



Athletic Handbook

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Accepted June 2025

Dover-Sherborn High School

Athletic Handbook

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The information presented in this booklet has been compiled to better acquaint you with some of the policies, practices, and regulations that govern the athletic program at Dover-Sherborn High School. Please keep this booklet handy and refer to it when questions and/or concerns arise about your student-athlete's athletic experience. If you feel that your questions are not answered in this booklet, contact the Coach first. If your concern has not been adequately addressed, you should contact the Athletic Director.

We look forward to your association with the athletic program at Dover-Sherborn High School and ask for your help and cooperation.

Non-Discrimination Clause

The Dover Sherborn Public Schools do not discriminate on the basis of age, race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness.

Philosophy of the Dover-Sherborn Athletic Program

The Dover-Sherborn Regional Schools Administration and School Committee believe that the Massachusetts Interscholastic Athletic Association (MIAA) Statement of Philosophy is a clear articulation of the role and benefits to be derived from a high school interscholastic sports program; therefore, the Administration and School Committee have adopted the MIAA philosophy as their own. Our sports programs are to be guided by this philosophy.

Program Philosophy and Benefits (from the [MIAA Handbook](#))

Within high school sport programs, young people learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership and organizational skills, participating within rules, physical well-being and healthy lifestyles, striving towards excellence, and many other characteristics that come quickly to the mind of any educator. If interscholastic athletics are to be justified as school activities, then values such as these must be the priorities of every program. Ethics, playing within the spirit of the rules, and good sportsmanship (which is good citizenship) must be woven into the fabric of the high school athletic program.

In the education of approximately 70% of the young people attending MIAA member schools, athletic participation is a critical component. What should drive those responsible for student-athletes and their programs is the educational mission of school activities. For many students, the most stable environment in their lives is that provided by high school activity programs. Often the best opportunities for crisis intervention, drug prevention, "day care" programs, and the like are school activity programs. The cost is minimal, while the worth is maximal.

While winning contests, rather than losing them, is a laudable goal, it should not supersede the primary priorities of high school sport programs. What should be the rationale behind high school activities is preparing students to succeed rather than merely to win games. Win or lose, students should learn lessons of a lasting and positive nature.

If the success of any high school athletic program is measured by an undefeated season, then 99% of the thousands of high school teams, which participate annually in Massachusetts, have failed. If a league championship is the measure of success, then 85% of our programs are failures. Even if success is measured merely by qualification for MIAA end-of-season tournaments, then 50% of our students are "losers."

What should be encouraged is participation in varied activities under different teacher/coach role models. The percentage of student-athletes who complete their formal athletic experiences at the high school level is overwhelming (well in excess of 90%). Schools should focus their attention upon goals other than championships or the development of "blue chip" athletes.

Young people need varied activities: time at the beach, time to study and, in fact, time just to be kids. Young people need to learn, to think, and simply to grow up. Schools should guide them, through athletics, to allow that to happen as comfortably as possible.

High school activity programs are an integral part of the total education process. Successful interscholastic athletic programs teach young people values such as:

Accepting success graciously	Participating within rules	Self-discipline
Accountability	Performing under pressure	Social Skills
Citizenship and sportsmanship	Persistence	Striving towards excellence
Confidence	Physical well-being and chemical health	Taking instruction
Handling disappointment	Respect	Teamwork
Leadership skills	Responsibility	Work ethic
Organizational skills	Sacrificing for the common good	

Dover-Sherborn Athletic Offerings

<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Cross Country (Boys and Girls) Varsity Only Unlimited Roster	Basketball (Boys and Girls) Freshman/JV2, JV and Varsity 12-15 per level	Baseball JV and Varsity 14-17 per level
Field Hockey JV and Varsity 12-16 per level	Alpine Ski (Coed) Roster limit	Softball JV and Varsity 14-17 per level
Golf (Coed) JV and Varsity 12-14 per level	Nordic Ski (Coed) Unlimited Roster	Lacrosse (Boys and Girls) JV and Varsity 14-24 per level
Football Freshman/JV2, JV and Varsity Unlimited Roster	Ice Hockey (Boys host with Weston JV and Varsity) 16-22 per team (Girls guest thru Dedham) Varsity only 16-22 per team	Tennis (Boys and Girls) JV and Varsity 12-18 per team
Soccer (Boys and Girls) Freshman/JV2, JV and Varsity 15-22 per level	Swimming and Diving (Coed) Varsity Only Unlimited Roster	Track and Field (Boys and Girls) Varsity Only Unlimited Roster
	Gymnastics (guest thru Medfield) Varsity Only	Sailing (Coed) Roster limit
	Indoor Track (Boys and Girls) Unlimited Roster	

*roster numbers are guidelines only and may be changed by the Athletic Director

*freshman/JV2 teams are not always guaranteed

Student-Athlete/Parent Annual Athletic Meeting and Meet the Coach Nights

Once per year, the Athletic Director will conduct a required **Student-Athlete/Parent Annual Athletic Meeting**. All students wishing to take part in sport during one or all of the seasons must attend this meeting; which will be held in June for the next school year. This one meeting is mandatory for all students and at least one parent/guardian wishing to try out for a team for the next school year.

Meet the Coach Night Meetings will take place before each season. These meetings will be for parents and students who wish to try out for a specific team. They will meet with the individual coaching staff for that sport only and this meeting will last approximately 30 minutes. These meetings will take place one to two weeks prior to the season start date for Winter and Spring, and in June before Summer for Fall. Students are informed of Meet the Coach Night Meetings through postings, announcements at the high school, emails, and social media. Releases, medical forms, and other paperwork will be distributed at the pre-season Meet the Coach Night meetings.

Tryouts and Cuts

Participation in athletics is a privilege. Students try out voluntarily and, for some of our teams, risk being cut. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet the expectations. Students must attend the scheduled tryout in order to be considered for the team.

Cutting students from athletic teams is one of the most difficult tasks that a coach faces. However, at times, there are reasons why a student does not make a team. Some of the factors that a coach has to consider when determining his/her final roster are: skill level, safety (how many athletes can be safely supervised), playing time, attitude, positional needs of team and commitment.

When cuts are necessary, the coach will communicate privately with the player, who will be informed of the reasons by the coach. Once tryouts begin for a particular team, an athlete may be allowed to leave that sport to try out for a different sport with the consent of both coaches involved and the Athletic Director. Students cut from one team are encouraged to try out for another team if there is space on that team; otherwise, they may sign up for one of the unlimited roster sports. No changes or additions to team rosters can take place after the first regular season game takes place during that season, or with Athletic Director discretion.

Playing Time

Although there are many measures of success in the minds of each participant, perhaps the most emotional is playing time during contests. Coaches should privately inform each participant of his/her view of that participant's role, including starting, substituting, and playing time. If a student has questions about their role, they are encouraged to discuss it with the coach directly. At Dover- Sherborn High School, being a member of a team does not guarantee playing time.

Guidelines for this important issue are listed here:

Varsity Teams: The Varsity teams compete against opponents at the highest level of the division in which Dover-Sherborn is placed. In many instances, the major burden of the contest will be carried by the most competitive and the most skilled team members.

Sub-Varsity Teams: At the Sub-Varsity level (Junior Varsity and Freshman/JV2), members of the coaching staff will make a strong effort to play all team members for as much time as is practical.

Team Captains: Roles and Duties

The number of team captains and how and when they will be selected is a coaching decision. Captains may be elected or appointed on a game-by-game basis.

It is expected that a team captain be a leader of his/her team and should be ready to assume duties outlined by his/her coach. Captains are expected to be fully aware of team rules, and are expected to communicate with the coach and team members in the event of problems that affect the team. Captains may be asked to meet with the Athletic Director during the school year to discuss the program.

Team captaincy may be removed during their tenure by the coach, athletic director, or principal. Any team captain who violates an MIAA rule will have their captaincy removed upon confirmation of rule violation.

Captains should set a good example of sportsmanship and demonstrate positive leadership at all times. During athletic contests that they participate in or attend, they should cheer in support of their school's team rather than against the opponent.

Posters and flyers should be affixed to bulletin boards only. They should never be attached to the glass walls near exit doors, or on doors throughout the school. These notices and posters should be removed after the event takes place. All posters and notices should contain appropriate language and graphics and be approved by the principal, per school handbook.

Banquet Guidelines

Sports Banquets are a very important and essential part of the athlete's experience. These occasions provide an opportunity to celebrate and recognize team members at the end of the season.

The purpose of these guidelines is to assist all persons who are responsible for planning and executing sports banquets. Each high school sports program is encouraged to hold a sports banquet/end of season event. It is expected and encouraged that the members of each sport make the decision on when and how to officially celebrate the season.

Each of the following should be taken into consideration:

- 1) The host should invite all Varsity team members, Junior Varsity team members, Freshman team members, team managers, parents, friends, and select guests of the team.
- 2) Appropriate locations should be within 15 miles of Dover-Sherborn High School.
- 3) The cost for the meeting hall, dinner, and decorations should range between \$25 and \$35 dollars per attendee. If a team gift is involved, the total should not exceed \$45.00.
- 4) The High School Athletic Director must be advised of the proposed time and place of each event as soon as possible and before the event is officially booked to avoid conflict with other school and community activities.
- 5) There should be no alcohol service available for any person attending the event.
- 6) The event should start and end promptly. It is expected that the entire banquet and program not exceed three hours and end before 9:00 pm on school nights.

Team Apparel

Team apparel is important for school spirit and to recognize team members for their accomplishments and commitment to the school community. The Athletic Department feels these guidelines will help ease the frustration with team orders:

- 1) All team orders must be approved by the Athletic Director before orders are placed.
- 2) Team apparel is defined as those purchases not considered part of the equipment list needed to participate on a team.
- 3) Apparel orders should be available to all members of the team, but are not mandatory for participation.
- 4) Team orders should be placed before the first contest of the sport.
- 5) Each team is responsible for taking orders and collecting money before the orders are placed.
- 6) Apparel should be predominantly school colors, royal blue and white. In the case of an apparel item that is a basic color (gray sweatshirt), the printing should contain royal blue and white. Black is also allowed but with royal blue and white accents.
- 7) The DS logo is available in the athletic office. Teams may also use sport specific prints with stock formats. All other language and graphics must be appropriate and approved by the Athletic Director.
- 8) All apparel items costing over \$25.00 must be available to be ordered in subsequent years for future team members. Ideally, these items should be available for the team for at least four years. As stated above, all team items/orders must be approved by the Athletic Director.

Captain's Practice

The term "captain's practice" means a conditioning practice organized and conducted without adult supervision, either during or out-of-season. The MIAA does not sanction, encourage, or condone "captain(s) practices" in any sport. Captain's practices are not permitted at Dover-Sherborn High School. Organizers of captain's practices will be subject to school discipline, including suspension from athletic participation.

Awards

To receive an athletic award a student must be a member in good standing of an athletic team at the close of the season. Being a member of a team does not guarantee an award. Awards must be earned via criteria set forth by the coach and/or athletic director.

Guidelines for Parents/Guardians

When students become involved in the athletic program at Dover-Sherborn High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, a private discussion with the coach is encouraged.

Appropriate concerns to discuss with the coach:

- Your child's treatment
- Your child's improvement
- Your child's behavior
- Any scheduling conflicts

Issues not appropriate to discuss with the coach:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Certain situations may require a conference between the coach and the parents/guardians. When these conferences are necessary, the following procedure should be followed to help promote a resolution of the issue or concern:

- Contact the coach first. If needed, then contact the Athletic Director.

- DO NOT CALL THE COACH AT HOME. A coach's time with family is severely limited during the season. The family's privacy should be respected.
- Please do not attempt to confront a coach before or after a contest or at a practice session. These can be emotional times for both the parents/guardians and coach. Meetings should be scheduled away from other students and the playing field.

Athletic User Fees and Refunds

Once chosen as a member of a team, payment of an athletic user fee is required. However, payment of the fee does not guarantee playing time. Fees are to be paid before the start of the season. Checks should be made payable to: Dover-Sherborn High School, or receipt from online payments must be printed and submitted at the time of registration. For the 2025-2026 school year, the fee is \$335 per sport, and a limit of \$1,675 per family per year (equivalent to 5 sports teams).

When, and if, fees are changed by the School Committee, parents and students will be notified.

Refunds will be allowed under the following circumstances:

- A full refund will be given if a student is cut from a team.
- A pro-rated refund will be given if a student moves from the district during the season.
- A full refund will be given if a student is injured or ill, necessitating his/her removal from the team prior to the first game.
- If a family is experiencing financial hardship they must reach out to the principal and AD before the season begins to discuss a full or partial fee waiver. This will be reviewed and declined or approved by the principal.

No refund will be given if a student quits a team or is removed for disciplinary or academic reasons after the first contest takes place.

The Coach

Role of the Coach

The MIAA Handbook clearly articulates the role of coaches. The Administration and School Committee believe that it is important to share this information with the Dover-Sherborn community.

Coaches' Code of Ethics

The MIAA emphasizes that coaches should always act as role models and uphold high standards of sportsmanship, integrity, and ethics. Coaches are expected to promote positive decision-making and encourage all participants in the power of positive influence. The MIAA's Coaches' Code of Ethics also

stresses the importance of respecting officials, fostering a culture of inclusivity, and avoiding the use of alcohol and tobacco when in contact with players.

Key Elements of the MIAA Coaches' Code of Ethics:

1. **Upholding the Honor and Dignity of the Profession:** Coaches should always act with integrity and respect, demonstrating positive behavior and leadership.
2. **Respect for Officials:** Coaches must refrain from publicly criticizing officials and ensure their players and spectators also maintain respectful behavior.
3. **Positive Role Modeling:** Coaches should be role models for their players, promoting positive decision-making, sportsmanship, and healthy lifestyles.
4. **Inclusion and Diversity:** Coaches should create an inclusive environment where all student-athletes feel welcome and valued.
5. **Substance Abuse Prevention:** Coaches should be actively involved in preventing substance abuse among their players and avoid the use of alcohol and tobacco in their presence.
6. **Promoting the Entire Program:** Coaches should support the school's athletic program and work in harmony with other departments.
7. **Respect for the Rules:** Coaches should master the rules of the game and ensure their players understand and follow them.
8. **Positive Sportsmanship:** Coaches should foster a positive and respectful environment for all participants, including players, fans, and officials.
9. **Fairness and Integrity:** Coaches should never seek an advantage through cheating or bending the rules.
10. **Respect for Others:** Coaches should respect the rights and dignity of all individuals, including opponents, officials, and spectator

Program Expectations at Dover-Sherborn

At Dover-Sherborn High School, each individual sport should be developed into a “program.” With direction from the Athletic Director, the Varsity Head Coach will provide consistent structure at all levels of the program.

Communication

Before the start of the season and then during the season, as the situation may warrant, the Varsity Head Coach as Program Director, with approval of the Athletic Director, will communicate in writing to athletes and parents/guardians his/her approach to the following:

- expectations for the team and program as a whole
- team requirements such as pre-season conditioning, special equipment, practice times and locations, and special tournament expectations
- the tryout process: timing, selection criteria, and communication of decisions
- the procedure that athletes and parents/guardians should follow in case of injury during practice or competition.

In addition, the Head Varsity Coach is expected to develop a consistent philosophy across all levels, so that players can move more easily between levels during the season. He/she should be familiar with athletes at all levels. The Head Varsity Coach is also responsible for forming links with town youth programs if they exist in his/her sport.

Student-Athlete Responsibilities

After School Help:

Student-athletes are urged to use opportunity periods. In general, official practices will begin at 3:30 pm. Attending extra help, detention, or other academic activities may take priority over attending practices or contests.

Daily Team Attendance

It is extremely important that a coach be notified if a student is not going to be present at a practice or game when the student is not absent from school. Our coaches expect their athletes to be present at all team-related activities and may suspend a team member from contests for unexcused absences. Students may be excused from athletic activities at the discretion of the coach. Students may be restricted from game participation because of missed practice or game time. In some cases, a student-athlete may be removed from a team due to attendance issues.

Absences, Tardiness, and Dismissals

When a student is absent due to injury or illness, he/she will not be allowed to practice or represent Dover-Sherborn in a school-sponsored sports event. To be considered present for participation purposes, a student must arrive by 9:30 am and remain for the rest of the day. At no time will an athlete be allowed to participate in school athletics if he/she is dismissed at any time during the school day because of illness. If a student has been absent on Friday due to illness, he/she cannot represent Dover-Sherborn on Saturday or Sunday without the written permission of a doctor, the Principal, or the Assistant Principal.

Bona-Fide Team Member Rule

Loyalty to your High School Team

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.

One waiver form per season may be applied for by a student athlete two weeks in advance **if the coach of the program approves. If the coach does not support the waiver then the waiver will not be submitted.**

First Offense: Student-athlete is suspended for 25% of the season.

Second Offense: Student-athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation. See MIAA Rule 98 for additional tournament restriction and Rule 88 for waiver guidelines.

Spectator Rules and Regulations

Sportsmanship & Spectator Behavior

Dover-Sherborn High School expects all parties at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat teammates, opponents, game officials, and visiting spectators with respect.

Dover-Sherborn High School and the Tri-Valley League (TVL) are committed to the highest ideals of sportsmanship, as well as to establishing a healthy environment for competition. We will not tolerate negative statements or actions towards competitors, coaches, game officials, or fans in attendance at our events. This includes taunting, trash talking, baiting, berating players, coaches, or officials, or actions which ridicule or embarrass. The TVL has a ZERO TOLERANCE POLICY. Offenders will be ejected, and school disciplinary codes are also in effect.

The Principals and Athletic Directors of the Tri-Valley League stand committed to hosting events which

support the highest ideals of sportsmanship.

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 official or school determined to be acting in a manner contrary to the standards of good sportsmanship.” Dover-Sherborn High School also reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, home or away.

Resolution of Incomplete Grades

All incompletes must be resolved by the student and the grade submitted by the teacher within two weeks after issuance of grades at the end of the first and second semester. Any exceptions must be approved by the principal.

Eligibility for Extracurricular Activities

To be academically eligible to participate in athletics, clubs, and drama/musical performances during the first and second semester, a student cannot fail more than one major academic course (English, Math, Science, Social Studies, World Language for the term immediately preceding. Academic eligibility for first and second semester is determined at the end of first, and second semesters, respectively, when report cards are distributed.

To be academically eligible to participate for the first term, a student is required to have passed 30 credits (the equivalent of five traditional year-long courses) in the previous academic year, and to have not failed more than one course. Eligibility for the first quarter is determined by a student's final grades from the previous school year.

Student-athletes may not participate in games or scrimmages until they have met these eligibility requirements and been granted clearance by the Athletic Director.

A student entering Grade 9 from a middle or junior high school is eligible at the start of the ninth grade school year.

Chemical Health Policy

In addition to the enforcement of the school policy, the following MIAA penalties will be enforced by the Athletic Department.

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; or any controlled substance. This policy includes products such as "NA or near beer".

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 his/her 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.

The MINIMUM penalties are:

First violation: When, and if, the Headmaster 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. For the student, these penalties will be determined by the season in which the violation occurs. 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. Decimals 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 Headmaster 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. For the student, these penalties will be determined by the season in which the violation occurs. Decimals 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 violations, 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. Decimals 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.

No student, who has a current suspension for violating the Chemical Health Policy, will be allowed to join a team after the first day of organized team activities.

Any student who has incurred a Chemical Health Violation will be ineligible to become a captain for a period of 1 calendar year of the date of incident. Any student who is serving as a team captain and receives a Chemical Health Violation will have their captaincy removed. Individual team rules from a coach and be more strict as long as the rule has been disseminated to all

participants and parents/guardians during Meet the Coach Night and the Athletic Director and Headmaster have approved the rule in advance.

Bullying – A Statement of Propose

The Dover Sherborn Public Schools Bullying Prevention and Intervention Plan meets the requirements of M.G.L. c. 71, S370 and is modeled after the Massachusetts Department of Elementary and Secondary Education's Model Plan for dealing with bullying behaviors in our schools. The Plan includes strategies for identifying, reporting, and responding to bullying behaviors. This Plan is a key part of our schools' mission "to inspire, challenge, and support all students as they discover and pursue their full potential" and it complements our schools' student wellness and discipline policies. Please note the use of the words "target" instead of "victim" and "aggressor" instead of "perpetrator" are used throughout this document to be consistent with language used by the Massachusetts Department of Elementary and Secondary Education.

Definitions essential to the Dover Sherborn Bullying Prevention and Intervention Plan:

Aggressor is a student who engages in bullying, cyber bullying, or retaliation.

Bullying, as defined in M.G.L. c. 71, § 370, is the repeated use by one or more students of a written, verbal, or electronic expression or a physical act or gesture or any combination thereof, directed at a target that:

- causes physical or emotional harm to the target or damage to the target's property
- places the target in reasonable fear of harm to himself or herself or of damage to his or her property; • creates a hostile environment at school for the target
- infringes on the rights of the target at school or
- materially and substantially disrupts the education process or the orderly operation of a school.

Cyber bullying: is bullying through the use of technology or electronic devices such as telephones, cell phones, computers, and the Internet. It includes, but is not limited to, email, instant messages, text messages, and Internet postings.

See M.G.L. c. 71, § 370 for the legal definition of cyber bullying.

Hostile environment, as defined in M.G.L. c. 71, § 370, is a situation in which bullying causes the school environment to be permeated with intimidation, ridicule, or insult that is sufficiently severe or pervasive to alter the conditions of a student's education.

Retaliation is any form of intimidation, reprisal, or harassment directed against a student who reports bullying, provides information during an investigation of bullying, or witnesses or has reliable information about bullying.

Staff includes, but is not limited to, educators, administrators, counselors, school nurses, cafeteria workers, custodians, bus drivers, athletic coaches, advisors to extracurricular activities, support staff, or paraprofessionals.

Target is a student against whom bullying, cyber bullying, or retaliation has been perpetrated.

Hazing - Massachusetts State Law

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 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 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. Added by St. 1985, c.536; amended by St. 1987, c.665.

CH. 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 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. CH. 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 eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issues copies of this section and section 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 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 board 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 communicating the institution's policies to its students. The board of higher education 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.

Penalty: One to three days out-of school suspension; police notification.

Team Transportation

When school transportation is provided, all team members are expected to travel with their team. There is value in teams traveling to and from contests with regard to camaraderie and overall team culture. A parent may transport their son/daughter home from an athletic event, provided they have turned in written notice to the coach, in person, stating they are taking their son/daughter from the contest. The contest must be completed in order to leave with a parent/guardian, as required under the

MIAA Bona Fide Team Member rule. If a parent/guardian is to drive another child home, a note must be signed by that child's parent stating they have permission to do so. This should not be a regular occurrence unless the student athlete and parent have discussed the legitimate reason with the athletic director before the season begins. Being a part of the team means riding the bus to and from athletic events. Alternate means of transportation should be an exception and not the norm.

Security of Personal Belongings

All personal belongings should be locked in a locker or team room while the student-athlete is trying out, practicing, or playing. Each student should have a school-issued lock for his/her gym locker and should never leave the locker unlocked or open. If you can't lock it up, take it with you. *Dover-Sherborn High School cannot be responsible for loss of personal belongings.*

Sports Medicine

Dover-Sherborn High School has sports medicine personnel trained in sports-related injury/illness on school grounds to evaluate and treat high school athletic injuries as they may occur. Coverage is provided for athletic contests and practices. Coverage is not provided on non-school days, except as scheduled by the Athletic Director.

In case of an injury, the athlete will be evaluated and recommendations for care will be provided to the parent/guardian. If a visit to the hospital or physician is necessary, a written medical note releasing the athlete to return to participation (either practice or contest) is mandatory. High school athletes may report to the athletic training room any time after school for treatment or evaluation.

Athletic Training room courtesy is expected of all athletes. The room is an emergency facility, and will be treated as such.

A full list of policies for Sports Medicine can be found in the Sports Medicine Handbook ([here](#)).

D/S BOH Policy for Managing Mosquito-Related Health Concerns in Athletic Teams

This policy aims to safeguard the health of all athletic participants by proactively addressing mosquito-related health concerns. All coaches, athletes, and support staff are expected to adhere to these guidelines and remain vigilant in the face of potential risks.

1. Monitoring and Risk Assessment

- Regular Surveillance:
 - Monitor local health advisories and mosquito activity reports.
 - Collaborate with public health officials to stay updated on mosquito-borne diseases in the area.

- **Assessment of Conditions:**

- Evaluate environmental conditions (e.g., standing water, high humidity) that may contribute to increased mosquito populations.

2. Education and Awareness

- **Inform Athletes and Staff:**

- Provide educational materials about mosquito-borne diseases, prevention methods, and symptoms.

- **Training Sessions:**

- Conduct training for coaches and staff on recognizing risks and implementing preventative measures.

3. Preventative Measures

- **Personal Protection:**

- Encourage the use of insect repellent containing DEET or other effective ingredients.

- Recommend wearing long sleeves and pants during high-risk times (dawn and dusk).

- **Field Preparation:**

- Schedule practices and games during times of lower mosquito activity, if possible. ○

- Ensure playing fields are free of standing water and maintain landscaping to minimize Mosquito breeding.

4. Response Plan

- **Immediate Actions if Risk Increases:**

- Alter outdoor activity start times or temporarily suspend outdoor activities if local health authorities issue alerts regarding high mosquito-borne disease risk.

- Implement enhanced personal protective measures, including the distribution of insect repellent.

- **Health Monitoring:**

- Encourage athletes to report any symptoms related to mosquito-borne diseases and ensure

access to medical evaluation.

5. Communication

- Notification Process:

- Establish a communication protocol to inform athletes, parents, and staff of any changes

in policy or risk levels.

- Feedback Loop:

- Create channels for athletes and staff to provide feedback on the effectiveness of measures and report any concerns.

6. Evaluation and Review

- Regular Review of Policy:

- Annually assess the effectiveness of this policy and make adjustments based on new information or changing conditions.

- Post-Event Evaluation:

- After any outbreak or incident, review responses and outcomes to improve future strategies.

Locker Rooms and School Facilities

Student-athletes are expected to respect the locker facilities, showers, and general areas of the athletic/school facilities, both home and away. We expect the student-athletes to take pride in their facilities, and to leave them in good condition. No type of vandalism will be tolerated, and equipment, clothing, towels, and other items should not be left behind in the locker room after games or practices. In the spirit of the Dover-Sherborn High School Mission Statement, it is the student-athlete's responsibility to demonstrate respect for others and for the facility.

School Athletic Equipment and Uniforms

Students have an obligation and responsibility for the proper care and retention of all equipment issued to them from the date of issue to the date of return. Students failing to turn in all issued equipment and uniforms, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment or uniforms. Payment is required at the time of the loss, or prior to either the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment or uniform is found and/or returned after payment, a refund will be made. School athletic equipment should only be worn for team activity, i.e., practice, games, spirit events.

Student-athletes failing to return uniforms/equipment will not be allowed to register for the following athletic season until payment for lost items is received. In the event the student-athlete is a Senior in their last season of participation, the student's diploma will be withheld until payment is received.

Athletes are required to supply and carry their own water bottles. The school will provide the water.

Season Limits

Fall practice start dates are set by the MIAA, and are published annually. No team practices may begin until the MIAA-approved dates. Football teams must precede their initial contact practice day with an additional three days of single non-contact sessions. The winter season begins the Monday after Thanksgiving. This season usually affects the winter vacation break and could affect the February vacation if a team or individual qualifies for post-season tournament play.

The spring season begins the third Monday in March. The April vacation may be affected if games are scheduled. Parents/guardians and players should check this issue with the individual coach.

All seasons: fall, winter, spring must end with the completion of the regular varsity season or, for qualified varsity teams or individuals, upon completion of their participation in MIAA tournaments.

Varsity Games Missed During School Vacations

The Dover-Sherborn School Community is committed to providing students with a competitive athletic program, while encouraging an educational atmosphere that respects family commitments and community responsibilities. While it is not possible to avoid scheduling varsity games during school vacations, every effort will be made to schedule games to maximize the vacation time available for family and community service activities. Coaches should be notified as soon as possible if a student plans to miss games or practices over vacations. If a player misses a game that is scheduled during a school vacation, that player may be benched for up to one game for every game missed, not to exceed two games in total. No additional penalty will be imposed for missed practices under these circumstances.

Forty hours of Service Learning is a requirement for graduation, and the spring vacation has customarily been utilized for experiences that fulfill this requirement. Therefore, no penalty for games or practices missed during spring break will be imposed on students who have engaged in a service-learning project, if verification is provided to the coach. Spring Vacation is also a common time for juniors to visit colleges with their families-please let the coach know in advance if you will be absent during spring vacation. Due to spring scheduling constraints, athletic contests most likely will be scheduled during the April vacation.

Out-Of-Season Sports Participation

Participation in out-of-season clinics, leagues, or other related sport activities is strictly up to the discretion of the student-athlete and his/her parents. While such participation may improve a student's knowledge and skill, it is the student's decision whether or not he/she wishes to become involved in such activities. Participation in such activities will have no bearing on a student-athlete's participation on a Dover-Sherborn High School athletic team. The Athletic Department encourages all students to take full advantage of the activities offered and become involved in more than one sport.

According to MIAA rules, "Neither a coach nor any other representative of the school may require an athlete to participate in a sport or training program outside of the MIAA defined sport season." Voluntary conditioning seasons open equally to all students in the school, and which are entirely devoid of sports-specific activity, may be conducted between sessions, provided no candidate is either required to participate or penalized for not doing so. A "candidate" is defined as a varsity or sub-varsity athlete who participated in the high school program at some interscholastic level in part of the previous season.

Physical Education Class

All students are required to participate in their regularly scheduled Physical Education classes. Any student who is medically excused from Physical Education may not participate in his/her practice or game for that day.

mTBI/Concussion Policy

Purpose: A concussion is a complex disturbance in brain function resulting from direct or indirect trauma to the brain. A concussion is related to neurometabolic dysfunction, rather than structural injury. DSHS complies with MIAA citation 105 CMR 201.000: Head Injuries and Concussions in Extracurricular Athletic Activities. This policy will serve as the minimum guidelines to be followed in the event of a mild traumatic brain injury. This policy shall be reviewed annually.

Policy: The following policy is set forth for all DSHS coaches, staff, student-athletes, and parents/guardians.

Education – Coaches and Staff

All coaches and athletics staff shall undergo concussion training annually in coordination with the MIAA regulations. Coaches and staff shall complete one of two MIAA-approved courses listed:

1) Heads Up: Concussion in Youth Sports from the Centers for Disease Control and Prevention:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

2) Concussion in Sports: What you Need to Know from the National Federation of State High School Associations: <https://nfhslearn.com/courses/concussion-in-sports-2>

Coaches and staff shall provide certificate of completion to the athletic director or athletic trainer.

Education – Parent/Guardian and Student-Athlete

All parents/guardians and student-athletes shall receive concussion education annually in coordination with the MIAA regulations.

Parents will view the following video: <https://www.youtube.com/watch?v=zCCD52Pty4A>

Student-athletes will view the following video: <https://www.youtube.com/watch?v=zCCD52Pty4A>

Parents/guardians and student-athletes will review the following fact sheet:

https://www.cdc.gov/headsup/pdfs/youthsports/Parent_Athlete_Info_Sheet-a.pdf

Parents/guardians and student-athletes will acknowledge when signing up for their sport that they have read/viewed, understand, and accept the concussion education and injury policy in their online FamilyID portal.

Baseline Testing

All student-athletes will complete an IMPACT baseline test prior to their first sport in their freshman or transfer year, and two calendar years after. The student-athlete will also provide baseline information to the medical staff regarding their history of concussion or brain injury, neurologic disorder, and mental health symptoms and disorders via the history section of the FamilyID profile required during sport sign-up. The information provided by the student-athlete in the health questionnaire will be reviewed by the athletic trainer.

The IMPACT baseline test will be reviewed by the athletic trainer. In the event a student-athlete does poorly on the baseline testing, the student-athlete may be asked to retake the baseline test.

As part of DSHS concussion protocol, if an athlete is concussed, they will take the IMPACT post injury test once symptom free for 24 hours. After review of the post injury test by the athletic trainer, the student-athlete may or may not need to take additional post injury tests.

Process when no Athletic Trainer/Qualified Medical Professional is Present at Event

If no Athletic Trainer or other qualified medical professional is present to evaluate the student-athlete at the event, coaches are responsible for removing any student-athlete they suspect of having a mTBI or concussion from the activity, be it practice, competition, conditioning, weight lifting, or other athletic-related activity.

The student-athlete shall not return to any activity until a qualified medical professional in the evaluation of concussion/mTBI has completed a full evaluation of the injury.

As soon as able, the coach is responsible for contacting the parent/guardian to communicate the injury. The coach is also responsible for contacting the athletic trainer within 12 hours of the injury. The coach shall fill out and submit to the athletic trainer within 24 hours a copy of "Report of Head Injury During Sports Season Form" provided by the MA Department of Health ([Appendix B](#)).

Initial Evaluation after Suspected Head Injury

At the time of injury, or as soon as able, the Athletic Trainer will evaluate the student-athlete for signs and symptoms of a concussion as well as a clinical assessment of cervical spine trauma, skull fracture, possible intracranial bleed and catastrophic injury (if appropriate based on timing of seeing the student-athlete). A student-athlete that is determined to display signs/symptoms/behaviors consistent with a concussion will be removed from practice or competition for evaluation. Medical staff will seek consultation with a Medical Doctor immediately if there is one present and available. If a concussion is confirmed or suspected, the

student-athlete must be removed from practice/play for the remainder of that calendar day and will be monitored by the medical staff for changes in any symptoms. The student-athlete may only return to play the same day if a concussion is no longer suspected.

The SCAT-6 shall be used in evaluation of suspected mild traumatic brain injury/concussion.

If the student-athlete is asymptomatic after initial evaluation:

- Exertionally test the student-athlete.
- Repeat assessment including cranial nerve assessment, cognitive assessment, and balance assessment.
- If the student-athlete remains asymptomatic after repeat testing, they can be cleared by the Certified Athletic Trainer for participation.
- If the student-athlete displays signs and symptoms of a concussion after repeat testing, they must be removed from practice or competition for the remainder of that calendar day.

If the student-athlete is symptomatic after initial evaluation:

- The student-athlete will be removed from practice or competition for the remainder of that calendar day.
- The student-athlete will be assessed throughout the remaining practice or competition for any change in symptoms.

mTBI Injuries Occurring Outside School Sanctioned Events

In the event a student-athlete sustains a mTBI/concussion outside school events, it is the responsibility of the parent/guardian to communicate the injury to the school nurse/athletic trainer. The parent/guardian must submit a copy of "Report of Head Injury During Sports Season Form" provided by the MA Department of Health ([Appendix B](#)). The parent/guardian will also provide notes from any medical provider that has evaluated the student-athlete. The student-athlete shall not be allowed to participate in any school athletic activity until the return-to-play and return-to-learn (if applicable) protocols are completed. If the injury occurs in a season that the student-athlete is not participating in a school team, documentation should be provided to the athletic trainer prior to the start of the next season of participation that the student-athlete is fully cleared for athletic activity.

Post-Concussion Management

If the student-athlete presents with worsening symptoms, emergency medical attention must be sought immediately. Activation of the emergency action plan (EAP) and transportation to the emergency room will occur if an evaluation of the Glasgow Coma Scale (GCS) is done and the following is found: GCS of less than 13 on initial assessment or GCS is less than 15 at 2 hours or more post initial assessment. Activation of the EAP will also occur if the immediate assessment of a student-athlete presents with the following scenarios: prolonged loss of consciousness, neurological deficits suggesting intracranial trauma, repeat emesis (vomiting), diminishing/worsening mental status or other neurological signs/symptoms and/or spinal injury.

A plan for continued monitoring must be discussed with the student-athlete's parent/guardian. Oral and/or written instructions for home care will be given to the student-athlete and to a parent/guardian who should continue to monitor and supervise the student-athlete during the acute phase of sport related concussion (per the National Athletic Trainers' Association Position Statement: Management of Sport Concussion). The

student-athlete that reports a concussion to the athletic training staff will not be allowed to attend/participate in any classroom activity on the same day in which a concussion is reported.

The student-athlete shall complete a daily log of symptom and activity tracking. This log can be submitted electronically by completing the form here: <https://forms.gle/y1YrMoCxCTvN7jwM8>

Return-to-Learn

The Athletic Training staff will notify the school nurse when a student-athlete has sustained a concussion. Notification will be provided through the Google Drive document tracking concussions and via email. Information included in this notification will include the following: Date of injury, type of injury, and any anticipated impact on academics including possible missed class time. The Athletic Training staff will provide updates on current symptoms and give any academic recommendations regarding the level of classroom and academic exposure the student-athlete should have based on the return-to-learn protocol. Recommendations will be based off the signs and symptoms reported to the Athletic Trainer. The school nurse will then communicate these recommendations to the student-athlete's guidance counselor.

If the student-athlete cannot tolerate cognitive activity, the student-athlete will remain out of school. The student-athlete's return to the classroom and/or studying will be on an as tolerated basis. The student-athlete will also be re-evaluated by their overseeing physician (or their designee) in the event that symptoms worsen with academic work and increased cognitive activity. In the event of more specific or prolonged academic accommodations, a Clinical Neuropsychologist or concussion specialist should be sought out. Complex cases that require a prolonged return-to-learn will be managed by a multidisciplinary concussion management team involving the overseeing physician, neuropsychologist/concussion specialist, athletic trainer, school nurse, guidance, and administration.

If cases are prolonged, school resources will be identified by the concussion team and accommodations will be made in compliance with the ADA as needed.

Upon significant symptom improvement, or at physician direction, the student-athlete will return to school. The student-athlete will progress through the following levels at the discretion of the school nurse or athletic trainer, or as designated by the student-athlete's physician. At the discretion of the school nurse or athletic trainer, a student-athlete may not need to complete each level, based on symptoms and cognitive ability.

Black: Significant symptoms. No academic activity, excused from school. Instructed to refrain from all academic activity, and encourage rest and recovery. Encourage reduced screen time. Typically first 48-72 hours. If moderate-significant symptoms persist longer than 5 days, seek out further evaluation with a physician.

Red: Improvement of symptoms. Symptoms mild. Begin short work at home, 15-20 minute blocks. If symptoms increase by more than 1-2 points per symptom on the SCAT6 symptom scale, cease work and rest for 24 hours. If symptoms continue to persist longer than 10 days at the same level, seek follow-up with a physician.

Orange: Symptoms significantly improved/resolved. Return to school. 20 minutes in class, followed by a 10 minute break. Half-day if recommended by an overseeing physician. No attendance to band, chorus, or

physical education. Light athletic activity (walking, biking) may begin at this phase if cleared by the physician/physician designee or school athletic trainer.

Yellow: No remaining symptoms. Full school days with short breaks if necessary. Plan created for make-up of work/tests. Return-to-play protocol may begin for athletics, but no progression to full activity may occur.

Green: No remaining symptoms. Full school days, full work. Full return to athletic activity may occur.

Green: No remaining symptoms. Full school days, full work. Full return to athletic activity may occur.

Return-to-Play

The following stages must be completed before a student-athlete can return to play. Before signing off on full medical clearance, the student-athlete must be asked whether or not they have completed each phase. Inquire about their symptoms, thinking, and concentration skills at each stage described below. Also include questions about the exercises and drills specific to the sport in which they engaged at each stage. The student-athlete should have only moved to the next stage if recurrence of symptoms did not occur. If symptoms return, inform the student-athlete that they should repeat the previous asymptomatic level, and attempt to progress again after being free of concussion-related symptoms for a further 24 hour period at the lower level. If symptoms persist at the lower level of activity, the student-athlete will be held from all activity for at least 48 hours, and will return to Stage 1 when symptom-free.

The Athletic Trainer shall track symptoms, academic progress, and return-to-play progress through a Google document: [Concussion Tracking Form](#). See link or attached example.

Once the student-athlete is asymptomatic for 24 hours, the student-athlete will take the ImPACT post-injury 1 test and will begin a supervised stepwise progression for return-to-sport. Upon review of the ImPACT test by the athletic trainer, if abnormal results are found, consultation with the overseeing medical doctor will be sought.

Stage 1: Low levels of physical activity. This includes walking/light stationary biking. 30 minutes maximum of physical activity.

Stage 2: Moderate levels of physical activity with body/head movement. This includes jogging, brief running, moderate intensity on the stationary bike, light intensity weightlifting (reduce time and body weight exercises only). 45 minutes maximum of physical activity.

Stage 3: Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary biking, moderate lifting, non-contact sport specific drills (agility with 3 planes of movement). 60 minutes maximum of physical activity.

Stage 4: Sports specific non-contact practice. All drills, conditioning, etc. excluding drills involving possible contact. Full weight lifting. 90 minutes maximum of physical activity.

Stage 5: Full contact (if appropriate) in a controlled drill or practice. The physician or medical provider should sign the medical clearance form before being cleared for full contact practice. Student-athlete may not participate in a contest. No maximum time for physical activity.

Stage 6: Return to competition.

Final and Full Return to Play

Consultation with the athletic trainer will take place throughout the evaluation and return to play progression. Final and official medical clearance for unrestricted return-to-sport will be made by the athletic trainer once the overseeing physician or medically qualified physician designee has signed off on full return to participation. Unrestricted return-to-sport should not occur prior to unrestricted return-to-learn. The student-athlete must participate in a full contact practice before returning to game play.

Further Information

Additional information can be found on the following websites:

- ImPACT Testing: www.impacttest.com
- MIAA Concussion Policy: <https://miaa.net/concussion>
- Massachusetts Department of Public Health: <https://www.mass.gov/sports-related-concussions-and-head-injuries>

College and the Recruiting Process

One of the most important decisions facing high school students is what to do with their lives after high school. The athletic director and members of the coaching staff are willing and eager to assist all students with this extremely important decision. The Athletic Department may be able to answer questions, contact coaches or schools, send videotapes, if available, and write letters of recommendation. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations. The Dover-Sherborn High School Guidance Department and the Athletic Director have information on and experience in dealing with NCAA regulations and the recruiting process.

Medical and Insurance Requirements

Physicals & Release Forms

All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. In order for the exam to be current, it must be dated within 13 months of any athletic involvement. It is strongly recommended that an annual exam be scheduled between June and August preceding each school year. Such an exam will cover a student for the entire school year.

Parents/guardians permission forms, which contain important emergency and insurance information, must be completed and signed by the athlete and a parent/guardian. These forms are online at www.familyId.com under the Dover-Sherborn Registration Page. The information provided will be disseminated to authorized personnel and coaches, as part of our emergency protocol.

Athletes will not be allowed to participate in games in any season without having a current medical form, parental/guardian permission on file, and payment of the athletic fee for that season. Each season a deadline for fee payment will be published. In the event the fee is not paid by that date, the student-athlete will be held from all athletic participation until payment is received. In addition, any student-athlete whose physical expires during the season will be reminded in advance of the expiration. Any student-athlete whose physical expires without an updated document uploaded to FamilyID will be held from all athletic activity.

Insurance Coverage

The Dover-Sherborn School District provides insurance coverage only for those students participating in interscholastic athletic activities. This plan does not cover expenses that are covered through the student's parent's insurance company. However, expenses not covered by personal insurance may be covered by the district's insurance plan.

When an injury occurs, an insurance form may be picked up in the Athletic Office. The school's insurance form must be submitted to the insurance company within thirty days.

Athletic Advisory Committee

Mission Statement: The Athletic Advisory Committee is an advisory group for the Athletic Director. Responsibilities include providing input on the following topics:

- Addition and deletion of teams
- Changes in athletic policies and procedures
- Athletic facility planning
- Guidance to School Committee on athletic matters
- Other pertinent athletic issues

The Athletic Advisory Committee will be comprised of the following individuals:

- The Principal
- The Athletic Director
- The athletic trainer / athletic assistant
- A member of the Dover-Sherborn Regional School Committee (appointed annually by School Committee)
- Four Dover-Sherborn student-athletes, two male and two female (appointed for two years by Athletic Director)
- Two members of the coaching staff, representing male and female teams (reviewed annually by Athletic Director)
- Two parents/guardian, representing Dover and Sherborn (parents may submit a letter of interest to the PTO when positions have been posted), election process by PTO if necessary, appointment for two years)
- An officer from the Dover-Sherborn Boosters Club (appointed by Boosters)

The Athletic Advisory Committee will meet three times a year (fall, winter, spring) or as requested by the Athletic Director.

Dover-Sherborn Realities

At Dover-Sherborn High School, we are guided by certain realities: the relatively small size of the school population, the facilities, the budget, availability of quality coaching, and tradition. These “realities” must be considered when deciding what programs to start, expand, or discontinue. Programs must be added and expanded cautiously: experience has taught us that it is easier to add a program than to eliminate one.

The Dover-Sherborn Athletic Program strives to offer athletic and competitive opportunities to as many participants as possible. While we are not able to offer each student-athlete the program of his/her choice, we are committed to providing at least one sport per season that is open to all students who demonstrate their willingness to take the program seriously.

To this end, we differentiate between Limited-Roster and Unlimited-Roster teams.

- Limited-Roster Athletic Teams (Cut Teams)

Varsity teams compete against opponents at the highest possible level; the commitment is to field the best team. Coaches have the ability to use their judgment in picking the team. Junior Varsity & Freshmen teams are competitive programs designed to meet the developmental needs of participants. The purpose of these programs is to develop skills, sportsmanship, and behaviors necessary to compete at the varsity level. Depending on the number of student-athletes who try out for one of these teams, cuts may be made based off of the needs of the coach.

- Unlimited-Roster Athletic Teams (Non-Cut Teams)

The high school provides at least one “no cut” sport per season. These are interscholastic athletic teams, sometimes with varsity and junior varsity levels. Currently, football, cross country running, cross country skiing, and track and field are examples of unlimited-roster sports at Dover-Sherborn. Just because these teams are non-cut does not mean that they are any less thought of within our athletic program.

At Dover-Sherborn High School, being a member of a team does not guarantee playing time.

Program Management

Season Review and Projection

At the conclusion of each sports season (Fall, Winter, Spring), the Athletic Director (AD) and the Athletic Advisory Committee (AAC) will meet to review the season just completed. At the AAC Season Review, the AD will present a roster analysis by sport, which will include:

1. Historical data by sport
2. Current sport participation numbers
3. Projection participation number for next season.
 - Projected participation numbers will represent the AD and Varsity Coaches’ best estimate at the time and will be based on the number of participants expected to return to the sport, less any expected attrition, plus any new participants expected to join. The AD will make reasonable efforts to obtain projection data through surveys, meetings, and/or discussions with the current coach, captains, and youth clubs/programs, where applicable.

Changing the Status of a Program

Discussion at the AAC Season Review may indicate the potential need to change the status of a current program from Cut to Non-Cut. The AD may bring a recommendation to this meeting or indicate the need to seek additional information prior to the next meeting. When ready, the AAC will vote by simple majority on this recommendation.

There may be times in which changing the status from Non-Cut to Cut needs to be reviewed. The AD or the varsity coach may bring a recommendation to this meeting. At that time, the AD and AAC will review the merits of this recommendation. If additional information is needed, it should be made available for the next meeting. When ready, the AAC will vote by simple majority on this recommendation.

Expanding a Current Program

The Athletic Director will report to the AAC on the potential for a team meeting the criteria for program expansion, for example, a Freshman Team. The information regarding a potential expansion of a

program may be ascertained at the AAC season review or brought forward from the community. Community members interested in researching the potential for program expansion may contact the Varsity Coach and the AD to discuss the potential for program expansion.

The Varsity Coach and the AD will explore the potential for a new level based on the following criteria:

- Additional data on student-athlete interest/ability
- Support of the Varsity coach for expanding the program
- Availability of competitive opponents through a comprehensive review of programs within the Tri Valley League and outside the league (if necessary)
- Availability of qualified coaches
- Appropriate facilities
- Cost and funding options
- Negative effects on other programs
- Estimated length of time the team might exist (sustainability)

The AD will present the findings at an AAC meeting. At any point during this analysis, the AD and Principal, together, can decide to end the process.

After sufficient discussion at its next meeting, the AAC will vote by simple majority to

- 1) recommend to the Regional School Committee the addition of the new team,
- 2) deny the new team, or
- 3) request additional information.

After reviewing the overall athletic budget in conjunction with the Headmaster, the AD will determine what, if any, additional cost a participant on the expanded team will pay above and beyond the standard athletic fee. This will be included in the proposal forwarded to the school committee. Any additional funds beyond the athletic fee must be collected prior to the start of the team's season, or a promissory note provided by a club or organization. Unfunded teams are expected to pay the direct costs of the program in addition to participants paying the Athletic Fee.

Deleting a Current Team/Program

Discussion at the AAC Season Review may indicate the *potential* need to delete a current team/program. Prior to the next AAC meeting, the AD will determine the following for the proposed team/program:

- Additional data on student-athlete interest/ability and program sustainability (next 2+ years)

- Program options (8th grade waivers, cooperative teams, etc.)
- Availability of competitive opponents through a comprehensive review of programs within the Tri-Valley League and outside the league (if necessary)
- Availability of qualified coaches
- Appropriate facilities
- Cost and funding options
- Negative effects on other programs
- Title IX and balance of programs
- Historical significance

At any point during this analysis, the AD and Headmaster together can decide to end the process.

After sufficient discussion at its next meeting, the AAC will vote by simple majority to 1) recommend to the Regional School Committee the deletion of the team/program or 2) request additional information.

Adding a New Program

All requests to establish a new sports program will be brought to the AD at least one year in advance of the proposed participation. The AD will work with the student groups to 1) help them gather information needed to determine if adding a new program is merited and 2) present these findings to the AAC.

The information will include:

- Interest and availability of student athletes
- Availability of opponents
- Availability of qualified coaches
- Availability of appropriate facilities
- Cost and funding options
- Negative effects on other programs
- Sustainability/future projections
- Title IX and balance of programs
- “Varsity” vs. “Club” status
- A program must start at the club level

- Club programs must have consistent, adequate attendance to warrant progression in the process
 - Adequate numbers will vary by sport (minimum numbers required to add a sport of interest can be found on the [athletic website here.](#))
- Club teams should practice multiple times per week
- Club teams should, when prepared, coordinate with club teams/non-varsity teams from other schools to compete in scrimmages
- A club that can satisfy all requirements will then present at the conclusion of the club season to the Athletic Director a proposal to become a sanctioned school team
 - Details should include attendance numbers at each practice/event, number of practices total, and number of scrimmages/contests competed in
- The Athletic Director, on acceptance of the proposal, will initiate the process to create a school-sanctioned athletic team
 - This process includes proposal to the school committee, creation of coaching position(s), approval for funding for position(s)/team needs, and hiring of appropriate staff
- A club team shall become a Junior Varsity-level team after all aspects of program creation have been satisfied
- A new team must successfully compete as a Junior Varsity-level team for 2 seasons before consideration will be given to becoming a Varsity-level team.

At any point during this analysis, the AD and Principal together can decide to end the process.

The information above will be brought to the AAC for review. After sufficient discussion, the AAC will vote by simple majority to 1) recommend to the Regional School Committee the addition of the new program, 2) deny the new program, or 3) request additional information.

Information Sheets

[*Heads Up Concussion - Concussion Fact Sheet for Student-Athletes](#)

[*Heads Up Concussion – Concussion Fact Sheet for Parents/Guardians](#)

[*Preventing Prescription Opioid Misuse Among Student-Athletes](#)

[*Opioid Prevention Brochure](#)