2021-22 Winter Sports Parent Information – Yearly Basics

**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.
5. **We now print emergency cards from PowerSchool for each team**

**Schedules and cancellations** – Can be found on athletic website and SAHS daily announcements...each link can be found on the Skowhegan HS home page.

**Fall athletic eligibility**

- 1st quarter grades determine academic eligibility for the start of winter sports. Students who do not pass all classes required for graduation are ineligible to participate the first 20% of regular season contests and are re-evaluated at the end of the suspension. Ineligible athletes are allowed to practice.
- 2nd quarter grades determine winter academic eligibility for all contests after these grades are final...usually near the end of January. Students who do not pass all classes required for graduation are ineligible to participate the first 20% of regular season contests and are re-evaluated at the end of the suspension. Ineligible athletes are allowed to practice.

**Athlete attendance at school** – Athletes must be in school (in-school and remote days) 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.

**Transportation**

- All SAHS athletes are required to ride school transportation to all school events.
- Since fans are not allowed at away events, athletes will ride the bus back to the high school and be picked up or drive home from there.

**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.

**Trainer** – Athletes should always try to see our trainer (Tyler) about an injury before going to the hospital, unless it is an emergency. Return to play is typically faster and there is no cost to you.
• **Athletic Code Violations** – Vaping is an athletic code violation, and it is treated like smoking, drinking, drug 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 student handbook.

• **Parent Communication**
  - Playing time is not an issue that you should ask a coach or the AD about. Certainly, an athlete can ask a coach what they need to 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 now allowed **two** missed practices/contests per season with no MPA penalty, per this rule, though an individual coach may not be as forgiving as the MPA.

• **MPA Fundraising Rules for athletes, boosters and coaches**
  - Boosters can fundraise year round
  - Coaches can fundraise year round
  - Athletes can fundraise for a fall sport during the fall and summer sports seasons.

• **Booster officers** – Please notify me or Talia of your contact information if we do not already have it. Knowing booster officer contact information helps speed up communication when necessary.

• **Athletic Department Contact Information**
  - Jon Christopher – Athletic Director
    Email: [jchristopher@msad54.org](mailto:jchristopher@msad54.org) Phone: 474-5511 ext 4199
  - Talia Fitzpatrick – Athletic Assistant
    Email: [tfitzpatrick@msad54.org](mailto:tfitzpatrick@msad54.org) Phone: 474-5511 ext 4106