

MAYNARD
ATHLETIC DEPARTMENT
Student-Athlete Handbook
2015-2016



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Welcome:

The following information defines the interscholastic athletic policies and procedures for all students participating in our Athletic Programs. The Athletic Department hopes this provides parents and students with a better understanding of our philosophy, goals and policies. Participation on an athletic team can be a rewarding educational experience. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this commitment. Please refer to the following information when a question about your son or daughters' athletic experience arises.

We urge you to support Maynard athletics by:

- Attending games both home and away.
- Lending positive support to our teams and coaches.
- Encouraging all players without regard to their role on the team.
- Helping other spectators and parents to maintain an appropriate sportsmanlike attitude.
- Showing respect for the authority of the game officials.

Governing Bodies:

Maynard High School is a member of the Massachusetts Interscholastic Athletic Association (MIAA), whose purpose is to organize, regulate and promote interscholastic athletics for secondary schools in Massachusetts. As an MIAA school, Maynard High School abides by the minimum standards set forth by this organization. Please note that these are minimal standards and members may enforce stricter standards, which Maynard High School does in many instances.

On the local level, Maynard High School is a member of the Midland Wachusett League. We also compete against teams from other leagues, and these are referred to as non-league opponents.

**Maynard Athletics
Mission Statement**

Maynard High School athletics teach student-athletes valuable life-lessons. Student athletes are expected to honorably represent their school and community while competing in athletic competitions. At the varsity level, athletes develop a synergy between having fun, working hard and winning. At the sub-varsity levels, athletes foster a love of the game and develop the necessary skills to be successful at the next level.

Maynard Athletics Vision Statement

Maynard High School athletics will be a leader in the Mid-Wach league due to our sportsmanship and dedication to our drive for excellence on and off the field. Maynard High School athletics will increase student involvement and athletic opportunities for students while creating a seamless athletic program that ranges from youth programs to varsity sports. Maynard High School athletics will embody hard-work, discipline, accountability, and sacrifice.

Maynard Athletics Core Values

Hard Work:

- In the classroom, at practices and games, and during the off-season.

Discipline:

- In the classroom and on the field.

Sacrifice:

- Athletes play for their school, community, their team and themselves.

Accountability:

- Every action has a consequence and everyone will be responsible for their own actions.

Policies and Procedures:

All student-athletes are expected to:

- Recognize that academic achievement comes first
- Communicate openly with coaches and parents/guardians about all matters pertaining to his/her sport
- Attend and arrive on time for practices, games, meetings, etc.
- Promote school spirit as a representative of his/her sport while demonstrating support for all school programs and extracurricular activities
- Understand playing time is at the sole discretion of the coach
- Adhere to the policies and procedures in the handbook

Athletic Code of Conduct

All athletes must be a student in “good standing” in order to participate in athletics.

“Good standing” is defined but not limited to:

- Adherence to school rules that regulate behavior and attendance- including, but not limited to a major suspension or multiple minor suspensions, detentions or class cuts. A student who receives one or more major suspension or multiple minor suspensions, detentions or class cuts prior to the season of play, but in the same school year, may be considered not to be in good standing.

The following six pillars of character will be at the foundation of an athlete's character on and off the field.

1. Trustworthiness

- Trustworthiness – be worthy of trust in all you do!
- Integrity – Do what's right even when it's unpopular!!
- Honesty – Live and compete honorably.
- Reliability – Do what you say you will do! Be on time!
- Loyalty – Put your team above personal glory.

2. Respect

- Respect - Treat all people with respect all the time.
- Class – Be a good sport. Be gracious in victory and accept defeat with dignity.
- Disrespectful Conduct – Do not engage in trash talking, taunting, or other actions that demean individuals or the sport.
- Respect for Officials – Treat officials with respect.

3. Responsibility

- Importance of Education – The primary responsibility of a student-athlete is academic achievement.
- Role Model – Remember that participation in athletics is a privilege, not a right. Be a positive role model.
- Self-Control – Don't fight or show excessive displays of anger.
- Healthy Lifestyle – Safeguard your health. Don't use illegal or unhealthy substances.

4. Fairness

- Fairness and Openness – Live up to high standards of fair play. Be open-minded, always be willing to listen and learn.

5. Caring

- Concern for Others – Put safety and health considerations above the desire to win. Never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
- Teammates – Help promote the well being of teammates through positive encouragement. Report unhealthy or dangerous conduct to your coaches.

6. Citizenship

- Playing by the Rules – Have a thorough knowledge of and abide by all applicable game and competition rules. Demonstrate and demand integrity.
- Spirit of Rules – Honor, observe and enforce the spirit and letter of the rules. Do not engage in or allow any conduct designed to evade the rules governing fair competition.

A student found not to be in good standing or not adhering to the above principles might be denied the privilege of participating in an interscholastic sport or extracurricular activity for a period of time to be determined by the coach and athletic director.

Athletic Offerings and Program Goals: *(Offerings are subject to change based on sign-ups. In the event of a program cancellation, adequate notification time will be attempted but can't be guaranteed.)*

Fall

The fall season begins sometime around the third Monday in August and ends in late October. Varsity teams who qualify for the postseason tournament may participate into the month of November. Football concludes its regular season on Thanksgiving Day. Informational meetings will be held in late May.

- 1) Girls Soccer- Varsity, JV and 7th/8th grade
- 2) Boys Soccer- Varsity, JV and 7th/8th grade
- 3) Football - Varsity, JV
- 4) Competitive Cheerleading- Varsity (8th-12)
- 5) Field Hockey- Varsity, JV(7th-12)
- 6) Co-ed Golf- Varsity, Developmental team (7th-12)

Winter Sports

The winter season begins the Monday after Thanksgiving and ends in late February. Varsity teams that qualify for the post-season tournament may be participating into March. Informational meetings will be held in late October / early November.

- 1) Girls Basketball- Varsity, JV and 7th/8th
- 2) Boys Basketball- Varsity, JV and 7th/8th
- 3) Co-op Ice Hockey @ Assabet- JV and Varsity

Spring Sports

The spring season begins the third Monday of March and ends in late May. Varsity teams that qualify for the post-season tournament may be participating into June. Informational meetings will be held in February.

- 1) Baseball- Varsity, JV and 7th/8th
- 2) Softball- Varsity and JV, and 7th/8th
- 3) Co-op Boys Lacrosse @ Bromfield- Varsity and JV(8th-12)
- 4) Girls Outdoor Track- Varsity and JV(7-12)
- 5) Boys Outdoor Track- Varsity and JV(7th-12)
- 6.) Girls Rugby Co-op @ LS

Goals for Different Levels of Play:

- To emphasize the development of basic skills, appropriate attitudes, values and team concepts.
- To allow as many students as possible to participate and share the experience and benefits derived from team membership.
- To compete competitively

Participation at the varsity level is generally limited to the most highly skilled players and those with the ability to interact with other players for team success. Assessments will be made by the coaching staff relative to the level of play, (Varsity, Junior Varsity and 7th/8th grade), which will be most beneficial to the development and progress of each player and team. It should be understood that, *at the varsity level*, playing time could be limited and not guaranteed.

7th/8th grade: At the entry level for athletics, athletes and their parents should accept the following concepts:

1. Development of fundamental skills.
2. Equal practice opportunities for all participants.
3. The amount of game time is determined by the coach's evaluation of the athlete's attitude, commitment level, skills, team role and safety.
4. Learning the rules of the game.
5. Development of love for the sport.
6. Development of an orientation toward team effort by each athlete.
7. Sportsmanship and fair play.
8. Development of the ambition to achieve at the next level of competition.
9. Winning has a lower priority than skill and character development.
10. In the event of high numbers a "game team" and a "practice team" might be created to keep kids involved, but also to reward hard-work and ability. Teams will be decided by the coach and grade level will not be taken into consideration.

JUNIOR VARSITY: This level is a transitional one that emphasizes:

1. Reinforcement and refinement of fundamental skills.
2. The amount of game time is determined by the coach's evaluation of the athlete's attitude, commitment level, skills, team role and safety.
3. Learning rules of the game.
4. Sportsmanship and fair play.
5. More sophisticated athletic strategies.
6. Specific definition of the athlete's role within the team concept.
7. Greater emphasis is given to the concepts of commitment and team play.
8. Emphasis on physical conditioning and development.
9. Development of the ambition to achieve at the next level of competition is encouraged.
10. Winning has a lower priority than skill and character development.

VARSITY: This level emphasizes:

1. Development of high proficiency in the physical skills of the sport.
2. The amount of game time is determined by the coach's evaluation of the athlete's attitude, skills and team role.
3. Sportsmanship and fair play.
4. Strategy, situation analysis and all mental aspects of the sport.
5. Specific definition of the individual athlete's role within the team concept.
6. Maximum commitment to the athletic team.
7. Physical conditioning components of one's sport.
8. Individual sacrifice for the good of the team.
9. Winning within the rules of sportsmanship and fair play is the top priority.

There are many decisions made on a regular basis by members of our coaching staff. These include: which athletes should start a contest, who should play what position and the amount of playing time each player receives. Only members of our coaching staff make these very difficult coaching decisions after weighing a considerable number of factors. The most competitive, skilled team members will play the major portion of contests. However, teams cannot be successful without committed substitutes. These athletes have to be ready at all times to step forward to compete. They must work as hard as they can to help make the team as competitive as possible. They must also strive to move up to a starting role.

Playing Time Protocol:

Objective:

To provide a clear understanding and expectation of how playing time decisions are made at the varsity level.

Premise:

- Coaches make playing time decisions based on the safety and well being of the individual and team. (Well-being can be physical and emotional)
- One goal of varsity sports is to win games with “honor” and with the six pillars of character previously mentioned.
- Not all athletes are equipped with the same skills and talents (Life-Lesson-sacrifice/unselfish)

Conclusion:

Not all players will receive equal amounts of playing time and/or time that they think they should have.

What should I do, if my son/daughter does not get enough playing time?

- Approach the coach to understand why?
- Discuss with the coach clear ways in which the athlete can improve his or her skills to **earn** more playing time.
- If the athlete improves then the athlete will get more playing time.

Last resort:

- If, after this process, the parent/guardian is still not happy with the amount of playing time the athlete is receiving, the parent may contact the Athletic Director to mediate a solution.
- The Athletic Director reserves the right to approve the coach's decision, or work with the coach to try and get the athlete more playing time.
- Ultimately, the Athletic Director's final decision will be in the best interest of the team

General Conflict Resolution:

Participation in athletics should be an enjoyable experience for all parties involved; student, coach and parent. There is no doubt that participation tends to be emotionally charged and dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic competition is extremely positive and compliments the educational experience enjoyed by students at Maynard High School. Occasionally conflicts between coaches and students arise. These conflicts must be addressed and resolved immediately so that the many benefits of athletic involvement may continue to contribute to the emotional and physical growth of Maynard High School Student-athletes.

Protocol: If at any time a student-athlete or parent desires to lodge a complaint or discuss an alleged injustice, this procedure should be followed:

1. Contact the immediate coach involved (may be contacted through the Athletic Office). For example, freshmen team player - contact freshmen coach.
1. If resolution is unacceptable, contact the head coach of the program.
2. If resolution is unacceptable, contact the Director of Athletics.
3. If resolution is unacceptable, contact the School Principal.
4. If resolution is unacceptable, contact the Superintendent of Schools.

General rules and policies:**Attendance**

- Students who wish to participate in extra-curricular activities (practice sessions, rehearsals, games, etc.) must attend all their classes on the day of the event.
- Students with excused tardies may participate in activities with approval from the principal or assistant principal.
- Students without an excused tardy will not be allowed to participate in their respective event for that day/night if they arrive to school after 8:00 a.m.
- If a student reports to school on time, they may not be dismissed until the conclusion of the third class of the day. Students who display a pattern of

excessive or inappropriate dismissals/detentions, regardless of length, will similarly be withheld from practice and/or games.

- Students who cut class or do not fulfill their detention responsibilities will also be ruled ineligible for participation.
- If a player misses more than three days of practice, he or she will need to meet with the Athletic Director who will determine that player's eligibility.
- Exempt absences (with proper documentation) will not prevent a student-athlete from participating in interscholastic athletics. Examples of exempt absences include: When a student is absent for medical reasons (doctor's note required), religious observance (parent call required), court appearance (court documentation required), funeral, college visit (juniors and seniors only—letter from college or university required—limit 2 per year for junior year and 3 per year for senior year—additional visits require counselor approval) and field trips. A suspension from school will exclude student-athletes from participation on the day of the suspension.

Chemical Health

MIAA rule 62: 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. Abuse of prescription drugs is also prohibited. *This includes products such as "NA or near beer."*

- The rule is in effect from the earliest fall practice date to the conclusion of the academic year or final athletic event (whichever is latest).
- Students and parents will be required to sign a contract stating they understand the rules and policies associated with drugs and alcohol.
- **1st Offense:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for a **minimum** of 25% of the season or next season of participation. Penalties carry to the following season. If the student is unable to participate due to injury, academics or otherwise, the penalty will not take effect until that student is able to participate again.
- **2nd offense and subsequent offense:** The student will lose eligibility for a minimum of 60% of the season or next season of participation
- In either instance, further disciplinary action may be taken by the school, including informing legal authorities or mandating drug and alcohol counseling.
- Also be reminded of the Principal's Authority to Suspend and/or Expel Under the terms of the Education Reform Act and MGL, Section 37 H, the principal of a school containing grades nine through twelve has the authority to immediately suspend and/or expel a student under the following conditions: found on school premises or at school sponsored or school related events, including athletic games, in possession of a dangerous weapon, including but not limited to a gun or a knife; or possession of a controlled substance as defined in MGL 94 C

Bona Fide Team Member

MIAA Rule 45: A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. First Offense: Student athlete is suspended for 25% of the season. Second Offense: Student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.

Eligibility

All students who try out for athletic teams must: Have a valid physical on file, completed online registration, and paid activity fee.

Activity Fee:

The following Student Activity Fee structure for ALL STUDENTS in Grades 6-12 for the School Year 2014-15 was approved by the School Committee. Grade 7 Students who participate in High School Sports will be assessed at the High School fee level. (Field Hockey, Boys Track, Girls Track and Golf

Students participating in a Co-op Team will pay an additional fee payable to the **Host School**.

FALL Fees are payable in FULL by August 24, 2015

The fees collected will be used to subsidize student activities, including athletics, in combination with the school budget. A question and answer sheet about the student activity fees is included with this letter.

Student Activity Fees

| | 1st Child | Other Children |
|---|---|---|
| Maynard High School | \$400 | \$200 |
| Fowler School, Gr. 6 - 8 | \$200 | \$100 |
| Families that meet Federal income guidelines (Free/Reduced Students) | \$100 – High School \$75 – Fowler School | \$50 – High School \$37.50 – Fowler School |

Notes: The first child is assessed the higher fee and all siblings are assessed the appropriate lower fee.

Transfer Students

MIAA Rule 57: A student who transfers from any school to an MIAA member high school is ineligible to participate in any interscholastic contest at any level for a period of one year in all sports in which that student participated at the varsity level or it’s equivalent during the one year period immediately preceding the transfer. “Varsity participation” is defined as any appearance, as a competitor, in a varsity inter-scholastic contest other than a scrimmage. The MIAA executive staff on the basis of the quality of non-school sport program participation will judge the “equivalent”.

Academics

MIAA Rule 58:

Eligibility is based on term grades and being on track to earn the equivalent of at least ten credits per semester. Any student who is not eligible is ineligible for participation during the following marking period. Fourth term grades AND end of year credit determines eligibility for the first term of the following year. An ineligible student may not participate in a sport or activity. This includes practice.

To be eligible, students must:

-Pass at least four major subjects, plus an additional class. A major subject is one that is worth the equivalent of five credits per year.

-Earn ten credits in major subjects per semester, i.e. at the end of the 2nd term and 4th term, students must not only pass four major subjects, but also earn credit.

-The Athletic Director, in consultation with the Principal and Guidance counselors, reserves the right to mandate student-athletes in danger of failing courses to Homework Club.

Provisional Eligibility

If and only if a student meets the above academic standards, can the student be considered provisionally eligible. Provisionally eligible is defined as passing at least four major classes per term, but failing at least one class per term. A provisionally eligible student may participate if he/she follows a tutoring plan for each course failed. The plan will be designed by the teacher, with the student, and approved by the administration. The student's progress will be tracked on a bi-weekly basis. Any student failing to fulfill the conditions of the plan will lose eligibility until receiving a satisfactory report at the next bi-weekly review. Students who do not get a satisfactory report may appeal to the administration

Athletic Department Mandatory Tutoring Plan for Provisionally Eligible Athletes

Any student-athlete, who becomes provisionally eligible, (See the academic eligibility standards for requirements) must adhere to the following tutoring plan until the next marking period in which he/she can become fully eligible by meeting the standards

1. Enroll in homework club for at least two days or an equivalent plan established by the AD and guidance counselors.
2. Report to homework club no later than 2:15pm on assigned days.
3. Work quietly and efficiently from 2:15pm-2:55pm, completing allowed missed assignments and current assignments.
4. If all past due and current work is finished, extra studying or planning ahead will be expected.
5. Getting extra help from other teachers or tutors is allowed but time spent must be verified and coordinated with the homework club advisor and teacher and/or tutor.
6. Playing games on electronic devices is strictly prohibited. Using smartphones for non-school related purposes is also strictly prohibited.
7. Disruptive and non-compliant behavior will not be tolerated.

Failure to comply with the above rules will result in the following disciplinary steps.

1. First offense- Warning by homework club advisor and notification to the head coach.
2. Second offense- Notification to the student-athlete's head coach and parents/guardians and possible disciplinary action determined by the head coach.
3. Third offense- Notification of the above named parties, and a mandatory one game suspension issued by the Athletic Director.
4. Fourth offense- Removal from provisionally eligible status to ineligible status for the remainder of the marking period. If this happens to a student-athlete, a student may not be eligible until he or she meets the eligibility standards at the end of the term.

A student-athlete can only be forcibly removed from provisional eligibility status twice in one academic year. If the student-athlete loses the right to be provisionally eligible two times in one academic year then the student-athlete loses that right for the remainder of the year.

In this case, to be eligible to play, a student-athlete must meet full academic eligibility requirements to be eligible to play.

Although it is not ideal, a student-athlete can remain on provisional eligibility status throughout the year if he or she is in compliance with the above rules.

Time Allowed for Participation

MIAA Rule 59: A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate. In no case may a student be eligible to participate in more than four of each of the three annual athletic seasons. In special cases where a student has been absent from school because of an accident or illness, the executive director, or his/her designee, shall have the authority to extend the student's eligibility upon presentation of a doctor's certificate on the student's behalf and a letter from the principal attesting to the inability of the student to attend school during a specific period because of an accident or illness. In instances where an extended eligibility is granted, the student may be declared eligible only for the season(s) that the student's accident/illness prevented participation.

Age

MIAA Rule 60: A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that his/her 19th birthday occurs on or after September 1 of that year. For freshman competition, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year. Principals must exercise great care in determining age of contestants, and in all doubtful cases, must secure birth certificates from the town clerk of the pupil's place of birth.

Graduation

MIAA Rule 61: A student must be an undergraduate: i.e., he/she shall not be a graduate

of any secondary school. Any student who has the credits required for a diploma shall be regarded as a graduate with the following exceptions:

- An early graduate of a high school may represent his/her school in athletics until the end of the sport season in which he/she is participating, if otherwise eligible.

The diploma must be withheld until at least the season is completed, and the student may not attend classes outside of that high school during that season.

- A student who earns the credits required for a diploma prior to attending eight semesters in a four-year high school, and who is not granted a diploma may continue to participate if he/she continues to take at least the equivalent of four traditional year long major English courses.

Hazing

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

Chapter 269 of the General Laws is hereby amended by adding the following three sections:

Section 17: Whoever is a principle organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than one thousand dollars or by imprisonment in a house of correction for not more than one hundred days, 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 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.

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: Each secondary school and each public and private school or college shall issue to every group or organization under its authority or operating on or in conjunction with its campus or school, and to every member, plebe, pledgee or applicant for membership in such group organization, a copy of this section and sections seventeen and eighteen. An officer of each such group or organization, and each individual receiving a copy of said sections seventeen and eighteen shall sign an acknowledgment stating that such group, organization or individual has received a copy of said sections seventeen and eighteen. Each secondary school and each public or private school or college 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 the provisions of this section and also certifying that said school has adopted a disciplinary policy with regards to the organizers and participants of hazing.

The board of regents and in the case of secondary schools, 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, which fails to make such report. Passed to be enacted by the House of Representatives November 13, 1985. Passed to be enacted by the Senate November 14, 1985. Approved November 26, 1985 by Governor Michael J. Dukakis.

Traumatic Brain Injury/Concussion Policy

All school districts and schools must have policies and procedures governing the prevention and management of sports-related head injuries within the school district or school. The Athletic Director is responsible for the implementation of these policies and protocols.

Pre-participation Requirements.

Each year, the school district shall provide current Department of Public Health approved training, written materials or a list and Internet links for DPH-approved on-line courses to all students who plan to participate in extracurricular athletic activities in advance of the student's participation.

All students who plan to participate in extracurricular athletic activities and their parents shall satisfy the following pre-participation requirements:

- Every Student-Athlete must complete a Pre-Season Physical Examination in accordance with MIAA Rule 56. A physical is valid for 13 months and new regulations state that it must be valid throughout the whole season.
- Before the start of every sports season, the student and the parent shall complete and submit a current Pre-participation Form, or school-based equivalent, signed by both, which provides a comprehensive history with up-to-date information relative to concussion history; any head, face or cervical spine injury history; and any history of co-existent concussive injuries. The School Nurse will review this form.
- Each year, before the student begins practice or competition, the student and the parent shall complete current department-approved training regarding head injuries and concussions in extracurricular athletic activities; and provide the school with a certificate of completion for any Department-approved on-line course or an acknowledgement, signed by both, that they have read and understand Department-approved written materials.
- The following individuals must complete annual training in the prevention and recognition of a sports-related-head injury, and associated health risks including second impact syndrome utilizing DPH-approved training materials or program, and documentation of each person's completion of such training;

- (1) Coaches
- (2) Volunteers
- (3) School and team physicians
- (4) School nurses
- (5) Athletic Director

- (6) Parents of a student who participates in an extracurricular athletic activity
- (7) Students who participate in an extracurricular athletic activity.

The required training applies to one school year and must be repeated for every subsequent year.

Exclusion from Play

Any student, who during a practice or competition, sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, shall be removed from the practice or competition immediately and may not return to the practice or competition that day. The student shall not return to practice or competition unless and until the student provides medical clearance and authorization.

The Coach and/or Athletic Trainer shall communicate the nature of the injury directly to the parent in person or by phone immediately after the practice or competition in which a student has been removed from play for a head injury, suspected concussion, signs and symptoms of a concussion, or loss of consciousness. The coach also must provide this information to the parent in writing, whether paper or electronic format, by the end of the next business day.

The coach and/or athletic trainer will complete the Department Report of a Head Injury During Sports Season Form (DPH-Report of Head Injury Form), in the event of a head injury or suspected concussion that takes place during the athletic season. Parents will complete the Head Injury During Sports Season Form (DPH-Report of Head Injury Form) in the event of a head injury that is sustained in an extracurricular activity during an athletic season. Each student who is removed from practice or competition and subsequently diagnosed with a concussion shall have a written graduated reentry plan for return to full academic and extracurricular athletic activities. The plan, developed by Student Assistance Team (comprised of the athletic director, athletic trainer, school nurse and guidance counselors), will address, but not be limited to:

- (a) Physical and cognitive rest as appropriate;
- (b) Graduated return to extracurricular athletic activities and classroom studies as appropriate, including accommodations or modifications as needed;
- (c) Estimated time intervals for resumption of activities;
- (d) Frequency of assessments, as appropriate, by the school nurse, school physician, team physician, certified athletic trainer if on staff, or neuropsychologist if available until full return to classroom activities and extracurricular athletic activities are authorized; and
- (e) A plan for communication and coordination between and among school personnel and between the school, the parent, and the student's primary care provider or the physician who made the diagnosis or who is managing the student's recovery.

Student-Athletes must be completely symptom free and medically cleared in order to begin graduated reentry to extracurricular athletic activities.

Medical Clearance and Re-Entry Plan

The ultimate return to play decision is a medical decision that may involve a multidisciplinary approach, including consultation with parents, the school nurse and teachers as appropriate. Each student who is removed from practice or competition for a head injury or suspected concussion, or loses consciousness, even briefly, or exhibits signs and symptoms of a concussion, shall obtain and present to the Athletic Director, unless another person is specified in school policy or procedure, a Department Post Sports-Related Head Injury Medical Clearance and Authorization Form (DPH-Medical Clearance and Authorization Form) prior to resuming the extracurricular athletic activity.

This form must be completed by a physician or one of the individuals listed below:

- (1) A duly licensed physician;
- (2) A duly licensed certified athletic trainer in consultation with a licensed physician;
- (3) A duly licensed nurse practitioner in consultation with a licensed physician; or
- (4) A duly licensed neuropsychologist in coordination with the physician managing the student's recovery.

Graduated Return to Play

Once it has been determined by any of the above medical professionals that an athlete has been symptom-free for 7 consecutive days, a gradual progression for return to play may begin. During this time, the athlete will need to return to his or her diagnosing physician for a DPH-Post Sports-Related Head Injury Medical Clearance And Authorization Form to be filled out and returned to the nurse. Only after this form is returned and the athlete has successfully completed their gradual progression shall he or she be allowed to participate in athletic competition. The stages of gradual progression are as follows as defined by the Center for Disease Control:

- (1) Aerobic exercise (e.g., stationary bicycle)
- (2) Sport-specific training (e.g., running, skating)
- (3) Non-contact drills (includes cutting and other lateral movements)
- (4) Full contact controlled training
- (5) Full contact game play

An athlete may only advance to the next stage of the progression if they are able to complete the prior stage without the presence of concussion symptoms.

From the day an athlete is diagnosed with a concussion, it will be required that the athlete to check in with the nurse every other day to discuss symptoms and go through basic cognitive testing. Check-ins will be used to help determine when the athlete has been symptom-free for 7 consecutive days and may be eligible to begin the gradual progression for return to play.

Sportsmanship Policy

Maynard High School expects all parties present at a contest to display the highest possible level of sportsmanship. Players, Coaches and Spectators should treat

opponents, game officials and visiting spectators with respect. Maynard High School reserves the right to warn, censure, place on probation or suspend, up to one calendar year any player, team, coach, game, spectator or school official determined to be acting in a manner contrary to the standards of good sportsmanship. If you are not sure what details good sportsmanship, please follow this simple rule: **Cheer for your own team and do not belittle opposing teams and officials.**

Three important MIAA Rules pertaining to student-athletes should be noted.

- A player “thrown out” of a game shall, at a minimum, miss the next game.
- A player ‘thrown out” of two games during the same season is disqualified for one full calendar year.
- Striking or assaulting an official results in disqualification for one full year.

SPECTATOR EXPECTATIONS

- Be a FAN....not a fanatic!
- Attending a high school event is a not a right, but rather a privilege.
- Cheer for your team, rather than belittling the opposition. All cheers should be positive at all times. Do not verbally assault or abuse players, coaches, other spectators, or officials.
- Obey and respect faculty supervisors who are responsible for providing a safe and friendly venue. Respect the integrity and judgment of game officials.
- Negative chants are prohibited. Examples include use of players name in a negative way, cursing, or any form of taunting.
- Booing of cheerleaders is not allowed.
- Noisemakers, inappropriate signs, newspapers, etc., are not allowed.
- Stay off the playing area at all times.
- Respect school property. Do not damage bleachers, school equipment or any part of the facility.
- The use of alcohol, tobacco products, and drugs are strictly forbidden.
- **FAILURE TO ABIDE BY THESE GUIDELINES MAY RESULT IN REMOVAL FROM THE GAME SITE.**

I _____ and my parent/guardian _____
have read and agree to the student-athlete handbook.

Date: _____

