

2019 Spring Sports Parent Meeting Key Points

- **Paperwork Musts for SAHS Athletic Participation**
 1. **Current physical** – physicals are good for 2 years unless doctor's office specifies differently. We need a copy on file. School fax is 474-0111.
 2. **Green Insurance/athletic code form** - completed with insurance number listed, signed and submitted for this school year.
 3. **Yellow health questionnaire** - completed, signed & submitted for this school year
 4. **Purple concussion form** - signed & submitted for this school year.
- **Schedules and cancellations** – Can be found on athletic website and SAHS daily announcements...each link can be found on the Skowhegan HS home page.
- **Spring athletic eligibility**
 - 2nd quarter grades determine academic eligibility for all preseason contests until Thursday, April 11th. If ineligible, students can tryout and practice, but they can't participate in any preseason contests until after the 3rd quarter grade check on April 11th.
 - 3rd quarter grades determine academic eligibility for all remaining preseason contests and the first 20% of regular season contests. The 3rd quarter grade check happens on Thursday April 11th.
 - To be academically eligible, students must be passing a minimum of 5 classes and they must pass all classes required for graduation.
- **Athlete attendance at school** – Athletes must be in school to practice or play. If students miss part of a school day due to an appointment, we need a doctor/dentist note to excuse the absence and allow the student to participate. Family emergency's and special situations communicated and approved by the AD in advance, are often excused.
- **Notes/sign-out from an event** –
 - Parents can take their own child home from a contest if they sign them out with the coach or provide a note to the coach after the event.
 - Non-parents can only take an athlete home from an event if a note is signed in advance by the AD and the approval is communicated from the AD to coach ahead of time.
 - Some coaches strongly prefer that all team members ride the bus home.
 - All SAHS athletes are required to ride school transportation to all school events.
- **Social Media** – Please use for informational communication and positive posts. Please refrain from negative posts or using it as a place to air frustrations about a team, coach, etc...these types of posts are often destructive to a team and are almost never helpful in any way.

- **Athletic Code Violations** – Vaping is an athletic code violation and it is treated like smoking, drinking, drug use or tobacco use. The substance use policy is outlined in the athletic code and can be found on the SAHS athletic website or in your child’s SAHS handbook.

- **Parent Communication**

- Playing time is not an issue that you should ask a coach or the AD about. An athlete can certainly ask a coach what they need work on to get more playing time. Playing time is at the sole discretion of the coaching staff.
- If you have an issue, please try to communicate with the coach first. If the problem isn’t resolved through this discussion, then communicate with the AD and so on.
- Please, please, please do not try to talk to a coach about any issues directly after a contest...this is not an appropriate time for many reasons.

- **Officials** – There is a major shortage of officials for most sports. This has led to weaker officials having to officiate contests that they would never officiate absent of the shortage. My strong recommendation is to subscribe to the theory that I have lived by as a coach, parent and AD – Assume that the officiating is going to be awful and plan for that, and if it isn’t awful, then that is a bonus. Whining and complaining to officials or blaming officials is just not a good example to set for the athletes and it can really have a negative impact on the athletes, the team, and the overall experience for all. There are often many reasons for a bad outcome, singling out the officiating during a time where less and less people are willing to do this job, is making everything worse, not better! **Coaches, athletes and officials all make mistakes!**

- **MPA Bona Fide Rule** – All athletes who need to miss a school team practice or contest because of their participation on an outside of school team need to complete the MPA Bona Fide Rule form (get it from your coach, Talia or myself). Athletes are allowed one missed practice or contest per season with no penalty, per the MPA Bona Fide Rule. Suspensions start with the 2nd absence.

- **MPA Fundraising Rules for athletes, boosters and coaches**

- **Boosters can fundraise year round**
- **Coaches can fundraise year round**
- **Athletes can fundraise for a spring sport during the spring sports season and during the summer season.**

- **Booster officers** – Please see me after individual team meetings to get a booster informational packet and to write down your name & contact information. Knowing booster officer contact information helps speed up communication when necessary.

- **Athletic Department Contact Information**

- Jon Christopher – Athletic Director
Email: jchristopher@msad54.org Phone: 474-5511 ext 4199
- Talia Fitzpatrick – Athletic Assistant
Email: tfitzpatrick@msad54.org Phone: 474-5511 ext 4106