Weymouth Public Schools
Athletics Guide
Grades 9-12
2026-2027

We Belong. We Grow. We Excel.

I. Mission Statement

It is the mission of the Weymouth High School Department of Athletics to foster the academic, social, and citizenship values of our school to our student-athletes through effort, instruction, and competition, by nurturing competitiveness, cultivating an environment of consistent improvement, focusing on skill development and enjoyment, and demonstrating life skills. Our athletes, parents/guardians, coaches, and administrators contribute to this mission each day in our effort at practices, competitions, and all athletic activities.

II. Philosophy Statement

Weymouth High School student-athletes will effectively:

Develop a spirit of healthy competition in practice and on the playing field to get the most effort out of themselves, their teammates, and their opponents, and carries over into the classroom and beyond into the lives of the student-athletes.

Focus on continuing and consistent improvement in an objective manner by setting tangible SMART goals that are **s**pecific, **m**easurable, **a**chievable, **r**ealistic, and **t**imely, and concentrating on controllable objectives, making them more responsible for their own growth.

Concentrate their efforts on skill development each day, as well as developing a process-oriented approach to success, rather than merely striving toward the finished product by receiving frequent measurements of growth in both individual and team-building skills through communication from coaches and administrators.

Find enjoyment in the area of athletics through building relationships with teammates and coaches, creating experiences that extend beyond the playing field, and generating a lifelong love for sport, competition, and physical fitness that transcends interscholastic athletics.

Demonstrate life skills, such as *teamwork*, by working with fellow teammates toward a common goal, *sportsmanship*, by treating opposing coaches, players, and spectators with respect, *empathy*, by respecting differences and working to create consensus, *citizenship*, by performing service for, and instilling pride in, their community, and *leadership*, by striving to be accountable for their actions.

A. Message to Spectators and Parents/Guardians

We're proud to have passionate fans and a supportive community behind our teams. To help create a positive experience for all athletes, officials, and spectators, we ask all fans to:

- **Attend** games both home and away to show your school spirit
- **Support** our teams and coaches with positive encouragement

- **Cheer** for all players—regardless of their role or playing time, no taunting or using names or numbers of opposing team players, use appropriate language
- **Model** good sportsmanship for others in the stands
- **Respect** the authority and decisions of game officials
- **Be prepared** - No outside food or beverages are allowed at home facilities

At Weymouth High School, we: **Let the players play, let the coaches coach, let the officials officiate – and let the parents/guardians positively cheer for their child during the game. Your behavior reflects on both you and our entire school community. Let's continue to create an environment where everyone feels safe, welcome, and proud to be a Weymouth Wildcat.**

B. Parental/Guardian Role In Assisting Student-Athletes To Achieve Success in Athletics

- To attend informational meetings offered by the Athletic Department
- To work closely with school personnel to assure an appropriate academic and athletic experience for your athlete while he/she is in high school
- To ensure your athlete will attend all scheduled practices and athletic contests
- To require your athlete to abide by the Athletic Department's training rules
- To respect the authority of the coach in determining strategy and player selection
- To model mature behavior as well as expect the same from your athlete
- To work cooperatively with other parents and school personnel to ensure a wholesome and successful Athletic Program for Weymouth High School
- To identify a reasonable and realistic future for your child as a student-athlete
- To follow the proper chain of command with communication. Lean on your student-athlete to advocate for themselves.

III. Governing Bodies

A. Massachusetts Interscholastic Athletic Association (MIAA)

The Weymouth High School Athletic Department is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and is therefore governed by Association Rules and Regulations. Additional policies, regulations, and rules are set by the Weymouth School Committee. Under the MIAA guidelines, local communities are allowed to set their own policies, rules, and/or regulations as long as they are more restrictive than stipulated by the MIAA. Rules governing individual sports vary depending upon the sport. Copies of the completed set of MIAA rules and regulations are available in the Athletic Office or online at www.miaa.net.

One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When our varsity teams qualify for them and enter such tournaments, we are completely subject to specific rules and regulations that govern each tournament, as set

by the MIAA. Tournament qualification, divisional placement and geographical district criteria are sport specific.

Some of our teams may qualify for regional tournaments, beyond the MIAA tournaments, that are sponsored and conducted by the combined state associations that make up the region of competition. Some of our varsity teams may host and/or play in seasonal tournaments that are sponsored by local school districts or other qualified agencies. MIAA regulations specify that such tournaments be sanctioned by the Association and be conducted totally under their policies, rules and regulations. The MIAA does not sanction nor sponsor any sub-varsity tournament competition.

The MIAA is a member of the National Federations of State High School Association and is bound by its set of rules, policies, and regulations.

B. The Massachusetts School Administrators' Association (MSAA)

The Weymouth High School Athletic Department is a member of the Massachusetts School Administrators' Association (MSAA) and is therefore governed by Association Rules and Regulations for Cheer and Dance. Under the MSAA guidelines, local communities are allowed to set their own policies, rules and/or regulations as long as they are more restrictive than stipulated by the MSAA. Rules governing individual sports vary depending upon the sport. Copies of the completed set of MSAA rules and regulations for Cheer and Dance are available in the Athletic Office or online at www.mssaa.org.

C. The Bay State Conference

Weymouth High School is very proud to be a member of the ten school league known as the Bay State Conference. The Conference is governed by the MIAA and its own Bay State Conference Constitution. A copy of the Constitution is available for your review online and in the Athletic Office. Most of our game schedules, at all levels of competition, are set by the league. The athletic department will also schedule some non-league contests against schools from additional communities.

Most sport game schedules sponsored by the Conference at the varsity level are divided into two divisions for championship play, and for seasonal play at the junior varsity and freshman levels. The Herget Division includes the schools from Braintree, Milton, Needham, Walpole, and Weymouth. The Carey Division includes the schools from Brookline, Framingham, Natick, Newton North, and Wellesley. Interdivisional scheduled play is common for most of our teams. We also schedule non-conference contests against schools from other surrounding communities.

IV. Rules of Eligibility

The Massachusetts Interscholastic Athletic Association (MIAA) and Weymouth School Committee formulate rules and regulations governing interscholastic athletics at Weymouth High School. Among the rules are age, residency, and scholastic eligibility qualifications. Specific information regarding these requirements may be obtained from your coach, the principal, or athletic director. Rules governing participation in any extra-curricular activity shall be the same as the rules governing the Massachusetts Interscholastic Athletic Association Eligibility Rules. The minimal eligibility standard for interscholastic athletics applies to all extracurricular activities in which students represent Weymouth High School. If a student fails to meet the eligibility requirements, the student may not participate in activities or athletics.

A. Academic Eligibility

Be in good academic standing. Students must be passing a minimum of four credits in their major subjects in the previous quarter to maintain eligibility. For Fall sports, eligibility will be determined by the student's final grade in the course, not their quarter 4 grade. A major subject is defined as a class in one of the following content areas:

- Math
- Science
- Social Studies
- English
- World Language
- CTE

*Seniors must be passing **a minimum of 4 classes that meet every day** in order to be eligible to participate in athletics.* Consideration will be given to students who have to fulfill additional educational requirements.

Weymouth High School Grading System Unweighted

A+	97-100(4.3)	C+	77-79 (2.33)
A	93-96 (4.0)	C	73-76 (2.0)
A-	90-92 (3.67)	C-	70-72 (1.67)
B+	87-89 (3.33)	D+	67-69 (1.33)
B	83-86 (3.0)	D	63-66 (1.0)
B-	80-82 (2.67)	D-	60-62 (.67)
		F Below 60 (.00)	

B. Age and Grade Eligibility

A student is eligible for athletics for twelve (12) consecutive seasons beginning with his/her entry into the ninth grade. There are three athletic seasons during each school year: fall, winter, and spring. Students who are 19 years old prior to September 1 of the school year are not eligible for high school athletics. Students who are 16 as of September 1 of their freshman year are not eligible for athletic participation until meeting with the Athletic director.

C. Physical Examinations

Athletes must pass a physical examination each year before participation in any sport. This must be done prior to the first tryout or practice session. No athlete will be issued equipment or participate in organized practice, tryout, or scheduled contest until he/she has given the school nurse a current physical examination form signed by a physician. In order for a physical examination to be considered current and valid, it must have occurred within the preceding thirteen (13) months and will otherwise be considered expired. Student Athletes whose physical examination expires during a season must submit a physical examination form certifying a new physical examination prior to the expiration date of their last physical examination in order to continue participation without interruption.

D. Parent/Guardian Permission

A student must be registered through the Google Form system on the Athletic website prior to the first organized practice or tryout. Prior to registering, both the parent/guardian and student must take the online concussion training course at www.nfhs.org, complete parent/guardian consent, release, and indemnification agreements. All other information required for athletic participation must also be acknowledged and completed during on-line registration.

E. User Fee

There is a $220 User Fee for each sport (exceptions are $275 for Football, and $480 for Hockey.) The athletic user fee is non-refundable. Athletes who leave a team voluntarily or who are dropped from the team by the coach, athletic director, or principal for disciplinary or scholastic deficiencies are not eligible for a refund. An athlete who pays a fee and is cut from a team will have their fee applied to another sport or refunded in full.

Any athlete on free and reduced lunch will pay half of the user fee for each sport. Additionally, if a family is experiencing a unique financial hardship they may apply in writing to the Principal for consideration of an additional reduction apply for the seasonal Dreamcatcher scholarship. Additionally, if a family would prefer to use a payment plan, they may request in writing to the Athletic Director within one week from the first day of practice or tryouts.

A student may not participate in athletics until user fees from prior seasons have been paid. All user fees must be paid (or payment plans/waivers established) within one week from the first day of practice or tryouts. Permissible penalties for non-payment include the loss of privilege to participate in extracurricular activities (per School Committee Policy JQ - 5/24/18).

E. (a) UNIFIED SPORTS

All Unified Sports Athletes will pay a user fee of $55. Any athlete on free and reduced lunch will pay half of the user fee for each sport. Additionally, if a family is experiencing a unique financial hardship they may apply in writing to the Principal for consideration of an additional reduction or full waiver or apply for the seasonal Dreamcatcher scholarship. Additionally, if a family would prefer to use a payment plan, they may request in writing to the Athletic Director within one week from the first day of practice or tryouts.

ANY STUDENT-ATHLETE WHO PARTICIPATES CANNOT BE PARTICIPATING IN A CONCURRENT MIAA SPORT.

F. MIAA Bonafide Team Member Rule

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Athletes cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs. Any student-athlete must be a team member for a minimum of 50% of the regular season schedule for that sport to participate in any MIAA tournament competition.

1. First Offense: Student-athlete is suspended for 1 contest and shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule or in tournament play.
2. 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.

G. Season Limits

Students may only play one sport during each season. Fall season may not begin before the MIAA-set guideline. The fall season must end with the completion of the regular season schedule except for teams or individuals completing their participation in MIAA tournament. Winter season will begin on the first Monday after Thanksgiving and conclude on the last scheduled competition unless a team qualifies for post-season MIAA tournaments. Spring season begins on the third Monday in March and concludes with the last scheduled competition unless teams qualify for post-season MIAA tournaments.

V. <u>Behavioral Expectations for all Athletes</u>

Participation in WHS athletics is a privilege that comes with responsibilities. Students must meet personal and academic standards in order to participate. Athletics at Weymouth High School are open to

all students who meet and maintain the standards of academic eligibility, school citizenship, and meet basic physical health qualifications. Athletes are expected to exhibit the highest level of conduct both on and off the field and to show respect for everyone they come in contact with at Weymouth High School: coaches, school staff, teammates, game officials, opponents, and spectators. Facilities and school-issued equipment must also be respected.

Students who take advantage of the privilege of representing Weymouth High School on athletic teams are expected to behave as role models for others. Along with students participating in clubs and activities and those achieving academically, student-athletes are informal leaders who can influence the values and norms within Weymouth High School and within the Town of Weymouth. As such, the discipline records for student-athletes will be cumulative records that do not expire at the end of a season or at the end of a school year.

A. Attendance Requirement for Interscholastic Athletics

Athletes must be in school for the entire day and attend all classes unless excused by the principal or Athletic Director. If an athlete cuts a class or leaves the building unannounced, he/she will be ineligible to participate in that day's contest or practice. If there is no practice or contest scheduled on that day, ineligibility will apply to the next scheduled practice or contest, whichever occurs first. A student must be present for at least half of the school day (constituted as 10:45 a.m. on a full day for the 2019-20 school year), in order to be eligible to participate in practices or contests. If an athlete must miss school for more than half of the day, the tardy or absence must be excused through the Main Office, in order for the athlete to practice or participate in a contest. An athlete may be removed from a team for excessive cuts or truancy. He/she may be reinstated upon sufficient evidence of improvement.

B. School Discipline – Detention

An athlete with a school discipline obligation or detention is expected to fulfill the discipline obligation before reporting to practice and/or a game. An athlete may be removed from a team for excessive disciplinary problems. The athlete may be reinstated upon sufficient evidence of improvement, as determined in the judgment of the Principal, Athletic Director, or coach. It is expected that athletes at Weymouth High School shall be model citizens both in and out of school.

C. School Discipline- Suspensions and Internal School Suspension (ISS)

Any athlete suspended from school, or assigned to Internal School Suspension (ISS) for or during the school day, may not practice, play, or be with the team on the day(s) in which he/she is serving the suspension. An athlete who incurs multiple suspensions during his/her student career may be permanently suspended from participating in sports at Weymouth High School, as determined in the judgment and discretion of the Principal and or Athletic Director.

D. Chemical Health

Students representing Weymouth High School athletic teams are held to a high standard of conduct. The conduct of these student athletes is governed not only by rules established by the MIAA but also those established in the Weymouth High School Student Handbook which states that a student shall not, regardless of the quantity; use, consume, possess, buy, sell or give away any beverage containing alcohol including near beer, tobacco product, or controlled substances including marijuana, synthetics, steroids, or any other controlled substance. Therefore, if a student-athlete tests positive on a breathalyzer test, the student's name will be given to the athletic director, who will consider this evidence that the student has consumed alcohol. This will result in the

Implementation of the disciplinary code for athletics through a Chemical Health Committee as stated in the student handbook.

Understanding that **participation in athletics and extracurricular activities is a privilege and not a right**; the disciplinary code of conduct for Weymouth High School's extracurricular activities, including all clubs, activities, and athletic teams, reflects the desire of the school's advisors/ coaches to be consistent in their approach to disciplinary matters. The code increases the standard of responsible behavior expected of participating Weymouth High School students. It is expected that our student participants will be models of proper behavior for the entire student body. **This disciplinary code is in effect 365 days a year, 24 hours a day**.

A Chemical Health Committee made up of the School Principal and/or Principal Designee, Athletic Director, and Dean has been established to oversee the implementation of the disciplinary code. The committee could also include the School Resource Officer, School Health Official, Event Staff, and/or Faculty Member.

When a student who participates in an extracurricular activity or athletics is reported to have been found in violation of the Disciplinary Code, the Chemical Health Committee will convene. The Chemical Health Committee will verify and authenticate the reported information. Once the reported information, as it relates to a violation, is verified and deemed actionable, insofar as it requires a meeting with the student, the Chemical Health Committee will conduct a hearing to provide the student in question with due process prior to assigning any consequences. In each case, the student's parents/guardians will be invited to the hearing. Should the parent/guardian of the student(s) in question decide not to attend, for whatever reason, the Chemical Health Committee is authorized to conduct a hearing as needed without a parent/guardian in attendance. Due to the need to expedite this kind of hearing to avoid potential issues related to the forfeiture of an athletic contest (see MIAA rules), the hearing will be scheduled at the earliest possible time, including during the course of the school day.

Alcohol, tobacco, electronic smoking device (vaping), or controlled substance violation: A student shall not, regardless of the quantity, use, consume, possess, buy, sell, or give away any beverage containing alcohol, tobacco/tobacco-like or nicotine product, or

controlled substance including marijuana, synthetics, steroids, or any other controlled substance. This policy includes products such as “NA or near beer”.

First Violation: When the Chemical Health Committee confirms, following an opportunity for the student to be heard, that a violation has occurred, the student will either lose eligibility for the next 50% of consecutive athletic/club/extracurricular events in which the student is a participant. (e.g., student in violation right before first game of 20 game basketball season...student will miss 10 games) or will lose eligibility for the next 25% of consecutive athletic/club/extracurricular events in which the student is a participant and will enroll in the DART program offered by the Weymouth Police Department. The possibility of dismissal from the team or club is also at the discretion of the principal/advisor/coach. This information will be shared with the student and parent/guardian at a Chemical Health Violation meeting, facilitated by the Athletic Director and School Administration. The 50% or 25% will carry over to the next athletic/club/extracurricular activity in which the student will be involved. It is recommended that the student be allowed to remain at the activity/practice for the purpose of rehabilitation.

Second Violation: When the Chemical Health Committee confirms, following an opportunity for the student to be heard, that a violation has occurred during the same calendar year, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and 70 tournament) totaling 60% of all interscholastic contests in that sport. The student must enroll in DART to be considered for reinstatement to the team or club. The possibility of dismissal from the team or club is also at the discretion of the principal/advisor/coach. This information will be shared with the student and parent/guardian at a Chemical Health Violation meeting, facilitated by the Athletic Director and School Administration. It is recommended that the student be allowed to remain at the activity/practice for the purpose of rehabilitation.

****In every case of a Chemical Health Violation, the Hearing Committee has jurisdiction to impose a greater penalty based on the findings presented at the hearing.***

Penalties will be cumulative each calendar year. If the penalty period is not completed during the “season” of violation, the penalty shall carry over to the student’s next team, club, or extracurricular activity in which he/she participates, which may affect the eligibility status of the student during the next academic year.

If a student, in violation of this rule, is unable to participate in a club, team or extracurricular activity or event due to injuries or academics, the penalty will not take effect until that student is able to participate again.

Captain/Elected or Appointed Official: If a student is found in violation of the Chemical Health Policy, the student will be ineligible to be elected or named captain of an athletic team for one calendar year. This may result in the student being stripped of titles and captaincies.

E. Altercations

Student-athletes should be aware that MIAA regulations impose a one or two contest suspension for fighting during an athletic contest. A second offense resulting in a suspension from all athletic activities during that season for a period of one year from the date of his/her second disqualification. Students that are suspended are required to take a National Federation of High Schools (NFHS) on-line class "Sportsmanship It's Up To You". (Rule 72.8 in MIAA rulebook) An athlete who physically assaults an official shall be expelled from the activity immediately and banned from further participation in all sports for one year from the date of the offense. An athlete who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in that sport for one year from the date of the incident. (This subsection does not apply to fighting unless warranted in the judgment of the game official.)

F. Taunting

Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics. The MIAA specifies that in all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to existing MIAA disqualification rules. At MIAA contest sites and tournament venues, appropriate officials may in their discretion give spectators one warning for taunting as defined above. Thereafter, spectators who taunt players, coaches, game officials, or other spectators are subject to ejection.

G. Hazing or Any Form of Initiation

Weymouth High School has a zero tolerance policy on hazing. The Weymouth High School policy on hazing is contained in the Weymouth High School Handbook. The foregoing provisions are expressly incorporated herein by reference. Athletes found responsible for hazing or leading initiation activities; for failing to report such hazing and initiation activities of which they have knowledge; or for retaliating in any way against any other student who reports such hazing or initiation activities, are subject to removal from participation on their team for a period up to and including the duration of their time at Weymouth High School. This penalty is in addition to any and all student discipline which is imposed in accordance with the hazing policy and applies regardless of whether the hazing or initiation activities occurred in connection with athletic programs or, instead, in any other context regulated by the hazing policy.

H. Bullying/Cyber-bullying/Retaliation/Social Media

Weymouth High School has a zero tolerance policy on bullying, cyberbullying and the creation of a hostile environment for others. Please reference the Weymouth High School Handbook for the most up to date version of this policy. Athletes found responsible for bullying, cyberbullying or retaliation; for failing to report such bullying or cyberbullying; or for retaliating in any way against any other student who reports such bullying or cyberbullying, are subject to removal from participation on their team for a period up to and including the duration of their time at Weymouth High School.

Appropriate use of technology and social media will be monitored. Any comments made by athletes that are part of the Weymouth Athletic Program which are profane, obscene, offensive, sexually explicit, inappropriate or objectionable **will not be tolerated**. Anything that is linked to an athlete's name that is published on the internet should be respectful and of a positive nature. Due to the **ZERO tolerance** stance of this type of behavior this system occurs as follows:

1. For the first offense, the parent/guardian and the athlete will be notified and a discussion will take place with both the athlete and the parent about the negative actions and the possibility of suspension from the team for disciplinary actions.

2. For the second offense, the parent/guardian and the athlete will be notified and a discussion will take place about the participant's removal from the team for disciplinary actions.

I. Daily Commitment

Athletes should plan to make a *daily* commitment to their sport six days a week. At the sub-varsity level, some teams might not practice or play on weekends. Coaches will do their best to establish the times for practices in advance of the season and especially for school year vacations. The times for all practices will also remain as announced by the coach, but there may be extenuating circumstances that would require time changes. The coach will notify student/athletes of change as soon as possible. It is important that a coach be notified if an athlete is not going to be present at a practice or contest. All coaches expect their athletes to be present at all team related activities. A coach may suspend an athlete from practice or contests for unexcused absences. Athletes may be excused from team activities for illness, academic, family medical, religious, or bereavement reasons. Prior notification is expected unless there are extenuating circumstances.

VI. Other Information

A. Tryouts

There are some teams that athletes must try out for and risk being cut. Prior to the tryout period, the coach will provide an explanation of their expectations. Athletes cut from one team are encouraged to try out for another so long as there is space on that team. Students who are cut will be informed as to the reason why they did not make the team. Athletes should be aware that playing for a team in a previous season does not guarantee a roster spot the following year. Students must be present during tryouts in order to earn a roster spot on the team. Any exceptions, i.e. medical excuse, must be approved by the Athletic Director and/or administration prior to tryouts.

B. Transportation

Weymouth High School typically provides transportation to away contests. All team members are required to travel to and from all away events on transportation provided by the Athletic Department. Exceptions to this policy must be requested in writing to the principal and athletic director by an athlete's parent/guardian prior to the event through the use of the Athletic Travel Release Form found on the Weymouth HIgh School website. This form must be submitted to the school no later than 24 hours prior to the contest. Under no circumstances will students be allowed to transport themselves or ride with other students to or from away contests. Athletes are expected to conduct themselves in a proper manner on all bus trips.

C. Equipment

All athletes are responsible for the equipment issued to them during the course of the season. Equipment must be returned at the end of the season, and prior to the next season or graduation. Athletes failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to pay the current replacement cost. In the event that the equipment is found and/or returned after the payment, a refund may be made.

1. Parents/guardians will be notified that their son/daughter owes equipment or must pay the replacement cost
2. An athlete will be denied participation on any Weymouth High School athletic team until equipment has been returned or paid for
3. Failure to return athletic equipment will result in a student obligation that will prohibit the student from attending school sponsored activities, including dances and any other event that requires the purchasing of a ticket
4. A senior athlete who has failed to return WHS issued equipment or failed to pay for WHS issued equipment may have his/her high school diploma withheld until the equipment is returned or payment is made.

D. Sportsmanship

Sportsmanship is a priority at Weymouth High School. The Athletic Department expects all parties present at an event to display the highest level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials, and visiting spectators with respect. All athletic events are conducted in accordance with the rules and regulations of that sport. Any form of taunting of officials or players will not be tolerated at any Weymouth High School athletic event. Likewise, profanity, objectionable cheers, or gestures have no place at an athletic event at Weymouth High School or at another town's event. The MIAA reserves the right to warn, censure, place on probation, or suspend 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. Weymouth High School in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any athletic event, home or away.

E. Playing Time, Placement, and Roles on the Team

There are many benefits to be gained by participation in athletics at the high school level. Student-athletes learn discipline, to perform under stress, teamwork, sacrifice, commitment, effort, accountability, sportsmanship, confidence, leadership and to play within the rules. Although there are many measures of success in the minds of each athlete, perhaps the most emotional is "playing time, placement, and roles on the team" during contests. If an athlete has a question about the amount of playing time, placement, or the team role he/she is given, he/she is encouraged to discuss it first with the coach. Being a member of a team at Weymouth High School does not guarantee "playing time, placement, or team role". The playing time, placement and team role of each participant is the sole decision of the coach of the sport in his/her discretion and judgment; however, there are some guidelines:

1. Freshman and Junior Varsity Teams- This is the development level where athletes learn skills and strategies to prepare them for varsity competition. All team members at the freshmen level will play in an event so long as they are eligible and junior varsity level.
2. Coaches will do their best to get everyone competition experience as much as is practical. There are many factors that govern an individual playing time. Some of the most important are: attendance at practice, effort, attitude, commitment, and athletic skill. This is the level for athletes to show their potential and demonstrate to the coaching staff that they are willing to work to prepare for varsity level competition
3. Varsity Teams - This level of competition has the same factors and guidelines as the sub-varsity teams. However, there is one additional major factor. The varsity teams compete against opponents at the highest possible level. There is a greater emphasis on winning. To reach this goal, the most competitive, skilled team members will get the most playing time or most significant roles on the team.

F. Team Captains and Captain Selection Procedure

It is expected that team captains be leaders of their team. Captains are expected to be a model for teammates with a responsibility to all members of the team. They are expected to assist the coaching staff by promoting team rules, and communicating with coaches about problems that arise that could affect the team. Captains of a team shall be relieved of their position for violating team, athletic department, school, or MIAA rules or for actions not fitting of a captain. If a student does lose his/her captaincy due to a violation of MIAA rules, or WHS Athletic policies, the student will not be able to be named captain of a team for one calendar year from the date the penalty was issued. All captains are expected to undergo Leadership Training provided by the Athletic Staff.

Captains Selection Procedure:

1. Any athlete who wants to run for captain has to declare to the coaching staff of the program that they are interested in being a candidate for captain
2. At this time the coaches may ask the athlete to prepare a speech or written response to a question as an evaluation tool. Coaches may use any type of evaluation tool they would like
3. The team may then vote on who to recommend to the coaching staff for captaincy. The teams vote is *only* to be viewed as a recommendation to the coaching staff
4. The coaches will review the votes by the team as a recommendation and will discuss who the team has recommended for captaincy.
5. The result of the team vote is in *no way* binding to the coaches. The selection of captains is the decision of the coaching staff involved
6. The Head Coach then sends the names of selected captains to the Athletic Director for final approval
7. Once approved by the athletic director, the head coach of the varsity program will announce who has been selected as captains.

G. Fundraising

Fundraising by Weymouth High School athletes, team parents, or “boosters” organizations is an acceptable method of supporting the athletic program. All fundraising activities, including those by booster organizations, must receive prior approval of the Athletic Director and Principal/Designee, prior to FINAL approval of the Superintendent. In order for approval to be given, each fundraiser must have a justifiable, stated objective. The money raised should be used to supplement the particular sports program (i.e. purchase team gear and apparel, team dinners, banquets, programs, etc. yet never for UNIFORMS). It is important to remember at all times that booster organizations are independent entities separate from Weymouth High School, from its athletic program, and from Weymouth Public Schools. While their activities are important in the support of Weymouth High School’s athletic program, booster organizations are in no way agents or representatives of Weymouth High School/Weymouth Public Schools.

H. Nutritional Needs of Athletes

It is essential that all athletes are educated regarding their nutritional needs and the consequences that may result from poor nutrition and eating disorders. Eating disorders are serious conditions which compromise one's health and well-being. If a student is concerned about his/her eating behaviors, it is essential that he/she seek professional medical assistance. The student should speak with his/her coach, athletic trainer, guidance counselor, school psychologist, clinical counselor, or nurse. Information on healthy eating habits and nutrition is available in the athletic department.

I. Communication Guide and Conflict Resolution

Parenting and coaching are both difficult vocations. Understanding each of these roles and establishing healthy, open lines of communication fosters better acceptance of the respective responsibilities and support of all student-athletes. Effective communication is vital and requires the participation, dedication, and sacrifice of parents, student-athletes, and coaches.

From your athlete's coach, parents/guardians can expect communication regarding:

a. The coach and program's philosophy
b. Program and team behavioral and performance expectations
c. Information regarding the location and times of practices and games
d. Team activities: practices, special equipment, suggested off-season conditioning
e. Interest from non-Weymouth High School coaches regarding your child's future athletic opportunities

From parents/guardians, coaches can expect:

a. Attendance at the corresponding season's student-athlete/ parent/guardian team meeting
b. Notifications of schedule conflicts with as much advance notice as possible
c. Support for the program and the commitment essential for success & excellence
d. Encouragement for *all* players on the team to excel regardless of role
e. Appropriate positive behavior at games and matches

Conflict Resolution and Order of Communication

While your athlete is involved in interscholastic athletics, they will experience rewarding and inspiring moments. There may also be periods when things may not go the way you or your athlete had wished for. At this point, encourage your athlete to speak directly to his or her coach regarding these situations. Dealing with issues is a vital part of the development young adults must go through to be successful later in life, and these difficult but productive conversations are all part of that process of personal growth.

Please, ***do not approach a coach before, during, or after a practice or game***. These particular times may be emotional for both the parent/guardian and coach and may not necessarily promote objective analysis or resolution. Please allow 24 hours to pass before communication.

Athletics Chain of Communication:

Athletic involvement can be highly emotional and very time consuming. From time to time conflicts and issues between a student athlete and his/her coach may arise. It is imperative that any conflict and/or issue be addressed as directly as possible so that it can be resolved promptly. Every effort should be made to resolve all issues at the lowest possible level. The expected chain of communication is:

a. Meeting between athlete and coach
b. Meeting between athlete, parent/guardian, and coach
c. Meeting between athlete, parent/guardian, coach, and athletic director
d. Meeting between athlete, parent/guardian, coach, athletic director, and principal
e. Meeting between athlete, parent/guardian, coach, athletic director, principal, and Superintendent.

Appropriate concerns for discussions with coaches:

a. The emotional and physical treatment of your athlete
b. The health and well-being of your athlete with regards to injuries
c. Advice from the coach to help facilitate your athlete's improvement
d. Concerns about your athlete's behavior
e. Concerns about your athlete's academic performance
f. Advice regarding your athlete's post high school athletic/education opportunities

Inappropriate concerns for discussion with coaches:

a. Team strategy and play calling
b. Playing time and role on the team
c. Officiating
d. The athletic performance or mental health of another student athlete

Parent/Guardian Behavior at Athletic Events:

Participation in an interscholastic contest or event is the culmination of hours of preparation throughout the course of a season. This preparation is at the direction of the head coach. The complete attention and focus of each team member is required in order to effectively implement this preparation on the athletic field or court. With this in mind, parents/guardians should completely refrain from direct communication with or influencing student-athletes as they participate in an interscholastic contest unless there is an injury or safety issue. Supporting the efforts of student-athletes by being a vocal fan is encouraged; *attempting to influence game action by "coaching" student-athletes from the sidelines or stands is strictly prohibited*. This behavior detracts from the ultimate goals of high school athletics. Because of this, Weymouth High School reserves the right to dismiss a parent/guardian from any event where this behavior becomes problematic. At Weymouth High School we: Let the players play, let the coaches coach, let the officials officiate – and let the parents/guardians *positively* cheer for their child during the game.

J. Non-Discrimination Statement

The Weymouth Public Schools do not discriminate on the basis of sex in the educational programs or activities which they operate, and are required by Title IX not to discriminate in such a manner. In addition, no child shall be excluded from or discriminated against in admission to a public school or in obtaining the advantages, privileges and courses of study of such public schools on account of race, color, sex, gender identity, religion, national origin, disability, or sexual orientation. All members of the school community are expected to show understanding of and respect for differences among people. Each student has a right to be free from discrimination, including verbal or physical attack based on race, gender identity, national origin, religion, sex, disability, or sexual orientation. Violation of another person's civil rights will result in disciplinary action, which may include but is not limited to detention, suspension, or expulsion, and possible legal action for civil rights violations.

K. The Athletic Trainer and Training Room

The training room serves to help student-athletes receive the best medical care. At certain times of day, the trainer is extremely busy and the training room is crowded. During these times, only athletes who need treatment or taping should be present. Training services will be granted on a first come, first served basis on practice days. On game days, athletes will be treated in an order that will allow bus and/or game commitments to be met. In the event of an athletic injury at a home game, the trainer, an emergency medical technician, or a doctor shall provide immediate care. At an away game, the host school's medical personnel are responsible for care if the Weymouth High School trainer is not present. If any student is required to see a doctor due to an injury, the student must receive clearance from a doctor to return to participation. The doctor's note must be signed off by the trainer.

L. Concussions

Weymouth Public Schools has a concussion policy which must be read and acknowledged by both parent/guardian and student as part of the on-line registration. All of its provisions are expressly incorporated herein by reference. A student who has been diagnosed with a concussion must be medically cleared before returning to practice or play.

M. Off Season Rules and Regulations

There are no requirements or expectations for Weymouth student-athletes involving participation in out-of-season activities, nor will there be any consequences if they chose not to participate in out-of-season activities (MIAA Rule 40-41 Clarification, MIAA Position on Out-of-Season Activities). Out-of-season activities include camps, travel leagues, clinics, and private coaching. Furthermore, between seasons a coach may only conduct meetings with team candidates to elect captains, collect and issue equipment, to provide for physical examinations, to conduct legitimate fundraising events, and/or to offer wellness workshops or activities (MIAA rule 40.1). According to MIAA rule 40.4,

"Voluntary conditioning sessions open equally to all students in a school and which are entirely devoid of sports-specific activity may be conducted between seasons provided no candidate is either required to participate or penalized for not doing so."

THERE IS NO FORMAL "CAPTAIN'S Practice" within Weymouth Athletics

N. Team Rules

Weymouth High School coaches are authorized to establish and enforce appropriate team rules for their specific sport which must be followed by the athletes in order to participate in that sport. These rules supplement, but do not replace or supersede and cannot conflict with, the rules set forth in this Handbook, WPS Student Handbooks, and WPS Policies.

O. Social Media Policies

The Athletics Department understands the popularity and usefulness of social networking sites and support their use to promote team and student-athlete success. Student-athletes should remember that they are representatives of Weymouth High School and are in the public eye more than other students on campus. Please keep the following in mind as you participate on social networking websites:

a. Before participating in any online community, understand that anything posted online is available to the public. Any text or photo placed online becomes property of the site and is completely out of your control the moment it is placed online - even if you limit access to your site.
b. You should not post any information, photos, or other items that could be deemed inappropriate.
c. Student-athletes could face discipline for violations of team or department policies regarding social networking sites.
d. Any student-led social networking site that represents a Weymouth High School Athletics team must also adhere to these expectations and guidelines.
e. Music on social networking sites representing Weymouth High School student-athletes and teams must be appropriate including no explicit or discriminatory language.

P. Wildcat Dungeon Expectations (Student Fitness Facility)

The Wildcat Dungeon is a place where everyone can learn, improve, and feel comfortable. Every student is expected to contribute to a safe, welcoming, and respectful environment where all individuals can succeed.

a. Prioritize Safety

- Follow all instructor directions.
- Use equipment only as instructed.
- Ask for a spotter when lifting heavy weights.
- Report damaged equipment or injuries immediately.
- Wipe down equipment after each use

B. **Be Respectful**

- Treat classmates, staff, and equipment with respect.
- Encourage others and maintain a positive attitude.
- Use appropriate language and behavior at all times.
- Respect school property
- Leave the facility exactly as you found it

Q. Music Policies

Simple standard: If you would not comfortably play it in a classroom, at a school assembly, or in front of families at an athletic event, it should not be played as part of the athletic program.

Failure to follow these expectations may result in the loss of music privileges and may be addressed under applicable team, athletic department, or school conduct policies.

- **School-appropriate content only.** Music containing explicit language, sexual content, references to drugs or alcohol, discriminatory language, threats, or other inappropriate material is prohibited.
- **Clean versions are required**, but a "clean" label does not automatically make a song appropriate. Overall content and message should also be considered.
- Music must be appropriate for a **school and family environment**, regardless of whether it is played over a public sound system or within a team setting.
- Student-athletes may not play music that targets, mocks, intimidates, or disrespects opponents, officials, teammates, coaches, or spectators.
- Coaches have final approval over music used during practices, warmups, team activities, locker-room settings, and team travel.
- Music submitted for **pregame, warmup, or game-day playlists** may be reviewed by the Athletic Department before being played.
- The Athletic Director or game administrator may discontinue any song or playlist deemed inappropriate at any time.
- Personal speakers and music may be permitted at the discretion of the coach. Volume must remain reasonable and music may not interfere with coaching instruction, team communication, other teams, classes, or school activities.
- Headphones or earbuds should not be worn when a coach is providing instruction or in situations where awareness of surroundings is necessary for safety.

Weymouth Public Schools
Athletics Guide
Grades 9-12
2026-2027

PARENT/GUARDIAN AND STUDENT SIGN-OFF FORM FOR RECEIPT AND READING OF THE 2026-2027 WEYMOUTH HIGH SCHOOL ATHLETIC STUDENT HANDBOOK MUST BE ACKNOWLEDGED DURING ON-LINE REGISTRATION PRIOR TO THE START OF AN ATHLETIC SEASON.

_____	_____	_____
Student Name	**Student Signature**	**Date**
_____	_____	_____
Parent/Guardian Name	**Parent/Guardian Signature**	**Date**
_____	_____	_____
Parent/Guardian Name	**Parent/Guardian Signature**	**Date**