

# Easthampton High School

## Interscholastic Athletics Handbook

This handbook is a supplement to the MIAA, PVIAC, and Easthampton High School handbooks. Questions and concerns should be addressed to your coach, athletic director, or building principal.

**MISSION:** The mission of the Easthampton Public Schools interscholastic athletic program is to provide an opportunity for student athletes to be successful as they pursue both academics and athletics with emphasis on the following: academics, appearance, demeanor, humility, respect, responsibility, self-confidence and sportsmanship.

**PURPOSE:** Varsity- To put forth a competitive team at the highest level while maintaining the goals of our mission and continuing training and development. To that end, team selection, playing time and player roles are at the discretion of the coach.

Junior Varsity- The purpose of JV sports is training and development. Coaches will make every effort to include all players in practices and games. Attendance and hard work at practice will be important considerations in determining player roles.

**PARTICIPATION:** In order to participate on any interscholastic team the following criteria must be met:

1. Students must meet all local and MIAA eligibility standards regarding academic requirements, attendance policy, school membership, age, years in school, physical exams and chemical health. Easthampton High School has a **“NO PASS/NO PLAY”** academic policy. Any failing grade (quarter or semester) will exclude a student from interscholastic competition for the marking period following the failure. Please see your student handbook for a complete definition of this policy. To participate in practices or games on any given day a student must be in **full attendance\*** for all scheduled classes on that day.

\* The following may be excused at the discretion of the Athletic Director; partial day absence for medical appointments or bereavement.

2. A current (13 months) MIAA or physician's office physical form, a signed "Permission to Play" form, and a signed "Concussion Protocol" form must be on file with the school nurse or athletic director. A completed "Emergency Treatment" form must be on file with the coach.
3. The Easthampton School Committee has established user fees for all sports. The ice hockey user fee is \$325.00; the football user fee is \$225.00; the user fee for all other sports is \$125.00; the individual student user fee is capped at \$350.00; the family user fee is capped at \$625.00; the user fee for students receiving reduced price lunch is ½ the scheduled fee; the user fee is waived for students receiving free lunch. Any student unable to pay this fee due to financial hardship may request a waiver from the building principal or designee. All waiver requests must be in writing and signed by a parent.
4. Pre-season meetings will be held for all student athletes, parents and coaches. It is important that all parents and players attend these meetings for current information regarding policies and expectations.

**TRANSPORTATION:** Transportation to all scheduled games is arranged by the athletic director. Parents wishing to provide other transportation for their child(ren) to or from a game must provide written notification to the administration in advance. Coaches are not allowed to transport students in their own vehicle without permission from the principal. Students are never to transport other students!

**INJURIES:** Anytime a student or staff member is injured during a school related activity an accident report must be filed with the nurse. The city does not carry insurance to cover student medical expenses. In the event of a sport related injury, parents are responsible for their child's medical expenses. Student athletes returning from an injury must have written permission from their physician or care giver to return to active participation. From student athletes returning from a concussion please see the concussion protocol.

**UNIFORMS:** Uniforms and equipment issued to the students athlete must be returned with reasonable wear and tear at the end of the season. The replacement cost of lost or unreasonably damaged uniforms and equipment will be the responsibility of the individual issued the items.

**PHYSICAL EDUCATION REQUIREMENT:** All student athletes must participate in their scheduled physical education class. Unexcused failure to participate will deny participation in the next interscholastic athletic activity.

**SCHEDULES:** Practice and game schedules will be provided in advance. Every effort will be made to adhere to the original schedule.

**GAME DAY DRESS CODE:** Game days (Friday for Saturday games) in school:

Boys- Collared shirt, tie, and slacks.

Girls- Dress or skirt/slacks with blouse.

Coaches- Same as above or booster club shirt.

**NO JEANS, NO HATS, NO SNEAKERS, NO SHOWER SHOES (FLIP FLOPS)**

The dress code will be monitored by the team captains and coach. First offense will result in a warning, second offense will result in reduced playing time, third and subsequent offence will result in a one game suspension for the player. Students with questions should see their coach or athletic director. Spirit or special game day dress may be worn with permission from the athletic director.

Bus dress- Uniforms, or to be determined by the coach.

**DETENTION:** Detention must be served on the assigned date for the student to be eligible to practice or play.

**BONA FIDE TEAM MEMBER RULE:** Team members are precluded from missing a school practice or game to participate in another sport or on another team.

**COMMUNITY SERVICE:** Each team shall participate in at least one annual community service project. Community service projects may include working with local youth teams or provide a service to the general community. It is the responsibility of each coach to coordinate/supervise the team's project.

**STUDENT ACTIVITIES CODE:** From the EHS student handbook. "As an active participant, I will use sound judgment and conduct myself as a good citizen. Furthermore, I shall not at any time during the school year use tobacco products, alcoholic beverages, or drugs in any form except by prescription (see MIAA chemical health rule). I have a special responsibility as a school representative to exercise good sportsmanship and to conduct myself in a respectable manner so as to not bring embarrassment to myself or to the school community. I understand that all school rules are in effect at all times during my participation in my activity. I also understand the administration, coach or advisor has the right to remove any participant who violates the code."

**CHEMICAL HEALTH RULE:** From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product(including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); 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. **FIRST OFFENSE: SUSPENDED FOR 25% OF SEASON, 2<sup>ND</sup> OFFENSE SUSPENDED FOR 60% OF SEASON.**

**BOOSTER CLUBS:** Parents of any sport may organize a Booster Club for that sport. The purpose of the booster club is to enhance the interscholastic athletic program. All fundraising activities

by the booster club must be approved in advance by the school department. A “Fund Raising Project Form” must be submitted and approved by the building principal. If the project includes a raffle, a license must be obtained from the city clerk’s office and required fees sent to the Commonwealth of Massachusetts upon completion. All fundraising money must be deposited into the booster club account.

**HEAD INJURY/CONCUSSION INFORMATION AND FORMS:** All coaches, athletes and their parents must complete the concussion education program yearly. The program will provide information regarding the symptoms and dangers of a concussion and will review the required forms and return to play protocol. This program will be offered prior to the start of each athletic season in conjunction with the pre-season coaches meeting for each sport. Attendance is required!

Attached please find the following concussion related materials:

1. Athletic Concussion Policy
2. Athletic Concussion Regulations
3. Concussion Policy and Regulations summary
4. A Fact Sheet for Parents
5. A Fact Sheet for Athletes
6. Head Injury Checklist
7. Report of Head Injury During Sport Season
8. Pre-Participation Head Injury/Concussion Reporting Form
9. Post Sports Related Head Injury Medical Clearance and Authorization Form
10. Post Concussion Academic Accommodations
11. Concussion Training Signature Form for Athletes and Parents
12. Concussion and Return to Play Protocol

Related Web Site Information: Additional information for the student athlete and parent may be found on the following we sites:

[www.miaa.net](http://www.miaa.net)

[www.nfhs.com](http://www.nfhs.com)

[www.pviac.net](http://www.pviac.net)

[www.epsd.us](http://www.epsd.us)

**CONTACT INFORMATION:** If you have any questions please contact:

Brian Miller  
Director of Athletics  
Easthampton High School  
70 Williston Ave.  
Easthampton, MA 01027  
(413) 529-1585 x 2126  
brmiller@epsd.us

**SPECTATOR EXPECTATIONS:**

- Respect decisions made by the contest officials.

- Refrain from taunting, booing, heckling, and the use of profanity.
- Sit in the designated area assigned to each school.
- Leaving the game prior to the conclusion may not allow re-entry.
- Admission to the game is not a license to verbally assault others or be generally obnoxious.
- Respect athletes, coaches, and other fans.
- Be a fan... NOT a fanatic!

Thank you for your support of the MIAA taunting policy. Violators will be asked to leave the game.

### **CONFLICT RESOLUTION – Addendum to EHS Athletics Handbook**

Through involvement in sports, many students will experience some of the most rewarding moments of their lives. However, there are times when being a member of a team can cause conflicts, issues, or lack of understanding between a student and his/her coach. There may be times when things simply do not go the way a player and parent wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution. It is imperative that any conflict and/or concern be addressed without delay and with a direct and honest approach. This will resolve an issue quickly, before any further frustration possibly develops. Students and parents should use the following process as a guideline when seeking resolution to an issue between a coach and an athlete.

#### **Coach-Athlete Communication**

Student athletes and coaches are expected to develop a positive, respectful relationship, one which includes ongoing dialogue. Participating in a high school athletics program can help develop an athlete's confidence and ability to advocate for him/herself in a respectful manner. Team members are encouraged to approach the coach about any topic (such as how to improve, playing time), however if the matter is of a personal nature, the athlete should make every effort to approach the coach privately to allow time for worthwhile discussion.

#### **First step: Personal student or parent/guardian – coach contact/conference**

As previously stated, the student athlete should present the issue/conflict immediately to the coach. Our coaches all have "open-door" policies, and students should take advantage of the opportunity to learn how to settle and resolve their differences. Coaches may be contacted in person, via email, in writing, or via telephone (with permission from coach). Contact information for coaches is provided to student athletes. Players need to have confidence that their concerns will be heard and addressed with respect and confidentiality in a timely manner.

If personal contact is not possible, a student athlete should approach his/her captain to speak to the coach about the concern. If that is not practical either, then the athlete's parent may make contact at an appropriate time. For this conversation to be as productive as possible, please avoid these times:

- On a day of competition/game

- During a practice session
- When other students are present, or when the discussion is easily visible to others

If there is not sufficient time for a complete conversation, the best solution is to set up an appointment with the coach. Contact him/her directly in person, by phone, or via email to decide upon a time to meet. A student or parent may also leave a note for the coach in the athletics department office to request an appointment.

**Second Step: Student/Parent – Director of Athletics Contact**

If there is not a satisfactory resolution after meeting with the coach, the student and/or parent should make contact with the director of athletics. The coach should be notified that this contact is going to be made. If this discussion does not result in a satisfactory conclusion, a meeting may be scheduled with all concerned parties in an attempt to reach a satisfactory resolution. This process can be time consuming, and the sports' seasons are relatively short. If there is a compelling concern, please remember to act without delay. It is important that students and their parents trust that all concerns and comments made or issues raised will be addressed by the director of athletics and not publicly communicated. There cannot be a guarantee that all parties will agree with all resolutions or findings. However, a thorough and respectful exchange of individuals' perspectives and experiences generally leads to improved relationships and a clearer understanding of roles and expectations for the future.

**Third Step: Student/Parent – Principal Contact**

If a satisfactory resolution has still not been reached, the student or parent should contact the EHS principal. The director of athletics should be informed that this contact is going to be made.

**Fourth Step: Student/Parent – Superintendent Contact**

The final step to be made, when a resolution is still not evident, is the student/ parent making contact with the Superintendent. The principal and the director of athletics should both be informed that this contact is going to be made.

Using the aforementioned process to voice a concern is strongly encouraged. On occasion, there is a perception by members of the community that voicing an opinion or concern about the coach or about the Department of Athletics involves the risk of "retaliation" toward the athlete by the coach or other staff members within the department. The director of athletics, coaches, and staff are committed to ensuring that this will not happen within the Department of Athletics at Easthampton High School. If at any time a student or his/her parents feel that "retaliation" is developing as a result of voicing a concern, please inform the director of athletics as soon as possible.