

## **Hall-Dale High School Student Athletic Code**

### **1. Mountain Valley Conference**

Hall Dale High School is a charter member of the Mountain Valley Conference. Other member schools include, Boothbay, Carrabec, Dirigo, Jay, Georges Valley, Monmouth Academy, Lisbon, Livermore Falls, Madison, Mt. Abram, Mt. Valley, Telstar, Winthrop and Wiscasset

### **2. Extra Curricular Activities**

Hall-Dale High School's mission is to provide our students with a comprehensive program that has a strong emphasis on academics, a commitment to physical and emotional well being and extra-curricular activities which will continue throughout the life of our students. Social activities are designed to continue to develop socialization and citizenship skills, field trips help bring practical experience to the classroom, and clubs, teams and activities.

### **3. Evening Educational and Co-Curricular Events**

These events which are scheduled after school hours occur throughout the school year. These events are listed in newsletters, newspaper announcements, and sometimes by special invitation. For events that are intended for parents and students we ask that young children be accompanied and supervised by adults at all times. Our goal is to avoid any unsafe situations that might arise. School rules and regulations that govern daily operations are also in effect for any extracurricular event.

Participation in athletics, clubs, organizations and school activities outside the regular school day is encouraged and open to all students. All groups must have an adult advisor/coach who assumes responsibility for supervision and direction of fund raising as well as the planning of each of these activities. Additional clubs and clubs and/or organizations may be formed when students indicate and interest.

### **4. Sports Season**

The beginning date for each sport season is determined by the Maine Principals' Association (MPA). It generally begins three weeks prior to the first countable game. Coaches may not be actively coaching any member of their team before the first sanctioned day of the season. Coaches may coach their athletes during the summer season, however this ends two weeks prior to the MPA established season start date, also known as the first countable practice date.

### **5. Preseason**

During each preseason (prior to countable games) each coach will determine how much training is necessary unless conference rules state otherwise. In some instances, double practice sessions (two practices in one day) may be scheduled. Coaches will provide each player with a written practice schedule and team policy contract outlining specific expectations for their sport. This material will be shared with parents during a parent information meeting. Start dates and practice times for fall sports will be issued in the Kennebec Journal Newspaper.

**6. Tryouts**

Each Coach establishes their own criteria in order to evaluate proper placement of each athlete on their team. It is in the best interest of our students, school and athletic programs that students who want to participate have the opportunity to do so. Varsity rosters quite often will be smaller than Junior Varsity rosters. JV teams are committed to the development of players skills, both cognitively and physically. All JV players in good standing and free of injury should participate in games. Varsity level athletes and their playing time in games is under the complete control of the Head Coach. Strategy and tactics employed in Varsity games play a larger role in the playing time of Varsity athletes. Coaches will often employ match-ups to create opportunity for the team/players to have the greatest amount of success. Attitude, work ethic, and talent play a major role in the selection of Varsity rosters.

**7. Switching Sports**

An athlete may switch sports during the first two weeks of a season with mutual agreement of the coaches involved and the consent of the Athletic Director. The athlete will inform and discuss the situation with both coaches and the Athletic Director prior to withdrawing from a team.

**8. Leaving a Team**

The communication among athletes, coaches, parents and Athletic Director is key to successful resolution of conflicts and issues. An athlete may withdraw from a team during the first two weeks of the season (date of the first practice) without penalty provided that athlete speaks with their parents, guardian, and coach prior to withdrawing. Any athlete quitting a team will:

- Inform their parents or guardian
- Consult with the Head Coach
- Inform the Athletic Director

A meeting will then take place between the athlete, Head Coach, and Athletic Director to discuss the situation. If the athlete and coach mutually agree that the circumstances support the athlete leaving the team, there will be no penalty. If the athlete and coach do not agree, the Athletic Director will make a final decision and parents will be notified in writing.

**9. Behavior**

Students are expected to behave in such a manner as to not bring discredit to themselves, their coach/advisor, or their school. Violations of this policy may result in the loss of the student's privileges to participate further in that activity. This decision will involve a meeting with the student, coach and the Athletic Director. Ejection from an athletic contest will result in that athlete's exclusion in the next scheduled contest. Ejections are automatically reviewed by the Athletic Director who consults with game officials and coaches to determine if additional time suspended from play or practice is warranted.

**10. School Suspension**

Any athlete suspended from school, including in-house suspension, is not permitted to practice or play during the duration of the suspension period.

**11. Transportation**

Athletes are required to ride to and from games on the transportation provided by the district. There are no exceptions to this policy without the written approval of the Athletic Director 48 hours in advance of the contest.

**12. Dress and Grooming**

Students will dress and groom themselves in a manner which:

- Does not endanger their own or anyone else's health and safety
- Does not cause disruption by attracting undue attention
- Does not damage school property

Athletic policy pertaining to grooming shall be up to the individual coach as it relates to health and safety for each sport involved.

**13. School Attendance and Training Violations**

Participants in any after school activity are required to attend a full day of school in order to be able to practice/play that day. Absences approved in advance by administration (as defined by Administration as the day prior to the absence or tardy) may be an exception based on extenuating circumstances. Attendance for a full day on Friday is mandatory for participating in weekend activities. Coaches are responsible for enforcing non-participation in these situations.

**14. Prohibitive substances and training violations**

Possession, sale, or use of prohibits substances on school or off school property including alcoholic beverages, mood altering drugs, narcotics, marijuana, hallucinogenic drugs, potent unauthorized medical substances and volatile materials when use for the purposes of inhalation are forbidden. Students participating in school activities that are found to be in violation of policies or laws pertaining to prohibiting substances whether on or off school grounds, during the school day or after school hours are subject to the following penalties:

- First violation will result in the immediate suspension from participating in practices and games for a four week period of time. Athletes may attend practices and games for observation during this period if agreed to by the coach, athlete and Athletic Director.
- A second violation will result in suspension in athletics for the remainder of the school year.

**15. Physical Examinations/Physicals**

M.S.A.D 16# has adopted a health policy which requires students who are engaged in interscholastic sports to have a physical examination upon entry into ninth grade. No student can participate in a tryout, practice, or game until evidence of a physical examination has been submitted to and reviewed by the District Nurse.

All transfer students will be required to present proof of a physical before they can participate in an interscholastic sport. In the grades when a physical is not required, the student and parent/guardian need to complete the *Athletic Medical Questionnaire Form*. The School Nurse will review the questionnaire and may require a physical examination under some conditions. All physical examinations shall be at the parents expense. Those needing financial assistance should notify the Coach or the Athletic Director. The school administration and Coach should be notified of any religious exemptions.

School Physical Forms that a medical professional may use are available in the Main Office. All physical forms should be returned to the Coach, who will give them to the School Nurse.

**16. Student/Parent Athletic Permission to Participate**

This form is to be completed each season. The contract includes permission for participation in the sport and acknowledges the exposure of potential injury and risks, and the expected adherence to all established school and athletic policies and eligibility standards, and permission to accompany the team as a member in out of town trips. This form is to be completed and returned to the Coach. Copies of the form are found in the Main Office and with Coaches.

**17. Athletic Teams**

Fall Sports:	Cross Country Field Hockey (JV and Varsity) Women's Soccer (JV and Varsity) Men's Soccer (JV and Varsity)
Winter Sports:	Ice Hockey (Co-ed) Women's Basketball (JV and Varsity) Men's Basketball (JV and Varsity) Snowboarding (Co-ed)
Spring Sports:	Baseball Softball Women's Tennis (JV and Varsity) Men's Tennis Men's & Women's Track and Field

NEPN/NSBA CODE: JICFA

## Student Hazing

Maine statute defines injurious hazing as “any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school”.

It is the policy of the Board that injurious hazing activities of any type, whether on or off school property, by any student, staff member, group or organization affiliated with this school unit are inconsistent with the educational process and shall be prohibited at all times.

No administrator, faculty member, or other employee of the school unit shall encourage, permit, condone, or tolerate injurious hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in injurious hazing activities.

Persons not associated with this school who fail to abide by this policy may be subject to ejection from school property and/or other measures as may be available under the law.

Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary actions which may include suspension, expulsion, or other appropriate measures.

In the case of an organization affiliated with this school unit which authorizes injurious hazing activities, penalties may include rescission of permission for that organization to operate on school property or to receive any other benefit of affiliation with the school unit.

These penalties shall be in addition to any civil or criminal penalties to which the violator or organization may be subject.

The Superintendent shall assume responsibility for administering this policy. In the event that an individual or organization disagrees with an action-or lack of action-on the part of the Superintendent as s/he carries out the provisions of this policy, that individual or organization may appeal to the full School Board. The ruling of the School Board, with respect to the provisions of this policy, shall be final.

A copy of this policy shall be included in all school, parent, and faculty handbooks or otherwise distributed to all school employees and students.

Legal Reference: 20-A MRSA §6553

Adopted: 12/15/94

Revised: 2/4/99