

Welcome to Greater Lawrence Technical School Athletics

2025-2026

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. Our coaching staff is dedicated, knowledgeable, and passionate about developing student-athletes both on and off the field.

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
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*	Boys Lacrosse*
		Girls Lacrosse*

* Indicates a co-operative team with another school.

Eligibility Requirements:

Greater Lawrence Technical School (GLTS) is a member of the Massachusetts Interscholastic Athletic Association (MIAA), Massachusetts Vocational Athletic Directors Association (MVADA), and the Commonwealth Athletic Conference (CAC). Therefore, all student-athletes must meet both school and state eligibility standards to participate in athletics.

To be eligible, student-athletes must:

- * **Register Online:** Both the student-athlete and their parent/guardian must complete online registration via Arbiter Registration.
- * **Submit a Valid Physical:** A current physical examination, valid within the past 13 months, must be on file prior to participation. There are no exceptions to this requirement.
- * **Meet Academic Standards:** A student must secure, during the last marking period preceding the athletic contest a passing grade and full credit in SHOP, and may not fail more than one additional class. *If the student fails more than one class, or fails SHOP, he/she will be ineligible until the next marking period.* Related is considered a class. Eligibility is in effect the day report cards are handed out. 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 toward eligibility until they are made up following school policy. Appeals for violation of this Academic policy can be made to the Athletic Director/Principal
- * **Complete Concussion Training:** The student and parent/guardian must annually complete a state-mandated concussion awareness video. The video is available at [Concussion in Sports](#).
- * **Maintain Good Standing:** Students must remain in good behavioral standing both in school and the community, as determined by school administration.

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

Physical Examination Requirements:

All student-athletes must submit documentation of a physical exam conducted within the past 13 months. A physical must be current for the duration of the season. If a physical expires during the season, the student becomes immediately ineligible to participate until a new physical is submitted.

Any athlete treated by a physician for an injury or illness must submit written medical clearance before returning to athletic participation. This clearance is coordinated with the Athletic Trainer.

Attendance Policy:

Student-athletes must be present in school to participate in any athletic activities, including practices and games. The following attendance rules apply:

- **School Day Attendance:** Athletes must attend a full school day to be eligible for athletic participation. Arriving after 11:00 a.m. or being dismissed before 11:00 a.m. without prior approval from the Athletic Director, Dean, or Principal disqualifies the student from participation that day.
- **Weekend Contests:** To participate in a weekend event, the athlete must be present on the preceding Friday.
- **Excused Absences:** Any exceptions to this policy must be approved in advance by the Athletic Director, Dean, or Principal.
- **Chronic Tardiness or Early Dismissals:** Persistent issues with tardiness or early dismissals may result in team-specific consequences.
- **Practice/Game Attendance:** Athletes are expected to attend and be on time for all scheduled practices and competitions. Absences without prior approval may result in disciplinary action, ranging from a warning to suspension or dismissal from the team.
- **Injury or Illness Absences:** An athlete who misses five or more consecutive practices due to illness or injury must attend a minimum of one full practice and may require further reconditioning as determined by the Athletic Trainer prior to returning to competition.

Athletes should communicate directly with their coach regarding any anticipated absences.

Athletic Attire

For safety concerns, student-athletes are required to wear appropriate athletic attire during all practices and competitions. Acceptable attire includes:

- T-shirts
- Athletic shorts
- Sweatpants
- Sweatshirts
- Sneakers

Unacceptable attire includes jeans, cargo pants, slides, boots, and practicing shirtless. Coaches reserve the right to restrict participation for athletes not in proper attire.

Vacation Policy

Student-athletes must communicate any vacation plans directly with their coach prior to the absence. Consequences for missed practices or games due to vacation will be determined by the coach.

Non-school or non-family-related vacations are strongly discouraged, as they may negatively affect team dynamics and place an undue burden on teammates and coaches.

Fan Behavior Policy

All spectators at GLTS athletic events are expected to model respectful behavior and demonstrate sportsmanship at all times. Inappropriate behavior by students at sporting events will result in the following consequences:

- First Offense: Loss of social event privileges for one month.
- Second Offense: Loss of social event privileges for six months.
- Third Offense: Loss of social event privileges for one year.

Violation(s) may result in additional disciplinary action at the discretion of school administration.

MIAA Bona Fide Team Member Policy

A bona fide team member is a student who consistently attends and actively participates in all high school team practices, tryouts, and competitions. Student-athletes are not permitted to miss any high school athletic activities to participate in non-school athletic events in MIAA-recognized sports.

Violations of this policy will result in the following penalties:

- First Offense: One-game suspension.
- Second Offense: Suspension from 25% of the season and immediate ineligibility for tournament competition.

Student-athletes may not receive special treatment (e.g., early dismissals or late arrivals) to accommodate non-school athletic programs.

Transportation Policy

All student-athletes are required to use school-provided transportation for away games and competitions. The following guidelines apply:

- **Mandatory Bus Use:** Athletes must travel to-and-from all away events using school transportation.
- **Parent/Caregiver Pick-Up Protocol:** If a parent or caregiver plans to transport their child home from an away event, written notification must be submitted to the Athletic Director at least 24 hours in advance. Only individuals listed in the student's contact profile may pick up the student.
- **Co-op Athlete Exception:** Students participating in co-operative teams may be permitted to transport themselves, with prior written permission from a parent/guardian and approval from the Athletic Director. Co-op athletes may not transport other students under any circumstances. Parent/Caregiver should use the "Transportation Release Form"
- **Missed Bus Policy:** A student who misses the team bus will not be allowed to participate in that day's event unless pre-approved under extenuating circumstances.

Athletic Late Bus Guidelines

The Athletic Department provides late bus transportation for student-athletes. Only GLTS athletes are permitted to ride these buses.

- **Bus Assignment:** Students must take their assigned late bus based on their team schedule. Students are not allowed to wait for a later bus.
- **Behavior Expectations:** Any misconduct on school-provided transportation may result in disciplinary action, including suspension from athletics.
- **Missed Bus Protocol:** Athletes who miss their designated late bus must report to the front of the school and wait with security until picked up.

Students are expected to know the bus schedule and stops. Questions should be directed to the coach, athletic security or athletic director. The late bus schedule is located on the Athletic page

Game Schedules

All team schedules are available online. Students and families should regularly check the following platforms for the most up-to-date information:

- GLTS Athletics Page on the school website
- ArbiterLive website
- The team's SportsYou page

Schedules are subject to change.

Role of the Team Captain

Being named a team captain is both an honor and a responsibility. Captains serve as leaders on and off the field and are expected to model exemplary behavior at all times.

Captains are selected based on the following criteria:

- Demonstrated leadership ability
- Commitment and dedication to the team
- Positive attitude and sportsmanship
- Strong communication and organizational skills
- Consistent attendance and effort

While coaches may allow teammates to vote on captains, final decisions rest with the head coach in consultation with the Athletic Director.

MIAA Captain Policy

If a student is named a captain and violates the MIAA or school's chemical health, drug, or alcohol policy at any time during the year, they will forfeit their captaincy. Captains are held to a higher standard and must maintain exemplary conduct in all settings. Disciplinary infractions resulting in school or athletic suspensions may also lead to the loss of the captain role.

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

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 athletes with uniforms and equipment necessary for participation. These items are issued to students and are tracked by the Equipment Manager. Athletes are responsible for the care and return of all equipment issued to them.

Expectations:

- Uniforms must be returned clean and in good condition at the end of the season.
- If an athlete quits mid-season, they must return all equipment immediately to the coach or Equipment Manager.
- Any lost, stolen, damaged, or unreturned items must be reimbursed by the athlete. A school obligation may be issued, and no further equipment will be provided until the matter is resolved.

Locker Room Use:

- Athletes must clean out their lockers at the end of each season.
- Only GLTS-issued orange locks may be used. These are available from the Athletic Director.
- Locker rooms are designated changing areas; school bathrooms are not permitted for this purpose.

Injury Reporting and Return-to-Play Procedures

Student-athletes must report all injuries to their coach as soon as they occur during practice or competition. Prompt communication ensures proper care and documentation.

Procedure:

1. Athlete notifies the coach
2. Coach reports injury to the Athletic Trainer.
3. The Athletic Trainer communicates with the player, caregiver and coach - Athletic Director if deemed necessary.

If a student-athlete is evaluated or treated by a physician, they must provide written medical clearance before returning to participation. The Athletic Trainer will make the final determination regarding return-to-play status.

Proper communication among the athlete, parent/guardian, coach, and Athletic Trainer is essential for a safe and timely return.

Conflict Resolution Procedure

Disagreements and concerns between athletes, parents, and coaches should be addressed respectfully and promptly. The following steps outline the conflict resolution process:

Step 1: Athlete and Coach Discussion

The athlete should speak directly with the coach to express concerns and seek a resolution. This should be done privately and at an appropriate time, avoiding moments immediately before or after games or during active practice.

Step 2: Parent/Guardian and Coach Meeting

If the issue is unresolved, the parent/guardian and student-athlete should request a meeting with the coach. The student-athlete should attend this meeting to provide firsthand insight.

Step 3: Escalation to Athletic Director

If the conflict persists, the parent/guardian may request a meeting with the Athletic Director. The coach should be informed of this request beforehand.

Step 4: Escalation to Principal

If no resolution is reached, the matter may be brought to the Principal.

Note: In cases where the concern is of a serious or sensitive nature, individuals may bypass earlier steps and contact the Athletic Director or Principal directly.

Captain's Practices

Captain's Practices are defined as athlete-led training sessions that occur without adult supervision and outside the regular sports season. GLTS and the MIAA do not endorse, condone, or permit Captain's Practices for any sport.

These sessions may violate seasonal limitations and pose liability risks. Students should consult their coach or the Athletic Director for approved off-season training opportunities.

Communication with Coaches

All team communication should occur through school-approved platforms. Coaches and student-athletes are expected to only use either:

- The SportsYou app
- GLTS Google Classroom

These tools provide a safe, consistent, and monitored environment for team-related information and messaging.

Out-of-Season Contact Limitations

To protect the integrity of the athletic program and promote equity among teams, the MIAA and GLTS enforce limits on out-of-season contact between coaches and athletes.

Key Points:

- GLTS will strictly adhere to all rules and regulations determined by the MIAA
- Coaches are not permitted to organize or participate in practices, training sessions, or games outside the defined MIAA sports seasons.
- Any training opportunities or conditioning activities must be approved and supervised through appropriate school channels.

Violations of out-of-season contact rules may result in disciplinary action for both coaches and students.

Sportsmanship Expectations

GLTS expects all participants, coaches, and spectators to demonstrate the highest level of sportsmanship during athletic events. Sportsmanship includes respect for teammates, opponents, coaches, officials, and spectators.

Athletes and coaches are held to high behavioral standards both on and off the field. Misconduct may result in disciplinary action, including suspension or removal from the team.

Taunting Policy

Taunting is strictly prohibited and includes any verbal, written, or physical conduct that:

- Bait, ridicules, demeans, or insults others
- Is intended to provoke or intimidate
- Targets race, gender identity, religion, ethnicity, disability, or personal characteristics

Examples include, but are not limited to, gestures, slurs, chants, or comments meant to embarrass or provoke.

Violations may lead to removal from the event, suspension, and additional disciplinary consequences per GLTS/ MIAA rules.

Athlete Disqualification and Suspension

Student-athletes disqualified from any competition—including scrimmages or jamborees—must serve penalties following the MIAA current Handbook.

Disqualified athletes may not participate in practices or competitions during their suspension and may not be in uniform at events unless approved by school administration.

Violations of sportsmanship policies may also result in exclusion from postseason play.

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, the MIAA Form 200 must always be satisfactorily executed upon the student's 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 the 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

To participate in athletics, all student-athletes must be fully registered and cleared for eligibility prior to the start of any practices or games.

Requirements for Full Approval:

- Completion of online registration through Arbiter Registration with parent/caregiver.
- Submission of a valid physical (within the last 13 months).
- Compliance with all eligibility requirements outlined in this handbook.

Only athletes who are "Fully Approved" will be allowed to participate.

Orange Card System

The Orange Card (OC) system is used to verify a student's eligibility after initial clearance.

Key Points:

- If a student registers late or has a delayed physical, they must receive clearance from the Athletic Director or Athletic Trainer before participating.
- Once cleared, the athlete will be issued a signed Orange Card.
- Coaches may only allow participation from athletes who appear on the official approved list or who present a signed Orange Card.

Students without clearance or an Orange Card may not participate under any circumstances.

Practice Player Policy

Students who are academically ineligible may request permission to attend practices as a "Practice Player" under the following conditions:

- A meeting is held between the student, coach, and Athletic Director.
- An academic improvement plan is created and signed by the student and parent/guardian.
- The student must demonstrate progress and commitment to regaining eligibility.
- An athlete can only be a "practice player" one season per year

This option is offered on a case-by-case basis and may be revoked at any time if the student fails to meet expectations.

End-of-Season Banquet

GLTS hosts end-of-season banquets to recognize and celebrate the efforts of all student-athletes. These events are open to athletes at all levels (not just varsity) and their families.

Details regarding the date, time, and location of each banquet will be communicated by the Athletic Department during the respective season.

Athletic Facilities Expectations

GLTS student-athletes are expected to help maintain the cleanliness and condition of our athletic facilities.

Expectations:

- Pick up all trash, equipment, and personal items after every practice and game.
- Use proper receptacles for disposal of water bottles, tape, and other debris.
- Leave the locker room, gym, and fields in the condition in which you found them.

Our facilities are a reflection of our program. It is everyone's responsibility to keep them clean, safe, and presentable.

After-School Expectations:

Official practices may not begin before 2:45 p.m. Student-athletes are expected to use the time between school dismissal and the start of practice productively.

From 2:30-2:45 pm. athletes may:

- Visit the cafeteria for a snack.
- Change in the locker room.

- Report to their designated practice area.
- Meet with a teacher for academic support.

All athletes must conduct themselves responsibly and remain in approved locations. Disruptive behavior may result in disciplinary action.

Handbook Acknowledgement

Student-athletes and parents/guardians are expected to review the GLTS Student-Athlete Handbook in full. Participation in athletics is contingent upon understanding and adhering to the policies outlined herein.

Athletes are also expected to comply with the GLTS Student Handbook and the current MIAA Handbook