

INTRODUCTION

This booklet has been prepared to provide parents with an overview of the Acton-Boxborough Regional School District Interscholastic Athletic Program and the procedures, policies and rules that govern it.

Acton-Boxborough Regional High School is a member of the Massachusetts Interscholastic Athletic Association (M.I.A.A.) whose functions are to organize, promote and regulate interscholastic athletics for the secondary schools of Massachusetts. As an M.I.A.A. member school, A.B.R.H.S. abides by the regulations and follows the guidelines set forth by this organization.

A.B.R.H.S. is a member of the Dual County League, and its squads compete against teams from Arlington, Bedford, Boston Latin, Concord-Carlisle, Lincoln-Sudbury, Newton South, Tyngsboro, Waltham, Wayland, Westford Academy and Weston High Schools. (Directions to these schools appear in the handbook). In addition to D.C.L. competition, A-B teams play non-league games with various schools throughout the state, such as Wellesley, Andover, Chelmsford, Beverly and Billerica. Junior High squads compete in the Middlesex League against many of the same communities.

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 your child's coach or call the school's Athletic Director's office, 978-264-4700 ext.3420 and leave a message for Steve Desy on voicemail. Please do not let your questions go unanswered.

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The interscholastic athletic program is offered to all students in good academic standing in the Acton-Boxborough Regional School District. Teams compete with other schools at the junior high, freshman, junior varsity and varsity levels. Inclusion is one of the primary objectives of the program; the goal is to involve as many young people as possible in an athletic experience. Each coach, together with the Director of Athletics must, determine his/her game plan, strategy and quality of competition. However, the aim is to have young people be participants rather than bystanders. Through participation they learn that self-sacrifice, discipline and cooperation are necessary ingredients of teamwork. They learn, too, the value of respect for all who are involved in the competition-teammates, opponents, coaches and officials. Good sportsmanship is one of our highest priorities.

Members of the athletic staff are expected to abide by the regulations and official decisions governing each sport, to recognize each participant as an individual, to conduct themselves in a manner befitting their responsibilities and to be contributing members of the school community, striving to improve the school's total education program. Coaching success will be determined not by win and loss records, but by the positive contributions that coaches make to their team.

Each coach will make a diligent effort to place a team on the field or court that will be a credit to Acton-Boxborough Regional School District.

ACTON-BOXBOROUGH ATHLETIC PROGRAM

FALL

Football Varsity Junior Varsity Freshman	Field Hockey Varsity Junior Varsity Freshman Junior High (2)	Boys Soccer Varsity Junior Varsity Freshman Junior High (2)	Girls Soccer Varsity Junior Varsity Freshman Junior High (2)
Girls Volleyball Varsity Junior Varsity	Golf (co-ed) Varsity	Girls Swimming Varsity	X-Country Track Boys Varsity Girls Varsity Junior High
Football Cheerleading Varsity Junior Varsity			

WINTER

Boys Basketball Varsity Junior Varsity Freshman Junior High (2)	Girls Basketball Varsity Junior Varsity Freshman Junior High (2)	Boys Ice Hockey Varsity Junior Varsity	Girls Ice Hockey Varsity
Indoor Track Girls Varsity Boys Varsity	Wrestling Varsity	Girls Gymnastics Varsity	Alpine Ski Boys Varsity Girls Varsity
Basketball Cheerleading Varsity		Boys Swimming Varsity	X-Country Ski Boys Varsity Girls Varsity

SPRING

Boys Lacrosse Varsity Junior Varsity Freshman	Girls Lacrosse Varsity Junior Varsity Freshman	Softball Varsity Junior Varsity Junior High	Baseball Varsity Junior Varsity Freshman Junior High
Boys Tennis Varsity	Girls Tennis Varsity	Boys Track Varsity	Girls Track Varsity

Junior Varsity

Junior Varsity

Junior Varsity
Junior High

Junior Varsity
Junior High

ATHLETIC SEASONS

FALL: 2nd Thursday preceding Labor Day through Thanksgiving Day *

WINTER: Monday after Thanksgiving through the last day of preceding the February vacation *
(Includes competition during winter recess and February break)

SPRING: Third Monday in March through the first weekend in June *
(Includes competitions during the April vacation)

*Tournament play may extend beyond these dates.

GOVERNING BODIES

The Massachusetts Interscholastic Athletic Association

Acton-Boxborough 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.

Dual County League

Acton-Boxborough Regional High School is proud to be a member of the Dual County Interscholastic League. The Dual County League is governed by its constitution and the MIAA. Acton-Boxborough School Committee.

Additional policies, regulations, and rules are set by the Acton-Boxborough School Committee and the Principal. Under MIAA guidelines, local communities are allowed to set additional policies, rules and/or regulations as long as they are more restrictive than those stipulated by the MIAA.

COMMITMENT

When trying out for a team and after being selected to be a member of a team, Acton-Boxborough Regional 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 demands 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.

SCHOOL/FAMILY VACATIONS; EXTENDED ABSENCES

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 THE 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.

TRYOUTS

Participation in athletics is a privilege; students try out voluntarily and on some of our teams, risk being cut. 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 cut from a team are encouraged to try out for another team if there is space on that team and the final cuts, if any, have not been made. Students who are cut from a team will be informed as to the reasons for the cut. After tryouts begin no athlete may voluntarily leave one team and try out for another without the consent of the Athletic Director.

Current information about the season/schedule can be found on the website.*

Fall Season – Tryout date varies pending the start of school, Labor Day, and the sport*

Winter Season – Tryouts begin the Monday immediately following the Thanksgiving Break

Spring Season – Tryouts begin the third Monday in March

ATHLETIC FEES

The new activity fee schedule, effective for the 2010-2011 school year, shall be as follows:

- \$205 basic fee per sport per athletic season (three athletic seasons per academic year).
- \$200 additional fee per athletic season for each of the following sports: ice hockey, alpine ski, and gymnastics.

The total maximum family cap for Acton-Boxborough students participating in the above activities during the 2010-2011 school year shall be \$820. Only the basic fee counts towards the family cap calculation.

SCHOOL ATTENDANCE AND TARDINESS

Acton-Boxborough students are reminded at the beginning of each year of several requirements for good school and team citizenship. They are as follows:

- Come to school every day
- Be on time for school and class
- Do your homework
- Attend all classes
- Seek academic assistance when necessary

The abuse of any of these requirements could result in suspension or dismissal from an athletic team.

Rules regarding school attendance and tardiness are taken directly from the Student Handbook and are as follows:

Students are not allowed to participate in extracurricular activities if they are absent from school on that date unless the Principal or Assistant Principal has given the student special permission. The student is considered absent if he/she misses more than one-half of a school day. Also, if a student has a “chronic absentee problem” (miss more than 10 days per semester or 10 days of a particular class) or “chronic truancy problem” (unexcused absences from any class more than three times per semester) he/she may not be allowed to participate in extracurricular activities for the rest of the semester.

DAILY TEAM ATTENDANCE

It is extremely important that a coach be notified if a student is not going to be present at a practice or a game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present at all team-related activities. Suspension or dismissal from a team may take place as a result of such absences.

Students are excused from team activities for illness, injury, academic, family emergencies, or religious reasons. Prior notification is strongly recommended and expected.

MEDICAL EXAMS / PARENTAL PERMISSION FORMS

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 a year 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. These green medical forms are available in the Main Office and Nurse's Office. **The following is also a link to the form on the website:**

Athletes will not be allowed to participate without the completion of the Medical Exam and Parental Permission Forms. No physicals will be provided by the school.

COLLEGE GUIDANCE / COUNSELING CENTER

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 Acton-Boxborough Regional High School 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 who 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.

Our Guidance Department has and is a wealth of information on NCAA regulations. They also have copies of the NCAA Clearinghouse Registration Forms which must be completed by all student-athletes planning to participate at the college level.

The link to our counseling center is: <http://ab.mec.edu/abrhs/counseling/index.shtml>

ACADEMIC ELIGIBILITY

Student athletes must attain a passing grade in 4 major courses in order to remain eligible to participate. Major courses are those that meet five times per week.

Fall sports participation is based upon accumulating twenty credits based upon the first and second semester averages for the previous year. Incoming freshmen are automatically eligible.

Subsequent season eligibility is based upon earning a passing grade in four or more major courses during the first marking period. Continuation of winter participation and eligibility to try out for spring sports is based on the same rules for the last marking term.

Summer School Credits

Summer school grades and credits may count toward fall participation if they represent make-up work and review courses.

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, may issue a set of team rules and regulations to his/her team. It is suggested that these be in written form and passed out to the athletes and their parents at a preseason meeting.

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, academics, discipline, or quitting, it is his/her responsibility to return all school equipment immediately.

TRANSPORTATION

Acton-Boxborough provides bus transportation to all "away" contests. All team members are expected to travel to their contests using the school-provided transportation. Exceptions to this rule must be requested of the Athletic Director or Principal by the student athlete's

parent/guardian prior to the contest. A coach may give permission for a student athlete to ride home from a game site with only his/her parents.

DIRECTIONS TO AWAY CONTESTS

DUAL COUNTY LEAGUE OPPONENTS

LINCOLN-SUDBURY: Take Rt. 27 through Acton, Maynard and into Sudbury Center. Take left at lights (Concord Rd.) and follow to Lincoln Rd., take right onto Lincoln Rd., high school on left.

WESTFORD ACADEMY: Rt. 2 West to Rt. 495 North, take exit 32. take left off ramp onto Boston Rd., stay on this road until stop sign (Westford Common on right) take a left onto Main St. (Main St. turns into Forge Village Rd.) Approx 1.2 miles, take left onto Coldspring Rd. and go to end. Take left onto Patter Rd., school is on right.

WAYLAND: Take Rt. 27 through Acton, Maynard, Sudbury and into Wayland center (intersection of Rt. 27, Rt. 126 and Rt. 20) at set of lights. Go straight (Cochituate Rd.) through lights to next set of lights at intersection of Cochituate Rd. and Old Conn Path West (Rt. 126) and take right. School is approx 1 mile on right.

WESTON: Take Rt. 27 through Acton, Maynard, Sudbury and into Wayland Center. Take a left onto Rt. 20 east (Boston Post Rd.) towards Weston. Follow Rt 20 to next set of lights and take right onto Wellesley St. follow past Regis College to intersection of Rt 30. go straight across Rt. 30, entrance to high school will be on left.

NEWTON SOUTH: Take Rt. 2 East to Rt. 128 South to Rt. 9 East, exit 20 Brookline/Boston. After 2nd set of lights take right (there is sign for Newton Center/West Roxbury, Parker St.) You will come to stop, go right onto Parker St. Approx ¼ mile take left onto Hager St. Bear right at fork onto Great Meadow Rd. Follow to end and take left onto Brandeis Rd., school is on right.

CONCORD-CARLISLE: Take Rt. 2 East to Rt.126 (Walden St.) take left. Entrance to high school is approx. 1 mile on left.

BEDFORD: Rt. 2 to Concord Center to Rt. 62 into Bedford Center. After passing intersection of Rt. 4/225 take onto Mudge Way, high school is on right.

BOSTON-LATIN: Take Rt. 2 East to Rt. 128 South to Mass Pike East. Take exit 21 off Mass Pike onto Mass Ave. (toward Hynes Ctr.) follow Mass Ave. to Huntington Ave. and take a right turn. Follow Huntington Ave. to Longwood Ave., @ 1.5 miles take right onto Ave. Louis Pasteur. High school is on right.

TYNGSBORO: Take Rt. 2 West to I-495 N to Rt. 3 N. Take exit 34, Westford Rd. toward Rt. 3A/Tyngsboro for approx. 4 miles. Turn left onto 3A/Middlesex Rd. Turn right onto Rt. 113/Tyngsboro Bridge.

Turn left onto Pawtucket Blvd/Rt.-113/3A for approx. 1.5 miles. Turn right onto Norris Rd. High school is on right.

Please Note: some teams will play at off-campus sites.

Please visit www.highschoolsports.net which can be found on the home page of the Athletics page of the ABRHS website.

TRAINER AND TRAINING ROOM

Acton-Boxborough has a full time 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 12:00 pm until his duties and responsibilities are completed. On the weekends, the trainer will be on site for home contests or scrimmages. 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.

SECURITY OF PERSONAL BELONGINGS

All personal belongings should be locked in a locker while the student athlete is trying out, practicing, or playing. All students should have a lock for their athletic lockers and never leave their locker unlocked or open while in the shower. In the event a student athlete does not have a lock he/she should leave his/her valuables with the coach. Students can also choose to purchase their own locks.

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.

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 Acton-Boxborough Regional High School's varsity teams to be successful on the field of play. As long as the score is being kept, Acton-Boxborough Regional High School 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. However, 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.

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. 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 Acton-Boxborough Regional High School 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 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 athletic attitudes and performances.

Offenses Calling For Suspension

1. Failure to remain academically eligible
2. Continued use of profanity
3. Violation of chemical health rules
4. Disrespect or disobedience
5. Unexcused absence from a practice or a game
6. Any action of a serious or flagrant nature
7. Violation of school rules
8. Conduct unbecoming an athlete representative of Acton-Boxborough Regional High School

The suspension will be in writing by the coach to the athletic director, the athlete, and the parent/guardian. This notice will explain the reason for the suspension and its duration.

The duration of the suspension will be at the discretion of the coach, upon approval of the athletic director.

Offenses Calling For Expulsion

1. The accumulation of three (3) suspensions during one season of play
2. Theft
3. Missing a practice or a game to compete in a non-school athletic event
4. Malicious destruction of another's property
5. Any action of a serious or flagrant nature, requiring more than a suspension
6. Hazing

MIAA Mandated Expulsion

There will be an expulsion report in writing by the coach to the athletic director, the athlete, the parent/guardian, and the principal. This will explain in detail the reason for the expulsion.

No expulsion will occur until the parent/guardian of the athlete(s) have been informed.

Any athlete expelled from or leaving the squad for any reason before the completion of the season will not be eligible for any individual or team awards.

Right to Appeal Disciplinary Action

The athlete has the right to appeal disciplinary action, whether it be suspension or expulsion.

The athlete should first appeal to the coach, and try to resolve the problem at that level.

If the coach and athlete cannot resolve the problem, the matter should be presented to the athletic director.

Should the problem remain unsolved, the matter should be presented to the principal.

If at this level the problem is still not resolved, the principal will notify the parent/guardian of the athlete.

After notification by the principal, the parent/guardian may request a meeting with the principal, athletic director, and coach.

If no solution to the problem has been found which is mutually satisfactory, the problem should be presented to the Superintendent of Schools.

The school committee will not consider any player-coach grievances until such time as steps two through seven listed above have been exhausted.

The appeal process, to resolve player-coach grievance, if possible should be concluded within twenty-four hours of notification of suspension or expulsion to the athlete. It is important that due process be as expedient as possible.

MIAA HEALTH RULE REGARDING ALCOHOL, TOBACCO, AND DRUGS

During the season of practice or play, a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student athlete's use by his/her physician. (Note: This rule during the athletic season is in effect seven days a week, twenty-four hours per day.)

APPENDIX 1
ACTON-BOXBOROUGH REGIONAL SCHOOLS
EXTRACURRICULAR AGREEMENT - ATHLETICS - SENIOR HIGH SCHOOL
Changes in the policy are underlined

PREAMBLE

This agreement, among students, their parents or guardians and the Acton-Boxborough Regional Schools, is designed to serve several purposes. It is intended to influence students to make wise and legally sound decisions. It is also designed:

- To help ensure the physical and mental health of students.
- To enable student athletes and leaders to set an example of responsible behavior.
- To promote zero-tolerance of under-age (21 years) drinking, as defined by federal and state laws, as well as of the use of illegal and harmful chemical substances among our youth.
- To bind the community together in support of its students.

This agreement was first developed by the Massachusetts Interscholastic Athletic Association (MIAA), and was created pursuant to the rules of the MIAA. Our high school and junior high school membership in this association allows our athletic teams to compete in the Dual-County League. To maintain membership, we must adhere to and enforce the MIAA policy.

RULE

During the school year or from the first day of practice, if earlier, a student shall not, regardless of the quantity, use or consume, possess, buy, sell or give away any beverage containing alcohol*, any tobacco product, marijuana, steroids or any controlled substance as defined under Mass. General Laws, Ch. 90D, or inhale the vapors of any intoxicating substance such as glue, nitrous oxide and the like, sometimes referred to as "huffing." This policy includes products such as "NA or near beer".

* The use of wine or an alcoholic beverage for religious observances does not violate this agreement.

PENALTIES

FIRST VIOLATION

When the coach and/or athletic director and/or school administration find that a student has violated the above rule, the student shall lose eligibility to participate in his or her particular athletic activity. The student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season during which the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal parts of an event will be truncated i.e. all fractional parts of an event will be dropped when calculating 25% of the interscholastic contests in that season. Parents(s)/guardians(s) and counselors will be notified of such finding and the resulting action as soon as possible.

A student charged with violation of the above rule will first be given the opportunity to be heard and to present evidence in his or her defense before a finding for or against a student is made.

ACTON-BOXBOROUGH REGIONAL SCHOOLS
EXTRACURRICULAR AGREEMENT - ATHLETICS - SENIOR HIGH SCHOOL

A student may appeal a finding against him or her by following the procedure outlined in Section III of the ABRHS Student Handbook.

CAPTAIN'S RULE

If a captain of a team has been found to have violated the above rule, his or her captaincy will be revoked as well. The revocation of captaincy shall be for one calendar year (12 months) from the date of the violation of the first offense.

SECOND AND SUBSEQUENT VIOLATIONS

If a student is found to have violated the above rule a second or subsequent time, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season during which the violation occurs. All decimal parts of an event will be truncated i.e. all fractional parts of an event will be dropped when calculating 60% of the interscholastic contest in that season. Parents(s)/guardian(s), counselors and the ABRHS Student Assistance Team will be notified of such finding as soon as possible.

Upon the finding of a second or subsequent violation, the student may of his/her own volition become a participant in an approved chemical dependency program or treatment program. The student may be certified for reinstatement in MIAA activities after a minimum of 40% of the interscholastic contests in that sport. The director or a counselor of a chemical dependency treatment center must issue such certification. Such a program and certification must be confirmed and approved by the ABRHS Student Assistance Team. All decimal parts of an event will be truncated i.e. all fractional parts of an event will be dropped when calculating the 40% of the interscholastic contest in that season. Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the students next season of actual participation, which may affect the eligibility status of the student during the next academic year.

It is recommended that the student be allowed to remain at practice.

VIOLATION DURING THE OFF-SEASON (SUMMER NOT INCLUDED)

If a violation occurs in the off-season during the school year, the student shall lose eligibility for the next two interscholastic events of the subsequent athletic season in which the student is a participant.

A second or subsequent violation in the off-season will be dealt with in the same manner as a second or subsequent violation during the active season.

The captain's rule also applies to violation in the off-season.

The first time a student athlete signs this agreement, he or she is considered to be bound by the agreement for his or her entire athletic career at the Acton-Boxborough Regional School System. However, each year the student athlete and parent must sign the agreement as reaffirmation of acceptance of the terms of the agreement.

ACTON-BOXBOROUGH REGIONAL SCHOOLS
EXTRACURRICULAR AGREEMENT - ATHLETICS - SENIOR HIGH SCHOOL

This agreement is reviewed yearly by the Local Alcohol and Drug Abuse Task Force of the Acton-Boxborough Regional Schools. A copy of the agreement can be obtained from the principal's office of the Acton-Boxborough Regional High School or the R.J. Grey Junior High School.

SIGNATURES

I have read the ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRA-CURRICULAR AGREEMENT - ATHLETICS - SENIOR HIGH SCHOOL and I understand its provisions, terms and consequences for my failure to comply with them. By signing my name below I indicate that I agree to be bound by the provisions, terms and consequences of the ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRACURRICULAR AGREEMENT - ATHLETICS SENIOR HIGH SCHOOL.

Date

Student's Signature

I have read the ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRA-CURRICULAR AGREEMENT - ATHLETICS - SENIOR HIGH SCHOOL and I understand its provisions, terms and consequences for my child's failure to comply with them. By signing my name below I indicate that I agree to be bound by the provisions, terms and consequences of the ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRACURRICULAR AGREEMENT - ATHLETICS - SENIOR HIGH SCHOOL. I further certify that I am the legal guardian of the above-named student and that I am a legal resident of the Town of _____.

Date

Parent or Guardian's Signature

I have read the ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRA-CURRICULAR AGREEMENT - SENIOR HIGH SCHOOL - and I understand its provisions, terms and consequences. By signing my name below I agree to support this student in her/his effort to understand and comply with this agreement.

Date

Captain's Signature

Date

Coach's Signature

Reviewed by School Committee June 15, 1995, Revised June 6, 1996; March 24, 1997; February 1999; February 2000; June 2005

SPORTSMANSHIP

Acton-Boxborough Regional High School 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 like guests.

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 officials, or school determined to be acting in a manner contrary to the standards of good sportsmanship.” Acton-Boxborough, 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 a principal organizer or participant in the crime of hazing, as defined herein, shall punished by a fine of not more than 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 and nineteen, 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, or which subjects such student or other person to extreme mental stress, including extend 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 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 or not more than 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 and eighteen; provided, however, that an institution's 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 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 acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, 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 institution, 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.

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 a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e. practices, special equipment, out-of season conditioning
5. Procedure followed should your child be injured during participation

Discipline that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any scheduled conflicts well in advance

Specific concerns with regards to a coach's philosophy and/or expectations

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
- 2.. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches take their profession seriously. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time at the varsity level
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These meetings are encouraged. It is important that both parties involved have a clear understanding of

the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Call the Athletic Department (978-264-4700, ext.3420) to set up an appointment.
2. If the coach cannot be reached, speak to the Athletic Director. A return call from the coach will be arranged, or a meeting set up for you.
3. **DO NOT CALL A COACH AT HOME!** (unless the coach has made his/her home phone available to parents and athletes) A coach's time with family is severely limited during the season. The family's privacy should be respected.

DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.

IF THE MEETING DID NOT PROVIDE A SATISFACTORY RESOLUTION

1. Call and set up an appointment with the Athletic Director.
2. The Athletic Director will listen carefully to your concerns and mediate a resolution between you and the coach.

REMEMBER: Your concerns are important to us. Never hesitate to follow the above procedures to make those concerns known. Together we can work to improve our athletic programs.