

Guide to Athletics

For Student-Athletes and Parents



Algonquin Regional High School

Serving the communities of Northborough & Southborough

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Northborough, Massachusetts 01532
508-351-7010 Updated May 2023*

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Welcome to Algonquin Regional High School Athletics

We believe the following information will help answer many of your questions regarding interscholastic athletics at Algonquin. This booklet contains information regarding policies, practices, and regulations that govern the athletic program at Algonquin Regional High School.

Please keep this booklet and refer to it whenever you have a question regarding your child's athletic experience. If you feel that your questions or concerns are not answered in this booklet, contact your child's coach or call the school's athletic director's office at 508-351-7010 x 1022 and leave a message for the athletic director via voice mail. Additionally, please visit the Algonquin Regional High School Athletics [webpage](#) for additional information. Please do not let your questions go unanswered.

Vision

To provide learning experiences through athletics that will enable our students to be better prepared to meet and successfully handle future challenges and responsibilities.

Philosophy

The Interscholastic Athletic Program at Algonquin Regional High School is committed to the Mission Statement of the Northborough-Southborough Regional School District.

The Mission of the Public Schools of Northborough and Southborough is to provide an exceptional educational experience for every student in a safe environment.

The programs at Algonquin are built upon Algonquin as a community of learners sharing the core values of active participation, shared decision-making, respect for diversity, and dignity and respect for the individual. We believe all people learn best when actively engaged. Our curricula and extracurricular programs help students develop strengths and overcome weaknesses while fostering self-esteem. We seek to promote students' responsibility for themselves and concern for others and to provide athletic experiences that encourage respect for individual differences. The athletic program is an extension of the academic program in that the student's reason for attending school is to receive a comprehensive education; therefore, the purpose of the athletic program is to extend the academic program by developing our athletes mentally, physically, and emotionally through individual and team competition.

Objectives

Due to the infinite number of individual differences in abilities and interests, the athletic program is comprehensive. All students who show an interest in the program will be encouraged to participate. The emphasis at each level is:

- Varsity: Highly Competitive/Instructional
- Junior Varsity One (JV1): Competitive/Instructional
- Junior Varsity Two (JV2): Instructional/Competitive

At the varsity level, the coach will use sound judgment in deciding who should participate in game situations. At the JVI and JV2 levels, team members' game participation is mandatory, as we seek to develop all athletes to their fullest potential and to provide opportunities for them to test their skills through interscholastic competition.

In accordance with the philosophy, the athletic department's major objectives are:

- To foster, through teamwork, a positive attitude toward life;
- To encourage winning, but not winning at all costs;
- To encourage respect for the rights and abilities of others;
- To improve skills and confidence;
- To encourage communication with the team and individual athletes;
- To develop character, team spirit, sportsmanship, and a sense of fair play.

Our program is committed to all our student-athletes in funding, scheduling, equipment, and support. No athlete will be excluded or discriminated against on the basis of sex, gender, race, color, religion, sexual orientation, national origin, or disability. Our program's direction and effort should be viewed as an investment in our students, the dividends of which are to be shared by all.

Governing Bodies

The Massachusetts Interscholastic Athletic Association

Algonquin is a member in good standing of the MIAA. With membership, the principal and athletic department agree to abide by all rules and regulations of the MIAA. One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When varsity teams qualify for and enter such tournaments, we are subject to specific rules and regulations that govern each tournament, as set by the MIAA. The MIAA does not sponsor or sanction any sub-varsity tournament competition

Information about MIAA and the rules our student-athletes must abide by can be found at www.miaa.net.

Midland-Wachusett League

Algonquin Regional High School is proud to be a member of the Midland-Wachusett Interscholastic League. The Midland-Wachusett League is governed by its constitution and the MIAA.

Algonquin School Committee

The Algonquin School Committee and the principal set additional policies, regulations, and rules. Under MIAA guidelines, local communities are allowed to set additional policies, rules, and/or regulations as long as they are more restrictive than those stipulated by the MIAA.

PARTICIPATION PREREQUISITES

Physical Exams & Registration

All students who plan to participate in athletics must have a current physical on file at the school. Physical exams are required every 13 months to the date of the exam. When a physical expires, the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the athletic department.

Registration must be completed online by a parent or guardian. You may register for a sport by going to the school webpage and then to the Athletics page, or by using this link to [ARHS Athletics](#), and then following the instructions provided.

Student-athletes must register for each season: fall, winter, and spring. No student may participate in any tryout/practice/contest without a valid physical on file and a completed online registration.

Athletic Fees

Upon making a team the student is obligated to pay a \$200 per season athletic fee. There is a \$900 family cap for the year. A family may apply for a waiver for financial hardship, granted upon approval of the athletic director in conjunction with the guidance department. The athletic fee does in no way relate to playing time. Please see the [Athletics Webpage](#) for more information.

Academic Eligibility (MIAA Rule 51& 58)

Algonquin Regional High School student-athletes must attain a passing grade in four (4) major courses in order to remain eligible to participate. Major courses are those equivalent to traditional, year-long courses such as English, and are defined by the MIAA as those that meet five times per week.

Fall sports participation is based upon passing four (4) or more major courses in the first and second semester of the previous year. Incoming freshmen are automatically eligible.

Winter season eligibility is based upon earning a passing grade in four (4) or more major courses during the first marking period. Continuation of winter participation and eligibility to try out for spring sports is based on the same rules for the second marking term, which ends during the winter season.

Spring participation follows the rules for the end of the third marking term.

If a student-athlete becomes ineligible to participate, the parents/guardians of the athlete(s) will be informed by the school administration.

Summer School Credits

Summer school grades and credits may count toward fall participation if they represent make-up work and review courses. Must be in good academic standing prior to the fall season.

TEAM INFORMATION

COACHES' RESPONSIBILITIES AND EXPECTATIONS

Athletics is a vital component of high school life for many students. Its effects stretch beyond the students to the families, staff, district, and community. Algonquin Regional High School takes immense pride in the athletic efforts and accomplishments of its student body. The coaches who direct the athletic activities and who interact most closely with the student-athletes play a key role in shaping our student-athletes, and by association, the culture of our school. The coaches' actions, decisions, and leadership styles help determine whether the athletic program has a positive or negative impact, whether it bolsters or undermines the district's mission, and whether it enhances or hinders a student's growth. Parents and/or guardians entrust their children to the guidance of the coaches. Parents/guardians have the right to expect that all coaches have our students' best interests at heart and that the coaches' decisions place our students' welfare above any emphasis on competition or winning.

Coaches Responsibilities

To players on the team

- The main reason for having athletic teams within the school is to help provide opportunities for young men and women to develop their respective capabilities to the fullest. Development of positive attitudes is an important means of accomplishing that aim. Coaches must promote and teach only clean, aggressive, and fair play, while stressing good sportsmanship at all times. Coaches are required to be the leader and set an example.
- The coach is required to be fair and unprejudiced with players, considering their individual differences, needs, interest, temperaments, aptitudes, and environments.
- The safety and welfare of players should always be uppermost in the coaches' mind.

To the school district

- Actions and statements should always reflect respect for the Northborough-Southborough Regional School District. Much can be done by coaches to maintain a high level of success.

To the school

- Coaches owe their school honest efforts and loyalty at all times, constantly striving for excellence in all areas of the school.
- To be effective, coaches must be respected. To be respected, good personal habits and a neat appearance are important, but most important are the examples set by the coach. Being respected is much more important than being well-liked. Coaches will treat the faculty, players, and the student body in general with honor and respect. Firm, fair, and consistent discipline will be maintained.
- The work of the coaches must be an integral part of the educational program of the school. Coaches should show mastery of the principles of education and consistent improvement in teaching and coaching.
- Coaches should give support to all endorsed school activities.
- At every opportunity, coaches should urge the student body to be polite, courteous, and fair to the visiting team.

Coaches Expectations

1. Rapport

Coaches must be able to develop a good rapport with any number of individuals and groups-team personnel, the student body, the professional staff (faculty, administration, maintenance, etc.), the community as a whole, spectators, officials, fellow coaches, media representatives, and the parents of players.

2. Cooperation

The district expects maximum cooperation among all individuals associated in any way with the comprehensive program. Coaches must work hand in hand with the athletic director, the principal, and other staff members including sharing of resources.

3. Leadership

Diligence, enthusiasm, honesty, and a love for the game are all part of the professional pride that should be exhibited by coaches. Personal appearance, dress, and physical condition all should be exemplary. Coaches' should dress appropriately for practice. Also, coaches' are to follow practice schedules, and building positive attitudes are very important.

4. Discipline

Every facet of discipline is the responsibility of the coaches who become role models of all that a program represents: observation of school codes, training rules, rules of the game, ideals of good sportsmanship, the behavior of participants throughout the season (at home and away), and the conduct of the crowd (especially the student body). Desire to do well, to win well, and to lose well, all should be emphasized. Staff, players, and spectators should be motivated toward established goals.

5. Improvement

A coach must constantly take advantage of opportunities presented for self-improvement. Attendance at district meetings, rules, clinics, special workshops, and clinics in specific fields and similar in-service training programs is a must. Membership should be maintained in professional organizations, coaches' associations,

and similar groups whose programs are geared towards greater achievement and fuller performance.

6. Coaching Techniques

- a) Use sound and acceptable teaching practices;
- b) Run well-organized practices;
- c) Complete pre-season planning well in advance of starting date;
- d) Adhere to highly efficient and technically sound programs of injury prevention; When injuries do occur, follow a prescribed routine and maintain good communication with the patient, athletic trainer, doctor, and parent;
- e) Construct a well-organized game plan;
- f) Develop a sound system for equipment accountability, including seasonal inventory, repair, reconditioning, and replacement. All purchases will be accomplished through the allocated budget;
- g) Keep assistant coaches, student managers, and statisticians well-informed as to what is expected;
- h) Cooperate fully with maintenance staff, transportation people, and others similarly involved in the overall program.

[Coaches Education Courses](#)

Philosophy

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while in the Northborough/Southborough School System, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Obviously factors including but not limited to time, space, facilities, equipment, and personal preference will place limitations on the most effective team size for any particular sport. However, when developing policy in this regard, coaches strive to maximize the opportunities for our students without diluting the quality of the program.

Tryouts are open to all students, providing they are in good standing academically and meet the aforementioned prerequisites. Participation in the program is a privilege, which students can earn by maintaining these standards.

Selection Policies

Choosing the members of the athletic teams is the sole responsibility of the coaches of those teams.

Sub-varsity coaches shall take into consideration the policies as established by the head coach in that particular program when selecting the final team rosters.

Prior to trying out, the coach shall provide the following information to all candidates and their parents/guardians at the preseason meeting and/or required seasonal sports nights:

- Extent of try-out periods;
- Criteria used to select the team;
- Practice commitments;
- Game commitments.

It is imperative that coaches meet with each candidate to discuss their potential role on the team.

Communication is essential and must exist between the coach and the athlete throughout the course of the season.

When a team cut becomes a necessity, the process will include the following elements:

- Coaches will discuss alternative possibilities for participation, such as scorekeeper, statistician, or team manager;
- Coaches will provide information regarding participation on other teams that did not make cuts;
- Coaches will provide an opportunity for individual meetings to discuss their reason for the action.

Tryout Dates

- Fall Season: varies pending the start of school, Labor Day, and the sport.
- Winter Season: begins the Monday immediately following the Thanksgiving Break.
- Spring Season: begins the third Monday in March.

Team Rules and Regulations

At the start of each season a coach, with approval from the athletic director, may issue a set of team rules and regulations to his/her team. It is suggested that these be in written form and passed out to the athletes and their parents at a preseason meeting.

Team Attendance

It is extremely important that a coach be notified if a student is not going to be present at a practice or a game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present at all team-related activities. Suspension or dismissal from a team may take place as a result of such absences.

Students are excused from team activities for illness, injury, academic, family emergencies, or religious reasons. Prior notification is strongly recommended and expected. It is also expected that all student-athletes will participate in their physical education classes. If a student-athlete is unable to participate in physical education due to illness or injury, they are not eligible to participate in athletics on that given day or days.

Commitment

When trying out for a team and after being selected to be a member of a team, Algonquin Regional High School students are expected to attend all practices and games of that team. Weekend practice sessions vary by sport and should be expected. Teams practice and compete during school vacation periods.

Interscholastic athletics demands much more commitment than a club or recreational activity. Students and parents should be aware of the time commitment and plan to meet expectations prior to trying out for the team.

School/Family Vacations, Extended Absences

Every team member is expected to be present for all team practices and games. Because of scheduling parameters, many of our teams practice and/or play during scheduled vacations. Students aware of planned extended absences should discuss this situation with the coach prior to trying out for the team. The coach's discretion will be used in determining the consequences for such extended absences.

School Attendance and Tardiness

Algonquin students are reminded at the beginning of each year of several requirements, including but not limited to:

- Coming to school every day;
- Being on time for school and class;
- Doing your homework;
- Attending all classes;
- Seeking academic assistance when necessary.

The abuse of any of these requirements could result in suspension or dismissal from an athletic team. Students are expected to attend all scheduled periods during the school day in order to practice or play. Students must be in attendance prior to 10:36 a.m. and in attendance for the equivalent of half a school day in order to be eligible to participate in any athletic event on that day. Under extenuating circumstances, athletes may receive permission from the athletic director to participate.

Playing Time

Perhaps the most emotional part of a student-athlete's involvement in high school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding. Factors such as attendance, attitude, commitment, and athletic skill enter into the decision.

At the sub-varsity level, playing time for all team members unless injured, ill, or not attending practice, is mandatory. At the JV2 level, the emphasis is instructional/competitive. At the JV1 level, the emphasis is competitive/instructional, and at the varsity level, the emphasis is competitive/instructional.

Varsity Teams

At the varsity level, we look for our teams to compete against opponents at the highest possible level. The varsity level is the highest level of interscholastic competition, and players, coaches, parents, and staff members want Algonquin Regional High School's varsity teams to be successful on the field of play. As long as the score is being kept, Algonquin Regional High School should attempt to win as many games as possible. In order to accomplish this, equal playing time is not guaranteed; coaches will select the most competitive, skilled team members.

Team Captains

It is the coach's decision as to how team captains are selected. They may be elected by the team, appointed by the coach, or elected or appointed on a game-by-game basis. It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach.

Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. They may be asked to meet with the athletic director during the school year to discuss the athletic program. Additionally, captains of a team may be relieved of their duties for violation of team or school rules.

Team Apparel

The athletic department will provide the necessary equipment and uniforms, within budgetary limits, for each team member. Mouthguards are highly recommended for all athletes.

Some teams choose to purchase additional team apparel such as hats, T-shirts, jackets, or warm-ups in order to promote team spirit. All such orders, including slogans, require advanced approval by the athletic director.

Boosters Club

The Algonquin Athletic Boosters Club is comprised of parents who are interested in supporting the sports teams of the school. Over the years, the Athletic Boosters Club has evolved into a significant support system for athletic programs at Algonquin. The Boosters Club provides both physical and monetary support for these activities. A parent or coach may represent each team as a part of the Boosters Club; this representative is responsible for communicating the needs and updates regarding that team. Team fundraising is organized through the Boosters and may be conducted by team players during the season.

For more information please visit: [ARHS BOOSTERS](#)

ALGONQUIN REQUIREMENTS

School Discipline Processes

Student-athletes at Algonquin Regional High School are representing themselves, their family, team, school, and community at all times. Therefore, athletes will be held accountable for their actions on and off the field of play.

A student-athlete with a school disciplinary obligation must fulfill the disciplinary obligation before reporting to a practice and/or game. Student-athletes cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The athletic department reserves the right to remove a student-athlete from a team for excessive disciplinary problems. The student-athlete may be reinstated upon sufficient evidence of improvement.

All coaches are to use their discretion but should remain within the following guidelines in handling problems involving their athletes. There should be a cooperative effort between the coach, athletic director, and school administration if the situation deems it necessary. When disciplinary action must be taken, the priority will be to act in the best interest of the athlete(s) involved, while maintaining the integrity of the athletic program's philosophy and objectives.

Examples of Offenses Calling for Suspension may include but are not limited to:

- Failure to remain academically eligible or violation of school rules;
- Violation of chemical health rules or MIAA rules;
- Unexcused absence from practice or game;
- Conduct unbecoming an athlete representative of Algonquin Regional High School.

Examples of Offenses Calling for Expulsion may include but are not limited to:

- The accumulation of repeated suspensions during the school year;
- Theft and/or Malicious destruction of another's property;
- Hazing;
- MIAA mandated expulsion;
- Conduct unbecoming an athlete representative of Algonquin Regional High School.

No expulsion will occur until the parent/guardian of the athlete(s) has been informed by the school administration.

Any athlete expelled from or leaving the squad for any reason before the completion of the season will not be eligible for any individual or team awards.

Right to Appeal Disciplinary Action

- The athlete has the right to appeal the disciplinary action, whether it is suspension or expulsion. It is important that due process be as expedient as possible.
- The athlete is to first appeal to the coach and try to resolve the problem at that level.
- If the coach and athlete cannot resolve the problem, the matter is to be presented to the athletic director.
- Should the problem remain unresolved, the matter should be presented to the principal.
- If at this level the problem is still not resolved, the principal will notify the parent/guardian of the athlete.
- After notification by the principal, the parent/guardian may request a meeting in writing with the principal, athletic director, and coach.

Locker Room and Facilities

Student-athletes are expected to respect the locker room, facilities and general areas of the athletic wing. We expect our student-athletes to take pride in the facilities by disposing of trash in the proper receptacles and keeping the locker room clean and in good condition.

Rules for Athletes:

- Roughhousing and throwing towels or other objects is not allowed in the locker room;
- Hazing of other players is not allowed;
- All showers must be turned off after showering. The last person to leave the shower room is expected to check all showers;
- No one except coaches and assigned players are allowed in the team room;
- No glass containers are permitted in the locker rooms;
- All spikes or cleated shoes must be put on and taken off outside of the school building. No metal or hard plastic spikes or cleats are ever allowed in any part of the school building;
- Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sport season;
- Athletes may use the telephone in the locker room offices to call home upon permission of a coach; however, all athletes should make prior arrangements for transportation home at the end of their scheduled practice time or contest.

Security of Personal Belongings

All personal belongings are to be locked in a locker while the student-athlete is trying out, practicing, or playing. All students are strongly encouraged to purchase a lock for their athletic lockers and should never leave their locker unlocked or open while unattended. In the event student-athletes do not have a lock, they should take their belongings with them. All lost or stolen items are not the responsibility of the school.

Care of Equipment

Students have an obligation and responsibility for all equipment issued to them. Each student is responsible for the proper care and retention of the equipment from the date of issue to the date of return. Equipment should be stored in a locked locker at all times when not in use. Experience has shown that most losses are due to lockers left open, unlocked, or equipment left unattended.

If students lose school equipment or fail to return the same, they are responsible to meet the current replacement cost of the equipment. Payment is required prior to the student-athlete's next season of athletic involvement, or before graduation, whichever comes first. No student will be allowed to try out for another sport until all outstanding equipment has been returned or the balance paid. All unpaid fees and outstanding balances become obligations for graduation.

If an athlete leaves a team during the season due to injury, academics, discipline, or quitting, it is the responsibility of the athlete to return all school equipment immediately.

Weight Room

Strength training is not only a supplement to athletic programs, but also a highly skilled activity itself, and there are rules for using Algonquin Regional High School's weight room.

Weight Room Rules:

- No student is to be in the weight room without teacher/coach/adult supervision;
- Shirts and shoes are required at all time;
- Lifters must work with a partner;
- Replace all weights on racks immediately following use;
- Work with the supervisor in determining your limits;
- Use and treat equipment properly;
- Clean the equipment following use.

Transportation

Algonquin provides bus transportation to most away contests. All team members are expected to travel to and from their contests using school-provided transportation.

Should an extenuating circumstance arise, permission for private transportation by a parent may be requested in writing prior to the athletic contest. Approval of requests is at the athletic director's, or his/her designee's, discretion.

The expectation is that parents will be punctual when arriving to pick up their child at the completion of a contest (home and away) or a practice session.

Athletic Council

The Athletic Council is a student organization designed to involve student-athletes in the daily routine of the athletic department. Promoting school spirit, investigating interest in the formation of new teams, providing school services, community service, leadership training, founding a Hall of Fame, and initiating new policies and procedures are but a few of the tasks the Council undertakes. All student-athletes are encouraged to be a vital part of this organization and should reach out to the athletic director to become involved.

SAFETY

AED Locations

An Automated External Defibrillator (AED) is located across from the Health Office near the gymnasiums at the junction of the B and C corridors, at the end of H100 next to the cafeteria outside on the playing fields by the restroom facilities, and in the Athletic Trainer's office or on him/her when on the athletic field.

Emergency Action Plans

Emergency Action plans (EAP) are in place for our athletic programs to follow. Every coach has been issued a copy of the (EAP). Each plan is specific for the Dick Walsh Athletic Field, Gymnasiums A/B, and Gymnasium C/Wrestling Room.

Calling Emergency 911:

Callers should follow the script on the EAP. A summary of the information you should provide is below.

- Identify self by name;
- State you are at Algonquin Regional High School 79 Bartlett Street Northborough;
- State that a player has been seriously injured;
- Tell them the building/grounds location (gym, field, etc.) of the injured player;
- Explain where the closest entrance is to the location of the injured player;
- Tell them that a student/coach will be at the proper entrance to direct them;
- Explain what type of care the athletic trainer/coach is providing.

Emergency Response Plan Summary:

1. Athletes should be seated;
2. No practice or scrimmage unless supervised by a competent coach ;
3. Team Members may be asked to direct EMS in from the parking lot and gate entrance; Send student to stand at the closet entrance (detailed on EAP).

Safety Links

- [Concussion/ImPACT](#) - The Northborough-Southborough Regional School District is pleased to offer a neurocognitive online assessment tool that helps licensed healthcare providers evaluate and manage concussions. The test is offered (free of charge) to all students who participate in interscholastic athletics at Algonquin Regional High. ImPACT testing is mandatory for students in grades 9 to 12 who participate in an extracurricular athletic activity, in advance of their first season of participation and every two years thereafter.
- **Participation Requirements for Students and Parents**
All students who plan to participate in extracurricular athletic activities and their parents/guardians must fulfill the following pre-participation requirements regarding head injuries and concussions:
 - Complete a DPH-approved training regarding head injuries and concussions in extracurricular athletic activities, and provide the school with a certification of completion for any DPH-approved online course or a signed acknowledgment that they have read and understand DPH-approved written materials unless they have attended a school-sponsored training at which attendance is recorded.
 - Before the start of every sports season, the student and parent/guardian must complete and submit the [DPH Pre-Participation Head Injury/Concussion Reporting Form For Extracurricular Activities \(Pre-Participation Form\)](#) or district equivalent.
 - ImPACT testing is mandatory for students in grades 9 to 12 who participate in an extracurricular athletic activity, in advance of their first season of participation and every two years thereafter. At the high school level, prior to the start of every sports season, ImPACT Baseline Screening will be offered.

- [Heat Illness Prevention](#)

Athletic Injuries

Injuries to athletes will occur in interscholastic athletics at all levels regardless of the amount of precautions taken, such as safe playing conditions, proper coaching techniques, the best safety equipment, and the required warnings of injury.

The athletic trainer, when present*, will have the responsibility of administering all athletic injuries and making the proper recommendations. In the event the athletic trainer is not present, the coach in charge of the activity is to assume responsibility. All coaches are required to be First Aid and CPR/AED-use certified.

****An Athletic trainer is not mandated to attend all away games and/or every home event for all levels of participation at Algonquin Regional High School.***

Concussion Protocol

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate healthcare professional.

On-site or at away contests, during a game or practice, the decision will be made by the individual designated to oversee the event. In most cases, this will be the athletic trainer, but could be an EMT, team doctor, or the head coach pending circumstances.

If a student-athlete is removed from the game, evaluated, and allowed to return to play, no follow-up procedure is required.

If a student-athlete is removed from the game, evaluated, and not allowed to return to play, the following procedure must take place before the individual involved can return to play:

- The student-athletes' parents/guardians will be notified;
- The student-athletes' must see their primary care physicians;
- The student-athletes' must have a signed note from the primary care physician stating their condition and recommendations for return to participation;
- The student-athletes must receive final clearance for participation from the athletic trainer at Algonquin Regional High School.

In addition, student-athletes understand and are aware that:

- It is their responsibility to report all injuries and illnesses to the athletic trainer;
- They are responsible for reading and understanding the Concussion Protocol and taking the online educational course prior to participating in their sport.

After taking the concussion course, the student-athletes are aware of the following:

- A concussion is a brain injury, which the student-athlete is responsible for reporting to the athletic trainer;
- A concussion can affect a student-athlete's ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance;
- A person cannot see a concussion, but a student-athlete might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury;
- If student-athletes suspect a teammate has a concussion, they are responsible for reporting the injury to the athletic trainer;
- Student-athletes will not return to play in a game or practice if they have received a blow to the head or body that results in concussion-related symptoms;
- Following concussion the brain needs time to heal. Student-athletes are more likely to have a repeat concussion if they return to play before symptoms resolve.

Accident/Injury Report Procedures

The athletic trainer/coach will complete an Athletic Injury Report form immediately for all athletic injuries or accidents that involve any student under their control during practice, contest, or while traveling to or from a contest.

The form should be turned in to the nurse, athletic trainer, and the athletic director's office the following morning; the coach and athletic trainer need to retain copies.

Requests for Accident/Injury Reports

Any request to view an accident report must be made through the Northborough-Southborough Regional School District Central Office: 508-486-5115.

Insurance

Should parents/guardians need information regarding supplemental insurance forms or further information regarding insurance coverage following a student-athlete's injury, please call the Northborough-Southborough Regional School District Central Office: 508-486-5115.

Return to Participation

Student-athletes that are injured (concussions, broken bones, ligament sprains, muscle strains, dislocations) can only return to play when authorized by designated personnel, which includes the student-athlete's PCP, orthopedic surgeon, and the school's certified athletic trainer.

COMMUNICATION

Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to all children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication Expected from Coaches:

- Philosophy of the Coach;
- Expectations the coach has for your child as well as all the players on the squad;
- Locations and times of all practices and contests;
- Team requirements, i.e. practices, special equipment, out-of-season conditioning;
- The procedure followed should your child be injured during participation;
- Discipline that may result in the denial of your child's participation.

Communication Expected from Parents:

- Concerns expressed directly to the coach;
- Notification of any scheduled conflicts well in advance;
- Specific concerns with regard to a coach's philosophy and/or expectations.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically;
- Ways to help your child improve;
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches take their profession seriously. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches:

- Team selection;
- Playing time;
- Team strategy;
- Other student-athletes.

Parent/Coach Conferences:

There are situations that may require a conference between the coach and the parent. This should occur only after the student-athlete has met with the coach to discuss his/her concerns and were not able to resolve the situation. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Call the athletic department (508-351-7010 x1021) to set up an appointment.
2. If the coach cannot be reached, speak to the athletic director. A return call from the coach will be arranged, or a meeting set up for you.
3. Do not call a coach at home, unless the coach has made his/her home phone available to parents and athletes and has expressly given permission. A coach's time with family is severely limited during the season. The family's privacy should be respected.
4. Do not attempt to confront a coach before or after a practice or contest. These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.

If the meeting does not provide a satisfactory resolution, please follow this protocol:

1. Call and set up an appointment with the athletic director;
2. The athletic director will listen carefully to your concerns and mediate resolution between you and the coach.

College/Career Guidance

One of the most important decisions facing high school student-athletes is what to do with their lives after high school. The members of the Algonquin Regional High School athletic staff are willing and eager to assist student-athletes with this very important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send video tapes if available, and write letters of recommendation. They may also be able to guide students to a more knowledgeable resource that can help with decisions. If a student-athlete's goal is to compete athletically at the collegiate level it is very important to be aware of the ever-changing NCAA regulations.

All students seeking a recommendation from their coach to participate at the collegiate level must fill out the athletic department's Consent to Release Information third-party form and return it to their respective coach.

Our Guidance Department has and is a wealth of information on NCAA regulations. They also have copies of the NCAA Clearinghouse Registration Forms, which must be completed by all student-athletes planning to participate at the college level.

MIAA RULES

Hazing

Massachusetts General Laws – Chapter 269

C. 269, S.17, Crime of Hazing: Definition: Penalty

Whoever is the principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug, or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extend deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St. 1985, c.536; amended by St. 1987, c.665.

C. 269, S.18. Duty to Report Hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime, shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such a crime shall be punished by a fine of not more than one thousand dollars. Added by St. 1985, c.536; amended by St. 1987, c.665.

C. 269, S.19. Hazing Statutes to Be Provided: Statement of Compliance and Discipline Policy Required

Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team, or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighth; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated-student groups, teams or organizations.

Each such group, team, or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges, or applicants for membership. It shall be the duty of each such group, team, or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team, or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full-time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams, or

organizations and to notify each full-time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing and that such policy has been set forth with an appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents and, in the case of secondary institution, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution, which fails to make such report. Added by St.1985, c.536; amended by St.1987, c.665.

Sportsmanship/Taunting (MIAA Rules 48 & 49)

Students, coaches, and spectators can be ejected or suspended from a contest(s) for taunting, intending to injure another player, fighting, or other unsportsmanlike conduct.

Algonquin Regional High School expects all parties at all contests to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat opponents, game officials, and visiting spectators with respect. They are guests at our school and are to be treated like guests.

The MIAA reserves the right to “warn, censure, place on probation, or suspend for up to one calendar year any player, team, coach, game or school officials, or school determined to be acting in a manner contrary to the standards of good sportsmanship.” Algonquin, in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco (MIAA Rule 62)

From the earliest fall practice date to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAP pens, and all similar devices); vaping of any type and related paraphernalia; marijuana (including synthetic) any related paraphernalia; steroids (including any and all performance-enhancing drugs); or any controlled substance. This policy includes products such as “NA or near beer”, inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one's mental state.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

Minimum Penalties:

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. 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 and subsequent violations: 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 60% of all interscholastic contests in that sport. 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 violation, 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. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

Age (MIAA Rules 59 & 60)

A student must be less than 19 years of age on September 1 of the current school year.

MIAA Loyalty to High School Team Rule (MIAA Rule 45)

Under the current MIAA guidelines, a student may practice or compete for his/her school team and a club team on the same day. Athletes must remain loyal to their high school team first and foremost. A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, and competitions).

Loyalty to the High School Team: Bona Fide Team Members (MIAA Rule 45)

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, and competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs. Saturday and Sunday practices ONLY may be excluded from this rule and no waiver is required.

MIAA Position on Out-Of-Season Activities (MIAA Rule 40 & 41)

The MIAA's position on out-of-season activity is simple. Student-athletes may do whatever they and their parents chose during the academic school year when they are not participating in interscholastic athletics during a specific high school sports season. In addition, high school coaches are not to have direct influence over those decisions. The spirit of MIAA Out-of-Season Rules 40 and 41 is probably more important than the letter of the rules. The fundamental concept of these standards is fairness. All student-athletes and their families across the state should feel free to make choices about the use of their out-of-season time, without the fear of being placed at a disadvantage within their local school athletic program or in eventual in-season competition against high school opponents.

It is the MIAA position that fairness to the student-athletes in competing schools can only be ensured if *all* coaches and *all* school administrators are in compliance with the stipulations of these rules. **Captain's practices** are not in any way sanctioned, encouraged, or recognized in any sport by the MIAA or Algonquin Regional High School.

Message to Athletes

To all of the fine young student-athletes representing Algonquin Athletics, congratulations! You have just joined one of the finest athletic programs in the state. We are very proud of the tradition and accomplishments of our athletes, both as individuals and teams, as well as on and off the field of play. We ask that you represent yourselves, your team, your school, and your community with pride and respect at all times.

