

Winthrop High/Middle School Athletics HANDBOOK



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WINTHROP HIGH SCHOOL

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Winthrop High School Mission Statement

Winthrop High School is committed to excellence in athletics as part of a larger commitment to excellence in education. As a student athlete here at Winthrop High School it is our belief that athletics promotes character and teaches values. It is our goal that this athletic program will allow the following for all student athletes:

- Successful completion of all academic requirements.
- Ability to compete in an environment encouraging constructive and developmental growth.
- To build an understanding of pride and community involvement.

“The Winthrop Public Schools does not discriminate on the basis of race, color, religion, sexual orientation, national origin, age, gender, disability, or homelessness for employment, participation in, admission/access to, or operation and administration of any educational program or activity in the School District”

Parent & Spectator Code of Conduct

1. Respect the coaches, officials, and athletes.
2. Game attendance is a privilege! If officials or game administrators determine the conduct inappropriate, the spectator can be asked to vacate the premises.
3. As a spectator, the role is to positively support the team. Inappropriate cheering or harassment is unacceptable and will not be tolerated.

“Harassment: covers a wide range of behaviors of an offensive nature. The purpose may include, but is not limited to; race, color, gender, sexual orientation, religion, age or disability. It is commonly understood as behavior intended to disturb or upset, and it is characteristically repetitive. In the legal sense, it is intentional behavior which is found threatening or disturbing.”

Unacceptable Behaviors

- Yelling/negative chanting towards opposing team, a game official or spectators
 - Taunting
 - Coaching the student-athletes from the stands
4. Remember that athletic events are learning experiences for students and that mistakes are often made.
 5. Respect the integrity and judgment of game officials.
 6. At no time during a contest will a spectator interact with a coach, official or player, unless the game administrator has allowed for such interaction, i.e. an injury.
 7. Spectator's, Parents/Guardians, & Players will wait until 9:00 a.m. the next morning after a game/practice, before addressing an issue.
 - a. Email/Call the Athletic Director to set an appointment and to discuss the issue.
 - b. If there is an emergency, please contact the Athletic Department or local authorities.

Any form of unacceptable behavior is subject to discipline, and most likely, removal from the event. For students this may include, social probation, school sessions, suspension, or even referral to police.

Athletic Programs offered at Winthrop High School

FALL	WINTER	SPRING
Cheerleading	Basketball (Boys and Girls)	Baseball
Cross Country (Boys and Girls)	Hockey (Boys and Girls)	Lacrosse (Boys and Girls)
Football	Swimming	Softball
Golf	Winter Track (Boys and Girls)	Outdoor Track (Boys and Girls)
Soccer (Boys and Girls)	Basketball (Middle School)	Tennis (Boys and Girls)
Volleyball		Sailing
Cross Country (Middle School)		Outdoor Track (Middle School)

A student cannot switch or join a sport after two weeks from the start of the season or the first game has passed, unless given administrative approval. *See guidelines below

Acknowledgment of Risk

Notice of athletic injury risk – participation in athletics is inherently dangerous. Although we provide professional staff and quality equipment/facilities, injuries can and do take place. I have full knowledge and understanding of the inherent risks associated with participation, including but not limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with participation and that said list in no way limits the operation of this Agreement. I understand that the minor's participation in these programs is voluntary and that the minor or I are free to choose not to participate in said programs. By voluntarily agreeing to participate in Winthrop High School Athletic programs and activities, I certify on behalf of myself and the named minor that I have full knowledge of the nature and extent of the risks inherent in participation and that I, on behalf of myself and the named minor, am voluntarily assuming said risks. In consideration of the athletes participation in Winthrop High Schools Athletic Programs, I and on behalf of myself and the minor, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE, INDEMNIFY AND HOLD HARMLESS the Town of Winthrop, Winthrop Public Schools, their officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever, which I, the named minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against the Releases, on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of Releasees' facilities/equipment or participation in Releasees' programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees. Periodically, the Athletic Department photographs/videotapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Athletic Department will use photographs/videotapes for their promotional purposes.

I further certify that I am over the age of 18 and otherwise legally competent to sign this agreement, and that I have legal capacity to act as the parent/guardian of the named minor. I further understand that the terms of this Agreement are legally binding and certify that I am signing this Agreement, after having carefully read it, of my own free will.

Registration

Each student athlete is required to complete several steps before they are eligible to play. All registration requirements must be complete for the athlete to be eligible to participate. The following requirements must be completed:

1. REGISTRATION on Family ID
2. VALID PHYSICAL (13 MONTHS)
3. BASELINE IMPACT TESTING
4. USER FEE

User Fee

The Winthrop School Committee has adopted a user's fee policy for interscholastic athletics at Winthrop High School. The policy states that every athlete will pay a user's fee for each sport. Some of the general guidelines are as follows:

- Payment can be made online by credit card or by check (**bank check or money order ONLY!**).
 - o Checks can be made payable to TOWN OF WINTHROP.
- Payment is due before practice begins.
 - o Non-payment can result in student-athletes not being eligible to play.
- Payment will be made to the athletic director or business office.
- The payment of the user's fee does not ensure playing time.
- No refunds will be available after the first game (ex.if the student becomes ineligible, or is kicked off the team).

Physicals

Athletes must have a physical examination every year in order to be eligible for sport participation. Athletic eligibility requirements of a doctor's physical examination expire thirteen months from the date of the last physical examination. In order for an athlete to remain eligible, proof of an updated in person physical examination must be submitted before the student is allowed to participate in any practice or game. If an athlete can not get an appointment in time of expiration a note from PCP must be submitted, approving the athlete to play until the exam is completed.(Per the DPH, Tele-health physicals are not accepted).

Any student-athlete who has not completed all of the registration requirements can be withheld from athletics until fully completed

Medical

If a student-athlete is injured at any point during their time at Winthrop High School and seeks medical attention, the athlete shall not return to the practice or competition or participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed health care professional to the school's athletic director and athletic trainer. Once cleared by a healthcare professional the school's AT has final clearance before the athlete can return.

Physical Education

A student must participate in physical education class in order to participate in athletics on that day, unless otherwise excused by teacher or administration (changing is considered part of participation). Any student medically excused from physical education class may not participate in athletics as long as they are excused from PE class.

Academic Eligibility

HS: A student must be passing at least six out of seven classes during the last marking period preceding the event/season to be eligible. The date that report cards are issued for the term determines the student's eligibility.

- Final Grade determines Fall eligibility.

- Summer school does not replace the grade received on the report card.

MS: Must be in good academic standing throughout the duration of the season. If the student is not meeting expectations of their teachers, administration can hold the student out until their academic performance improves.

- Administration has the ability to hold a player from practice and/or game due to inappropriate behavior in school.

Age Eligibility

Be less than 19 years of age on or before September 1 of that year for Varsity or be less than 16 years of age on or before September 1 for grade 9.

Transfer Students

Any student who transfers from another high school must notify the athletic director and a form 200 must be completed, before the athlete is eligible to participate.

School Cancellation

In the event that school is canceled all events (practice/games) will be canceled and athletic facilities will be closed, unless otherwise noted by the athletic director, principal, or superintendent.

Uniforms/Equipment

Each student will be issued a uniform at the beginning of each season, in some instances equipment as well and will be returned at the end of the season. It is the athlete's responsibility to properly maintain all of these items, anything other than normal wear and tear, would cause the student to pay for lost or damaged items. If not returned, an obligation form will be submitted and the student-athlete will be held responsible for any lost or damaged items.

Use of Facilities

Unless instructed by coach or administration, no athlete is to be in the weight room, gymnasium, or other athletic facilities without proper supervision.

Food/Drink Policy

No food and/or drinks, other than water, will be allowed in any of the athletic areas, which include but are not limited to:

- Gymnasium
- Locker Room
- Multi-Purpose Room
- Weight Room
- Miller Field

Any student who brings any food/drinks items into the designated areas can face disciplinary actions. Spectators and opposing teams will be asked to follow the same rules.

Absenteeism/Tardiness

Students must be in school by:

(HS) 8:00 a.m. **(MS)** 9:00 a.m.

to participate in and/or attend any co-curricular activity. If absent or dismissed **AT ANY TIME DURING THE DAY**, the student will be ineligible for that calendar day, unless excused by administration. If an event falls on a weekend/holiday/ or vacation, the athlete must be present the last school day preceding the event.

Transportation

Students are required to ride the school provided transportation to and from all away games. Any exceptions to this rule must receive approval from the athletic director or principal, 24 hours prior to the event. At no time will a student be allowed to drive themselves to a game or meet.

Bona Fide Team Rule

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. First Offense: Student athlete is suspended for 25% of the season (see chart on Rule 62). 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.

Cell Phones

Cell phone usage is prohibited from all athletic locker rooms. During athletic events, cell phones should only be used in an emergency situation. Any inappropriate usage of a cell phone will result in disciplinary action.

Switching Sport During Season

To switch sports in season, students need approval from the receiving/sending coaches and Athletic Director. At the time of the switch the students must be in good standings in and out of school (discipline, chemical health, etc.), academically eligible and the first game shall not have passed. Each instance will be handled on a case by case basis at the discretion of administration.

Chemical Health

A student shall not, regardless of quantity, use or consume, possess, buy/sell, be in the presence of, or give away any beverage containing alcohol, tobacco products, marijuana, vaporizer, electronic cigarette or any controlled substance. Please note per Winthrop High School Student handbook, “in the presence of” indicates unsupervised situations without parent/guardian in attendance. If any of these terms are violated, such student is subject to the following penalties:

MIAA & Winthrop High School sanctions are as follows:

- 25% suspension for the first offense
- 60% suspension for the second offense
- 60% suspension and completion of an approved dependency program for the third offense: Once a program is complete the suspension reverts back to 40% of the season of play.

****Students are prohibited from possessing or using any type of tobacco/marijuana product, electronic cigarettes (e-cigarettes), or any other electronic vaporizing device, while on school property at any time or while attending an off campus school-related activity. The district and its staff strictly enforce prohibitions against the use of all tobacco/marijuana products, e-cigarettes or any other electronic vaporizing device, by students and all others on school property and at school-sponsored and school-related activities.****

1st Offense - 25%

# of Events / Season	# of Events / Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5

2nd Offense - 60%

# of Events / Season	# of Events / Penalty
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20 or Over	12

Team Captains

The Northeastern Conference adopted the following rule on August 27, 1998.

“Once a student is elected a team captain and he/she violates the MIAA or their own school drug and alcohol policy at any time during the year, they will lose the privilege of being a team captain.”

The position of captain is one of honor, leadership and responsibility. As a result, student athletes serving in that capacity are expected to conduct themselves in an exemplary manner in and out of school. Any captain involved in any violation of the discipline code that results in a school or athletic suspension may lose their captainship.

Playing Time

Being part of an athletic team is a privilege, and playing time is a variable of being part of an athletic team. It is inevitable that some student-athletes are going to play more than other student-athletes.

Factors that impact playing time include commitment, attitude, attendance, and of course, the specific athlete's skill in a particular sport. This may mean that some student-athletes may experience greater playing time than others. Also, playing time for student-athletes can change from year-to-year due to new athletes in the school, changes in student-athletes' abilities, or other reasons. Coaches are afforded the opportunity to decide which student-athletes play in each contest.

Team Selection Policy

It is the intent and the mission of the Winthrop Athletic Department to provide the students of the Winthrop Public Schools a wide variety of co-curricular activities. It is in this spirit that selection to our athletic teams is made. The intent is to provide opportunities for students but also field teams that are competitive and will represent Winthrop with pride and honor.

In sports where safety (number of participants) of our student-athletes is paramount and manageability for proper instruction is required, the head coach may require a try-out for selection. The try-out period shall be no less than two (2) sessions; cheerleader try-outs shall be one (1) session. Try-outs will begin and end with specific team requirements and expectations that will be discussed with the student-athletes.

The head coach of that sport on a year-to-year basis will make selection to our athletic teams with consultation by assistant coaches where applicable. The final selection of participants shall rest with the head coach.

When a student is not selected for a team, the head coach shall, upon request, discuss with the student reasons why the student was not selected and where the student can improve.

Appeals of the final selection of the said athletic team shall be made to the athletic director in writing within two (2) days of final selection. The athletic director shall determine if the head coach has complied with the team selection policy and respond in writing within an appropriate time. It is the parent/guardian and the student's right to discuss any appeal with the principal of the high school.

It is paramount to the Winthrop Public Schools, the Winthrop Athletic Department, and the Winthrop coaching staff to extend the educational opportunities to all students through athletics. Team selection shall be made with looking to the "total student" as the goal.

Concussion Policy

This policy provides for the implementation of the MA 105 CMR 201.000, **Head Injuries and Concussions in Extracurricular Athletic Activities.**

The policy applies to all public middle and high school students who participate in any extracurricular activity. This policy provides the procedures and protocols for the Winthrop Public Schools in the management of and prevention of sports-related head injuries within the district or school.

The Winthrop Public Schools is committed to ensuring the health and safety of its students and student athletes. The following concussion policy utilizes the latest in medical research to prevent and treat head injuries. It is in compliance with MIAA regulations and procedures regarding the treatment of head injuries and concussions.

If a student participating in an extracurricular athletic activity becomes unconscious during a practice or competition or suffers head trauma, the student shall not return to the practice or competition or participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed physician, licensed neurophysiologist, certified athletic trainer, or other appropriately trained or licensed health care professional to the school's athletic director.

Examples of criteria for return after a concussion/brain injury/head injury:

- Written clearance to play or practice from a medical professional
- Normal baseline impact testing
- Clearance from WHS Trainer
- Completely asymptomatic – no symptoms at all

If a student at any time seeks medical attention for a head injury, the student must provide written authorization from the medical provider to begin the return to play process. The athletic trainer will have final determination on the athletes return to play.

Concussion Policy (continued)

Completed supervised graduated return to play protocol: Each step should take twenty-four hours. The steps must be completed without return of any symptoms. If any symptoms occur, the athlete returns to the previous asymptomatic step, after twenty-four hours have passed.

No activity – complete rest until all symptoms subside

- Athlete is back to regular daily activities including school and no symptoms at rest.
- Light aerobic activity – no lifting less than 70% max heart rate
- Moderate activity: Sports specific exercise – no activities that include head hitting – examples include skating, running drills for basketball or soccer
- Non-contact drills – more complex, athlete may start lifting – examples include passing drills for football, shooting drills for soccer, hockey and basketball
- Full contact practice – must have a medical professional's clearance and a normal test to progress to this step

Return to game play

Legal References: M.G.L. 166

If a Student Athlete is diagnosed with four concussions throughout their high school career, a concussion specialist must clear the athlete to return to play. Once cleared by the specialist, the athlete must complete the return to play protocol with our athletic trainer.

Hazing

Hazing as described by Massachusetts General Law, Chapter 269, Sections 17, 18 and 19 is hereby prohibited. Be it enacted by the Senate and the House of Representatives in General Court assembled, and by the authority of the same as follows: Chapter 269 of the General Laws is hereby amended by adding the following three sections:

Section 17: Whoever is a principal organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than three thousand dollars or by imprisonment in the house of correction for not more than one (1) year, or by both such fine and imprisonment. The term “hazing” as used in this section and in sections 18 and 19, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect their physical health or safety of any such student or other person, or which subjects such student or other person, to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Section 18: Whoever knows that another person is the victim of hazing as defined in Section 17 and is at the scene of such crime shall, to the extent that such person can do so without danger of peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practical. A fine of not more than one thousand dollars shall punish whoever fails to report such crime.

Section 19: Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution

or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's

Hazing(continued)

compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to reach its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its member, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post- secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post- secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the Board of Education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The Board of Regents and, in the case of secondary institutions, the Board of Education

shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general, any such institution which fails to make such report.

THE HAZING TEST

The following questions are intended to help student leaders to think about issues of hazing when planning activities for their organizations.

1. Would you have any reservations describing the activity to your parents, a teacher, or a school administrator?
2. Would you object to the activity being photographed for the school newspaper or local TV news?
3. Is there a risk of injury or a question of safety?
4. Is this a team or group activity in which members are encouraged or expected to attend and where minors are consuming alcohol?
5. Will current members refuse to participate with the new members?
6. Does the activity risk emotional or physical abuse?

Bullying

On May 3, 2010, the State of Massachusetts signed into law the Anti-Bullying Law. This law prohibits any actions that would cause emotional or physical harm to students, including text messages and taunting over the Internet. This law requires every school employee, including custodians and cafeteria workers to report incidents of suspected bullying to the building principals for investigation.

At Winthrop High School any allegation of bullying will be investigated at the school and will immediately be reported to the Winthrop Police Department for further investigation and court action if required.

Bullying, as defined in M.G.L. c. 71, § 37O, is the repeated use by one or more students or a member of a school staff of a written, verbal, or electronic expression or a physical act or gesture or any combination thereof, directed at a target that:

- i. causes physical or emotional harm to the target or damage to the target's property; places the target in reasonable fear of harm to himself or herself or of damage to his or her property;
- ii. creates a hostile environment at school for the target;
- iii. infringes on the rights of the target at school; or materially and substantially disrupts the education process or the orderly operation of a school.

Bullying is characterized by an imbalance of physical, psychological or emotional power. Bullying may include but is not limited to: acts of intimidation such as taunting, name calling, verbal and non-verbal conduct that a reasonable person would find intimidating, humiliating and offensive, social isolation such as shunning/spreading rumors or false accusations; physically aggressive behaviors including interfering with the movement of another, stealing or damaging property. Bullying shall include cyber-bullying.

(See full policies on the school website at www.winthrop.k12.ma.us.)

Although not mentioned, Winthrop High School and its student-athletes will follow and abide by the MIAA guidelines and rules handbook. It should be noted that Winthrop High School has the authority to enforce stricter rules than are imposed by the MIAA. The intentions of this handbook are to provide insight and knowledge to those participating in extracurricular activities at Winthrop High School. Please be advised that instances, not mentioned in this handbook, may come up and will be handled in accordance with each situation.