

SHEAD HIGH SCHOOL



ATHLETIC HANDBOOK

2017/2018

SHEAD HIGH SCHOOL ATHLETIC DEPARTMENT

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II. RULES OF THE SHEAD HIGH SCHOOL ATHLETIC PROGRAM

In order that the above objectives may be successfully met, the following rules and policies will be established and adhered to:

A. CANDIDATES' RESPONSIBILITIES FOR PARTICIPATION

1. All candidates must have on file in the Athletic Administrator's office a form showing:
 - a. Successful completion of a physical for freshman (or first time participant) and junior years
 - b. Parental permission to participate.
 - c. Proof of health insurance coverage
2. All candidates must meet the eligibility standards set up by the State Principal's Association and Shead High School.

B. ELIGIBILITY RULES

All students who compete in interscholastic athletics are required to abide by the rules set forth by the Maine Principal's Association.

Eligibility Assessment

Eligibility of all participants will be assessed the first school day of every week.

If there is no dispute of the grades, study sessions or suspension from the team will commence upon notification to the student by the Athletic Administrator. **Any disputes shall be reconciled within the day of notification.**

A student is **ineligible** to play if:

1. He/she has attained the age of 20 or has attended high school or its equivalent for 8 semesters (4 years).
2. He/she transfers to S.H.S. and does not comply with the M.P.A. transfer rule.
3. He/she is not enrolled as a full-time student. To be classified as a full-time student at Shead High School, a student must take the equivalent of 6 classes. (Seniors – 5 classes) (Study hall is not a class.) Exceptions will be made only with the permission of the principal and/or athletic administrator

Transportation

- Transportation to and from school sponsored activities will be provided by the school. Students representing Shead High School must travel to and from athletic contests in this transportation.
- The Athletic Department will not grant permission for an athlete to ride with another student to or from any contest.
- In case of a doctor's appointment, where athlete must miss the bus, a parent must accompany athlete to and from game.
- In the event of a justifiable request by an athlete to waive this rule, the following procedure should be followed:
- A written request by a parent must be given to the A.A. prior to the athlete leaving in other than school-sponsored transportation. (24 hours notice is **REQUIRED**.)
- Violations of this rule will result in **immediate dismissal** from the team.
- Students who need to leave school to park their cars at designated spot shall only be released when the team is released, and only after informing the **coach**.
- When traveling to and from an athletic contest, athletes should conduct themselves in a mature manner.
- Athletes shall talk quietly ensuring that there will be no behavior that would distract the bus driver. Only radios with headphones will be allowed on the bus.
- On all bus trips, athletes will remain in their seats once the bus is in motion.
- Athletes will be dropped off at designated spots unless a note giving permission from the parent for a different location.
- Violations of this rule will result in disciplinary action at the discretion of the coach.

Uniforms and Equipment Care

All issued school equipment will remain the property of the school and must be care for by the athlete to whom it is issued. It is the financial responsibility of the athlete to ensure that all the equipment is returned at the end of the season or when leaving the team. With this in mind the following apply:

- Uniforms and equipment are loaned to players for their use. As such, they must be returned completely in good condition at the conclusion of the season.
- Uniforms and uniform accessories must be clean and neat at all times.
- **Game uniforms are to be worn at games only and practice uniforms at practice only.**
- All loaned equipment and uniforms are subject to the policies as established by the Coaches Committee.
- Athletes will be held responsible for returning his/her uniforms within 48 hours of the conclusion of the athletic season.

Attendance at Practice and Team Meetings

(NO PRACTICE WILL COMMENCE PRIOR TO 2:30 P.M. UNLESS UNDER SPECIAL CIRCUMSTANCES)

- All team members are **expected** to attend all scheduled practices and team meetings.

Dress Code

- For all games or scrimmages, players will be expected to wear appropriate attire. For boys, this includes a sport coat or sweater, tie, dress shirt, dress slacks and shoes. For girls, this includes dress tops, slacks, skirts or dresses. Uniforms or team suits are suitable alternatives at the coach's discretion.
- *Failure to abide* by the dress code will result in a player being **unable** to participate for that particular game for the first offense; a **two-game suspension** for the second offense; and **dismissal** from the team for the third offense.
- Exceptions to the dress code may be made by the coach in certain situations. The player should discuss the problem with his/her coach in advance.

Offensive Language

- Offensive/Inappropriate language **will not be *tolerated*** during the sports seasons.
- Violations of this rule will be handled in the following manner:
- **First offense**: warning
- **Second offense**: sent home
- **Third offense**: one-game suspension
- *Continuous* abuse will result in **dismissal** from the team.

Miscellaneous Team Policies

- It is strongly recommended that team members refrain from potentially dangerous physical activities during the season.
- No squad member may compete in an outside activity as a team member or individual, unless prior approval is given by the interscholastic coach.
- All the rules, regulations, and policies are subject to change with notice, by the coaching staff.
- All other discipline policies and other additional team rules will be handled by the individual coach.
- Team managers shall be considered as squad members and are subject to this athletic code.

Communication with Coaches

Communication you should expect from your athlete's coach:

- When and where practices and games are to be held. Remember sometimes schedules do change unexpectedly. Practices will be **closed** to spectators. A parent may view a practice by setting up an appointment with the coach and/or athletic administrator.
- The coach's philosophy
- The expectation the coach has for all players on the squad.
- Requirements for team membership, special equipment, off-season conditioning, etc.
- Procedures to follow if your athlete is injured during participation.
- Disciplinary action for your athlete that results in removal from participation.

vidual. Adolescent use and abuse of alcohol and other drugs likewise affects the development of skills related to participation in extra-curricular activities.

1. As a student you cannot / should not compromise athletic participation with substance abuse. If you wish to participate in athletics, you must make the commitment to be substance free.
2. Discipline referrals for the first violation for using, possessing, selling or furnishing alcohol, or other drugs including tobacco shall result in suspension for 60 calendar days or the remainder of the sport season, whichever is longer. The student's parents shall be notified, and the student shall be referred for counseling and assessment. Students will be eligible for try-outs for the following season and must follow teams' attendance requirements, but will not participate in practice or attend games as a team member. This follows the MPA calendar for the beginning and ending school year dates. For the purpose of this policy, to ensure continued coverage, the next MPA season will start on the last day of the previous season. This is beginning with the first MPA Fall season through the end of the MPA Spring season.
3. Voluntary referrals for alcohol or drug use or abuse shall result in the school helping the student obtain professional help and shall not result in disciplinary action on the first referral. On a second such referral, the athlete will be suspended for 60 calendar days or the remainder of the sports season, whichever is greater.
4. Each coach shall establish, publish, and enforce training rules above and beyond this code which applies to his/her particular sport. These additional rules will be subject to the scrutiny of the Athletic Administrator and the Principal.

Policy for Receiving an Athletic Letter

To receive an athletic letter, an athlete must meet the following qualifications:

Be a participant in good standing from the start of the season through the final game at the Varsity level in his/her sport.

To Receive an Iron Tiger award, an athlete must participate in a minimum of 3 varsity sports throughout the school year. There are a chance for 3 in the fall, 1 in the winter, and 2 in the spring for both male/female athletes.

(Swinging to a varsity team, for playoff purposes, does not fulfill the requirement of a varsity letter, therefore does not count towards the Iron Tiger Award.)