

Seekonk High School

2018 – 2019 Athletic Handbook

INTRODUCTION

Seekonk High School is a member of the Massachusetts Interscholastic Athletic Association and the South Coast Conference. The athletic programs offered are designed to be supportive of the educational curriculum at the school. We believe that participation in sports provides a wide range of opportunities and experiences, which will assist the Student/Athlete in personal achievement. At Seekonk, Athletes are students first.

Competitive athletics is developed within the context of good sportsmanship, health and scholastic achievement. Participation requires a sense of commitment, integrity, leadership and sound judgment. The coaching staff, while interested in winning, also recognizes the importance of other aspects of their work. They serve as teachers and mentors to the members of their teams, taking an interest in the student's personal and academic progress. Interscholastic competition is only one of the avenues through which Seekonk Students learn essential life skills.

The purpose of this handbook is to act as a guide for students, coaches and parents in order that each may understand the accepted procedures and policies of the Seekonk Athletic Department in conjunction with the Massachusetts Interscholastic Athletic Association. Described are the rules and procedures should bring about a more efficient operation of the athletic program. Each student/athlete and coach is required to read this handbook and acknowledge its receipt before participating in a sport. Student/athletes are also required to review this handbook with their parents before each sport season.

PHILOSOPHY

The Athletic Program at Seekonk High School shall be an integral part of the educational process. Competitive athletics shall be developed within the context of sportsmanship, health, and scholastic achievement. The program should occupy a position at Seekonk High School comparable to that of other extracurricular activities.

GENERAL OBJECTIVES

1. Encourage Participation in athletic contests on the part of as many student/athletes as possible
2. Promote the observance of good sportsmanship, ethical conduct, and fair play, in all athletic contests.
3. Maintain essential standards of eligibility.
4. Promote an atmosphere that will enable student/athletes to realize their athletic potential.
5. Encourage self-discipline, high standards, team spirit and individual responsibility.
6. Realize that academics are the primary concern of each student/athlete.

STUDENT ATHLETE'S RESPONSIBILITIES

1. Exhibit the proper ideals of sportsmanship, ethical conduct, and fair play.
2. Avoid actions that might degrade the school, the sport, or the athlete.
3. Demonstrate courtesy to visiting teams, coaches and officials.
4. Respect the integrity and judgment of sports officials.
5. Establish an amiable relationship between visitors and hosts.
6. Encourage leadership, use of initiative and good judgment by all players on the team.
7. Remember that an athletic contest is only a game. In addition to the rules established by the MIAA, Seekonk also has in place a set of rules designed to strengthen the athletic programs at the high school. They are to be considered as policy for all individuals that are part of the athletic program. School rules, which apply to the general student body, always apply to the student/athletes.

The STUDENT HANDBOOK and any other school rules are automatically part of this code of conduct. Any Violation of any of these rules encompassed in this code or the code issued by the coaches is to be reported to the athletic director within 24 hours of the infraction. A written report must be filed on the following school day. In all cases of discipline, an athlete may have his or her case reviewed. This may be done in the following manner: The student/athlete and or parent/guardian have 2 school days after disciplining action to request a meeting with the athletic director. If not satisfied, the student/athlete and or parent / guardian may ask to meet with the principal, athletic director and the coach within 5 school days after step one has been followed. If satisfactory disposition of the incident has not been reached after (1) and (2), then the parent may contact the superintendent of schools for possible further action. The decision of the superintendent is final.

RULES AND REGULATIONS

All rules and regulations governing secondary school students interscholastic athletic contests and practices are established by the Massachusetts Interscholastic Athletic Association. (MIAA). The MIAA Handbook is available at www.miaa.net.

All coaches and personnel concerned with the administration of the athletic program must be thoroughly familiar with these regulations. Coaches are responsible for properly administering all rules governing their particular sport. In areas where Seekonk's regulations are more stringent than that of the MIAA, Seekonk's rules take precedence.

ADMINISTRATION OF THE INTERSCHOLASTIC

ATHLETIC PROGRAM

I. Superintendent of schools

- A.** Is ultimately responsible for all phases of the public school program.
- B.** Delegates his/her power of administration of the interscholastic athletic program through the high school principal (on site manager) to the athletic director.

II. High School Principal (on site manager)

- A.** Is responsible for all activities affecting students in his/her building.
- B.** Is closely involved with the operation of the athletic program.

C. Coordinates the athletic program with other school activities

D. Appoints Coaches

III. Athletic Director

A. Directs the operation of the athletic program:

1. Responsible for all schedules
2. Responsible for transportation
3. Responsible for obtaining officials for games

B. Recommends candidates for coaching positions to the principal

C. Evaluates the athletic program and the staff

D. Participates in budget preparation for the athletic program

E. Responsible for making recommendations regarding scheduling, maintaining and upgrading of all athletic facilities

IV. COACHING STAFF

A. Represents the school in interscholastic activities

B. Conduct their sport within the framework of the goals of the school system, the policies and procedures of the Athletic Department as contained herein, and the regulations of the MIAA.

C. Hold pre-season meeting with students to discuss philosophy of program and inform them of responsibilities and regulations.

D. Enforce the school's and coaches' code of conduct for student athletes.

E. Attend all meetings scheduled by the South Coast Conference and/or the athletic director.

F. Supervise assistant coaches and assign their respective duties.

INSURANCE

A rider to the basic insurance plan covers all Seekonk student athletes participating in the interscholastic athletic program. This policy is non-duplicating, which means that if you have any type of personal insurance coverage, our insurance will only pay what your insurance carrier does not and that will only be for what they determine to be reasonable and customary charges. If you do not have any type of personal coverage, our insurance will only pay reasonable and

customary charges for treatment. Please note the limits for these charges will be determined by the carrier. It is understood that your insurance is primarily responsible for all medical bills. If your son or daughter is injured, no matter how slight, he or she should report it to his or her coach or the Athletic Trainer so that an accident form can be filled out. If an athlete is taken ill by an athletic related injury after leaving practice or a game and receives medical assistance, he or she should report this fact to the coach or Athletic Trainer immediately upon returning to school.

RULES OF ELIGIBILITY MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

In order to be eligible to represent a secondary school, which is a member of this Association in athletic contests, the contestants must conform to all of the rules in this section. In the case of a game postponed or resulting in a tie, the eligibility of participants does not hold over until the game is actually played: the student/athletes who participate in any contest must be eligible under the rules on the date when the game is actually played. No special privileges, such as extra examinations, delayed marks, makeup opportunities or other favors not granted to every other student in the school are to be granted to student/athletes.

ABSENCE

Students who are absent from school may not participate in any school activity during that afternoon or evening. Students who arrive in school after 9:56 A.M. or who are dismissed before 11:05 A.M. are recorded as absent from school on that day. Any student who is absent from school is ineligible to play in a game that day or to participate in after school or evening activities on that same day. There may be extenuating circumstances that are exceptions to the above rule: however, only the principal and or his designee may decide when this rule may not apply.

ACADEMIC REQUIREMENTS

Any student who fails more than one course during the academic quarter preceding an athletic season will be ineligible to participate until the next quarter's grades are released. Eligibility for the fall season will be determined by the fourth quarter grade from the previous year. An incomplete counts as a failure until all course work is made up and the grade is recorded. The athletic director will monitor athletic eligibility.

AGE LIMITS

A student/athlete shall be under nineteen 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 the year. For 9th grade competition, a player shall be under 16 years of age, but may compete during the remainder of the school year provided that his/her 16th birthday occurs on or after September 1 of that year. Principals must exercise great care in determining the ages of contestants, and in all doubtful cases, must secure birth certificates from the town clerk of the pupil's place of birth.

ASSUMPTION OF RISK

All athletes and parents must realize that participation in sports carries a risk of injury. It is imperative that extreme care and attention be used at all times.

AWARDS PRESENTATIONS

Each coach will provide a venue for the distribution of the varsity letters and certificates. It is recommended that the parents be invited. The Seekonk Boosters Club will donate to each team the varsity letters, certificates, most valuable team member, coach's award and most improved team member awards.

CAPTAINS

The selection and removal of the captain of any sports team is at the discretion of the head coach. Becoming a captain is a privilege, not a right. It is up to the coach to determine if their behavior models proper and appropriate behavior. DUTIES OF THE CAPTAIN (General - may change based on the sport)

- 1• Set the proper example for all to follow both in and out of the athletic program. Captains can be removed from their position if an incident occurs out of season.
- 2• Assisting the coach is required.
- 3• Encourage team members to live up to the rules related to their team.
- 4• Assume the role of spokesperson for the team. Keep team informed of practices. Conduct practice duties under the supervision of the coach.

CHEMICAL HEALTH

From the start of the school year a student/athlete 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. The student/athlete does not have to be participating in a sport or be in his/her sports season to be in violation of this rule. This rule applies to all athletes or would be athletes from the first day of school. 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. **The minimum penalties are: 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 or in the student's next sport of participation. 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 i.e. All fractional part of an event will be dropped when calculating the 25% of the season. **SECOND & SUBSEQUENT VIOLATIONS:** When the principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport or in the student's next sport of participation. All decimal part of an event will be truncated i.e. 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 in that sport or the student's next sport of participation. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be dropped when calculating the 40% of the season.

COACH'S DUTIES AND RESPONSIBILITIES

At the first meeting, the coach shall distribute and explain all pertinent forms, and review the athletic handbook with the potential candidates. The information to be distributed should include the following:

1. Information sheets for specific sport, such as, schedules of practices and games, letters to parents, preseason conditioning programs (if any), and the coaches code of conduct.
2. A copy of the team rules and consequences for rule violations.
3. A copy of the requirements necessary to earn a varsity letter. •

TEAM ROSTER

Coaches are to submit two rosters to the athletic director. The first roster will be a list of all candidates who signed up for tryouts and this will be handed in to the athletic directors office one day after the preseason meeting so that forms for physicals can be checked. The second roster will be submitted 1 week prior to the first contest so that eligibility may be checked. Coaches should report promptly to the athletic director any additions or deletions from their squads, both for the coaches and athlete's protection.

SELECTION OF THE TEAM

Choosing the members of athletic squads is the sole responsibility of the head coach. However, their actions must be governed according to the limits as determined by the athletic department and they must choose their team members in conformity with the philosophy of the athletic program. The decision of the head coach is final. Appeals of the coaches' selection by students and or parents/guardians should be made first to the head coach, then to the athletic director, and finally to the principal. Coaches shall provide students trying out for a sport with the following information:

- 1) Extent of the tryout period,
- 2) Criteria to be used to select the squad,
- 3) Number of team members to be selected, and
- 4) Practice and game commitments.

PARENT / COACH COMMUNICATION

Parenting and coaching are both extremely difficult jobs. By establishing an understanding of both jobs, all involved will be better able to accept the actions of the other and provide guidance, benefit and knowledge to our student-athletes. As parents, when your child decides to become of part of the Seekonk High School Athletic Program, you have a right to understand what expectations are on placed on your child. This begins with clear communication from your child's coach.

Communication You Should Expect from the Coach:

1. Philosophy of the Coach.
2. Expectations for individual team members.

3. Locations and times of all practices and contests.
4. Team Requirements. (practices, special equipment, out of season conditioning, etc.)
5. Procedure followed should the student-athlete be injured during participation.
6. Consequences and discipline that may result in the denial of student-athlete participation.

Communication Coaches Expect from Parents:

1. Concerns expressed directly to the coach.
2. Notifications of any scheduling conflicts well in advance.
3. Specific concerns about Philosophy and Expectations.
4. Communication regarding your student-athlete, not other members of the team.

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athlete's behavior.

Issues Not Appropriate to Discuss with Coach:

(It is very difficult to accept your student-athlete's not playing as much as you may hope. Please remember that coaches take their jobs very seriously and make judgments based on what they believe to be in the best interest of team success. There is certainly room for discussion with a coach on issues like the ones listed above, but other things, such as those that follow should be left to the discretion of the coach.)

1. Playing Time.
2. Team strategy
3. Play calling
4. Other student activities.

Protocol:

(There are situations that may require a conference between the coach and the parent. They should normally follow a conversation between the coach and the student-athlete in order to head off a problem. If, after this initial conversation or meeting, a resolution remains unclear, then such a meeting would be encouraged with the goal being that each party involved comes away with a clear understanding of the other's position. When these conferences occur, the following protocol should be followed in the interest of reaching a proper resolution.)

1. Have your son or daughter address the matter with the coach first.
2. Contact the coach and set up a meeting to discuss your concerns.
3. **DO NOT CALL A COACH AT HOME.** (Unless the coach has made his/her phone number available to parents and players.) A coach's time with family is limited enough as it is during a season, and a coach's privacy is to be respected.
4. **DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE.** This is far too emotional a time to approach a situation rationally. Such encounters do nothing toward resolving an issue.
5. If the coach cannot be reached, speak to the Athletic Director at 508-336-7272 ext. 62249. A return call will be arranged.

DRESS CODE

Athletes represent their school and community at all times. Dress for all contests will be in accordance with the established policy of the head coach.

CONTESTS

All participants are expected to attend all contests. Permission of the coach is required of any athlete that will miss scheduled contests. Failure to abide by this rule could result in a punishment established by the team coach.

ATHLETE OR COACH CONTEST EXPULSION

Any coach excluded by an official from an inter-school competition is ineligible to coach any inter-school competition in that sport until the next contest at the same level has been completed. The coach may not be present at the game site. If a coach is expelled from a competition, by a game official, that game official must file a written game exclusion report form, of the incident with the coach's Athletic Director and School Principal. The coach also shall fill out an exclusion form. Both

reports should be completed and forwarded by the official and coach within 24 hours of the competition. The principal should immediately forward copies of the officials report to the athletic director, the superintendent, school committee chair-person, and MIAA executive director. If the game official fails to file his/her report, the coach is still bound by the suspension.

A student who is expelled out of a contest is ineligible to participate in any interschool competition in that sport until the next contest at the same level has been completed. The student may not be present at the game site. A student or coach expelled from two contests, in the same season, shall be disqualified from further participation in that sport and in all sports during that season for a year from the date of his/her second disqualification.

A student or coach who physically assaults an official shall be expelled from the game immediately and banned from further participation or coaching in all sports for one year from the date of the offence. The game official who excludes a student under the provision of this rule should immediately inform the coach of each team, official scorer, and state the violation. If the game official fails to file his/her report but notifies the coaches and the scorer, the player is bound by the suspension.

The athletic director in charge of the contest or his/her designee is responsible for having the official MIAA Game Exclusion forms available for the game officials and is also responsible for sending copies, of the completed forms, to the principal of each school involved, both athletic directors of each school involved and the executive director of the MIAA. The official should complete the forms before leaving the site of the game or competition.

Fighting and unsportsmanlike conduct penalties will be within the authority of an official at all times at the game site. Any student in any sport who willfully, flagrantly, or maliciously attempts to, injure an opponent shall be removed from the game immediately and shall not participate in that sport season for one year from the date of the incident. Some of the reasons that an official may eject a student from a contest that would lead to a game expulsion are: fighting (caution should be taken to ensure that a player who is defending him/herself is not penalized if he/she is not the aggressor), flagrant unsportsmanlike conduct which is defined but not limited to violent action toward a player, official, and spectator, the use of foul abusive language and the like.

If a coach or student is ruled out of the last contest of the season, the penalty carries over to the following year in that same sport season. However, if a team is playing in a tournament competition, it is considered an extension of the sport season.

JOINING A TEAM

While most athletic teams have a tryout period for perspective athletes to join a squad, it is extremely important for the participant to join the team during these tryouts. No student/athlete will be allowed to join a team more than fourteen days after the MIAA start date for the season or after the official roster has been established, whichever comes first.

COMMITMENT

When a student tries out for a team, he or she does so with the thought and deliberation about the many commitments required for the participation in that sport. Any athlete who quits a team after the selection of the squad has been announced will not be permitted to participate on another team during that same season and is excluded from trying out for the sport the student-athlete quit for the next season as well. An athlete who leaves a team has the responsibility to meet with the coach and discuss the reasons for leaving the team. Text messaging and email are not acceptable means of communication for leaving/quitting a team. You must meet in person! The athlete is expected to turn in all school issued equipment at that time they leave/quit the team. The coach will notify the athletic director when an athlete leaves/quits a team. In the event that a student/athlete is cut during tryouts for a sport, that student/athlete will be permitted to join a non-cut sport if he/she so desires. There may be a case with extenuating circumstances that merit an appeal. Those situations will be handled on a case-by-case basis of appeal with the principal exercising final judgment.

MEMBERSHIP IN SCHOOL

A student/athlete shall have been a member of some secondary school for a minimum of two months (exclusive of the summer vacation) and have been issued a report card preceding the contest, unless entering from elementary or junior high school during the same school year. A pupil's attendance at school does not start when he/she registers in that, but rather when he/she begins attending school sessions. When a student/athlete drops out of school and then decides later to return to the same school, he/she cannot become eligible for athletics until a report

card has been issued and until the expiration of a minimum of two calendar months from the date of his/her return to the same school, and until the requirements of the Rules of Eligibility are fully met.

PARTICIPATION

A student/athlete shall be eligible for interscholastic competition for no more than 12 consecutive athletic seasons beyond 8th grade. In no case may a student/athlete be eligible to participate in more than four of the three annual athletic seasons. In special cases where a student/athlete has been absent because of an accident or illness which prevented school attendance, the executive director or his/her designee shall have the authority to extend the student/athlete's eligibility upon presentation of a doctor's certificate on the student/athlete's behalf and a letter from the principal attesting to the inability of the student/athlete to attend school during the period of the student/athlete's absence because of an accident or illness. In instances where an extended eligibility is granted the student/athlete may be declared eligible only for the season(s) that the student/athlete's illness prevented him/her from participating.

PERMISSION SLIPS AND PHYSICALS

All student/athletes are required to have a permission slip signed by a parent or guardian on file with the Athletic Director. In addition, the MIAA requires that all participants have a yearly physical examination prior to the start of the first practice. All such examinations must be documented on the Medical Examination form provided by the Athletic Department and filed with the student/athletes records by the school nurse before any student is allowed to participate in a practice or contest. It is the responsibility of the coach to ensure that no one takes part in a practice or contest if the student has not provided proof of a current physical examination. Student/athletes who have had a physical exam are covered by school insurance.

PRACTICES

All participants are expected to attend all scheduled practices. Each coach will determine those guidelines, which are appropriate for each team. A team can function effectively only when all participants are present. Any player who skips practice is hurting himself/herself and the team. A player must notify the coach of any practice he or she may miss. The coach of the team will determine if the excuse is acceptable. Repeated offense without an acceptable excuse could result in suspension or dismissal from the team.

PRACTICE LIMITATIONS

Definition of Practice: A practice is a reporting of a group of potential players who are under the direct or indirect supervision of a member of their high school coaching staff and who are receiving instructions in game skills or techniques. Definition of Bona Fide Team members: 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. Any student who violates this standard becomes ineligible for the MIAA tournament(s) in that sport for that season. That athlete will also miss the next two regular season contest or two weeks of competition (whichever is greater) immediately upon confirmation of this violation.

ATHLETES GOING ON VACATION DURING AN ATHLETIC SEASON

Individual coaches will make decisions on routine requests by evaluating the request and rendering his/her decision. Students who are accompanying their parents/guardians on vacation during extended vacation periods (Christmas, February, or April vacation) must understand that upon their return they would have to work to maintain their position on the team. There are no guarantees that they would be able to set right into the role that they left. Weekend trips and vacations taken by student-athletes that do not involve a parent/guardian could be subject to further penalties. Students who are absent because of conflicts with school-sponsored activities are allowed to select the most appropriate activity without penalty. Note: a Winter Ski Trip is not academic in nature and therefore not an acceptable excuse for missing a Seekonk High School athletic contest or practice. Any student-athlete who will be away due to vacation, weekend trips, or school sponsored activities **MUST** inform the coach at the beginning of the season. NOTE: Failure to give prior notice for the above may result in a suspension of one game. The coach will evaluate all requests at the beginning of the season. There may be extenuating circumstances that may merit an appeal. Such instances will be considered on a case-by-case situation with the principal exercising final judgment.

PRACTICE SESSIONS

It is recognized that all practice sessions should not conflict with the school day. All non- school day practice sessions must be cleared through the athletic director.

PENALTY FOR PLAYING IF INELIGIBLE

The principal of a school which plays a student/athlete who is later found to be ineligible, whether because of the student/athlete's own misstatements or lack of care on the part of the school authorities, shall notify in writing the principal(s) of the opposing school(s) and the executive director of the MIAA forfeiting every competition in which the ineligible student/athlete competed. Since the principal is personally responsible for attesting to the eligibility of each contestant, and since allowing an ineligible player to participate in a contest is a serious matter, it is strongly advised that the principal give personal attention to this matter.

PRECAUTIONS AGAINST BLOOD DISEASES

- * All open wounds must be covered.
- * Wear protective gloves when dealing with others.
- * If an individual gets someone else's blood on his/her skin, the area should be washed with a solution known to inactivate blood born pathogens.
- * If blood or other body fluids containing visible blood are present during a practice session or contest, play should be stopped immediately, the player's uniform removed and the area cleaned.
- * An extra uniform should be available in the event that an athlete's uniform is soiled to the point that it presents an unsafe condition.

REQUIREMENTS FOR PARTICIPATION

The following forms must be submitted before a student is allowed to participate: **1)** Parental permission form, **2)** Physical examination form, **3)** Emergency medical authorization form.

SUSPENSION

As a minimum, any player suspended out of school or placed in in-school suspension will not be allowed to practice or play or to attend any meetings during the time of such suspension. If the suspension includes a Friday or the day before a long weekend or vacation, the student is not allowed to take part in any activity on the weekend or during the time period when school is not in session.

TRANSFERS

A student/athlete who transfers from any school to a MIAA member high school is ineligible to participate in any interscholastic athletic contests at any level for a period of one year in all sports in which that student participated at the varsity level during the one year period immediately preceding the transfer (except as exempted on the next page). For the purpose of this rule, no transfer will be deemed to have taken place if a student/athlete returns to his/her former school on or before the eleventh school day from the date of the last attendance there.

Varsity participation is defined as any appearance, as a competitor, in a varsity inter-school contest other than a scrimmage. For a transfer student/athlete to be eligible in a specific sport within the year of his/her transfer, the sending school principal, athletic director, and the head varsity coach(es) of the sport(s) in which the student/athlete desires to participate must certify by signature that the student/athlete did not participate at the varsity level during the year prior to the actual transfer. If it is later determined that the sending school falsely or erroneously certified eligibility, then the sending school will be subject to minimally a letter of censure, copied of which will be mailed to the school committee, superintendent, principal, athletic director, and reported in the MIAA Newsletter. The MIAA certification form must be dated and filed at the receiving school before the student is declared eligible (as to the transfer rule only) by the receiving school principal. All other eligibility requirements must also be satisfied before the student/athlete is permitted to participate.

Foreign exchange students are not eligible until form 100(A) is properly executed. A student/athlete who transfers after the start of the practice season is ineligible in all sports during that sport season.

Exemptions to the transfer rule:

- * Change of residence of a student/athlete's parents; a student/athlete's transfer is necessitated by a change of residence of his/her parent(s) to the area served by the school to which he/she transfers.
- * Junior high school transfer: A student/athlete who enters the 9th grade of a 4- year school and who has not been enrolled previously in the 9th grade.
- * Closed school: If a school no longer exists, a student/athlete in attendance may be eligible at the school of his/her choice immediately

after the closing of the school, which he/she had been attending.

TRAVEL

All athletes must travel on the transportation provided by the school department. If the occasion warrants, the student may drive himself/herself with written permission from the parents. Permission of the athletic director is also required.

UNIFORMS/EQUIPMENT

All athletes are responsible for any and all equipment issued and used in the participation of their sports. Failure to return any and all issued equipment will be subject to the athlete's individual financial restitution, plus they will be additionally placed on the obligation list. These individual's Report Cards, will be held by the school, until all obligations are cleared with the Assistant Principal and the Athletic Director.

VARSITY LETTER GENERAL REQUIREMENTS

Each coach will distribute a copy of his or her requirements to earn a varsity letter to each athlete at the beginning of the season. They will spend some time explaining the requirements to the athletes. At the conclusion of the season, they will publish who earned a varsity letter or certificate. However, ALL the athletes must abide by the following general requirements:

- * Must uphold all the rules and regulations set forth in this Athletic Handbook.
- * Must uphold all the rules and regulations set forth by the coach of their specific sport.
- * Must remain a member of that team for the entire season. Entire season is defined as the time the coach informs you your season has ended. Student-athletes should have a good attendance record and demonstrate a true commitment to the team by displaying a positive attitude and effort.

The Seekonk Public Schools strives to provide a safe, respectful, and supportive learning environment in which all students can thrive and succeed in its schools. The Seekonk Public Schools prohibits discrimination on the basis of race, disability, color, sex, gender

identity, religion, national origin, or sexual orientation and ensures that all students have equal rights of access and equal enjoyment of the opportunities, advantages, privileges, and courses of study.

APPENDIX A

Parent/Guardian PERMISSION to PARTICIPATE

Copy of PERMISSION TO PARTICIPATE found in Registration

I / we give our permission for my / our student to participate in any of the Seekonk High School Athletic programs during the 2017-2018 school year. It is my / our understanding that my/our child will travel to and from all athletic contests in transportation provided by the school department. Should the need arise I/we will submit a written request to the athletic director to have my/our student athlete travel in private transportation. I/we understand that participation in an athletic program carries the risk of injury. I/we also acknowledge that I/we have read the 2016-2017 **Seekonk High School Athletic Handbook** and understand that my/our student-athlete is responsible for adhering to all rules in the **Seekonk High School Student Handbook, the Athletic Handbook, the Student Athlete Code of Conduct** and current **MIAA rules and regulations**.

Concussion

I / we acknowledge that I / we have received, read and understand the Massachusetts Department of Public Health approved CDC Heads Up – Concussion In High School Sports Fact Sheet For Parents in accordance with **MDPH 105 CMR 201.008(A)(1)**.

This Information can be found on this Website:

[<http://www.cdc.gov/headsup/index.html>].

Opioid Misuse Prevention

I / we acknowledge that I / we have received, read and understand the Massachusetts Department of Public Health educational materials (4 Fact Sheets) regarding the dangers associated with OPIOID USE and MISUSE PREVENTION.

This information is found on these website:

[<http://masstapp.edc.org/rx-student-athlete>] or [www.mass.gov/dph/resourcesforyouthopioidmisuse].

APPENDIX B

Copy of Student –Athlete’s Athletic Code of Conduct, found in Registration

STUDENT ATHLETE CODE OF CONDUCT

I agree to the following expectations as a privileged member of an athletic team at Seekonk High School. If I do not fulfill my responsibilities, actions will be taken and removal from the team could result.

ACADEMICS: I will strive to achieve academic excellence.
Two class failures in any quarter will result in my removal from eligibility.

SPORTSMANSHIP: I will portray myself in a positive and productive manner.
I will win and lose with dignity.

CITIZENSHIP: I will act appropriately on the playing field, in the classroom, at school and in the community. I will always be supportive of others and do my best to extend a helping hand.

RESPECT: I will display respect and care for the equipment issued to me, as well as for the facilities I use. I will also display respect for my teammates, my coaches, Visiting Team’s Athletes and Coaching Staff, the game officials, the administrators in school and at sporting events, plus everyone else while practicing and competing for Seekonk High School.

CHEMICAL HEALTH: I will not use drugs, alcohol and tobacco or be associated with others who do during the school year. I will accept the ramifications of my actions related to the policies set forth by the MIAA, the Seekonk School District and the team.

GAME AND PRACTICE: I will approach games and practices positively with encouragement, humor and enjoyment. I will do my best to focus on dedication, discipline and desire in my efforts.

SELFLESSNESS: I will do my best to put the needs of the team and the program ahead of myself.

COMMUNICATION: I will always communicate with my teammates and coaches with respect, dignity, integrity and honesty.

HAZING: I have read and understand the Massachusetts laws on Hazing. I will report any incidences to a coach, teacher or administrator and will not participate in any activities that will humiliate or physically harm a member of the team.

CONCUSSION: I acknowledge that I have received, read and understand the Massachusetts Department of Public Health approved CDC Heads Up – Concussion In High School Sports Fact Sheet For Athletes in accordance with MDPH 105 CMR 201.008(A)(1).

This Information can be found on this Website: [<http://www.cdc.gov/headsup/index.html>]

OPIOID USE & MISUSE PREVENTION: I acknowledge that I have received, read and understand the Massachusetts Department of Public Health educational materials (4 Fact Sheets) regarding the dangers associated with OPIOID USE and MISUSE PREVENTION.

This information is found on these websites: [<http://masstapp.edc.org/rx-student-athlete>] or [www.mass.gov/dph/resourcesforyouthopioidmisuse].

I, (a Student-Athlete at Seekonk High School,) understands that I am responsible for adhering to all rules and regulations in the **Seekonk High School Student Handbook**, the **Seekonk High School Athletic Handbook**, the information associated with the **CDC Heads Up Concussion materials**, the **OPIOID Misuse Prevention materials** and the current **MIAA Rules and Regulations**.

