

**OAKMONT REGIONAL HIGH SCHOOL**  
**ATHLETIC DEPARTMENT**



**“THE SPARTANS”**  
**HANDBOOK**  
**FOR**  
**OAKMONT ATHLETICS**

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**Director of Athletics**  
**978-827-5907, ext. 6**

For fifty years, Oakmont Regional High School athletes have performed with dedication, skill, intensity and desire, and have given this athletic program a rich history of success. Many athletes have performed well at the high school level, with a substantial number competing at the college level, and a few at the professional level. Participation in high school athletics is an integral part of the total education process. Successful interscholastic athletic programs teach young people core values such as:

- Accepting success graciously
- Handling disappointment
- Accountability
- Taking instruction
- Citizenship
- Teamwork
- Sportsmanship
- Work Ethic
- Confidence
- Leadership skills
- Responsibility
- Organizational skills
- Self-discipline
- Participating within the rules
- Social skills
- Performing under pressure
- Striving toward excellence
- Persistence
- Physical well-being and chemical health
- Respect

(Taken from: **MIAA Handbook** - "Worth Remembering")

This handbook contains information regarding policies, practices, and regulations that govern the athletic program at Oakmont Regional High School. This information will help answer many questions regarding interscholastic athletics at Oakmont Regional.

Refer to this handbook whenever a question regarding the student athlete or the athletic experience arises. If one feels that a question is not answered in this handbook, contact a coach first. He or she will be able to answer a question more specifically. If the concern has not been addressed, one should contact the Athletic Director (refer to section on "To the Parents"). Please do not let questions or concerns go unanswered, or rely upon answers from people who are not empowered to give them.

We in the Oakmont Regional Athletic Department look forward to your association with the athletic program at Oakmont Regional High School. Thank you in advance, for any help and cooperation that can be given.

**Eric Dawley**  
Director of Athletics

## Philosophy

The Interscholastic Athletic Program at Oakmont Regional High School is committed to the Mission Statement of Oakmont Regional High School, which states:

“Oakmont Regional High School provides an inclusive, nurturing, educational environment where students pursue academic excellence, practice respect, and prepare for life-long participation in a global society.”

Athletics is an extension of the school day. Coaches are charged with the responsibility to not only teach student-athletes the skills and strategies of their particular sport, but many other values that come from being a member of a team. A team is a group of people working together to reach a common goal or goals. With each level of athletics that student-athletes compete at, team goals may be different, but none the less, coaches will do their best to develop certain values while striving for those goals. Coaches will teach the core values listed previously and in the [MIAA Handbook](#). Although this is an awesome responsibility, coaches will strive to do their best and always take the well being of the student-athletes and their teams seriously.

The Oakmont Regional Athletic program expects our student-athletes to participate and compete with “poise and class”. This should be a very important part of the instruction that takes place at each practice session and game.

Tryouts are open to all students, providing they are in good standing academically, are good school citizens, and are physically fit to participate. ***Participation in the Oakmont Regional High School Athletic Program is a privilege, which students earn by maintaining these standards.***

## Governing Bodies

### THE MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

Oakmont Regional High School is a member in good standing of the MIAA. With membership, the Principal and the Athletic Department agree to abide by all rules and regulation of the MIAA.

One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments at the varsity level leading to the determination of district and state champions. When varsity teams qualify for and enter such tournaments, they are subject to specific rules and regulations that govern each tournament.

The mission of the **Massachusetts Interscholastic Athletic Association** is to serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic athletics, which will enrich the educational experiences of all participants. The MIAA will promote interscholastic athletics that provide life-long and life-quality learning experiences to students while enhancing their achievement of educational goals.

The complete MIAA handbook of rules and regulations governing athletics may be accessed [here](#).

### **MIDLAND-WACHUSETT LEAGUE**

Oakmont Regional High School is proud to be a member of the Midland-Wachusett Interscholastic League. The 'Mid-Wach' League is governed by its own constitution and the MIAA. All teams, with a few exceptions, play for Midland-Wachusett league championships. Football and ice hockey compete in the Central Massachusetts District E Conferences. The wrestling team competes in the Vocational Schools Wrestling Conference. Cheerleading is governed by the **Massachusetts Secondary School Administrators Association** (MSSAA). More information may be obtained at their website.

### **ASHBURNHAM-WESTMINSTER REGIONAL SCHOOL COMMITTEE**

Additional policies, regulations and rules governing the Oakmont Regional Athletic Department are set by the Ashburnham-Westminster Regional School Committee, the Superintendent and the Principal. Under MIAA guidelines, local districts are allowed to set additional policies, rules and/or regulations for athletics as long as they are not less restrictive than those stipulated by the MIAA.

## **COMMUNICATIONS BETWEEN PARENTS/COACHES**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, both are better able to accept the actions of the other and provide greater benefit to the student-athlete. When a student-athlete becomes involved in the Oakmont Regional Athletic program, their parents have a right to understand what expectations are placed upon their student-athlete. This begins with clear communication from the coach of each individual program.

### **COMMUNICATION ONE SHOULD EXPECT FROM THE COACH**

1. Philosophy of the coach.
2. Expectations the coach has for parents.
3. Locations and times of all practices and contests.
4. Team requirements, such as: practices, special equipment, time limits on arrival before a contest and pickup after a contest, and out-of-season conditioning.
5. Procedure followed should a student-athlete be injured during participation.
6. Discipline that may result in the denial of a student-athlete's participation.

### **COMMUNICATION COACHES EXPECT FROM PARENTS**

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

## **COMMUNICATION PARENTS SHOULD EXPECT FROM THE STUDENT / ATHELETE**

1. Any communication from coaches concerning practices, contests, and/or events.
2. Time to be picked up from practice or events.

As the student-athlete becomes involved in the programs at Oakmont Regional High School, he/she will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when outcomes do not go the way student-athletes or parents desire. At these times, discussion with the coach is encouraged. It is never appropriate for a player, parent, or coach to express one's concerns about a program, player, parent or coach via social networking sites such as Facebook, MySpace, Twitter, or any other sites which exist in the public domain. Such expressions may be subject to penalties which fall under Oakmont Regional High School's Bullying and Harassment policy. Athletes, parents and coaches could be held accountable under the law for libelous or slanderous remarks. It may be difficult to accept when a student-athlete is not playing as much as one 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 seen in values and concerns listed earlier, certain topics can be, and should be, discussed with the student-athlete's coach. Topics, such as those that follow, must be left to the discretion of the coach.

## **ISSUES NOT APPROPRIATE TO DISCUS WITH COACHES**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes
5. Compensation for coaching staff

There are situations that may require a conference between the coach and the parent. These are to be 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 utilized to help promote a resolution to the issue of concern:

1. Call (978-827-5907, ext 6) or email the **Athletic Department** to set up an appointment with the coach and the Athletic Director.
2. A return call from the coach will be arranged, or a meeting set up for and with the parent.
3. **PLEASE DO NOT CALL A COACH AT HOME WHEN A CONFERENCE IS NECESSARY!!!** A coach's time with their family is severely limited during the season. The coach's and their family's privacy should be respected.
4. **PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE!** These can be emotional times for both the parent and the coach. Meetings under these circumstances do not promote resolution.
5. Concerns expressed to the coach will not affect the status of the player.

Parent and student-athlete concerns are important to the Oakmont Regional Athletic Department. Never hesitate to follow the above procedures to make those concerns known. Working together parents and staff can improve the athletic programs at Oakmont Regional.

## **Commitment**

When trying out and being selected as a member of a team, Oakmont Regional High School student-athletes are expected to attend all practices, scrimmages and games of that team. Teams will practice on average six days per week. Practices average approximately two hours in duration, exclusive of prep time. Weekend practices vary by sport and should be expected. Coaches will make every effort to consider family and religious commitments. Interscholastic athletics demands much more commitment than a club or recreational activity. Student-athletes should make themselves aware of the time commitment prior to trying out for a team.

## **Absences**

Every team member is expected to be present for all team practices, scrimmages and games. Because of scheduling parameters, many of our teams practice and/or play during scheduled school vacations. Student-athletes who plan to be absent for an extended period of time due to vacation or other planned extended absences must discuss this situation with the coach prior to trying out for the team.

## **MIAA Bona Fide Member Rule**

A “bona fide team member” of the school team is a student-athlete who is regularly present for, and actively participates in all team practices and competitions. Bona fide team members are precluded from missing a high school practice or competition in order to practice or compete with an out-of-school team. ***Any student who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation. (See [MIAA Rule 95.1](#) for additional tournament penalty).***

A coach does not have the right to excuse a team member from practice so that he or she may practice or play for another team. The principal may request a waiver of this rule only in special circumstances.

## **Tryouts**

***Participation in athletics is a privilege given to those students who meet all requirements set by the MIAA and Oakmont Regional High School.*** Students try out voluntarily and, for some teams, risk being dismissed. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student-athlete’s responsibility to demonstrate to the coach that he/she can meet these expectations. Students dismissed from a team are encouraged to try-out for another team if there is space on that team and the final roster for that team has not yet been made. Student-athletes who are dismissed from a team will be informed as to the reasons for the decision by the coach. After try-outs begin, no athlete may leave one team (voluntarily or due to dismissal by the coach) and try-

out for another team without notification of both coaches involved and the Director of Athletics.

On a season-to-season basis (based on waiver approval and necessity), 8<sup>th</sup> grade student/athletes *may* be considered to compete on a high school roster. This consideration will be made once it has been determined by the Head Varsity Coach (Head of Program) and the Director of Athletics that there is a *need* for added depth on a specific team roster.

## Daily Team Attendance

It is extremely important that a coach be notified if a student-athlete 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 student-athletes to be present at all team related activities. Suspension or dismissal may take place as a result of such absences.

Student-athletes are excused from team activities *for academic or religious reason, family emergencies, illness or injury*. Prior notification to the coach is expected within a reasonable timeframe. Student-athletes are encouraged to plan accordingly using good time management skills to avoid conflicts with practice. Although an absence may be excused, the coach will use discretion in deciding participation in the next contest or event.

## School Attendance and Tardiness

Oakmont Regional High School student-athletes are reminded at the beginning of each season of the requirements for good school and team citizenship. These requirements include: *attendance at school every day, promptness to school and to classes, attendance at all classes, assigned homework completion in its entirety, and outstanding behavior at all times and in a mature manner*. The abuse of any of the citizenship requirements could result in suspension or dismissal from an athletic team. As per the Oakmont Regional Student Handbook, student-athletes must attend at least two instructional blocks during the school day in order to practice or play. The Principal, or his designee, may permit an absent student to participate in a sporting event under extraordinary circumstances.

## Medical Exams/Parental Permission Forms

All students who plan to participate in athletics must have a physical examination within thirteen months of the start of each season. Students who meet this criterion at the start of the season will remain eligible for the season. ***Physical examinations must be performed by a duly registered physician, physician's assistant or nurse practitioner. (MIAA Rule 56.1)***

Parental Permission Forms, which contain important emergency and insurance information, must also be completed and signed by the student-athlete and parent.

Athletes ***WILL NOT*** be allowed to participate without the completion of the Medical Exam and Parental Permission Forms.

## Insurance

All members of interscholastic teams are covered by an excess policy which covers expenses a family insurance plan might not cover provided that the proper procedures are followed:

1. All injuries must be reported to the Athletic Trainer/EMT or Athletic Director immediately. An accident report will be filled out by the Athletic Trainer/EMT or coach and forwarded to the Director of Athletics, who will forward it to the student-athlete's parents or guardian and the Superintendent's Office.
2. An insurance form needs to be completed by the parent/guardian or a physician.

The parent must then file the report with the insurance company. All initial claims must be made within 90 days of the injury. It is a good idea to file a claim immediately just in case excess charges come about at a later date.

## Athletic Fees

The Ashburnham-Westminster Regional School Committee has authorized the Department of Athletics to assess an Athletic Fee to each student who will be participating on any of our athletic teams. ***The Athletic Fee is non-refundable and does not guarantee a specific amount of playing time.*** The rate will be set by the School Committee annually and will be announced publically prior to the Fall Sports season. The athletic fee is for each individual sport and is due on the first day of practice in order for the student-athlete to be eligible to participate. If a student-athlete is subsequently cut from a team, their fee will be returned immediately.

## Time Allowed for Participation/Age

A student shall be eligible for interscholastic competition for no more than 12 consecutive athletic seasons beyond the 8th Grade (see [MIAA Rule 54](#)).

A student must be less than 19 years of age as of September 1 of the current school year (see [MIAA Rule 64](#)).

## Team Rules and Regulations

At the start of each season, the coach, with the approval of the Director of Athletics, may issue a set of team rules and regulations to his/her team. It is suggested that these guidelines be in written form and distributed to all team members.

## 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 their equipment from the date of issue to the date of return. Equipment should be stored in a

secured locker or locker-room at all times when not in use. ***Students will be accountable for the current replacement cost of any missing or vandalized equipment.***

Payment for the irresponsible use of equipment is promptly 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 a student-athlete leaves the team during the season due to injury, academics, discipline or of his/her own volition, it is his/her responsibility to return all school-issued equipment.

## **Transportation**

The school district will provide bus transportation, or a suitable substitute, to all "away" contests. All team members are expected to travel to these contests using the provided school transportation. Transportation to practice sites is the responsibility of the individual students. Exceptions to this policy must be requested in writing to the Director of Athletics by the student's parent/guardian, prior to the contest. ***For the safety of the student-athlete and for liability reasons a coach may give permission for student-athletes to ride home from an 'away' game site with their parent/guardian only.*** Students are not to ride home from an 'away' contest or game site with anyone other than their parent/guardian.

Coaches are responsible for the care of the student-athlete while on school grounds. **The picking up of the student-athlete after a practice or contest in a TIMELY FASHION is most important.** It is unfair to expect coaches to wait indefinitely for students to be picked up, and student and parent cooperation is greatly appreciated.

## **Student Access to Athletic Facilities**

Student-athletes are not allowed access to any of the athletic facilities without proper supervision by a school staff member. ***Student-athletes may not use the Gymnasium, Fitness Center, or training room unless there is a staff member present. Any outdoor facility should not be used without consent from the Director of Athletics or without a school staff member present.***

## **Playing Time**

Perhaps the most emotional part of a student-athlete being involved 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 practice attendance, attitude, commitment, and of course, athletic skill, all enter into the decision of playing time.

There are many decisions made on a regular basis by the Oakmont Regional High School coaching staff. It is the coach's responsibility to decide which athletes should start a contest, whom should play which position, and how long each athlete should play. These coaching decisions, which are often difficult to make, are made only by the coaching staff and are considered very seriously after having observed the student-athlete in practice sessions, game-like situations, scrimmages, and, at times, games.

At the Freshmen and Junior Varsity levels, members of the coaching staff will make a strong effort to play all team members in each game for as much time as is considered practical. At this level, the coaching staff is teaching the offensive and defensive philosophy of the program along with the skills necessary to move along to the next level. Student-athletes who attend practices daily and fulfill all other team obligations should have the opportunity to display what they have learned in games.

At the Varsity level, coaches in the athletic department look for their teams to compete against opponents at the highest possible level of execution. This is the highest level of interscholastic competition, and player, coaches, parents, staff and members of the community want the Oakmont Regional High School varsity teams to compete successfully on the field of play. As long as the score is being kept, Oakmont Regional High School should attempt to win as many varsity 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 substitutes, "role" players, or "second team" players. These players have to be ready at all times to step forward and contribute when called upon. It is these student-athletes whose hard work in practice each day prepares **the team** for the upcoming contests. Success should never be measured in wins and losses, but in the performance of the student-athletes. If they perform to the best of their abilities, they will always be successful, no matter what the final score may be.

## **Team Captains**

It is a coaching decision as to how team captains are selected. They may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be 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. They are expected to be more aware of team rules and student-athlete responsibilities. 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 Director of Athletics during the school year to discuss the athletic program. Captains of teams may be relieved of their position by the coach, in consultation with the Director of Athletics, for violation of team, department, or school rules.

## **Security of Personal Belongings**

All personal belongings should be secured in a locker or team room while the student-athlete is trying out, practicing, or playing. All students should have their

own lock for their athletic lockers and should never leave their locker unsecured. Oakmont Regional High School cannot be responsible for loss of personal belongings.

## **Locker Rooms and School Facilities**

Student-athletes are required to respect the locker facilities, showers, and general areas of the athletic wing at both Oakmont Regional High School and while visiting other schools. We expect our student-athletes to take pride and behave responsibly in our facilities and those of our opponents. Any type of vandalism will not be tolerated!

## **School Discipline Obligations**

A student-athlete with a school disciplinary obligation is required to fulfill that obligation before reporting to an athletic practice and/or game. Students who are scheduled for after school detention may not participate in sports until the detention is served. Students can't expect, and should not request, disciplinary action to be postponed or cancelled for any athletic reason. The Department of Athletics, in conjunction with the Oakmont Administration, reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improved behavior.

## **College/Career Counseling**

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Athletic Staff are willing and eager to assist all students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, and write letters of recommendation. The least they will be able to do is guide students to a more knowledgeable resource who can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA Regulations. Oakmont Regional High School's Guidance Department has a wealth of information and experience on NCAA Clearinghouse Registration Forms that must be completed by all students planning to participate at the collegiate level.

## **Sportsmanship**

Oakmont Regional High School requires all participants and spectators to display the highest possible level of sportsmanship. Players, coaches, and spectators will accord opponents, game officials and visiting spectators with respect and the same "poise and class" we speak about in our philosophy. 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." Oakmont Regional High School in turn reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

## Conduct at Athletic Events

Good sportsmanship is imperative. It is one of the fundamental reasons for having an athletic program. If the athletic program of our school does not develop good sportsmanship, it cannot be considered successful even if the teams are victorious. Athletes should not possess, or use personal electronic devices such as iPods, or cell phones during their respective athletic competitions or practices unless given express permission by their coach to do so. These devices should be kept in a secure location. Any player found to be using these devices during athletic competitions or practices shall be subject to disciplinary action by their coach in coordination with the Director of Athletics and/or school administrators. The school's electronic device policy may be used as a guide in determining disciplinary action taken. Disciplinary action shall not take the form of any exorbitant physical requirement. As players, coaches or spectators, students and adults are expected to demonstrate the proper respect for all coaches, teammates, officials, opponents, spectators and equipment. They must be aware of the obligation to demonstrate their loyalty to themselves, their schools and their team. They must exhibit the highest level of conduct both on and off the athletic field as they are, at all times, a representative of their team, school and community. The MIAA taunting rule applies to all athletic events. At all athletic events non-players will not be allowed on the playing surface, unless they have received expressed permission from the Director of Athletics or building principal. Press personnel must have a valid press pass to be allowed on the playing surface. There is no reason for a parent to be on the playing surface at anytime. Parents who wish to take pictures will do so outside of the playing surface.

## MIAA Mandatory Athlete Chemical Health Policy

MIAA: 62. **Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco** 62.1 ***From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest)***, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance.

This policy includes products such as "NA or near beer". It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

## **Minimum Penalties**

**First Violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. 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 part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

**Second and Subsequent Violations:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of his/her own volition becomes 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 events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If the student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

**Please note:** This policy has changed from years past in that all student-athletes are responsible to follow this rule ***from the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), and not only during their season of play.***

## **Out-of-Season Athletes**

For out-of-season athletes, Oakmont Regional High School has its own policy. The MIAA Rule will be in effect during the school day and at all extra-curricular and school sponsored activities. School is considered to be any location where a school sponsored activity is taking place. The prescribed penalties, listed above, will commence for the "out-of-season" student-athlete at the start of his/her athletic season.

## **Out-of-Season Sports Involvement**

Participation in out-of-season clinics, leagues, or other related sport activities is strictly up to the discretion of the student-athlete and his/her parent/guardian. While such participation will undoubtedly improve one's knowledge and skill, it is the individual's decision as to whether or not they wish to become involved in such activities. Participation in such activities will have no bearing on a student-athlete's participation on an Oakmont Regional High School team. The Department of Athletics encourages all students to take full advantage of the activities Oakmont Regional offers and become involved in more than one sport. According to MIAA rules, "Neither a coach nor any other representative of the school may require an athlete to participate in a sport or training program outside of the MIAA defined sport season". Voluntary conditioning sessions open equally to all students in the school and which are entirely devoid of sports-specific activity maybe conducted between seasons provided no candidate is either required to participate or penalized for not doing so. A "candidate" is defined as a varsity or sub-varsity athlete who participated in the high school program at some interscholastic level in that sport the previous season.

## **Hazing**

Massachusetts State Law – Chapter 269, Sections 17-19

Hazing is described by Massachusetts General Law, Chapter 269, Section 17, and is strictly prohibited. Participants will be suspended from school for five (5) school days. Organizers of the incident will be suspended for ten (10) school days. All such incidents will be reported to law enforcement authorities for further action.

**Section 17.** Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for 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 extended deprivation of sleep or rest or extended isolation.

**Section 18.** 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 crimes shall be punished by a fine of not more than one thousand dollars (\$1000).

**Section 19.** Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's 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 board 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 higher education 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.

## **Head Injuries/Concussions**

Pursuant to Massachusetts General Law, Chapter 111, Section 222, and the Massachusetts Interscholastic Athletic Association Rule 56.4 and Rule 56.4.2 the following regulations and procedures will be followed in regards to Head Injuries/Concussions for any student athlete.

### **Massachusetts General Law, Chapter 111**

**SECTION 222 (a)** The department shall direct the division of violence and injury prevention to develop an interscholastic athletic head injury safety training program

in which all public schools and any school subject to the MIAA rules shall participate. Participation in the program shall be required annually of coaches, trainers and parent volunteers for any extracurricular athletic activity; physicians and nurses who are employed by a school or school district or who volunteer to assist with an extracurricular athletic activity; school athletic directors; and a parent or legal guardian of a child who participates in an extracurricular athletic activity. *Head injury safety training programs will be held at the beginning of each sports season as part of either the Chemical Health Awareness Meeting or the Pre-Season Parent/Athlete Information meeting.*

**SECTION 222 (b)** The department shall develop forms on which students shall be instructed to provide information relative to any sports head injury history at the start of each sports season. These forms shall require the signature of both the student and the parent or legal guardian thereof. Once complete, the forms shall be forwarded to all coaches prior to allowing any student to participate in an extracurricular athletic activity so as to provide coaches with up-to-date information relative to an athlete's head injury history and to enable coaches to identify students who are at greater risk for repeated head injuries.

*Participants of interscholastic athletic programs and their parents must disclose any information relative to any sports head injury history prior to each season. This information must be shared with the athlete's coaches and a copy will be kept on file in the offices of the Director of Athletics and the School Nurse.*

**SECTION 222 (c)** If a student participating in an extracurricular athletic activity becomes unconscious during a practice or competition, the student shall not return to the practice or competition during which the student became unconscious or participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed physician, licensed neuropsychologist, certified athletic trainer or other appropriately trained or licensed health care professional as determined by the department of public health, to the school's athletic director. If a student suffers a concussion as diagnosed by a medical professional or is suspected to have suffered a concussion while participating in an extracurricular athletic activity, the student shall not return to the practice or competition, during which the student suffered or is suspected to have suffered, a concussion and shall not participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed physician, licensed neuropsychologist, certified athletic trainer or other appropriately trained or licensed health care professional as determined by the department of public health, to the school's athletic director.

*If athletes are removed from a practice or competition because of concussion like symptoms those athletes will not be allowed to return to practice or competition until they have written authorization from one of the people listed above.*

## **Directions to Away Contests**

Directions to all athletic facilities may be accessed via [www.miaa.net](http://www.miaa.net) and on [www.hsmaps.com](http://www.hsmaps.com).

## **Sports Schedules**

All of Oakmont's sports schedules may be accessed on [www.mwlma.org](http://www.mwlma.org). Cancellations and postponements will be posted immediately on this site. Practice schedules are determined by the coaches in coordination with the Director of Athletics and are subject to change depending on game scheduling and coach's discretion. The Director of Athletics and coaches will make every attempt to give advanced notice of team practice times and any subsequent changes.

The Ashburnham-Westminster Regional School District insures equal employment, educational opportunities and affirmative action, regardless of race, religion, color, creed, national origin, sex, sexual orientation, or disability, in compliance with Title VI, IX, Chapter 622, Chapter 766 and Section 504, MGL Ch. 76, Section 5.