

Welcome to Greater Lawrence Technical School Athletics

2024-2025

We would like to take this opportunity to welcome you and invite you to become a part of our athletic program. Participation in athletics can be very beneficial to high school students and they also provide lifetime memories and incredible experiences throughout the four years. As a school we believe in our core values - Growth Mindset, High Expectations, Supportive Environment and Lifelong Learning - and we believe sports play an integral component in developing and strengthening these core values. The GLTS coaches pride themselves on being characterized as hard working, knowledgeable, passionate and dedicated in their field. Most importantly our coaches care for the student-athletes as people and for their overall well-being....#ReggiePride

SPORT OFFERINGS:

Fall	Winter	Spring
Football (V/JV/Fr)	Boys Basketball (V/JV/Fr)	Baseball (V/JV/Fr)
Boys Soccer (V/JV)	Girls Basketball (V/JV/Fr)	Softball (V/JV/Fr)
Girls Soccer (V/JV)	Swimming	Tennis
B/G Cross Country	Wrestling	Outdoor Track & Field
Golf	Indoor Track & Field	Volleyball - Boys (V/JV/F)
Volleyball - Girls (V/JV/F)	Cheerleading	Girls Flag Football*
Cheerleading	Boys Ice Hockey (co-op w/Nashoba & Gr. Lowell)	

Eligibility: Greater Lawrence Technical School is a member of the Massachusetts Interscholastic Athletic Association (MIAA), Massachusetts Vocational Athletic Director Association (MVADA) and the Commonwealth Athletic Conference (CAC). Therefore, as well as school eligibility standards, there are also State requirements. These requirements are set for all levels of competition. All policies and procedures are in accordance with the MIAA and Greater Lawrence Technical School:

In order to participate students must:

1. The student-athlete **and** their parent / guardian must register online through Arbiter Registration.

2. A valid physical must be submitted within **13** months. No current physical, no participation, no exceptions.
3. Students must be academically eligible: Student must be academically eligible: *Policy: A student must earn, during the last marking period before the athletic contest a passing grade, and full credit, in Shop/Related, and may not fail more than one additional class. If the student fails more than one subject, or fails Shop/Related, they will be ineligible until the next marking period. Eligibility for the Fall Season will be based on Final Grades from the previous year, excluding the incoming freshman. Eligibility is in effect the day report cards are posted in Aspen. If a student is found to be academically ineligible and continues to play, each game that student participated in will be counted as a forfeit. Incomplete grades may not be counted towards eligibility until class grade is provided.*
4. During the registration process the parent/guardian and athlete must watch a video on concussion / head injuries. This is an annual requirement that is mandated by the State to play a sport. Course video can be found at: [Concussion in Sports](#)
5. Students must be in good social standing, both in school and in the community, as determined by the Principal, Dean and / or Athletic Director

Candidates must be aware of GLTS rules and regulations for athletes that state:

Physicals: Every athlete must receive a physical examination in order to be eligible to participate in interscholastic athletics at GLTS. This examination is valid for 13 months and it is highly recommended submitting a new copy at the start of the school year. Athletes will not be allowed to participate in a practice, or in a game, without having fulfilled their physical exam requirement. The athlete is deemed ineligible the day following the 13th month. Any athlete who was treated by a physician for an injury or a prolonged illness must produce a note from the physician prior to resuming participation in a sports program. This process will be coordinated by the athletic trainer.

Attendance: A student cannot participate in school sports or practice unless he/she is present in school on that day. Coaches will monitor the daily attendance. If the event is scheduled for a weekend, the student must be present on the Friday before the game to play, unless authorized by the Athletic Director, Dean and/or Principal. If the violation becomes known at a later date, it will be enforced the next game.

- If a student is absent he/she cannot participate in sports that day unless authorized by the Athletic Director, Dean and/or Principal
- If a student comes to school after 11:00 a.m. they cannot participate in sports; unless authorized by the Athletic Director, Dean and/or Principal

- If a student gets dismissed from school they need approval from the Athletic Director or Dean to participate in sports that day. No exception. Dismissal prior to 11:00 will result in non-participation for the day unless the student returns with prior and appropriate approval.
- Athletes who are continuously late for school or dismissed from school will be provided team consequences

Team members must be present and on time for all scheduled practices and games. Any athlete who is present in school but absent or late to the athletic event without permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to suspension to dismissal from the team/program.

A player who misses five consecutive practices due to illness or injury must have a minimum of one practice session prior to participating in an athletic event. The Athletic Trainer may determine more reconditioning time may be needed.

Student-athletes should contact the coach if they are unable to attend a practice or game.

Athletic Attire: For safety concerns, athletes are expected to wear proper athletic attire during all practices. Such acceptable items are: t-shirts, shorts, sweatpants, sweatshirt & sneakers. Athletes can not participate shirtless. Jeans, cargo pants, slides and boots are some examples of unacceptable athletic attire .

Vacation Policy: Athletes must personally contact the coach prior to any vacations, which may cause the athlete to miss a practice or an athletic contest. The individual coach will determine the consequence. Non-family/non-school vacations are unacceptable and unfair to teammates and coaches.

Fan Behavior Policy: The GLTS Athletic Department expects all fans to demonstrate proper sportsmanship at all times. If a student is removed from a sporting event for inappropriate behavior the consequences will be as follows:

1st Offense: 1 month of no social events

2nd Offense: 6 months of no social events

3rd Offense: 1 year of no social events

MIAA Bona Fide Member Rule: 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, 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.

First Offense: Student-athlete is suspended for one (1) contest and shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule or in tournament play. Second Offense: Student-athlete is suspended for an additional 25% of the season (see chart on Rule 62), and is ineligible for tournament play immediately upon confirmation of the violation.

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Transportation/Buses: Athletes must take school provided transportation to away games; excluding co-op teams. No student is allowed to drive himself/herself to a game. If a parent is going to drive their child home from a game a note needs to be provided the AD 24 hours in advance. Only a contact on the student's X2 account can drive the player. Exception: Students who are in co-op may have to drive themselves to/from games but permission from the parents must in writing - must be approved ahead of time. Co-op students can only drive themselves but not any other player/student. If there are other extenuating concerns about this policy the coach and parent can reach out to the AD

A player who misses a scheduled bus for an away athletic activity will not be permitted to participate in the activity. A player must use school transportation to-and-from athletic events except when the athlete has secured prior written permission from the Athletic Director, the athlete's parent/guardian, and coach.

Athletic Late Buses: Only GLTS athletes are allowed on the athletic late buses. The late bus schedule will change from season to season. Please familiarize yourself with the schedule and stops as school stops may differ from athletic stops. Any issues please see the Athletic Director. Inappropriate behavior on any bus may result in athletic and/or school consequences

If your team is scheduled for a specific late bus (ex. 5:30) you must get on that late bus if you need a ride. You can not wait for another late bus (ex. 7:30) to get on. If you miss the late bus athletes must go to the front of the building and wait with security

Game Schedule: All schedules can be found on the GLTS website, Athletic Page or www.arbiterlive.com

The Role of the Captain: Being elected as a team captain is a tremendous honor and privilege that you should be very proud of. However, this role also brings a great deal of responsibility. You are no longer just a member of the team. You are expected to be a leader on-and-off of the field and a role model within Greater Lawrence Technical School, as well as, within the community(s). GLTS Captains are selected on factors such as: strong leadership skills, dedication, focus, honesty, commitment, talented skill level, sportsmanship qualities, appropriate behavior, and much more. The coach may have players vote on this leadership role, but it is ultimately the coach's determination of who their Captain(s) should be. The coach will discuss the selection(s) with the Athletic Director for final approval.

MIAA Team Captain Policy: Once a student is elected a team captain and he/she violates the MIAA or their own schools' drug and alcohol policy at any time during the year they will lose the

privilege of being a team captain. The position of captain is one of honor, leadership and responsibility. As a result, student athletes serving in that capacity are expected to conduct themselves in an exemplary manner in and out of school. Any captain involved in any violation of the discipline code that results in a school or athletic suspension may lose their captainship.

Chemical Health Policy: Student (and Coach) Eligibility: Chemical

Health/Alcohol/Drugs/Tobacco: 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, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; 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. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by their doctor. This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. 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

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Hazing Policy: Section 17. Whoever is a 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 for not more than one, [sic] 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 of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended 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. 269:18 FAILURE TO REPORT HAZING. Section 18. 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 crime shall be punished by a fine of not more than one thousand dollars. 269:19 Copy of

secs. 17-19; issuance to students and student groups, teams and organizations; report Section 19. 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 eighteen; 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 acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its member, 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 appropriate emphasis in the student handbook or similar means of communication the institution's policies to its students. The board of regents and, in the case of secondary institutions, 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.

Greater Lawrence Technical School will not tolerate any form of hazing within the sports teams. Hazing is defined as "any conduct or method of initiating students onto any team or organization, which subjects a student to physical or mental abuse and or publicly embarrassed or humiliates the student." Any instance of hazing should be reported immediately and directly to the coach, Athletic Director and/or Dean.

Such examples may be considered hazing:

- Picking on Freshman/Underclassmen
- Humiliating any person
- Making anybody feel uncomfortable
- Improper locker room or bus antics

Athletes participating in any form of hazing could be dismissed from their team for the remainder of the season, as well as, future teams. The school administration and/or police department will deal with student(s) conducting such acts and handle each case on an individual basis.

If you feel uncomfortable by the actions of somebody else please contact your coach, or Athletic Director, immediately

Care of Equipment: GLTS provides its athletes with uniforms and other valuable equipment. The athlete is responsible for the uniforms and/or the equipment issued to him/her. All uniforms are specifically assigned to a player and recorded by the Equipment Manager. All uniforms/equipment issued to the athletes will be collected at the end of the season. It is the responsibility of the student to ensure uniforms are returned clean and in good condition. Lockers must be cleaned out after the season has ended. If an athlete quits during the season, it is his/her responsibility to turn in his/her equipment to the coach/Equipment Manager. An athlete will be subject to school discipline if his/her equipment is not returned or he/ she does not reimburse the school. The athlete will not be issued any further uniforms/equipment until all previous equipment has been returned. If a uniform or equipment is ruined/broken/ lost the athlete will be issued a school obligation and will pay to replace the uniform/equipment.

Steps to Follow if Athlete is Injured: The athlete should immediately report the injury to his/her coach during their practice or game. The athlete and coach should then immediately report the incident to the Athletic Trainer. This information will be forwarded to the Athletic Director. Proper communication between parents, athletic trainer, coach, and player is vital. If an athlete is injured a note must be presented to the athletic trainer stating injury and date for return to play. The athletic trainer has the final decision on the playing status of any injured student- athlete, no exception. Please contact the athletic trainer for the exact 'Return to Play' procedure.

Conflict Resolution Procedure: Athletic involvement, while fun and rewarding, can be very time consuming and emotional. Due to the level of effort and emotion invested, conflicts between players and coaches will inevitably arise. All conflicts should be addressed professionally and as soon as possible. To accomplish this, please follow these guidelines.

FIRST STEP: STUDENT-ATHLETE AND COACH CONTACT: The student athlete should meet individually with the coach to share concerns and/or discuss any issue or conflict. It is the

student athlete's responsibility to make an attempt to meet with the coach before involving others, if at all possible. Times to be avoided when initiating contact:

- Immediately prior to and/or right after a contest.
- During an active practice session.
- During a time when other students are present or when the discussion is visible to others.
- When it is apparent that there is not sufficient time to allow for a complete discussion.

SECOND STEP: PARENT/GUARDIAN AND COACH CONTACT: If a conflict between a student athlete and a coach remains unresolved or becomes a chronic issue, the parent/guardian **and** student athlete should schedule a meeting with the coach. The student athlete should be involved and present at this meeting.

THIRD STEP: PARENT/GUARDIAN AND ATHLETIC DIRECTOR CONTACT: If a satisfactory resolution is not reached through direct contact with the coach, the student athlete and parent/guardian should inform the coach that they intend to contact the athletic director. A meeting with the Athletic Director should be scheduled through the Athletic Office.

FOURTH STEP: PARENT/GUARDIAN AND PRINCIPAL CONTACT: If existing concerns remain following a meeting with the athletic director, the student athlete and parent/guardian should acknowledge such, and initiate contact with the high school principal.

Please note: If you believe that due to the seriousness and/or nature of your concerns and/or complaint(s), you are unable or unwilling to follow these procedures, you may express your concerns directly to the athletic director and/or building principal.

* **Captain's Practices:** The term "Captain's Practice" usually means the team's captain(s) organizing and conducting, without adult supervision, out-of-season practice for that sport. The MIAA and GLTS does not in any way sanction, encourage, or condone "Captain's Practice" in any sport. "Captain's Practice", depending on the member school's involvement, may be a clear violation of the rule defining season limitations.

* **Communication with Coaches:** All communication with coaches should be done via the SportsYou app or a GLTS Google Classroom

* In football each participant must have fifteen days of practice, and each wrestler must have ten days of practice, before competing in an interscholastic contest

* **Out-of-Season Coach-Athlete Contact Limitations:**

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* **Gender and Participation, MIAA Rule 43:** No student shall be denied in any implied or explicit manner the opportunity to participate in any interscholastic activity because of gender. A

school may establish separate teams for males and females for interscholastic competition in a sport provided that both teams receive equal instruction, training, coaching, access to available facilities, equipment, opportunities to practice and compete.

* **Sportsmanship: Taunting:** Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens, based on race, gender identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.

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* **Sportsmanship: Athlete Disqualifications/Suspensions:** Any student-athlete, who is disqualified from a competition, including a jamboree, scrimmage, etc., shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule, or in tournament play. The disqualified student-athlete is ineligible to participate in any contest at the same level of play in that sport until the next contest, or the next two (2) contests in the sports of baseball, ice hockey, and soccer, have been completed. (Note: In the sport of wrestling, the disqualified student-athlete is ineligible to participate in any and all contests during the next scheduled date of competition). During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal.

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* **Player Eligibility:** Students transferring into GLTS and/or are 19 years of age and/or anticipate playing more than 12 seasons must see the Athletic Director prior to the season. A waiver must be executed to participate in athletics

***Transfer Students:** A student who transfers from any school to an MIAA member high school is ineligible to participate in any interscholastic athletic contest at any level for a period of one year in all sports in which that student participated at the varsity level or its equivalent during the one year period immediately preceding the transfer. However, Form 200 must always be satisfactorily executed upon the students return if transfer was between two MIAA Member Schools and then the fully executed Form 200 must be sent to the MIAA Office by the receiving school.

* **Age:** A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that student's 19th birthday occurs on or after September 1 of that year. For Freshman competition only, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year. Principals must exercise great care in determining age of

contestants, and in all doubtful cases, must secure birth certificates from the town clerk of the pupil's place of birth.

* **Time Allowed for Participation After First Entering Grade Nine:** A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate.

Registration Policy:

Orange Card Policy:

* Athletes that are registered AND have a valid physical are "**FULLY APPROVED**" and can participate in games/practices

* Coaches will have a list of only "**FULLY APPROVED**" athletes.

* If a player goes to a practice/tryout and they are not on the "**FULLY APPROVED**" list they should immediately see the Athletic Director or Athletic Trainer

* Once the issue is resolved, and deemed "**FULLY APPROVED**", the player will receive a signed orange card (OC) which they will bring to you. If they do not have an OC they cannot participate.

* The coach will only allow kids at practice who are on the original "**FULLY APPROVED**" list or come with the signed OC showing he/she is "**FULLY APPROVED**".

* "**Practice Players**": If a student is academically ineligible but wants to practice with the team he/she will need to meet with the coach and AD and develop a plan to improve his/her academics. This contract will be monitored by the coach, approved by the parent/guardian, and can be terminated at any time if the requirements are not fulfilled. This is a case-by-case situation and will not be offered multiple times for a player

* **End-of-the-Season Banquet:** Banquets are for all athletes not just varsity athletes. Parents are welcome to attend as well. Details will be communicated each season on day/time/location

* **Locker Rooms/GLTS Padlocks:** Athletes can use the locker rooms for the duration of the season but only authorized GLTS orange locks can be used. AD has the locks so please see your coach or AD. At the end of each season the padlocks are to be returned and lockers are to be cleaned. Athletes should only use the locker rooms to get changed for games/practice; school bathrooms are not permitted for athletes to get changed for practice/games

* **Keep the Athletic Facilities Beautiful:** As we all know the athletic facilities (inside & outside) are new and beautiful and it's all of our responsibility to assure they stay beautiful. We are beyond fortunate to have our athletic complex and it's only getting better every year. It is not the Facilities Department's responsibility, or anybody else, to clean up a team's mess. Please make

sure after every practice/game you pick up your trash/debris. There is no reason for water bottles, tape, clothes, etc to be left behind and not thrown away.

* **After School- Before Practice:** As practices can not officially start until 3pm, it is the expectation that all athletes are in their respective area waiting appropriately for practices to begin, or at the location the coach delegates, from 2:30-3:00pm. Players are encouraged to get a snack in the cafe after school, go to the locker room to get changed and report to their respective area for practice/game at 3pm. This is also a perfect time to stay after for a teacher for additional help, if needed.

*Student-athletes must adhere to the rules of the GLTS Student-Handbook and GLTS Student-Athlete Handbook

*Student-athletes and parents should familiarize themselves with all rules/regulations within both the MIAA Handbook and CAC Handbook.



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