

Saugus High School Athletics

Student-Athlete Handbook 2011-2012



“Home of the Sachems”

A MESSAGE TO PARENTS:

The Saugus High School Athletic Department views itself as a major component of the overall educational process. Our student-athletes are expected to show respect for the sport they play and the people associated with each sport (teammates, coaches, opponents and officials). Sportsmanship and integrity are the cornerstones of success in Saugus High School Athletics.

Participation on an athletic team can be a rewarding experience. It is important that students realize the time demands, commitment, dedication and sacrifices required for participation on an athletic team.

** Please find below some of the **frequently asked questions** that we receive each year. We highly encourage that you read the entire handbook to be sure that you have the correct information prior to starting the season.

1. Is there necessary paperwork that I need to submit for my child to play a sport at Saugus High School?

Yes. A student-athlete must submit a permission slip, an activity fee, the Athletic Emergency form, updated physical, and concussion course receipt/requirement

1A: All student-athletes will be take an annual concussion course (as will parents/guardians) and student-athletes will also take a cognitive baseline test called **ImPACT**. ImPACT is an evident based software program that helps gage if concussion symptoms have occurred. This test will be administered by our Athletic Trainer/Nurse

2. Can a child ride home from an away game with someone other than his/her parents?

No. Coaches may only release athletes directly to their own parents or guardians. If a parent/guardian is going to drive their child home from a game a note must be given to the Athletic Director 24 hours in advance.

3. Do my child's grades determine his/her athletic eligibility?

Yes. Student-Athletes must pass a minimal of 20 credits from the previous quarter in order to participate in athletics. In the fall a student must pass 20 credits from the previous school year.

*If a child does not pass **100 %** of his/her classes they will be on Athletic Probation and must report to an Athletic Study Hall...please review ASH policy*

4. Does my child need an updated physical in order to participate in a sport?

Yes. An athlete must have successfully passed his/her physical examination within the past 12 months. A copy of the physical must be submitted to the Athletic Director prior to the season. The physical will remain on file and it is

recommended a new physical be submitted at the start of every school year. All parents must also fill out the **Athletic Emergency Information form**, as well.

5. Are there activity fees to play sports at Saugus High School?

Unfortunately, Yes. All sports, excluding cheerleading cross country and track, are \$350.00; the three sports mentioned are \$250.00. All activity fees must be paid prior to the first practice/try-out. All payments must be in a form of a bank check or money order made out to: **Town of Saugus**. If an athlete does not make a team the fee is returned immediately. If a child quits a team he/she does not get reimbursed.

6. What time does a student-athlete have to be to school in order to participate in a game or practice?

Students must be in school by 7:45, though it is expected that all student-athletes be on time for school each day.

7. If a student-athlete gets In-House Suspension can he/she still practice or play in a game?

No. If an athlete gets either in-house or external suspension he/she can not practice, play, or attend a game that day.

8. I paid 350.00 for my daughter to play basketball. Shouldn't she have equal playing time with the other girls?

No. The activity fee is for the services provided not playing time. If an athlete has an issue he/she should speak to their coach. If he/she feels they are not being treated fairly then the next step would be to have a parent set up a meeting with the coach and child. If there is still a feeling of unfair treatment then the third step would be to contact the Athletic Director. At this time a meeting with all parties involved would occur.

9. If an athlete gets dismissed from school for not feeling well can he/she still play or practice?

No. If you are too sick to be in school you are too sick to practice or play in a game.

10. If an athlete ruins their uniform or if they decide they want to keep their uniform what happens?

If one ruins their uniform or if a student-athlete does not return their uniform it becomes a school obligation and the athlete will owe the cost to replace it.

11. Is there a permission form that both my son/daughter and I need to review and sign?

Yes. All athletes and parents must sign a permission slip that review rules, regulations, and policies set forth by the MIAA and the Saugus Public School System.

*** If you have any questions/concerns regarding athletics please feel free to call my office at 781 231 5027 x. 1115 or email me at mnelson@saugus.k12.ma.us. Please visit the SHS website at: www.saugus.k12.ma.us for more information

Welcome to Saugus High School Athletics-

The Saugus High School Coaching Staff and I would like to take this opportunity to welcome you and invite you to become a part of our athletic program. Participation in athletics can be very important in high school and in the future.

The Saugus High School coaches pride themselves on being characterized as hard working, knowledgeable, passionate and dedicated in their field. Most importantly, our coaches care for the student-athletes as people and for their overall well being.

PROGRAMS

Listed below are the sports programs offered at Saugus High School.

Fall	Winter	Spring
Cheerleading- Football	Basketball (Boys)	Baseball
Cross Country (Boys)	Basketball (Girls)	Lacrosse (Boys)
Cross Country (Girls)	Cheerleading- Hockey	Golf (Girls)
Field Hockey	Cheerleading- Basketball	Softball
Football	Ice Hockey (Boys)	Spring Track (Boys)
Golf (Boys)	Ice Hockey (Girls)	Spring Track (Girls)
Soccer (Boys)	Swimming	Tennis (Boys)
Soccer (Girls)	Winter Track (Boys)	Tennis (Girls)
Volleyball (Girls)	Winter Track (Girls)	
	Wrestling	

PHYSICALS

Every athlete must receive a physical examination in order to be eligible to participate in interscholastic athletics at Saugus High School. This examination is valid for 12 months and it is highly recommended submitting a new copy at the start of the school year. The physical will remain on file at Saugus High School.

Athletes will not be allowed to participate in a practice or a game without having fulfilled their physical exam requirement.

Any athlete who was treated by a physician for an injury or a prolonged illness must produce a release note from the physician prior to resuming participation in a sports program. This process will be coordinated by the athletic trainer.

ELIGIBILITY

Saugus High School is a member of the Massachusetts Interscholastic Athletic Association (M.I.A.A) Therefore, as well as school eligibility standards, there are also state requirements. These requirements are set for all levels of competition (Varsity, Junior Varsity and Freshmen).

Please note that the MIAA Standards represent the minimum requirements. Saugus High School in conjunction with the building Principal, may impose more stringent standards when necessary. (Please refer to the Saugus High School Student Handbook)

An Athlete must have successfully passed his/her **physical examination** and submit a copy to the Athletic Director. This must be done prior to playing or practicing a sport at Saugus High School. This exam is good for 1 year.

An athlete must not have reached the age of 19 prior to September 1.

During the school year, the athlete may not have any contact with his/her coach for the purpose of planning, preparing, or playing at any time other than within the limits of the season described by the MIAA rules.

Please consult the Athletic Director if you have transferred to Saugus High School from another school or if you are a foreign exchange student. There are certain regulations that must be followed to allow the athlete to participate.

Student-Athletes must pass a minimal of 20 credits from the previous quarter in order to participate in athletics. In the fall a student must pass 20 credits from the previous school year. If ones does not pass 100% of his/her classes' one will go on Athletic Probation. Please review the ASH Policy

A student receiving a suspension will be ineligible for the length of the suspension, which may include weekends.

All sports at Saugus High School have a fee. The **activity fee** must be paid-in-full prior to the first practice/try-out. All sports at Saugus High School are \$350.00 except cheerleading, track, and cross country which is \$250.00. The fee for students on 'Free Lunch' is \$50.00 and 'Reduced Lunch' is \$100.00

All Student-Athletes and a parent/guardian must sign the school **permission slip** that review rules, regulations and policies put forth by the MIAA and Saugus School System

All parents must fill out the **Athletic Emergency Information Form**. A copy of the form will stay with the athletes coach, with the Athletic Trainer, and Athletic Director. Please make sure to inform coaching personnel/AD/trainer of prior concussion/head injuries, as this is a section of new concussion law

RULES AND REGULATIONS

The following regulations have been set forth by the Saugus High School Athletic Department to govern the participation in the school athletic program. These are minimum standards and coaches may add to their individual sports if they feel the need is warranted.

ATTENDANCE

A student cannot participate in school sports or practice unless he/she is present in school on that day. If the event is scheduled for a weekend, the student must be present on the Friday before the game. If the violation becomes known at a later date, it will be enforced the next game. **Students must be in school by 7:45 to play/practice.** If you arrive to school after 7:45 you need to see the Athletic Director

If a student has an excused dismissal he/she must present a note to the Athletic Director.

* **In-school/external suspension policy:** If a student has in-house or external suspension they can not participate or attend anything that day. At the start of the season you will begin receiving daily emails on school attendance. Please check your email in the afternoon because they will be sent out around 1:00.

Each athlete must make every effort to be in school, on time, the school day following an athletic event. Regular tardiness may result in disciplinary action.

If a player becomes ill during the day, and gets dismissed from school, he/she cannot practice or play.

HAZING

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

Such things could be considered hazing:

- Picking on Freshman/Underclassmen
- Humiliating any person,
- Making anybody feel uncomfortable
- Improper locker room antics
- Toilet-papering houses

Athletes participating in any form of hazing could be dismissed from their team for the remainder of the season, as well as being dealt with by the School Administration.

GAMES AND PRACTICE SESSIONS

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

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

Student-athletes must contact the coach or Athletic Director if they are unable to attend a practice or game

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

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

Fan Behavior Policy:

Saugus High School Athletic Department expects all fans to demonstrate proper sportsmanship at all times. If a student is removed from a sporting event for inappropriate behavior the consequences will be as follows:

1st Offense: 1 month of no social events

2nd Offense: 6 months of no social events

3rd Offense: 1 year of no social events

* **Sport-to-Sport**: A student can not move from one sport to another sport after 2 weeks from the start of the season without permission from both coaches and AD

* All players are responsible for following the **MIAA Bona Fide Rule** and the penalties associated with it. Please refer to the MIAA handbook for exact wording, but basically an athlete can not miss a game, try-out, competition, practice, etc for a non-school activity. First penalty- out of 25% of season.....

SUBSTANCE ABUSE POLICY

In this policy, it is the school's attempt to treat the matter of substance use or abuse seriously. It is believed that a student-athlete who uses alcohol or drugs is in need of assistance, direction and support.

Drug/Alcohol/Tobacco Rule for Athletes

Saugus High School defines, but not limited to, a violation of the Drug/Alcohol/Tobacco policy as use, possession, and in the presence of. Student-athletes are to refrain from being anywhere drugs/alcohol/tobacco may be in the vicinity. The use of tobacco products such as cigarettes, chewing tobacco will not be permitted during any sporting activity.

The Chemical Health Rule has been extended to be inclusive of the period from: the first allowable day of fall practice, through the end of the academic year or final athletic competition of the year, whichever is later. (Broadening this window from "in season" to the entire academic year reflects that chemical health of our students is not simply a seasonal concern.

First violation: When the Principal 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.** 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. All decimal part of an event 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:

Penalty: When the Principal 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. 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. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season The director or a counselor of a chemical dependency treatment center must issue such certification. Penalties shall be cumulative each academic year, but a penalty period will extend into the next academic year.

ATHLETIC PROBATION-Athletic Study Hall Policy

It is the goal of the Athletic Department that all students who participate in the athletic program will have passing grades in all subjects. In an effort to help us meet this goal, we have established a mandatory study hall for all athletes who meet state eligibility, but fail to meet the 100% passing goal. Students who fail to meet the 100% passing goal will be required to attend mandatory study sessions. **The study session will be held every Wednesday from 7:00 – 8:00 and students must be actively working on school work. All students will attend the study sessions for the duration of their season. Students will be provided tutoring from National Honor Society members if they choose.**

Athletes who fail to attend these mandatory sessions, will be required to make up the time for the **first offense** the following week; **second offense**, suspended from all play for one week; **third offense**, suspended from all play for 2 full weeks.

CARE OF EQUIPMENT

Saugus High School provides its athletes with uniforms and other valuable equipment. The athlete is responsible for the uniforms and/or the equipment issued to him/her. Saugus High School will provide each athlete with a locker to protect his/her valuables. The athlete is responsible for his/her valuables. All student-athletes should lock their valuables inside their locker.

All uniforms and equipment issued to the athletes will be collected at the end of the season. It is the responsibility of the student to insure uniforms are returned clean and in good condition. Lockers must be cleaned out after the season has ended. If an athlete quits during the season, it is his/her responsibility to turn in his/her equipment to the coach. An athlete will be subject to school discipline if his/her equipment is not returned or he/ she does not reimburse the school. The athlete will not be issued any further equipment until all previous equipment has been returned. If a uniform or equipment is ruined/broken/ lost the athlete will be issued a school obligation and will pay to replace the uniform/equipment.

CARE OF FACILITIES

Saugus High School uses numerous athletic fields and facilities throughout the town. Each of the areas is for the benefit of the athlete and his/her program. Any

athlete who is caught abusing any of the indoor or outdoor facilities will be subject to disciplinary actions by the school and police.

ATHLETIC INSURANCE

Your son or daughter has indicated a desire to play in the Saugus High School Athletic Program. All athletic endeavors involve some risk of injury and Saugus High School wants to be sure that you understand these risks before your son/daughter participates in this activity and that you agree that Saugus High School will not be liable for any injuries incurred by your son or daughter nor for any expense or loss related to such injuries. All athletes who are practicing or competing for Saugus High School will be covered, up to certain limits by our school insurance policy, however, there are certain guidelines and steps one must follow in order to be covered. Your health insurance is considered the primary coverage for any athletic injuries that may occur. All claims must first be submitted to your own insurance company for payment. Our insurance will pay the balance of claims if they are approved by the school and insurance company and they fall within the limits of the policy.

STEPS TO FOLLOW IF AN ATHLETE IS INJURED

The athlete should immediately report the injury to his/her coach during their practice or game. The athlete should report the incident to the Athletic Trainer who will fill out an accident report. This will be forwarded to the Athletic Director, who will verify the accident with parents. All bills should be sent directly to the insurance company upon receipt.

ABOUT THE ATHLETIC TRAINER

The Saugus High School Athletic Department provides an Athletic Trainer at most games. **Scott MacLean** is the Athletic Trainer and has years of experience and is highly knowledgeable in the medical field. Our athletic training services include, but are not limited to: administering first aid for athletic injuries, providing initial treatment and management of acute injuries, and assessing athletic injuries at the request of the athlete, the athlete's coach or athlete's parent/guardian. The Athletic Trainer will perform only those procedures that are within their training, credential limitations and scope of professional practice to prevent, care for and rehabilitate athletic injuries. Final playing decision is based on the advice of Athletic Trainer. Please understand that a written report of any athletic injury assessment will be confidentially maintained in the files of the training room. A copy of this report will also be available for the athlete to provide to his/her parent/guardian. Please understand the Athletic Trainer will share information about the injury assessments and post injury status, as needed, with the coaching staff, Athletic Director and if necessary, the school nurse.

There is no charge for the above listed Athletic Training service. If the athlete is in need of further treatment by a physician, or of rehabilitation services for the

injury, he or she may see the physician of his/her choice. Injured athletes that have seen a physician will need written clearance from that physician prior to being permitted to resume activity.