

Washington Academy



Athletic Handbook



To the Parent/Guardian:

This material is presented to you because your child has indicated a desire to participate in interscholastic activities. Washington Academy believes that participation in sports and other interscholastic activities offer a wealth of opportunities and experiences which will assist students in personal growth and development.

A student who elects to participate in the interscholastic program is voluntarily making a choice of self-discipline. These are the reasons we place such stress on good training habits. This concept of self-discipline is tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity. We are striving to provide your student-athlete with the most rewarding experience possible.

When your child enlists in one of our interscholastic programs, they will receive a commitment from our staff for the following:

1. To provide adequate equipment and facilities
2. To provide as well-trained coaches as possible
3. To provide full schedules with qualified officials as directed by the Maine Principals Association.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this publication for students and parents.

To the Student Participant:

Being a member of a WA interscholastic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great competitive tradition is not built overnight; it takes hard work from many people over many years. As a member of an interscholastic team, you will be faced with the task of maintaining an already successful tradition or the task of establishing a successful tradition.

It is not easy to build a great tradition in interscholastic competition in either athletics or academic activities. When you represent your school, we assume that you not only understand our goals and traditions, but you also are willing to assume the responsibilities that go with them. It is our hope that the contributions you make will be satisfying accomplishments for you and your family.

RESPONSIBILITIES

Responsibilities to yourself: The most important of these responsibilities is to broaden your strength of character. You owe it to yourself to get the greatest possible benefits from your high school.

Responsibilities to your school: Another responsibility that you assume as a participant is to your school. Your school cannot build or maintain a position as an outstanding school unless you do your best in whatever activity you wish to engage in. By participating in interscholastic competitions to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role if you are on an interscholastic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the local community, and other communities judge our school by your conduct and attitudes, both in and out of school. Because of your leadership role, you can contribute greatly to school spirit and community pride. Make your school and your community proud of your faithful exemplification of these ideals.

Responsibilities to others: As a team member you bear a heavy responsibility to your home. You should never give your family anything to be ashamed of. When you know in your heart that you have lived up to all of the training rules that you have practiced to the best of your ability every day and that you have played the game "all out," you can maintain your self-respect. Your family can be justly proud of you and your effort.

Also remember that younger students are watching you and they will copy you in many ways:

Do not do anything to let them down. Always set good examples for them.

Responsibility to work with others: A person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.

Responsibility to be successful: Our society is very competitive. We do not always win, but we succeed when we continually strive to do our best. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.

Responsibility to develop sportsmanship: To accept any defeat like a true sportsman involves knowing we have done our best. We must learn to treat others the way we would have them treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.

Responsibility to improve: Continual improvement is essential to good citizenship. As a participant, you must establish goals and you must continually try to reach those goals. Try to better yourself in the skills involved and those characteristics set forth as being desirable in your chosen activity.

Responsibility to enjoy participation: It is necessary for students to enjoy participation, to acknowledge all of the personal rewards to be derived from participation, and to give sufficiently of themselves in order to preserve and improve the program.

THE MAINE PRINCIPALS ASSOCIATION

All schools are voluntary members of the Maine Principals Association and compete only with member schools. The primary role of the Maine Principals Association is to maintain rules and regulations that ensure equity in competition for the students and a balance with other educational programs. The MPA solicits input and is responsive to requests for modification from member schools, appointed committees, and coaches' associations.

REQUIREMENTS FOR PARTICIPATION

- **Physical Examination:** A physical examination is required. The physical must be completed by a medical doctor and submitted to the coach prior to participation. Athletic Physicals are valid for two years.
- **Risk of Participation:** All athletes and parent(s)/guardian(s) must realize the risk of serious injury that may be a result of athletic participation. Washington Academy requires Risk of Participation Forms to be signed by both the athlete and parent(s)/guardian(s).
- **Emergency Medical Authorization:** Each athlete's parent(s)/guardian(s) shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s)/guardians(s) are not available. The form will be kept available by the athletic department for use as needed.

WASHINGTON ACADEMY ATHLETIC CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department and school. The community, school administrators, and the coaching staff believe strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the student is our major consideration and transcends any other consideration. All students shall abide by a code of ethics, which will earn them honor, and respect that participation and competition in the interscholastic activity program affords. Any conduct, that results in dishonor to the athlete, the team, the school, or the community, will not be tolerated.

Ethics Rule: Acts of unacceptable conduct, such as, but not limited to, disruption of school, theft, vandalism, disrespect or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, the athletic director, and the principal shall meet and determine the penalty according to the degree of the infraction. The penalty may range from extra work and/or suspension to forfeiture of athletic participation.

Training Rules and Regulations: We cannot compromise participation in interscholastic activities with substance abuse. The student-athlete who uses tobacco, alcohol, illegal drugs, or any type of mood-altering substance found in legal over-the-counter products, jeopardizes team morale, team reputation, and team success and does physical harm to themselves. Students have to decide for themselves whether or not they want to participate in our interscholastic program. **If you wish to participate, you must make a commitment. A big part of this commitment is following a simple set of training rules that the school system believes to be fair.**

- **Use of Tobacco:** Research emphasizes that the use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young competitors and any deviation from accepted training rules marks one as unwilling to pay the price

of competition and commitment. If one squad member breaks the rule, the whole team's reputation is damaged. **This rule means no use of tobacco all year, in or out of season.**

- **Use of Alcoholic Beverages:** There is no way to justify a competitor's use of alcoholic beverages, even though social pressure may be hard to resist. **This rule means no use of alcoholic beverages all year, in or out of season.**
- **Use of Illegal Drugs or Mood-Altering Substances:** Simply stated, drug abuse will not be tolerated. The use or misuse of drugs or chemicals is a social problem. Students with a strong sense of purpose have no need for mood modifiers. **The rule for drugs/chemical abuse is in effect all year, in or out of season.**

Penalties for Violation of Training Rules

Tobacco Violations:

- **1st offense:** Forfeiture of playing in 20% of the scheduled regular season contests and all preseason scrimmages and tournaments. Students must attend a counseling program set up through Washington Academy.
- **2nd offense:** The athlete will be suspended from the team for the remainder of the season.
- **3rd offense:** The athlete is suspended for the remainder of the current season and the sports season after that.
- **4th offense:** Exclusion from all athletic activities for the remainder of their high school career.

Drugs/Alcohol Violations:

- **1st offense:** Forfeiture of playing in 20% of the scheduled regular season contests and all preseason scrimmages and tournaments. Students must attend a drug/alcohol program run by an agency designated by Washington Academy.
- **2nd offense:** The athlete is suspended from the team for the season.
- **3rd offense:** The athlete is suspended for the remainder of the season and the sports season after that.
- **4th offense:** Exclusion from all athletic activities for the remainder of their high school career.

Appeal: The student found in violation for a 4th offense has the right to an appeal after one calendar year from the determination of guilt. The appeal for reinstatement is contingent upon substantial proof of rehabilitation and will be made to the principal, athletic director, and head coach.

Arrests, Probation, Investigations: An athlete arrested, under investigation, on probation, etc., will be suspended from competition until cleared by the principal (excluding minor violations such as traffic).

Medical Situations: Athletes who are deemed medically unfit to participate fully in the sport may be removed from the athletic team until they are ruled fit to participate completely in the sport by a licensed medical physician.

Individual Coaches Rules: Coaches will establish rules and regulations with the approval of the athletic director for their respective sports. These rules, as pertaining to a particular activity, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will be in writing and shall be administered by the coach.

BASIC INTERSCHOLASTIC PARTICIPATION POLICIES

Participation: A student may participate in only one sport per season unless two coaches/sponsors agree to the student's competing in both activities and priorities are set to settle conflicts before the season. When a student wishes to compete in more than one sport during a season, coaches are encouraged to cooperate with the student so this may happen. Sometimes, however, fulfilling the requirements of both sports may not be possible.

Dropping or Transferring Sports: If a student quits a sport, that student cannot begin a new sport until the entire season of the sport in which they are currently involved is completed.

Equipment: School equipment issued to the student/athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation, and failing to meet the obligation can result in the denial of participation in our program. **A student will not be allowed to try out or participate in a sport until all school-issued equipment has been turned in or replaced at the student's expense.**

Conflicts in Extracurricular Activities: An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

- Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.
- When a conflict does arise, the sponsors/coaches will work out a solution so the student does not get caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:
 - a) The relative importance of each event to the school.
 - b) The importance of each event to the student.
 - c) The relative contribution the student can make.
 - d) How long each event has been scheduled.
 - e) The opinion of the parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, they should withdraw from that activity.

Attendance: Students marked absent over half of the school day will not be able to play in a contest or practice on that date. (There are extenuating circumstances that will allow the student to participate in this situation) Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence.

In-School and Out-of-School Suspension: Students will not be allowed to participate until they have served their suspension. There will be no adjustments made to suspension days to allow a student to participate in any activities. **Penalties for In-School and Out-of-School Suspensions will be determined by the Coach, Athletic Director, and Principal.**

Release from Class: It is the responsibility of the student to see their teacher(s) the day before they are to be released to participate in an interscholastic activity. All work shall be made up at the convenience of the teacher.

Squad Selection: In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the interscholastic program while at our school, we encourage coaches to keep as many students as they can without compromising the integrity of their program. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular activity. Choosing the members of athletic squads is the responsibility of the coaches of those squads.

Reporting of Injury: All injuries that occur while participating in athletics should be reported immediately to the coach. If the injury requires medical attention from a doctor or treatment center, it will be necessary to have an injury report form completed. Once a physician treats a student, the athlete must obtain written permission from the doctor to return to the activity.

SUSPENSION/APPEALS PROCEDURE

The following regulations shall be observed in the administration of the interscholastic athletic program:

General:

- Each coach may develop rules for their team. These rules must be on file in the athletic director's office. Students are to be notified in writing by the coach of both general rules and the team's specific rules.
- The team's coach must administer reasonable disciplinary action for violation of these rules including suspension from the activity for a temporary period or removal from the team altogether.
- Violation of these rules may result immediately in disciplinary actions, suspension, or removal from the team by the coach. In these violations, the coach must follow the procedures as outlined below.
- Violation of the coach's specific rules may result in suspension from the team only; however, before denying participation in the activity, the coach will communicate with parents, discuss the situation with the student, and administer other appropriate disciplinary action.

Temporary Denial/Permanent Denial of Participation:

- Temporary denial is defined as any suspension less than a permanent denial of participation.
- When a coach denies participation of a student in an activity group, the student must be informed of the intended action. It is then the responsibility of the coach to discuss the situation with the student and then determine whether or not to deny the student participation.

Permanent Denial of Participation

If a student is to be permanently denied participation in an activity, the coach shall notify the student after discussing the situation with the athletic director.

ACADEMIC RESPONSIBILITIES

The pursuit of athletic excellence is the primary responsibility of the student-athlete. If an athlete does not perform well in the classroom, then that athlete will be put on probation and not be allowed to practice or participate in athletic contests until the requirements to be reinstated are fulfilled. The following paragraphs will detail our policy.

- Athletes will be placed on probation if they are not passing three (3) subjects at Progress Report time or at the end of a quarter. Probation means athletes are restricted from practices and participating in athletic contests for two weeks.
- At the end of two weeks, the athlete's grades are reviewed. If the athlete is passing three (3) subjects, the athlete will be reinstated to the team.
- If the athlete is still not passing three subjects, the athlete will be on probation for a second two-week probationary period.
- If the athlete is still not passing after the third probationary session, then the athlete is suspended for the remainder of the season.
- The fourth quarter grades from the previous year will be reviewed to verify if a student can try out for a team the following year in the fall sports season. If a student is not passing three (3) subjects at the end of the fourth quarter, that student will not be allowed to try out during the fall season the next year.
- During the winter sports season, the second quarter grades will be the deciding factor in determining athletic eligibility once the season is in progress. The mid-year exam and semester grade will not be used to consider eligibility.
- A student who misses a part or all of a day of an extracurricular contest or the day after the contest will be ineligible for the next scheduled contest unless a written excuse is given to the Athletic Director. This also applies to practice sessions.

ATHLETIC RESPONSIBILITY ACKNOWLEDGEMENT

Athlete Name: _____ **Year:** _____

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

- Successfully pass a physical examination by a registered physician and the copy of such examination must be on file in the office of the Athletic Director. Physicals are valid for two years.
- Return to their coach the Athletic Responsibility Acknowledge Form properly signed.
- Properly fill out and return to the coach the Emergency Medical Form.

As a Washington Academy student-athlete participating voluntarily in interscholastic athletics, I pledge that:

- I will abide by Washington Academy's student code of conduct, the school's Athletic Handbook, the coach's team rules, and MPA rules.
- I will conduct myself in an exemplary social manner at all times.
- I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
- I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, am in possession of such substances, or am suspended from school for the use or possession of these substances, I will be subject to disciplinary actions as outlined in the Athletic Handbook. I acknowledge that I have been properly advised, cautioned, and warned by administrative and coaching personnel of Washington Academy that I am exposing myself to the risk of injury, including, but not limited to, risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial, or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
- I, along with my parents, certify that I have read and understand all Washington Academy's Athletic Policies in the Athletic Handbook and in order to be eligible for participation, I must comply with all requirements listed.

Student Signature _____ Date _____

Parent's Signature _____ Date _____