

**SKOWHEGAN AREA HIGH SCHOOL
PHILOSOPHY
ATHLETIC CODE AND CONTRACT**

Philosophy:

The Athletic Department is dedicated to interscholastic athletics as a vital component of a Skowhegan Area High School education. Athletics will be a positive learning experience for our student athletes if they can recognize that they may achieve their highest personal and athletic potential only by embracing a lifestyle dedicated to personal excellence, determination, integrity and self-discipline. In addition, selection to a team is both an honor and a privilege, and as such, carries responsibilities commensurate with leadership roles. As leaders, and as very visible representatives of Skowhegan Area High School and its teams, athletes have the obligation to represent themselves in an exemplary manner. We would have our athletes recognized for the good that they accomplish and made aware of the results of their actions that would be detrimental to themselves or those they represent. All athletes must realize that the decisions they make and the consequences, which result, are part of the learning of responsibility. Dishonesty, unsportsmanlike behavior, use of controlled substances, or conduct unbecoming a student-athlete cannot and will not be tolerated in any Skowhegan Area High School athlete. This written policy will be administered fairly but strictly.

SECTION I

SPECIAL GUIDELINES FOR STUDENT ATHLETES

A. Members of a team recognize that they have the following responsibilities:

1. They are official representatives of Skowhegan Area High School.
2. They represent their families, their friends, and the district.
3. They are expected to be leaders in promoting good school citizenship.
4. Their actions in and out of school build student respect and contribute to school spirit. This responsibility expressly states that proper respect will be given to the administration, teachers, coaches, officials, fellow athletes and the student body. Evidence to the contrary will result in disciplinary action.

The following steps will be taken in disciplinary referrals:

1. Students and other parties involved will be interviewed by the Athletic Director.
2. AD will conference with the Principal.
3. Parents, athlete, & other involved parties who may be interviewed will be notified of suspected infractions of the athletic code.
4. After consulting with all necessary parties and gathering all relevant facts and information, the Athletic Director will notify the athlete of the final decision.
5. Parents will be notified of the final decision.
6. Decisions may be appealed to the Principal.

B. ATTENDANCE:

In order to participate in a contest or a practice, athletes must be in attendance at school for the entire day (or the last day preceding the contest or practice if it is scheduled on a non-school day). Being in attendance is defined as being present and appropriately participating in all assigned classes and study halls. A doctor's/dentist appointment, funeral, family emergency, or other emergency situations would be exempt from this provision if okayed by the Athletic Director. Athletes who are habitually tardy during the season may be subject to further disciplinary action.

C. PRACTICE ATTENDANCE:

Athletes must notify the coach prior to practice if lateness or absence is anticipated for a practice session. Academic assistance from a teacher is an acceptable reason for being late to practice. Athletes who miss practice the day before a contest shall not compete in the contest unless excused by the coach. Coaches may excuse athletes from practice with specific requests.

D. EQUIPMENT:

Athletes will be issued the best possible equipment. Each athlete will assume responsibility for this equipment and will be assessed for any lost, not returned or damaged items. Equipment issued shall be worn only when participating in any athletic contest, practice, or when authorized by a coach. No equipment shall be taken without the consent of the coach or Athletic Director. Athletes who owe money or equipment from a previous sport may not try out for a new sport until the equipment is paid for or returned.

E. CHANGING SPORTS:

An athlete may be allowed to change from one sport to another by mutual consent of the coaches involved. The Athletic Director will administer special cases.

F. TRANSPORTATION:

All athletes are required to travel to and from all away contests or practices with the team in the school provided transportation. The following is a list of exceptions to this provision:

1. Permission to return home with parents after an away contest may be granted provided that the parents present a note to the coach after the contest.
2. Permission to return home with **adults** other than the student's parents may be granted if a note from the student's parents is pre-approved by the athletic director & given to the coach, and provided that the adult(s) responsible for taking the student home speaks to the coach after the contest.
3. Further exceptions may be made in emergency cases with the approval of both the parents and school administration.

G. DRESS:

For all school sponsored trips, athletes should wear appropriate clothing as designated by the coach.

H. LANGUAGE:

Vulgar language used by student-athletes, team personnel, or coaches will not be tolerated and is just cause for disciplinary action.

I. SCHOOL SUSPENSION:

Athletes suspended from school will not be allowed to practice or participate in contests while on suspension and may be subject to further disciplinary action by the athletic department.

J. CONDUCT:

Since we expect good role modeling of our athletes, any conduct unbecoming a student-athlete including any illegal activity may be subject to disciplinary action.

K. TIMELINE:

These rules will be in effect from the day of the sport's first team meeting until after the awards banquet. This policy will continue to be in effect between seasons for athletes participating in two or more consecutive sports.

L. CURFEWS:

Curfews established in writing and given to the athletes with consequences will be left to the discretion of individual coaches.

M. ADDITIONAL RULES:

All team members will abide by any additional training regulations as set forth by the coach. Each athlete will be given a written copy of these rules.

SECTION II

SUBSTANCE ABUSE

The RSU/MSAD 54 School District realizes the value of athletic participation as a positive alternative to substance use. It is, therefore, the policy of the District that students participating in all athletic teams sign and abide by rules, which prohibit violations of the Board's substance abuse policy (see sections I and II of the Student Substance Abuse Policy) at any time or place during the season*.

*The season is defined as that period of time from the first team meeting/practice to the last banquet when awards are presented.

A. Students may not possess, use, be under the influence of, buy, or furnish to others the following substances: alcohol, tobacco (all forms), e-cigarettes, hookas, vaporizers, medical marijuana, prohibited substances, look-a-like drugs or devices and prescription drugs.

B. Violation of rule A during the student's high school career shall result in the following consequences:

First Offense

1. Meeting with the assigned administrator/s and student to verify incident.
2. Inform parent or guardian of the incident.
3. Suspend student from athletics/co-curricular activities for 20% of the season.
 - During the out of school administrative suspension, no participation in all practices, contests, and team functions.
 - For athletes, the 20 % suspension will be defined as 20% of Maine Principals' Association (M.P.A.) countable games. Students will not be allowed to participate in pre-season scrimmages or other MPA non-

countable games such as holiday tournaments. Athletes will be required to practice and travel with the team during this suspension but shall be out of uniform. This suspension will begin immediately after the ineligibility is determined.

- For co-curricular participants, the 20% suspension will be defined/interpreted by administration based on the time that the co-curricular activity meets. During this time, the student will attend meetings/activities but will not be able to participate/perform.
4. Require the student participate in an approved diversion program. Failure to comply with the required diversion program will result in further suspension from all athletics and co-curricular activities until successful completion. The student cannot earn a symbolic award in the season for which the suspension occurs.
 5. The season ending banquet will be considered a countable event for serving the 20% suspension.
 6. If all conditions are satisfactorily met, the student may return to his/her athletic and/or co-curricular participation on the day following the suspension.
 7. **If the suspension occurs at the end of the season, the student will need to fulfill the above requirements before being allowed to participate in another athletic and/or co-curricular season (balance of countable games will be applied to the next season and/or activity). However, a student will be allowed to tryout for the next activity.**

Second Offense (This is cumulative throughout the high school career)

1. Meeting with the assigned administrator/s and student to verify incident.
2. Inform parent or guardian of the incident.
3. Suspend student from athletics/co-curricular activities for 50% of the season.
 - During the out of school administrative suspension, no participation in all practices, contests, and team functions.
 - For athletes, the 50% suspension will be defined as 50% of Maine Principals' Association (M.P.A.) countable games. Students will not be allowed to participate in pre-season scrimmages or other MPA non-countable games such as holiday tournaments. Athletes will be required to practice and travel with the team during this suspension but shall be out of uniform. This suspension will begin immediately after the ineligibility is determined.
 - For co-curricular participants, the 50% suspension will be defined/interpreted by administration based on the time that the co-curricular activity meets. During this time, the student will attend meetings/activities but will not be able to participate/perform.

4. It will be the responsibility of the student and his or her legal guardian/guardians to obtain an evaluation from a licensed substance abuse counselor. Based in part of the counselor's evaluation, the school will determine whether or not the student will be able to return to his/her athletic or co-curricular participation. The student will be suspended from all athletic and/or co-curricular

activities for one calendar year from date of offense unless the student and a legal guardian/s agree to an evaluation from a licensed substance abuse counselor.

***5. The student cannot earn a symbolic award in the season for which the suspension occurs.**

6. The season ending banquet will be considered a countable event for serving the 50 suspension.

7. If the suspension occurs at the end of the season, the student will need to fulfill the above requirements before being allowed to participate in another athletic and/or co-curricular season (balance of countable games will be applied to the next season and/or activity). However, a student will be allowed to try out for the next activity.

8. If a second offense occurs in the same calendar year, that student will be suspended for one calendar year. Proof of evaluation/treatment must be

provided in order to be considered to return to athletic and/or co-curricular participation.

Third Offense (This is cumulative throughout the high school career)

- 1. Meeting with assigned administrator/s to verify incident.**
- 2. Inform parent or guardian of the incident.**
- 3. Suspension of student from athletics and co-curricular activities for one calendar year from date of offense.**
- 4. It will be the responsibility of the student and his or her legal guardian/guardians to obtain an evaluation from a licensed substance abuse counselor. Based in part on the counselor's evaluation, the school will determine whether or not the student will be able to return to his/her athletic or co-curricular participation after serving the year long suspension.**

Section III

GENERAL RULES

A. PHYSICAL:

Students who are candidates for interscholastic sports teams must have a physical examination by a licensed physician and proof of medical insurance prior to the tryouts of the sport.

1. If athletes obtain physicals by their own physician, a dated statement of health **must** be forwarded to the nurse or AD at the school to be included in the school health record. All physicals are good for two years only.
2. All new students to the district will be expected to obtain a current physical exam before being allowed to participate in sports at the high school.

B. INJURY AND ILLNESS:

1. A report of physical findings and recommendations will be written and signed by the licensed physician. The school nurse will be responsible for notifying trainer and coaches of any recommendations. All physicals will be filed in the school health record. All physicals presented to coaches must be turned in to the athletic director or school nurse by the next day.
2. Each athlete needs to report injuries to their coach and/or trainer. Accident reports need to be completed and given to the athletic director by the next day.
3. Any athlete with an illness or injury requiring care by a medical facility or physician, needs to present a completed and signed RETURN TO PARTICIPATION FORM to the coach or athletic director. These forms need to be forwarded to the school nurse immediately to be filed in the school health file.
4. Each year student athletes and their parents/guardians will be required to complete a health questionnaire form to be filed in the student health record.
5. **By signing this form, parents are acknowledging that an RFGH athletic trainer or certified coach may provide direct emergency care and initial treatment to the student-athlete should they become injured during practice, a game, or school sanctioned sporting event.**

C. INSURANCE:

Students who are candidates for inter-scholastic sports teams must provide proof of medical insurance prior to the tryouts of the sport.

RSU 54/MSAD 54 does not carry comprehensive student accident insurance.

Students and parents must know that any student coverage purchased from any insurance plan suggested by the District is not intended to act as a primary health insurance policy for student athletes. Parents are advised to study the limits of any such policy to determine whether or not this insurance provides adequate protection in case of injury.

D. Concussions:

Annually and/or prior to the beginning of each sports season, students and parents of students who will be participating in school-sponsored athletic activities will be provided information regarding

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected;
- B. The signs and symptoms of concussion and other head injuries; and

C. The school unit's protocols for 1) removal from the activity when a student is suspected of having sustained a concussion or other head injury, 2) evaluation, and 3) return to participation in the activity ("return to play").

E. ELIGIBILITY:

1. Students are eligible for eight consecutive semesters after enrolling in high school as freshmen.
2. Students become ineligible on their twentieth birthday or upon graduation from high school.
3. Students must be regularly enrolled in a minimum of five credits, they must be passing a minimum of five courses (or 5 credits if vocational), and they must be passing all core courses required for graduation at the end of the applicable ranking period (quarter grade) in order to be eligible for competition during the following ranking period (required core courses total 16 credits and are the following: English – 4.0 credits, Social Studies (Geography, US History, US Government) – 4.0 credits, Math – 3.0 credits, Science – 3.0 credits, Physical Education – 1.0 credit, Health – 0.5 credit, Fine Arts – 1.0 credit, Computer Literacy – 0.5 credit. Pass/fail courses such as Computer Aide, Physical Ed. Aide, Independent Study, Study Skills, etc. do not count towards filling this requirement.

FALL: 4th quarter grades determine athlete eligibility for the start of the fall season. 1st quarter grades determine athlete eligibility for the remainder of the fall season after these grades have been issued.

WINTER: 1st quarter grades determine athlete eligibility for the start of the winter season. 2nd quarter grades determine athlete eligibility for the remainder of the winter season after these grades have been issued.

SPRING: 2nd quarter grades determine athlete eligibility for only those pre-season and regular season games played prior to checking 3rd quarter grades. An athlete who has been ineligible during this time will become eligible immediately upon successful review of the 3rd quarter grades. 3rd quarter grades determine an athlete's eligibility for the remainder of the spring season. 4th quarter grades for seniors only determine athlete eligibility for the remainder of the spring season after those grades have been issued.

4. MPA Bona Fide Rule: A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. if a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student athlete were invited to participate in a nationally recognized tournament over a school vacation then that waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver would not be granted.

***** Penalty for violation of this policy:**

First Violation Report violation to MPA office, suspension for one game/contest.

Second Violation: Report violation to MPA office, removal from team for remainder of season.

F. INELIGIBLE ATHLETES:

Ineligible athletes are allowed to practice, but they will miss all pre-season scrimmages and the first 20% of regular season contests after the ineligibility is determined. The following is a breakdown of 20% of contests for all SAHS sports:

FALL SPORTS

Football – 2 games; Soccer – 3 games; Field Hockey – 3 games; Cross-Country – 1 meet; Golf – 3 matches; Cheering 2 football games

WINTER SPORTS

Cheering (winter) – 4 basketball games & 1 competition; Basketball – 4 games; Alpine Skiing – 3 meets; Nordic Skiing – 2 meets; Indoor Track – 1 meet; Wrestling – 3 meets; Swim – 3 meets; Ice Hockey – 4 games; Bowling- 2 Meets

SPRING SPORTS

Softball, – 4 games; Baseball – 4 games; Tennis – 3 matches; Track – 2 meets.

G. TO REGAIN ELIGIBILITY THE STUDENT-ATHLETE MUST:

1. Go through the monitoring process

- a. The Athletic Director will assign the student a monitor
- b. The student will meet with the monitor twice per week
- c. The student will give a completed progress report each Friday to the monitor
- d. At the end of the ineligibility period, the AD, the monitor, the coach, and the student-athlete will meet.

2. Be passing a minimum of 5 courses (or 5 credits if vocational) and must be passing all core courses required for graduation.

H. CONTINUOUSLY INELIGIBLE ATHLETES:

Athletes who are not eligible at the end of the first time period are ineligible for another 20% of contests. Athletes who are not eligible at the end of the second time period will be dismissed from the team.