

Spaulding High School
Co-Curricular Activity and
Athletic
Handbook
2021-2022

Natalie Soffen
Athletic/Activities Director
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Dear Students and Parents/Guardians,

On behalf our school community, thank you for expressing an interest in the co-curricular activity and athletic programs at Spaulding High School. It has been proven that students who are involved in co-/extra-curricular activities have a more fulfilling experience in high school. It is a privilege and an honor for me to work with the students, the advisors/coaches, and the community to make the experience as rewarding and positive as possible.

This handbook is designed as a guide to Spaulding High School's philosophy, expectations, policies, and guidelines for our student-athletes and club/activity participants.

Spaulding High School recognizes the importance of athletics and co-curriculars and its role in providing students an opportunity for a complete education and well-rounded high school experience. Athletic and club participation teaches students lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness, all of which also contribute to academic success. Participation in athletics

also contributes to the general well-being of students by enhancing their physical, emotional, and social health. In addition, participation in athletics promotes a sense of belonging to something bigger than oneself and promotes unity and cooperation among our student athletes and club participants, the entire student body, and the overall Barre community.

Our team members and club participants strive to compete to the best of their ability and to put themselves in a position for victory, but never at the expense of character, integrity, and sound judgement.

We emphasize a commitment to excellence, effort and improvement in our performance, while demanding we treat our teammates, coaches, opponents and officials with the utmost respect. We expect that Spaulding High School student athletes and club participants will be honorable representatives of our school and community. Our student athletes and club participants are expected to be known for their class and their character, and are expected to be humble in victory and gracious in defeat.

The Spaulding High School athletic program will develop and foster the following in our student-athletes: self-esteem, Tide Pride, good citizenship, sportsmanship, cooperation, higher academic performance, personal accountability, respect, and life-long wellness. We believe that the athletic experience at Spaulding High School should be both rewarding and fun.

I look forward to your support and involvement in our co-curricular activity and athletic programs. If you have any questions please feel free to contact me.

Sincerely,
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SPAULDING HIGH SCHOOL ATHLETIC TEAM OFFERINGS

Fall	Winter	Spring
JV/Varsity Football	JV/Varsity Girls' Basketball	Varsity Softball
JV/Varsity Girls' Soccer	JV/Varsity Boys' Basketball	JV/Varsity Baseball
Girls'/Boys' Cross Country	JV/Varsity Wrestling	JV/Varsity Girls' Lacrosse
Girls'/Boys' Varsity Golf	Girls'/Boys' Indoor Track	Girls'/Boys' Tennis
JV/Varsity Field Hockey	Varsity Boys' Ice Hockey	JV/Varsity Boys' Lacrosse
JV/Varsity Boys' Soccer	Varsity Girls' Ice Hockey	JV/Varsity Girls' Lacrosse
		Ultimate Frisbee

GUIDELINES/POLICIES/PROCEDURES

Participation in athletics and clubs at Spaulding High School is a privilege, one that demands commitment, a strong work ethic, and a desire to compete at a high level.

CO-CURRICULAR ACTIVITY/ATHLETIC ELIGIBILITY

Co-Curricular and Athletic Eligibility

All students at Spaulding High School are expected to represent SHS in a responsible and appropriate manner at all times; this is especially true for students who act as ambassadors to the public at co-curricular events. Students should take particular care in the areas of language, tone, content, dress, and physical demeanor toward teammates, coaches, officials, opponents, and spectators. Violation of these expectations may result in consequences such as probation, suspension, or dismissal from the group/team depending on the severity and circumstances of the violation. Administration reserves the right to amend the following guidelines as appropriate; hardship or extenuating circumstances may be brought forward to the athletic director for consideration.

Eligibility to participate falls into two categories:

Daily:

- **Attendance** - Students are expected to attend school for the entire academic day; this includes advisory, assemblies and events, and the last school day before a weekend and/or vacation when events may be scheduled. If a student misses any part of the day, including early dismissals where the student returns, that student will not be eligible to participate with their team/group for that day (unless the absence is due to a doctor/dentist/counseling appointment, court, etc).
- **Conduct** - Students are expected to follow Spaulding High School's code of conduct. If a student violates these expectations, they may be declared ineligible to participate with their team/group for that day. Examples are:
 - Code of conduct in the community
 - Instigative or mean behavior in person, via social media, text, or other means
 - Disrespect
 - Disruption to the learning environment
 - Policy violation

If a violation of one of the above expectations becomes known at a later date, an equal and appropriate consequence will be administered.

Progress Reports:

An overall score will be reported for each course every three weeks. This feedback helps students and parents/guardians to understand if a student is on track for meeting the expectations of the course or not.

- Meeting: The student is demonstrating understanding of the course material at the expected pace of the course. At this continued rate, the student should be able to meet the proficiency expectations of the course and earn credit for the course.
- Below: The student is demonstrating some understanding of the course material. The student may need to seek extra help and/or reassess.
- Unsatisfactory: The student is demonstrating little to no understanding of the course material. The student needs to seek extra help and/or reassess. At this continued rate, the student is not going to meet the proficiency expectations of the course and will not earn credit for the course.

An academic alert via email will be sent to parents/guardians for any scores of Below or Unsatisfactory.

Students that earn Below or Unsatisfactory in any courses will also be required to attend for PAS (Plan for Academic Success). During PAS time, students will have an abbreviated afternoon schedule, where they will work with each of their teachers to make a plan to meet the expectations and begin work on the plan(s).

Athletic Eligibility:

- Students must attend their full day of school the day of practice or games.
 - Students must maintain an appropriate code of conduct. Violations of code of conduct may result in warning, probation, suspension from practice(s) and/or game(s) or dismissal from the team.
 - Students may not have any unsatisfactory scores at progress report time. Such scores will result in academic probation, where the student will be allowed to remain as a member of the team, but will not be able to participate in any competitions and will not be eligible for any early sports dismissals.
 - Students that receive below or unsatisfactory scores in any course will be required to attend PAS. Failure to attend PAS will result in academic probation.
 - Students who earn “beginning” or “insufficient evidence” in any course will be placed on academic probation.
- Probation means:
 - The student may participate in team/group events such as meetings and practices.
 - The student may NOT participate in games/competitions/performances, but they may attend and sit on the bench or with the group, not in uniform.
 - The student may NOT be dismissed early from school to travel with the team/group to away events. After school or weekend travel is allowed.

DAILY ATTENDANCE EXPECTATIONS AT PRACTICES AND GAMES

Student-athletes are expected to attend ALL practices and ALL games. Exceptions are limited to medical or court appointments, family emergencies, religious holidays, death of a family member or friend, college visitations, or school-sponsored field trips. Further exceptions may be made *in advance* by a coach, the Athletic Director, or an administrator.

Student-athletes with more than three (3) unexcused absences from practices/games during the season will be removed from the team. An unexcused absence from practice the day before a game will prevent

the student-athlete from playing in that game. Unexcused absences will be determined by the coach, the Athletic Director, and/or an administrator.

ADULT BASIC EDUCATION (ABE) STUDENTS

Spaulding High School students attending ABE may be eligible to participate in co-curricular activities and athletics. Students attending ABE have varying expectations of attendance and work completion, therefore, reasonable expectations for eligibility will be determined on a case-by-case basis. The Athletic Director will meet with the individual student, a parent/guardian (if appropriate) and a representative from ABE to determine the best course of action.

CODE OF ETHICS/EXPECTATIONS FOR STUDENTS, COACHES, & PARENTS/GUARDIANS - SPECTATORS

STUDENTS ARE EXPECTED TO...

- Realize and remember that maintaining a high level of academic performance is your primary Responsibility
- Be respectful to yourself, teammates, coaches, advisors, opponents, officials, and spectators at all times
- Be humble in victory and gracious in defeat
- Act as a role model and a respectful representative of Spaulding High School and the Barre community as a whole
- Adhere to the Attendance Policy as it relates to eligibility and daily participation in practices and/or games.

COACHES & ADVISORS ARE EXPECTED TO...

- Teach attitudes, proper habits, knowledge and skills. The co-curricular and athletic programs are designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated as an individual whose welfare shall be primary at all times. The coach/advisor must be aware that they serve as a model in the education of the student athlete/club participant and, therefore, shall never place the value of winning above the value of character building.
- Constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach/advisor shall strive to set an example of the highest ethical and moral conduct.
- Support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall authorize the use of these substances.
- Promote the entire interscholastic program of the school and direct their program in harmony with the total school program.
- Be thoroughly acquainted with contest, state, league and local rules, and is responsible for their interpretation to team members.
- Abide by the letter and spirit of these rules at all times.
- Actively use their influence to enhance sportsmanship by their spectators, working closely with spirit groups, booster clubs, and administrators.
- Respect and support contest officials. The coach/advisor shall not indulge in conduct that will

incite students or spectators against the officials or against each other. Public criticism of officials or players is unethical.

- Before and after contests, meet with opposing coaches/advisors and exchange friendly greetings to set the correct tone for the event.
- Not exert pressure on faculty members to give student-athletes or club participants special consideration.
- Know it is unethical to scout opponents by any other means than those adopted by the state high school athletic association and the league.
- Support the goal of the co-curricular and athletic department to meet the needs of students by introducing and eliminating activities based on the desires of the student body.

PARENTS/GUARDIANS - SPECTATORS ARE EXPECTED TO...

- Encourage your child and the team in an enthusiastic, positive manner
- Demonstrate school spirit
- Maintain a respectful, positive attitude whether our team is winning or losing
- Show compassion for an injured player
- Applaud and appreciate positive performance and efforts for both teams
- Avoid disrespectful demonstrations of poor behavior (including profane/obnoxious language)
- Be respectful of the judgement and strategy of our coaches
- Not be critical of players or coaches following a game (win or lose)
- Be respectful of officials and accept their decisions without comment
- Support team-sponsored events whenever possible
- Exhibit good sportsmanship at all times (as defined by the Vermont Principals Association). Those behaving in an inappropriate manner will be warned by the Athletic Director (or the administrator on site) and then will be asked to leave the contest, immediately.
- Respond positively to all cheer teams

CERTIFIED ATHLETIC TRAINER (ATC)/CONCUSSION

Spaulding High School's student-athletes have access to a full-time athletic trainer (ATC) Monday through Friday while school is in session beginning when school ends at 3:05 PM until the end of practices/competition. Saturday coverage is for the event only or on an as-needed basis. Athletic trainers are nationally certified, state- licensed, Allied Health Care professionals, specializing in the evaluation, treatment, referral, and rehabilitation of injuries, and overall student-athlete well-being.

Athletic trainers have the ability to function as the first line of defense for athletic injuries and illnesses. They offer a triage point to provide care, home treatment instructions, education pertaining to the nature of the injury/illness, and identification of the proper person for referral, if deemed necessary. Onsite athletic trainers provide immediate care, which has been proven to speed recovery, optimize healing, and often eliminate, or decrease, the number of injured student-athletes who go to the hospital or to the doctor's office.

Prevention of injuries is emphasized through demonstration of proper warm-up activities, lifting and exercise techniques, as well as education pertaining to various aspects of sports performance to enhance safety and minimize risk. The ATC communicates with student-athletes, parents, coaches, physicians, and SHS faculty/staff. Please do not hesitate to contact the ATC with questions/concerns.

The ATC will have the ultimate say in all return-to-play decisions. These decisions are based on functional testing, strength assessment and joint stability, as demonstrated by the student-athlete and as

observed by the ATC. If the student-athlete is under the care of a physician, then the student-athlete MUST have documentation from the physician which states the diagnosis, limitations, and restrictions (if any) and their participation status (out, limited, cleared with no restrictions). If the ATC deems that the student-athlete is not yet ready, or will put themselves at greater risk by participating, the student-athlete will be withheld from participation until they can successfully demonstrate the return-to-play criteria, even if the student-athlete has a physician's note clearing them for full participation.

CONCUSSIONS

If a student-athlete sustains an injury, or blow to the head, then they will NOT be allowed to continue to participate until it is determined that they can do so safely. Any student-athlete complaining of symptoms of a head injury will be immediately removed from activity and further evaluated by the ATC. No student-athlete will return to activity the day of injury.

Every head injury is different, therefore, every student-athlete's return-to-play status will be dependent upon the resolution of all symptoms. There is no specific time frame for symptom resolution. Other factors, such as past medical history of prior head injuries, can prolong the student-athlete's return. Spaulding High School is currently following the National Athletic Trainers Association (NATA) head injury position statement, and the Fletcher Allen Return-to-Play after a Concussion protocol (http://www.fletcherallen.org/upload/photos/1072CH_concussion_rackcard-2.pdf) The goal of this protocol is to decrease the chance of second impact syndrome and other detrimental incidents which can result from a student-athlete's return to activity too soon. The student-athlete must complete every step in the return-to-play protocol in sequential order under the direction of the ATC. There will be no combination of steps. Upon successful completion, and no return of symptoms, the student-athlete will be able to resume unrestricted participation.

RECOGNITION OF A CONCUSSION

The following signs and symptoms produced after a witnessed or suspected blow to the head or body are indicative of a concussion:

Signs (Observed by others) Symptoms (reported by athlete)

Appears dazed or stunned Headache
Exhibits confusion/forgets plays Fatigue
Unsure about game, score, opponent Nausea or vomiting
Moves clumsily/altered condition Double vision, blurry vision
Balance problems Sensitive to light or noise
Personality change Feels sluggish
Responds slowly to questions Feels "foggy"
Forgets events prior to hit Problems concentrating
Forgets events after the hit Problems remembering
Loss of consciousness (not required)

Any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed from competition or practice and will not be allowed to train or compete with a school athletic team until the athlete has been examined by and received written permission to participate in athletic activities from a health care provider (per Act 68, approved by the VT Legislature in 2013).

CAPTAINS & CLUB OFFICERS

Whether elected or appointed, captains and club officers play an essential role in the leadership of a team. Spaulding High School expects that captains and club officers will be outstanding role models for

other team/club members in their actions both on and off the playing surface. Captains and club officers serve as the liaison between the coach and their teammates or the advisor and club. Captains and club officers will motivate, promote team spirit, and good sportsmanship.

Captains and Club Officers will:

- Be the first to SERVE and the last to be served
- Be the first to LEAD BY EXAMPLE and be the last to violate team/club standards
- Be the first to be a LIFELINE OF COMMUNICATION between the coach and team or advisor and club; bring any concerns directly to their coach or advisor, and be the last to withhold information.
- Be the first to PRAISE OTHERS (lead with humility) and be the last to brag or draw attention to themselves.
- Be the first to PROTECT AND DEFEND (loyal to coaches/advisors and peers) and be the last to criticize.
- Be the first to CONFRONT VIOLATIONS OF TEAM/CLUB STANDARDS and be the last to ignore problems.
- Be the first to ENCOURAGE and be the last to be discouraged.

COMMUNICATION REGARDING CONCERNS - STEPS

Involvement in athletics and co-curricular activities allows for students to experience some of the most rewarding times of their lives; therefore, good communication is critical. There may be, however, times when things don't go a student's way or they have concerns to discuss with a coach/advisor. It is important that students and parents/guardians realize these sometimes difficult situations are as much a part of the learning experience as are the good times.

The following process **MUST** be utilized to address and resolve a student's concerns, misunderstandings, and/or issues:

Step #1 Students will address and share concerns directly with their coach or advisor and attempt to resolve them.

Note: Parent(s)/guardian(s) and supporters are expected to permit the student to communicate their concerns with the coach or advisor **first** before becoming involved.

Step #2 If step #1 results in an unsatisfactory outcome, the student **and** parent(s)/guardian(s) should address and share concerns with the coach or advisor and attempt to resolve them.

Step #3 If step #2 results in an unsatisfactory outcome, the student [and optionally, parent(s)/guardian(s)] or the coach/advisor should address and share concerns with the athletic director and attempt to resolve them.

Step #4 Finally, if step #3 results in an unsatisfactory outcome, the student [and optionally, parent(s)/guardian(s)] or the coach/advisor should share concerns with the principal and attempt to resolve them.

The coaches/advisors work hard to do the best they can for all of their students. A coach/advisor makes decisions which are often extremely difficult and are made based on factors of which students and parents may not be aware. Students are encouraged to talk to the coach/advisor about any issues and/or problems that arise during the season/activity period. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

COMMUNICATION PARENTS SHOULD EXPECT FROM A COACH/ADVISOR

- The school's philosophy regarding athletics/clubs
- Specific team/club rules and consequences for when these rules are not adhered to (may be separate from school policies and Code of Conduct rules for Eligibility)
- Expectations for the players on the team or club participants
- Team/club requirements/expectations (ex: practices, equipment, off-season conditioning)
- Special events and activities that are planned (including the purchase of garments the team is considering purchasing that are in addition to garments/uniforms provided by the school)
- Specific ways to improve individually as an athlete or club participant

- Procedures to follow if your child is injured during a practice or game

COMMUNICATION COACHES/ADVISORS SHOULD EXPECT FROM A PARENT

- Notifications of any schedule conflicts, vacations, or other upcoming absences as soon as possible
- If their child has felt threatened or uncomfortable in any way based on the actions or words from a peer or coach/advisor
- Specific information the parent feels would be valuable for the coach/advisor to know
- Specific ways to help their child improve
- Concerns a parent may have about their child's behavior, or performance, in or out of school

Please do not confront a coach before, during, or after a practice or game. These can be emotional times for all parties involved. Meetings of this nature do not promote resolution.

While it may be difficult to accept that a student-athlete may not be playing as much as their parent/guardian may hope, or as much as they may hope, please remember that coach(es) make decisions and judgements based upon what is in the best interest of the team, and on information and knowledge of which parents/guardians may not be aware. The following should not be discussed by a parent/guardian with a coach:

1. Playing time
2. Play calling
3. Team strategy

If a student-athlete has concerns regarding the topics listed above, their parent/guardian should encourage the student-athlete to speak to the coach directly.

END-OF-SEASON AWARDS

Following each sports season, awards will be presented by individual coaches at their end-of-season banquet/gathering. All freshman are eligible to receive numerals which correspond to their year of graduation. All first-time

junior varsity players are eligible to receive a small letter "S". All first-time varsity players are eligible to receive a large letter "S." Subsequent varsity participants are eligible to receive metal "pins" which correspond to their specific sport. Student-athletes must see the Athletic Director for their numerals, letters, and pins

EQUIPMENT AND UNIFORMS

All issued equipment and uniforms belong to Spaulding High School. Each student-athlete is responsible for any equipment and uniform(s) assigned to them. Individuals will be assessed replacement costs for abnormally damaged or missing equipment and uniforms. Each student-athlete WILL return or pay for any equipment issued by the school. Failure to do so will prohibit further participation in athletics.

NOTE: Equipment and uniforms are very costly, and it is very hard to replace one or two items each year. Some uniforms cannot be replaced, while others cost two to three times the original cost.

Student-athletes who decide to keep their uniforms/equipment "for the memories" only create an unfair situation for others. Please be respectful and courteous toward your fellow, and future, teammates.

Return all issued items promptly when your season is finished. Personalized clothing may be purchased as a team and/or fundraised for on a team-by-team basis.

HARASSMENT/HAZING/BULLYING

HARASSMENT

"Harassment" means an incident or incidents of verbal, written, visual, or physical conduct, including any incident conducted by electronic means, based on or motivated by a student's or a student's family member's actual or perceived race, creed, color, national origin, marital status, disability, sex, sexual orientation, or gender identity, that has the purpose or effect of objectively and substantially undermining and detracting from or interfering with a student's educational performance or access to school resources or creating an objectively intimidating hostile, or offensive environment.

Harassment includes conduct as defined above and may also constitute one or more of the following: (1) Sexual harassment, which means unwelcome conduct of a sexual nature, that includes sexual violence/sexual assault, sexual advances, requests for sexual favors, and other verbal, written, visual or physical conduct of a sexual nature, and includes situations when one or both of the following occur: (i) Submission to that conduct is made either explicitly or implicitly a term or condition of a student's education, academic status, or progress; or (ii) Submission to or rejection of such conduct by a student is used as a component of the basis for decisions affecting that student. Sexual harassment may also include student-on-student conduct or conduct of a nonemployee third party that creates a hostile environment. A hostile environment exists where the harassing conduct is severe, persistent or pervasive so as to deny or limit the student's the use of epithets, stereotypes, slurs, comments, insults, derogatory remarks, gestures, threats, graffiti, display, or circulation of written or visual material, taunts on manner of speech, and negative references to customs related to any of these protected categories.

HAZING

"Hazing" means any intentional, knowing or reckless act committed by a student, whether individually or in concert with others, against another student: In connection with pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization which is affiliated with the educational institution; and (1) Which is intended to have the effect of, or should reasonably be expected to have the effect of, endangering the mental or physical health of the student. Hazing shall not include any activity or conduct that furthers legitimate curricular, extra-curricular, or military training program goals, provided that: (1) The goals are approved by the educational institution; and (2) The activity or conduct furthers the goals in a manner that is appropriate, contemplated by the educational institution, and normal and customary for similar programs at other educational institutions. With respect to Hazing, "Student" means any person who: (A) is registered in or in attendance at an educational institution; (B) has been accepted for admission at the educational institution where the hazing incident occurs; or (C) intends to attend an educational institution during any of its regular sessions after an official academic break.

BULLYING

"Bullying" means any overt act or combination of acts, including an act conducted by electronic means, directed against a student by another student or group of students and which: a. Is repeated over time; b. Is intended to ridicule, humiliate, or intimidate the student; and c. (i) occurs during the school day on school property, on a school bus, or at a school-sponsored activity, or before or after the school day on a school bus or at a school sponsored activity; or (ii) does not occur during the school day on school property, on a school bus or at a school sponsored activity and can be shown to pose a clear and substantial interference with another student's right to access educational programs.

REPORTING PROTOCOL

1. Do not ignore the behaviors.
2. Deliver a clear, but polite, message that you want the behavior to stop.
3. Do not retaliate with inappropriate language or behavior.
4. As soon as possible, approach a trusted staff member to report the incident.
5. Ask the staff member to accompany you to a school administrator.

An investigation that finds that Harassment, Hazing, or Bullying has been substantiated may result in disciplinary consequences, which include progressive discipline. Administration reserves the right to bypass progressive discipline and impose strict consequences immediately given the specific circumstances of the case. Please refer to BSU Policy F20 and F20-1 for additional information. Students who violate this policy may pursue formal appeals which may delay the imposition of discipline. All complaints, investigations, and outcomes regarding Harassment, Hazing, and Bullying as it relates to

other students will remain strictly confidential.

HOME-STUDY STUDENTS (VPA ELIGIBILITY STANDARDS)

A home-study student who wishes to participate in a Spaulding High School co-curricular or athletic program shall be an eligible student under this section if all of the following are true:

1. The participating student is enrolled in a home-school program in compliance with Title 16, Section 166.
2. The participating student has a legal residence in the school district or is a legal resident of a district that does not maintain a school and pays tuition on behalf of its students.
3. Participation in a school's co-curricular or athletic activities program shall not commence until a copy of the Vermont State Department of Education Enrollment Letter is presented to the principal by the parent(s)/guardian(s).
4. The participating student's academic program, as referenced in the Vermont State Department of Education Letter of Enrollment, will be reviewed by the student's parent(s)/guardian(s) at appropriate intervals as locally determined and consistent for all students to determine academic progress. This review and determination must be certified in writing from the parent(s)/guardian(s) to the principal.
5. Prior to the start of a sport season or fine arts and performance activities in which a home-study student wishes to participate, the parent(s)/guardian(s) and student must notify the principal in writing that he/she wishes to participate in a school's co-curricular or athletic program. Failure to provide a timely notification will not disqualify the student from participating, but may result in some delays in participation.
6. The student may participate in co-curricular or athletic activities sponsored by Spaulding High School provided the student complies with the same physical examination, insurance, age, and any other requirements for participation as required of all students.
7. The home-study student must adhere to the same standards of behavior, responsibilities, and performance as other participants of the team or activity.
8. Eligibility issues on all matters other than academic progress may be appealed in accordance with the bylaws of the Vermont Principals' Association.
9. Consistent with law governing all student-athletes, participation in co-curricular or athletic activities programs is a privilege, not a right, and nothing in these eligibility standards confers a right to any individual to participate in co-curricular or athletic activities.

INHERENT RISK AND INJURY

Involvement in athletics is voluntary and optional and carries with it certain risks that must be accepted by

student-athletes and their families. Injuries can, and probably will, occur during practices, games, and while interacting with fellow student-athletes. All costs associated with medical care, emergency medical transportation, medication, rehabilitation, or therapeutic treatment must be paid through the student-athlete's health and accident insurance carrier. Spaulding High School will not accept responsibility for any payment, copayment, deductible, or related expenses.

All student-athletes who participate in athletics at Spaulding High School are expected to report all injuries

and any medical issues immediately to their coach and/or the Athletic Trainer.

Any student-athlete incapable of participation has the obligation to report this information to their coach. They also have the right to decline participation when they feel incapable of doing so.

All student-athletes are expected to comply with the recommendations of their coach, athletic trainer, and/or physician regarding following and/or seeking medical advice, diagnosis, rehabilitation, therapeutic care, or treatment.

Following an injury, a student-athlete may be required to receive medical clearance from a physician in order to resume active participation with his/her team.

NCAA AND COLLEGE ELIGIBILITY

Students may wish to participate in intercollegiate athletic activities upon completion of high school. In order to be academically eligible, the NCAA requires certain minimums in high school core courses, grades, and the SAT/ACT standardized scores. It is the responsibility of the student-athlete to monitor his/her status with regard to meeting any NCAA requirements. For more information on eligibility standards, please contact the guidance office or the Athletic Director.

PARTICIPATION/PLAYING TIME

Decisions regarding playing time are made by the coach in the best interests of the team. Regardless of the team placement, all student-athletes must meet the following requirements:

- Be in good mental & physical health, so that playing will not place the student-athlete, or their team, at any unreasonable risk of injury.
- Abide by all school, athletic department, and team rules.

At the varsity level some student-athletes will play more than others based upon individual ability and the team situation. At the sub-varsity level, it is expected that team members will see action in each contest and skill development will be the main priority.

PERMISSION AND HEALTH/ACCIDENT INSURANCE

Student-athletes **MUST** submit a signed parent(s)/guardian(s) permission form prior to participation. Student-athletes will not be permitted to participate in an activity until the form is completed and submitted to athletic department staff.

All student-athletes must have health and accident insurance coverage as a condition of participation. A student-athlete may not participate in an activity until proof of coverage has been submitted to the athletic department.

K. No student may participate in any VPA-sanctioned activity without providing evidence to the student's school administration or designee prior to participation in an activity showing that the participant is covered under some private or public health insurance program for the medical care for injuries that may be suffered on account of participation in an activity. (Vermont Principals' Association Policies, Article 4:

RULES FOR ORGANIZED GIRLS AND BOYS SPORTS: Section 1. General Rules.)

PHYSICAL EXAMINATIONS – WELL EXAMS

Student athletes must have a Well Exam every two calendar years from their Primary Care Physician. Proof of this exam must be provided to athletic department staff prior to participation. **NO EXCEPTIONS.**

SOCIAL MEDIA – KEY POINTS

In social media, there is no difference between public and private. Assume that **ANYTHING YOU PUBLICLY POST ONLINE COULD POTENTIALLY BE SEEN BY THE WORLD AT LARGE.** This “world”

includes your current friends, your future employers, your competitors, etc. Just because you can post something doesn't mean you should. Freedom of speech – along with privacy, another constitutionally protected right – doesn't necessarily guarantee freedom of consequence. Inappropriate social media posts **MAY** result in disciplinary action, which could include suspension or dismissal from the team/group.

These posts will also be considered to be in violation of the Code of Conduct and the student-athlete's / co-curricular participant's eligibility will be impacted.

Please exercise judgment before clicking “post”. Access the National Federation of High Schools' “Social

Media for Students” course here: <https://nfhslearn.com/courses/61062/social-media-for-students>

SUBSTANCE USE VIOLATIONS - Co-Curricular and Athletics

The use of alcohol, tobacco, and illegal drugs has a negative effect on an individual’s ability to perform at their full potential. Students will demonstrate a commitment to themselves, their team/club, their peers, and their school by remaining free of these substances during their activities.

If a student is proven to have been in possession of or to have used drugs, alcohol, or tobacco products, then the following terms and conditions will be initiated:

****Within the first two weeks AFTER a student’s violation, they must meet with a school-approved substance abuse counselor and must provide the school’s administration (Athletic Director and/or an administrator) documentation of this meeting.****

Week 1 (the first SEVEN days following the VIOLATION): The student WILL NOT be allowed to participate with their team/club. (No practices/games/meetings/rehearsals, etc)

Week 2 (days EIGHT to FOURTEEN following the VIOLATION): The student will be permitted to practice/attend meetings/rehearsals, but may not participate in any games/performance. (The student-athlete must accompany team to games and be present with the team, but they may not participate.)

Week 3 (day FIFTEEN following the VIOLATION): If satisfactory progress has been made in the substance-abuse counseling sessions and any other stipulations set by the athletic director or an administrator, the student is eligible to return to full participation.

A student who commits a second offense within the school year, or fails to complete ANY other requirements, will be subject to a one full calendar year suspension from participation in co-curricular activities/athletics.

SUSPENSION FROM SCHOOL

Any student suspended from school (in-school suspension **OR** out-of-school suspension) is not eligible to attend meetings, practices, and/or games on the days of the suspension. A suspension that overlaps a weekend and/or vacation period will prevent the student from participation on Saturday/Sunday (weekend), and/or during the vacation days.

TEAM TRYOUTS

In some athletic activities it may be necessary to reduce/cut the number of participants to a manageable size -- particularly when safety, fiscal resources, equipment, facilities, and coaching personnel are considered. It is the responsibility of the coach/advisor (in consultation with the Athletic Director) to make

decisions about what the final number of participants will be for each individual team prior to the tryout process. The Athletic Director must approve any change to the agreed upon number of athletes on a team.

The coach’s decision regarding selections will be final. No candidate (including seniors and students who have participated previously) is guaranteed a spot on the roster or in the activity. Student-athletes can increase their chances of making a team by reporting to practice on time, in shape, with the necessary paperwork, and with a good attitude. If extenuating circumstances will not allow the student-athlete to attend all or part of tryouts, please contact the coach or the Athletic Director well ahead of time.

TRAVEL/TRANSPORTATION (to & from events)

Traveling together as a team/group is an integral part of participating in Spaulding High School athletics/co-curricular activities. All participants **MUST** travel to and from scheduled game/competition/match/contest/performance sites in school-provided/approved transportation. Students may travel home from "away" sites with a parent/guardian as long as written notice/a request is submitted and approved by the Athletic Director, or an administrator. Exceptions that involve extenuating circumstances (i.e. a parent/guardian driving their student to an away site) may be granted by the Athletic

Director, or an administrator, on an as needed basis.

Note: Team/group transportation does NOT include travel to "off campus" practice/meeting locations (i.e. the BOR, Barre Town Recreation Complex, First in Fitness, Millstone Hill, Lincoln Field, etc.). Travel to/from practice/meeting sites is the responsibility of individual students and/or their parent(s)/guardian(s), and is NOT provided by SHS.

VPA EJECTION POLICY

Any student/coach ejected for unsportsmanlike conduct or a flagrant foul shall be suspended from the next two contests, (with the exception of football, skiing and gymnastics, for which the suspension shall be one contest) in the sport from which the student/coach was ejected. If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time in the next sport in which the student participates. If the ejection occurs in the last contest of the coach's or student's last sport season, the school shall take appropriate disciplinary action to impose a sanction proportionate to the penalties imposed by these rules, and shall report that discipline to the VPA. The suspended student may not be in uniform. A student who is ejected a second time shall be suspended for the remainder of the season in that sport.

Assault Upon Officials by Students

Any member of the team who intentionally strikes, shoves, kicks, or makes other aggressive physical contact with an official before, during, or after an interscholastic contest, shall be disqualified immediately

and may be ineligible to participate in all sports for up to one full calendar year. A student who is disqualified under this provision shall not play in any contest, pending a hearing before the Activities Standards Committee. The Activities Standards Committee shall determine the length of the suspension, giving due consideration to all relevant factors, including the seriousness of the offense.

NOTE: "Member of the team" is defined to include players, manager, scorekeepers, timers, and statisticians.

Appeal of Ejection Orders

Judgment calls by officials ordering ejection shall be final. The only grounds for appeal from a suspension under this section shall be that the ejection was caused by gross misconduct by the official, or that the official has filed a written report stating that the ejection was clearly erroneous. Unless a stay of the suspension is granted, by the Associate Executive Director in his/her sole discretion, the suspension shall be immediately effective.

VPA ELIGIBILITY

Please visit the Vermont Principals' Association web site at www.vpaonline.org or contact the Spaulding High School Athletic Department at 476-6334 for detailed information about all VPA eligibility requirements for students

i. Contestants or participants must be enrolled in their school and must meet the school's prescribed academic and eligibility rules. Students may only compete on school teams sponsored by their own school during the season, and may only compete for the one school in which he or she is officially enrolled. Students may participate in meets as individuals but may not participate as a member of another team.

1. The VPA Policy with regard to below grade nine participation on high school teams is based on core (main) sports with four divisions.

2. That no student-athlete below grade eight will be allowed in any VPA sanctioned sports at any level (varsity, junior varsity, freshman).

3. That grade eight participation is possible in Division 1, 2 and 3 by waiver request. Grade eight participation may be granted only at the lowest level of team offering at the school.

4. That division 4 schools may use a grade eight student-athlete on a sub-varsity team provided that the student-athlete is needed to maintain the schools sub-varsity team. If a Division 4 school does not have a sub-varsity team, the grade eight student-athlete may be used on a varsity team provided that: a) a waiver has been granted by the VPA AND that b) no other student-athlete in grades 9 through 12 has been cut from the program.

5. That the grade eight student-athlete who will participate on in a high school sports program falls under the same academic and behavioral expectations of high school students.

6. That the grade eight student-athlete who participates on a high school sports team will be granted five years (10 semesters) of eligibility.

7. That schools must apply for a waiver from the VPA in order to use a grade eight student-athlete in any sport with less than 4 divisions,

8. That a determination has been made by his/her principal to ensure that the grade eight student-athlete is physically, mentally and socially prepared to participate at the high school level.

ii. VPA Criteria For Granting Under Grade Nine Waivers

1. The use of the grade eight student-athlete is considered necessary for a school to field a team in that sport.

2. The grade eight student-athlete must not displace another student-athlete in grades nine through twelve.

3. The grade eight student-athlete must meet all the VPA eligibility requirements.

4. The grade eight student-athlete must be a bona-fide student in the same school district as the high school.

5. The use of the grade eight student-athletes cannot eliminate or unduly impact a middle school team.

6. In cases where the grade eight student-athlete comes from a sending school, both the sending AND the receiving schools' administrators must agree to the usage of this grade eight student-athlete.

7. The grade eight student-athlete is not eligible to participate in high school sports that have an individual component to them (track, cross-country, etc.). (Adopted November 5th, 2014)

iii. Non School Competition Rules

1. A member of a school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.

2. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition shall be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contest unless permission has been granted by the school. It is expressly understood that permission shall not be granted on a regular basis.

3. It is highly recommended to all schools that this information be put into all athletic handbooks and also should be presented by Athletic Directors/Coaches at pre-season meetings with athletes and parents. (Date Warned: 5-28-14, Date Adopted: 8-8-14)

iv. Transfer Students

1. Transfer students are eligible at once provided they were bona fide students in good standing in the school from which they transferred according to the definition in (a) above and there is a bona fide change in residence. If the transfer is the result of any coercion, recruiting or inducement to move in order to participate in interscholastic activities, students will be ineligible for a period of 365 calendar days from the date of the infraction.

2. If there is no bona fide change in residence, students are eligible to participate immediately up to the first play date of that sports season. If a student transfers after the first play date of that sports season and does not change residence, the student must wait 20 calendar days after the transfer to be eligible, and must participate in at least 60% of the season competitions (at the new school) to be eligible for postseason competition.

3. The VPA may grant a waiver of the 20 calendar day waiting period or the 60% eligibility requirement or the 365 calendar day waiting period for multiple transfers upon request by the school if the school establishes that the transfer was made for reasons not related to activities.

4. The principal of any receiving school shall check carefully to determine the reasons for the transfer. Reports of suspected violations of transfer students' eligibility rules must be made to the VPA immediately.

v. Recruitment

1. A school shall be deemed in violation of the rule against recruitment for directly or indirectly supporting

or sanctioning recruitment if a representative or agent of the school, or any individual or group associated with the athletic programs of that school, approaches a student athlete in another school, apart from a publicized meeting for all prospective students in that school, and directly or indirectly attempts to persuade or induce a student athlete to enroll in his/her school. A school may also violate this rule by failing to take adequate steps to control recruitment by third parties.

vi. Age Rule

1. A student who competes in any VPA sanctioned activity must be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after August 1 is eligible for all activities in the ensuing school year. Students who have attained the age of nineteen (19) prior to August 1 shall be ineligible for all VPA sanctioned activities.

vii. Diplomas

1. Students are ineligible if they have graduated from any course of study in a secondary school comparable to the Vermont system. The initial determination of whether the secondary school is comparable shall be made by the school's principal. If there is a question concerning the eligibility of a student under this rule, the Assoc. Executive Director of the VPA (or his/her designee) may review the principal's determination. Determining whether a secondary school is comparable, the principal, Assoc. Executive Director, Activity Standards Committee and the Board of Appeals shall give consideration to the

normal number of years of the primary and secondary school program; the length of the school day and year; the curriculum; whether graduation makes the student eligible for post secondary education; and any other relevant information. If the total length of the normal primary and secondary program for the school system in question is less than twelve years, then the secondary school may be deemed less than comparable. Waivers of this eligibility rule may also be granted in accordance with these bylaws.

viii. Length of High School Eligibility

1. Students have four (4) consecutive years or eight (8) consecutive semesters of eligibility for participation in school activities. Attendance of thirty (30) school days of any semester shall be regarded as a semester. Attendance is defined as being included in the official roll and attendance records of the school and not physical presence in the class. A student that is enrolled for his/her eighth and final semester of eligibility, during the fall-winter term, may complete the winter sports season as long as he/she is an eligible student and has not graduated.

ix. Years of Participation in the Same Sport 1. No student may participate in the same sport for more than four seasons.

x. Amateur Status Rulings and Comments Students are ineligible if they have lost their amateur standing under any of these qualifications.

1. They have received remuneration, gifts or donations directly or indirectly for participation in an athletic contest or as a prize for being outstanding players.

2. They have participated under an assumed name.

3. They have competed on a team on which some player was paid for his participation.

4. They have entered into a playing contract with a professional club or agent.

5. Reference to "gifts or donations" is not intended to preclude the acceptance of playing apparel and equipment that is provided by a sponsoring organization.

6. Students who lose amateur status in one sport do not lose it in other sports.
7. Students who become members of a ski patrol will not jeopardize their amateur standing.
8. Amateurs or a team of amateurs may participate against a team of professionals. Amateurs may not participate on a professional team, or on a team where members of the team are receiving remuneration for their athletic services.
9. High school students should be advised to exercise great caution in participating in any athletic activity where there are cash prizes. Youngsters should be extremely careful in participating in adult bowling leagues where there are cash prizes. These rulings are made with two thoughts in mind:
Maintaining an amateur status while participating in interscholastic activities.
Protecting future athletic eligibility for activities after completion of high school.

xi. Attendance at Sports Skills Instructional Programs

1. For purposes of this policy, an All Star contest is defined to be on in which the participants are selected based upon their performance as a member of VPA sanctioned school athletic activity. This definition does not include Babe Ruth, American Legion, summer soccer, basketball, CYO or Shrine Football.
2. The VPA does not sanction or approve of All Star contests. Students who participate in an All Star contest will lose their VPA eligibility to participate in that same sport at their high school for the succeeding season. The only exception to this policy is when the All Star contest is directly related to the activities of the U.S. Olympic Committee.
3. Students who, during the regular school day, attend specialized schools or programs where the primary purpose of this instruction or program is to enhance skills in specific sports and/or activities, during the time of established VPA seasons in that particular activity, will not be permitted to participate with their home school in that activity.
4. Students who have matriculated in a post-secondary academic program that grants degrees, certificates or diplomas shall be ineligible.

a. Penalties

i. Enforcement of Rules by Schools

1. Schools. Schools are expected to comport with and enforce the eligibility standards as set out in the VPA bylaws and policies.
2. Violations of the eligibility standards by schools shall result in one or more of the following penalties:
 - (1) A warning in writing to the principal.
 - (2) Forfeiture of game will result
 - (3) Prohibition from postseason competition or state wide non athletic activity
 - (4) Suspension or exclusion of institutional membership in the VPA.

ii. Violation of Eligibility Standards

1. A student who has violated one of the eligibility rules becomes immediately ineligible. This includes: academic eligibility (sections (a), (e), (f), (g), (l) transfer or amateur status (section (k)); or enrollment in a specialized school/program where the primary purpose is to enhance athletic skills in a particular sport, resulting in ineligibility for that sport (section (l)). becomes ineligible immediately.

iii. Violation of Eligibility Standards, Article II 1. Violations of VPA Standards of Eligibility, Article II, will result in automatic forfeitures, by the school, of any competitions in which the students have participated.

iv. Tournament Play - ineligibility

1. If a player or team in any VPA-sponsored tournament or championship is found to be ineligible following any rules in Article III, the Executive Director (or his/her designee), in consultation with the VPA Activities Standards Committee representative(s) and member(s) of the sport/activity committee in question, will make an ad hoc decision in consideration of the best interests of the tournament and the VPA membership as a whole.
2. In cases where a team is declared ineligible at any level of the tournament and therefore disqualified from further competition, the ad hoc committee will correct the error at the lowest level of the tournament possible without causing a disruption of the tournament timelines. For example: When a team is

disqualified from a tournament and it is impossible to correct the problem at its origin since it will disrupt the flow of the tournament for other teams, the problem is corrected at the next possible level by allowing the team defeated by the ineligible team to assume the position of the disqualified team and continue the tournament competition at that level.

3. The decision made will aim to be the most reasonable and fair for all concerned while producing the least interruption of tournament structure and tournament timelines, maintaining all previously agreed to contractual commitments for facilities and personnel and promoting fair and equitable enforcement of tournament and VPA bylaws and rules.

VPA NON-SCHOOL COMPETITION POLICY

A member of a school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition shall be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless permission has been granted by the school. It is expressly understood that permission shall not be granted on a regular basis.