephone listing, date and place of birth, major field of study, dates of attendance, participation in officially recognized activities and sports, weight and height of members of athletic teams, photograph, class degrees, honors and awards, grade level, and post-high school plans. In addition, the Armed Forces Recruiter Access to Students and Student Recruiting Information Act requires that schools make students’ names, addresses, and telephone numbers available to military recruiters and institutions of high learning.

Parents and eligible students not wishing to have some or all of the information listed above released without their consent should notify their building principal or guidance department in writing.

All of the above rules follow the MIAA minimum, and most exceed that minimum as the MIAA permits on a school to school basis.

Thank you to all of the coaches, parents and student-athletes who assisted in the development of these new policies and this handbook.

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