

OLD COLONY

Regional Vocational Technical High School
476 North Avenue, Rochester, MA 02770



Athletic Handbook

PHILOSOPHY OF ATHLETICS FOR OLD COLONY

Old Colony Regional Vocational Technical High School will strive to provide our students with the finest Athletic Program possible. The athletic facilities, equipment, uniforms, and coaching must be of the highest caliber. Regardless of numbers, we will try to involve as many students as possible, both male and female. Every experience, practice, or game should be instructional and enjoyable. Discipline, fair play, good sportsmanship, and conduct must be of prime concern for all coaches.

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Welcome and thank you for your participation in Old Colony Regional Vocational Technical High School Athletics.

We believe the following information will help answer many of your questions regarding interscholastic athletics at Old Colony. This booklet contains information regarding policies, practices, and regulations that govern the athletic program at Old Colony.

Please keep this booklet and refer to it whenever you have a question regarding your child's athletic experience. If you feel that your questions or concerns are not answered in this booklet, contact the school's Athletic Director's office, 508-763-8011 ext. 143

Vision

To provide learning experiences through athletics that will enable our students to be better prepared to meet and successfully handle future challenges and responsibilities.

Objectives

The District Committee's policy of nondiscrimination will extend to students, staff, the general public, and individuals with whom it does business; No person shall be excluded from or discriminated against in admission to a public school of any town or in obtaining the advantages, privileges, and courses of study of such public school on account of race, color, sex, gender identity, religion, national origin, housing status, sexual orientation, limited English proficiency or disability. If someone has a complaint or feels that they have been discriminated against because of their race, color, sex, gender identity, religion, national origin, housing status, sexual orientation, limited English proficiency or disability, their complaint should be registered with the Title IX compliance officer.

Due to the infinite number of individual differences in abilities and interest, the athletic program is comprehensive. All students who show an interest in the program will be encouraged to participate. The emphasis at each level is:

- Varsity - VERY COMPETITIVE
- Junior Varsity - COMPETITIVE/INSTRUCTIONAL
- Freshmen - INSTRUCTIONAL

At the varsity level, the coach will use sound judgment in deciding who should participate in game situations. At the junior varsity and freshmen levels, the goal is to develop each athlete to his/her fullest potential and to provide opportunities for him/her to test his/her skills through interscholastic competition.

In accordance with the philosophy, the athletic department's major objectives are:

- To foster, through teamwork, a positive attitude toward life.
- To encourage winning, but not winning at all cost.
- To encourage respect for the rights and abilities of others.
- To improve skills and confidence.
- To encourage communication with team and individual athletes.
- To develop character, team spirit, sportsmanship and a sense of fair play.

Our program is committed to both our male and female athletics in funding, scheduling, equipment and support. No athlete will be excluded or discriminated against on the basis of sex, race, color, religion, sexual orientation, national origin or disability. Our program's direction and effort should be viewed as an investment in our students, dividends of which are to be shared by all.

Governing Bodies

The Massachusetts Interscholastic Athletic Association

Old Colony is a member in good standing of the MIAA. With membership, the Principal and Athletic Department agree to abide by all rules and regulations of the MIAA. One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When varsity teams qualify for and enter such tournaments, we are subject to specific rules and regulations that govern each tournament, as set by the MIAA.

The MIAA does not sponsor or sanction any sub-varsity tournament competition.

Mayflower League

Old Colony Regional Vocational Technical High School is proud to be a member of the Mayflower Interscholastic League. The Mayflower League is governed by its constitution and the MIAA.

Commitment

When trying out for a team and after being selected to be a member of a team, Old Colony Regional Vocational Technical High School students are expected to attend all practices and games of that team. Practices will average two hours in duration. Weekend practice sessions vary by sport and should be expected. Teams frequently practice and compete during the school vacation periods. Interscholastic athletics demand much more commitment than a club or recreational activity. Students and parents should be aware of the time commitment prior to trying out for the team.

Student-Athlete Team Commitment

Student-Athletes will be expected to compete in any and all scheduled events including post-season events. Failing to comply with this rule will result in the forfeiture of all team awards including the appropriate letter or certificate.

School/Family Vacations, Extended Absences, Conflicts with School Events

To fulfill season scheduling commitments and obligations set forth by the Mayflower Athletic Conference, the Massachusetts Interscholastic Athletic Association (MIAA), Old Colony RVTHS has no control over varsity athletic events being scheduled during regularly scheduled school vacations. These events are controlled by the dates of the MIAA State Tournaments and games per week allowed by MIAA rules.

An athlete playing on the varsity level must make a commitment to the team. Games that are lost because of the absence of players can have severe negative consequences, which include the loss of a league championship or the failure of the team qualifying for a state championship.

Every team member is expected to be present for all team practices and games. Because of scheduling parameters, many of our teams practice and/or play during scheduled vacations. Students who plan to be absent for an extended period of time, due to vacation or a planned extended absence, should discuss this situation with the coach prior to trying out for the team. The coach's discretion will be used in determining the consequences for such extended absences.

MIAA Bona Fide Team Member Rule

A Bona Fide team member is a student who is regularly present for, and actively participates in all team practices and competitions. Bona Fide members of a school team are precluded from missing a high-school practice or competition in order to practice or participate with a non-school team. A coach does not have the right to excuse a team member from a practice or a game so he/she may play or practice for another team. The Principal of the school may request a waiver of this rule in special circumstances. Violation of this rule results in the expulsion of the athlete from the team and the forfeiture of all team contests.

MIAA Loyalty to High School Team Rule

Under the current MIAA guidelines, a student may practice or compete for his/her school team and a club team on the same day. Athletes must remain loyal to their high school team first and foremost; see Bona Fide team member rule.

Insurance

1. An injured athlete should report all injuries no matter how minor to his/her coach.
2. The coach will fill out the appropriate forms and submit them to the nurse's office.
3. Equipment Issue - Squad members are absolutely responsible for equipment issued to them and must return equipment promptly upon the coach's request. All equipment must be accounted for before an athlete is eligible for a letter and further participation in athletics. Uniforms are to be worn for regular school contests only.
4. Student-athletes must provide proof of health insurance.
5. **Re-entry parent/student meeting must be held with school nurse upon return to school after any athletic injury that needed medical attention.**

Tryouts

Participation in athletics is a privilege; students try out voluntarily and on some of our teams, risk not making the team. During the tryout period the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet these expectations. Students not making the team are encouraged to try out for another team, if there is space on that team. Students who do not make the team will be informed as to the reasons for not making the team. After tryouts begin no athlete may voluntarily leave one team and try out for another without the consent of the Athletic Director.

Fall Season - Tryout dates vary pending the start of school, Labor Day, and which sport you choose.

Winter Season - Tryouts begin the Monday immediately following the Thanksgiving Break.

Spring Season - Tryouts begin the third Monday in March.

Daily Commitment

Athletes should plan to make a daily commitment of two or three hours, five or six days a week. At the sub-varsity level, some teams might not practice or play on weekends. The preparation times before and after practice and games bring the usual total time to three hours.

It is important that a coach be notified if an athlete is not going to be present at a practice or game. All coaches expect their athletes to be present at all team-related activities, including those during December, February, and April vacation periods. A coach may suspend an athlete from practice or games for repeated unexcused absences. All athletes are excused from team activities for illness, injury, academic, family, or religious reasons. Prior notification, preferably a 2-week notice, by the student to the coach is expected.

Absences

1. Any student who is absent from school must:
 - have a parent/guardian call in the absence by 10:48 a.m. on the day of the absence 508-763-8011 ext.111.
 - have a parent/guardian provide a note explaining the absence upon his/her return to school.
2. All absence notes must:
 - be brought to the Main Office between 7:30 a.m. and 7:40 a.m.
 - include a parent's/guardian's home and work telephone number.

Officially Excused Absences

Officially Excused Absences are absences that are documented, and recorded as "AOE" within the online student management portal such as:

- Illness verified by a medical note from a medical facility/office
- Bereavement
- Court appearances
- Jury duty
- Hospitalization (Refer to Procedure Re-entry Section)
- School-sponsored activity
- Obligatory religious holidays
- College visits (Refer to College Visits Section)
- Appointments for Driver License.
- Employment interviews or trainings that are Co-operative Education Program related

Shop, related, and academic class work, tests, and quizzes may be made up. A student must contact all instructors within three (3) days of returning to school to schedule all make-up assignments, tests, and quizzes.

A student who is absent five (5) or more consecutive days due to illness must bring in a medical note to be readmitted to school. (Refer to the Re-entry Section)

Unexcused Absences

1. Unexcused Absences are absences that are not documented and due to:
 - Family vacations
 - Truancy
 - Illness not verified by a medical note
 - College visits that are not verified
 - Employment interviews or trainings that are not related to the Co-operative Education Program.
2. Related and academic class work, tests, and quizzes may be made up. A student must contact all instructors upon return to school to schedule all make-up assignments, tests, and quizzes.

Family Vacations

Absences resulting from a FAMILY VACATION taken during the school year are NOT Officially Excused Absences and will be counted against the student's attendance for the trimester and for the school year.

The school administration will ultimately determine whether or not any absence is to be classified as Officially Excused.

Absences for a Trimester

A student who exceeds:

1. Three (3) Unexcused Absences in academic or related classes OR in shop (excluding Officially Excused Absences) will receive a grade no higher than 60% for that trimester.

Absences For The Year

1. Upon attaining nine (9) absences in one (1) school year (excluding School Approved Absences), a parent/guardian conference will be held with the Principal, the Dean of Students and/or the student's guidance counselor.
2. A student who exceeds nine (9) absences in related, shop or academics (excluding School Approved Absences), in a school year may fail for the year.
3. If a student feels that his/her absences beyond the ninth (9th) day in academics and or related or shop classes were of an exceptional nature, he/she may appeal his/her case to the Principal. The appeal must be in writing within one (1) week of receiving notification of his/her failure.

Tardiness And Dismissals

1. Shop , related and academic classes:
 - three (3) tardies and/or dismissals equals one (1) unexcused absence

Medical Exams/Family ID

All students who plan to participate in athletics must have written proof of a current physical examination signed by a physician. In order for an examination to be considered current, it

must be dated within 13 months of any athletic involvement. It is strongly recommended that an annual examination be scheduled between June and August for each school year. Such an exam would cover a student for the entire school year.

Parents are required to register and complete medical questionnaire on www.FamilyID.com, which contains important emergency and insurance information. It is required to be completed and signed by the athlete and a parent/guardian.

Athletes will not be allowed to participate without the completion of the Medical Exam and Family ID registration.

Procedure for Re-entry to School Following a Hospitalization/Injury Requiring Medical Attention, Mental Health Assessment, or Prolonged Illness

Any parent/guardian whose child required NON-ROUTINE medical treatment, including an emergency room visit, hospitalization, mental health assessment, or prolonged illness must provide medical documentation of the student's condition, clearance for re-entry to school, and any physical limitations. This includes any injuries suffered during the course of Co-op work, athletic events, and non-school related activities.

It is the responsibility of the parent/guardian to notify the guidance department or nurse prior to the child's return to school for the purpose of scheduling a re-entry meeting. The re-entry meeting will include: the student, parent/guardian, guidance counselor, nurse, and/or other appropriate personnel as deemed necessary by the Principal.

At the re-entry meeting, a hospital discharge summary or letter from a treating physician/clinician is required. This medical documentation is to substantiate the child's well/safe return to academic and vocational programs that may require the use of the industrial/technical equipment. In addition, it may be determined that accommodations are necessary to implement for the student's successful school placement.

The student's well-being is paramount to the staff at Old Colony. We encourage you to contact us with any questions or concerns regarding this procedure.

Head Injuries and Concussions in Extracurricular Athletic Activities Policy

In accordance with 105 CMR 201, the Old Colony Regional Vocational Technical High School District has implemented policies and procedures governing the prevention and management of head injuries within the Old Colony Regional Vocational Technical High School.

This law requires that public schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules make sure that student athletes and their parents, coaches, athletic directors, school nurses and physicians and others learn about the consequences of head injuries and concussions through training programs and written materials. The law

requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season. If a student athlete becomes unconscious or suffers a known or suspected concussion during a game or practice, the law mandates removing the student from play or practice, and requires written certification from a licensed medical professional for "return to play".

The law also prohibits coaches, trainers and others from encouraging or permitting a student athlete to use sports equipment as a weapon or to engage in sports techniques that unreasonably endanger the health and safety of him/her or other players, such as helmet to helmet hits.

Old Colony Regional Vocational Technical High School District Action Plan

Exclusion from Play/ Medical Clearance and Authorization to Return to Play

When a Coach/Athletic Trainer suspects that a player has a Concussion:

- 1) Remove the Athlete from any further play. Recognize any of the signs and symptoms of a concussion. Any Athlete who experiences any of the signs and symptoms of a concussion should not be allowed to return to play. If any doubt keep the athlete out of play.
- 2) Make sure the athlete is evaluated by the appropriate health care professional as specified in 105 CMR 201.111 (A). Do not try to judge the severity of the injury yourself. The health care professional uses a number of different methods to assess the severity of a concussion.
- 3) Inform the athlete's parents or guardians about the possible concussion that their child may have sustained. Go over the signs and symptoms with the parents / guardians. Important that you make sure you tell the parents/ guardians that the athlete must be seen by a health care professional.
- 4) Allow the student athlete to return only with permission from the appropriate health care professional (licensed physician; licensed certified athletic trainer in consultation with a licensed physician; licensed nurse practitioner in consultation with a licensed physician; or licensed neuropsychologist in coordination with the physician managing the student's recovery). The medical documentation must be on the physician letterhead and state any limitations or restrictions. Also, when applicable the note should include other pertinent information pertaining to the intensity of the concussion in order to ensure a safe proper method of return to the sport.
- 5) Student athletes returning from a suspected or a diagnosed concussion will report to the trainer for a possible further evaluation. The player will also be given proper instructions and limitations on how to safely return to their specific sport. The trainer will discuss the safe procedure with the head coach in order to ensure a safe transition for the player in order to continue the rest of the season.

Limitation Examples

- a) Player will have restricted time in practice for a few days, then reevaluated by the trainer to see if time may be extended
- b) The player will have no contact for the first day back.
- c) Trainer will evaluate and watch the player involved in the sport play of that first practice. And several practices until a full safe return can be determined by the trainer.
- d) If the Trainer determines that the player is not ready for contact the second day, this will be relayed to the coach involved.
- e) Trainer will continually monitor and evaluate the progress of the player and determine if the player is ready for any contact and any upcoming contest.
- f) During the contest the trainer will look, monitor this closely especially if the sport is a contact sport such as Football, Hockey, and Soccer etc.
- g) Any problems during a practice, scrimmage, or contest, the trainer and coach will safely take the student athlete out of play. The trainer will bring any concerns to the attention of the player and his/ her parents.

Concussions/Mild Traumatic Brain Injuries (MTBI) Signs and Symptoms

Signs observed by a coach/ Athletic trainer/Staff Member/Administrator:

- 1) Appears dazed or stunned
- 2) Confused about assignment
- 3) Forgets plays
- 4) Unsure of the game, score, or opponent
- 5) Moves clumsily
- 6) Answers questions slowly
- 7) Loses consciousness
- 8) Shows behavior or personality changes
- 9) Cannot recall prior hit
- 10) Cannot recall events after hit

Symptoms that should be reported by the Student Athlete:

- 1) Headache
- 2) Nausea
- 3) Balance problems or dizziness
- 4) Double or fussy vision
- 5) Sensitivity to light and or noise
- 6) Feeling sluggish
- 7) Feeling foggy or groggy
- 8) Concentration or memory problems
- 9) Confusion

Procedure for Re-entry to School Following a Head Injury/Concussion

Parents/guardians, the School Nurse, Athletic Director, Coach, and/or Athletic Trainer will

report any Head Injury/Concussion to the Principal of the Old Colony Regional Vocational Technical High School.

The Principal or School Nurse will notify the guidance department prior to the child's return to school for the purpose of scheduling a re-entry meeting. The re-entry meeting will include: the student, parent/guardian, guidance counselor, school nurse, and other appropriate personnel as deemed necessary by the Principal.

At the re-entry meeting, discharge documentation from an authorized person under 105 CMR 201.000 sections 201.011 is required. This medical documentation is to substantiate the child's well/safe return to extracurricular activities, academic and vocational programs that may require the use of industrial/technical equipment. In addition, it may be determined that accommodations are necessary to implement for the child's successful school placement.

Academic Eligibility

The eligibility to participate in all extracurricular activities, including Old Colony athletics is determined by a student's grades in shop and academics. At the end of the first and second trimesters, students' report cards will be checked by their advisor. If a student is not meeting the eligibility requirement, he/she will not be allowed to participate for the following trimester. At the end of the school year, the cumulative average for the year will be used to determine eligibility for the fall. (Note: Both the Student Council and National Honor Society have their own constitution and eligibility requirements.)

Students must have a cumulative average of 70 (C-), with no individual grade being below a 65 (D) to be eligible to participate in the Old Colony athletic program. Students must maintain good attendance and discipline records (in accordance with school policies). Students must meet all shop and related Chapter 74 requirements. Students who have not passed the MCAS test are required to attend MCAS remediation support classes that are held before or after school, Saturday or Vocational Programs while school is in session, and an MCAS summer support class, if offered.

Time Allowed For Participation

A student has four consecutive years of participation from the day he/she enters grade nine. This means twelve consecutive athletic seasons of eligibility. A fifth year student is ineligible to compete in his/her fifth year, even if he/she has not played in one of the previous years. Any extenuating circumstance regarding participation should be brought to the attention of the Athletic Director.

Age

A student must be less than 19 years of age on September 1 of the current school year.

Team Rules And Regulations

At the start of each season, a coach, with the approval of the Athletic Director, shall issue a set of team rules and regulations to his/her team.

Care of Equipment

Students have an obligation and responsibility for all equipment issued to them. Each student is responsible for the proper care and retention of the equipment from the date of issue to the date of return. Equipment should be stored in a locked locker at all times when not in use. Experience has shown that most losses are due to lockers left open, unlocked, or equipment left unattended.

If a student loses school equipment or fails to return the same, he/she is responsible to meet the current replacement cost of the equipment. Payment is required prior to the next season of athletic involvement or graduation, whichever comes first. No student will be allowed to try out for another sport until all outstanding equipment has been returned or paid for.

If an athlete leaves a team during the season due to injury, academic difficulties, discipline problems, or chooses not to participate any longer, it is his/her responsibility to return all school equipment immediately.

Lost Equipment

Students are responsible for all equipment that is issued to them. Students must return equipment at the end of each season. If equipment is not returned, a letter will be sent home reminding parents/guardians and students of equipment that is owed to Old Colony R.V.T.H.S. If the equipment is lost or misplaced, the equipment must be paid for.

- If payment in full of lost or misplaced equipment is not received by Old Colony R.V.T.H.S., the following consequences will result:
 1. An invoice and payment plan will be determined and issued by the business office.
 2. Underclassmen will not receive equipment for their next sport season.

Team Apparel

The athletic department will provide the necessary equipment and uniforms for each team member. Mouth guards are required for many sports and highly recommended for all athletes, and are available from the athletic department free of charge. Some teams choose to purchase additional team apparel such as hats, T-shirts, jackets, or warm-ups in order to promote team spirit. All such orders, including slogans, must be approved in advance by the Principal and/or the Athletic Director.

Directions To Away Contests

The Athletic Director's Office has directions to away games, which students may get prior to the contest. Directions are also given on the Mayflower League website.

Athletic Shoes

At no time should shoes with cleated soles be worn in the building. Serious injury can occur from slipping on tiled surfaces, as well as possible damage to the facility.

Weight Room

The Old Colony weight room is available to all students whenever it is supervised by a staff member. Students will not be allowed to participate without the completion of the Medical Exam and Parental Permission Forms.

Trainer And Training Room

Old Colony has a licensed athletic trainer on site to evaluate and treat injuries as they occur. The trainer provides medical coverage for athletic contests and practices. On school days the trainer is available from 2:30 p.m. until his/her duties and responsibilities are completed. On the weekends, the trainer will be on site for home contests. In the event of an injury, the trainer will evaluate and recommend the direction of care. If a visit to a hospital or a physician is necessary, a written medical note by the M.D. releasing the student-athlete from treatment or return to participation is mandatory. Athletes may come anytime after school for evaluation and treatment by the trainer.

Locker Room and Facilities

Student-athletes are expected to respect the locker facilities and general areas of the athletic wing. We expect our student-athletes to take pride in the facilities by disposing of trash in the proper receptacles and keeping the locker rooms clean and in good condition.

Security of Personal Belongings

Any personal belongings should be locked in a locker while the student-athlete is trying out, practicing, or playing.

All students must have a lock for their athletic lockers and never leave their locker unlocked or open while at practice or a game.

Playing Time

Perhaps the most emotional part of a student-athlete's involvement in high-school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding. Factors such as attendance, attitude, commitment, and athletic skill enter into the decision.

At the junior-varsity level the emphasis is instructional/competitive, and at the varsity level the emphasis is very competitive.

Transportation Policy

Regulations For School Bus Use For All Students

Student-athletes will return home after an away event on the bus that brought them to the event unless they return with their own parent or legal guardian. The parent or legal guardian must speak with the coach prior to the student-athlete being permitted to leave the athletic event. At no time will a student-athlete be permitted to leave an away, athletic event with anyone other than their own parent or legal guardian.

While On The Bus:

1. Keep hands and head inside the bus.
2. Opening and closing windows is not permitted except with permission by the driver.
3. Assist in keeping the bus safe and sanitary, (do not throw things around).
4. No shouting or unnecessary confusion.
5. Treat bus equipment well. Damage to equipment will be paid for by the offender.
6. Riders should never tamper with the bus or any of its equipment.
7. Keep books, packages, coats and all other objects out of the aisle.
8. Do not leave or change your seat while the bus is in motion.
9. Do not throw anything out of the bus windows.
10. Horse play is never permitted on the bus.
11. Riders are expected to be courteous to fellow students, the bus driver, and passersby.
12. There must be absolute quiet when approaching a railroad-crossing stop.
13. In case of a road emergency, students are to remain on the bus, unless requested to leave by the bus driver.
14. Smoking is never allowed on the bus.
15. Sit where you are told.
16. Students shall have written permission from a parent /guardian to change a bus stop other than at home or at school.
17. Students who refuse to obey promptly the directions of a driver or refuse to obey regulations, forfeit their right to ride the bus.

Varsity Teams

At the varsity level, we look for our teams to compete against opponents at the highest possible level. This is the highest level of interscholastic competition, and players, coaches, parents, and staff members want Old Colony RVTHS's varsity teams to be successful on the field of play. As long as the score is being kept, Old Colony RVTHS should attempt to win as many games as possible. In order to accomplish this, there are many instances when the major burden of the contest will be carried by the most competitive, skilled team members.

Teams cannot and will not be successful without committed substitute players. These players have to be ready, at all times, to step forward and shoulder the burden when called upon. It is these athletes whose hard work in practice, every day, prepares the team for the upcoming contest. The coach should do everything possible to give these athletes playing time that includes quality minutes.

Success should never be measured in wins and losses, but in the performance of the athletes. If our athletes perform to the best of their abilities, they will always be successful no matter what the final score might be.

Team Captains

It is the coach's decision as to how team captains are selected or as to whether or not the team will have a captain, co-captains or tri-captains. They may be elected by the team, appointed by the coach, elected or appointed on a game-by-game basis. It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. Captains are expected to communicate with the coach and team in the event of any problems that may

affect the team or its members. Captains may be asked to meet with the Athletic Director, during the school year, to discuss the athletic program. Captains of teams may be relieved of their duties for violation of team or school rules.

School Discipline Obligations

Student-athletes at Old Colony RVTHS are representing themselves, their family, team, school, and community at all times. Therefore, athletes will be held accountable for their actions on and off the field of play.

A student-athlete with a school disciplinary obligation must fulfill the disciplinary obligation before reporting to a practice and/or game. Student-athletes cannot expect and should not request, disciplinary action to be postponed or cancelled for any athletic reason. The athletic department reserves the right to remove a student-athlete from a team for excessive disciplinary problems. The student-athlete may be reinstated upon sufficient evidence of improvement.

All coaches are to use their discretion, but should remain within the following guidelines in handling problems involving their athletes.

There should be a cooperative effort between the coach, athletic director, and school administration if the situation deems it necessary. When disciplinary action must be taken, the priority will be to act in the best interest of the student-athlete(s) involved, while maintaining the integrity of the athletic program's philosophy and objectives. This discipline system will aid the coach in encouraging and enforcing positive attitudes and performances.

Offenses Calling For Suspension from Athletic Programs;

- Failure to remain academically eligible
- Continued use of profanity
- Violation of chemical health rules
- Disrespect or Disobedience
- Unexcused absence from a practice or a game
- Any action of a serious or flagrant nature
- Violation of school rules
- Conduct unbecoming of an athlete representative of Old Colony RVTHS

Massachusetts State Law regarding Opioids

The new Old Colony Alcohol, Tobacco, and Drug Use police, revised on July 20, 2016, by the School Committee prohibits students, regardless of the quantity, use or consume, possess, buy or sell, or give away any beverage containing alcohol; any tobacco product, including vapor/E-cigarettes; marijuana, steroids, or any controlled substance on school property or at any school function.

Any student, who is under the influence of drugs or alcoholic beverages prior to, or during, attendance at or participation in a school-sponsored activity, will be barred from that activity and may be subject to disciplinary action (SC Policy JICH).

The following web links from the Dept. of Public Health Bureau of Substance Abuse Services provide students and parents with information on substance use and misuse and where to get help, and support.

<http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/prevention/opioid-overdose-prevention.html>

<http://www.cdc.gov/primarycare/materials/opoidabuse/docs/nidamed-508.pdf>

Additional support and assistance can be reached at the following phone numbers: (866) 705-2807 or (617) 661-3991

College/Career Guidance

One of the most important decisions facing high school student-athletes is what to do with their lives after high school. The members of the Old Colony Regional RVTHS athletic staff are willing and eager to assist student-athletes with this very important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send video tapes, if available, and write letters of recommendation. They may also be able to guide students to a more knowledgeable resource that can help with decisions. If a student-athlete's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations.

Sportsmanship

Old Colony RVTHS expects all parties, at all contests, to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat opponents, game officials, and visiting spectators with respect. They are guests at our school and are to be treated as such.

The MIAA reserves the right to "warn, censure, place on probation, or suspend for up to one calendar year any player, team coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship." Old Colony in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

Hazing

Massachusetts General Laws - Chapter 269

C. 269, S. 17, Crime of Hazing: Definition: Penalty

Whoever is the principle organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than (\$3,000) three thousand dollars or by imprisonment in a house of correction not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen (18) and nineteen (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 the physical health or safety of any 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. Added by St. 1985, c.536; amended by St. 1987, c.665.

C. 269, S.18 Duty to Report Hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen (17) and is at the scene of such crime, shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than (\$1,000) one thousand dollars. Added by St. 1985, c.536; amended by St. 1987, c.665

C. 269, S.19. Hazing Statutes to Be Provided: Statement of Compliance and Discipline Policy Required

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 (17) and eighteen (18); provided, however, that an institution's compliance with this section's requirements that an, institution issue copies of this section and sections seventeen (17) and eighteen (18) 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 (17) and eighteen (18) to each of 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 sections seventeen(17) and eighteen (18), and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen (17) and eighteen (18).

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 (17) and eighteen (18). 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 educations, certifying that such institution has complied with its responsibility to inform student groups, teams, organizations and to notify each full-time student enrolled by it of the provisions of this section and sections seventeen (17) and eighteen (18) 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. Added by St. 1985, c.536; amended by St. 1987, c.665.

M.I.A.A. State Tournament

Upon completion of the regular season, teams may qualify to participate in the MIAA State Tournament based on the win/loss record.

Massachusetts State Vocational Tournament

Upon completion of the regular season, teams may qualify to participate in Massachusetts State Vocational Tournament based on the win/loss record. Teams entered will play other vocational schools in the state.

Criteria for Earning a Letter/Certificate and Other Awards to Students Participating in Interscholastic Sports at Old Colony:

1. Students must have played in 75% of all games and 50% of each game (exception injury) in order to be eligible for a letter.
 - a) In some sports a member may not play in every game yet deserves a letter - (for example) pitcher in baseball/softball.
2. After a student qualifies for his/her first letter he/she will be given a letter and pin indicating what sport he/she lettered in, along with a gold bar indicating a year as a varsity letter winner. Only one letter will be issued in the four years at Old Colony.
3. Each successive year that a student letters in a sport he/she will receive a gold bar indicating a varsity letter winner.
 - a) Example - A freshman who letters in a sport and plays throughout his/her four years at Old Colony and letters every year, will have a letter, a pin of the sport, and 4 goldbars. He/she could possibly have received this in three sports.
4. Student managers will receive a letter and a pin of the sport, indicating varsity manager for a given year.
5. Freshmen will receive a certificate indicating a freshmen team member.

Message To Parents Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to all children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's sport program.

Communication and Conflict Resolution

Involvement in athletics may be highly emotional and very time consuming. Sometimes conflicts arise between student, coaches, advisors, and occasionally parents. When conflicts or issues arise, it is important that they be addressed immediately, and as directly as possible, so that it can be resolved promptly. Students and their parents/guardians should use the following process as a guideline when seeking resolution to conflicts or issues between an athlete and a coach:

1. First Step: Contacting the Coach (Student)

All student-athletes are encouraged to present the conflict/issue directly to the coach as soon as possible. At almost every instance, the situation should be resolved at this level. If this does not result in a resolution, then the student-athlete's parent(s)/guardian(s) may contact the head coach directly.

2. Second Step: Contacting the Coach (Parent)

If the student-athlete is not available, contact may be made by the athlete's parent(s)/guardian(s) at an appropriate time. In order for the contact to be as productive as possible, times that should be avoided with approaching a coach are:

- Prior to or immediately following a contest; this includes the time immediately before leaving for an away contest.
- During or after an active practice session;
- When other students or parents are present, or when it would be readily visible to others that the discussion is taking place; and
- When it is apparent that there is not sufficient time to allow for a complete discussion. Perhaps the best solution is to ask the coach, either over the phone or in person, if an appointment could be made to discuss the issue.

3. Third Step: Contacting the Athletic Director

If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent/guardian should contact the Athletic Director. The coach will be informed that this contact has been made, and a meeting will be scheduled with the student-athlete, parent(s)/guardian(s), and coach with the Athletic Director.

4. Fourth Step: Contacting the Principal

If there is still not a satisfactory resolution, the student or parent/guardian may contact the Principal. The Athletic Director and Coach will be informed that this contact has been made, and a meeting will be scheduled with all parties involved.

5. Fifth Step: Contacting the Superintendent

If there is still not a satisfactory resolution, the student or parent/guardian may contact the Superintendent. The Principal, Athletic Director, and Coach will be informed that this contact has been made. The Superintendent may hold a meeting with all parties involved and he/she will come to a final and binding conclusion.

No Retribution

The Athletic Director and coaches are committed to insuring that there shall be no "retribution," in any form, for raising an issue or concern about the Athletic Department. Students and parents must be confident that voicing an opinion or concern, using the proper forum and method, is not only penalty and retribution free, but strongly encouraged.

If at any time, a student or his/her parent/guardian suspects that any form of "retribution" is surfacing, they should contact the Athletic Director immediately.

Message To Athletes

To all of the fine young men and women representing Old Colony Athletics, "Congratulations!" We are very proud of the tradition and accomplishments of our athletes, on an individual and team basis, and on and off the field of play. We ask that you represent yourselves, your team, school, and community with pride and respect at all times.

Disclaimer

The laws, school committee policies and school rules stated in this handbook are intended to ensure the safe, orderly, and educationally sound operation of Old Colony RVTHS. In addition to these written provisions, there may be times where, to further ensure the safe, orderly, and educationally sound operation of the school, the school administration may enforce a standard of conduct upon students that furthers this end. Furthermore, the school administration has the right to enforce any law, ordinance, or School Committee policy not written in this handbook. If a new law, ordinance, or policy is passed, it will supersede current rules.

The following signatures are required on FamilyId.com and will be kept on file for the athletic season.

Student Name: _____

Year of Graduation: _____

Dear Parents/Guardians:

The Old Colony Regional Vocational Technical High School District is committed to providing a safe, positive and productive educational environment where students can achieve the highest academic and vocational technical standards. The Athletic Student Handbook explains the rules and regulations necessary to assure the safety and well being of each student attending Old Colony.

I have read the Old Colony Regional Vocational Technical High School Athletic Student Handbook with my son/daughter and we understand the rules and the regulations and agree to full compliance.

Student Signature _____

Date _____

Parent Signature _____

Date _____

