

OAKMONT REGIONAL HIGH SCHOOL

ATHLETIC DEPARTMENT



"THE SPARTANS"

HANDBOOK

FOR

OAKMONT ATHLETICS

2017-2018

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WELCOME TO OAKMONT REGIONAL HIGH SCHOOL ATHLETICS

You are about to become a part of the Oakmont Regional High School Athletic Program. For over fifty years, Oakmont Regional High School athletes have performed with dedication, skill, intensity and desire, and they 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 are an integral part of the total education process. Successful interscholastic athletic programs teach young people 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/chemical health	Respect

(Taken from: MIAA Handbook – “Worth Remembering”)

This booklet contains information regarding policies, practices, and regulations that govern the athletic program at Oakmont Regional High School. We believe that this information will help answer many of your questions regarding interscholastic athletics at Oakmont Regional.

Keep this booklet and refer to it whenever you have a question regarding your athletic experience. If you feel that your questions are not answered in this booklet, contact the coach first. He or she will be able to answer your question or questions more specifically. If your concern has not been addressed, you should contact the Athletic Director (refer to section on “To the Parents”). Please do not let your 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 our 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. Our coaches are charged with the responsibility to not only teach our 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 our student-athletes compete at, team goals may be different, but none the less, our 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, our coaches will strive to do their best and always take the wellbeing of our student-athletes and teams seriously.

Our 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 (MIAA)

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 our varsity teams qualify for and enter such tournaments, we 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 via www.miaa.net.

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 the following exceptions play for league championships. Football and ice hockey compete in the Central Massachusetts District E conferences. The wrestling team competes as guests of a cooperative agreement with Montachusett Regional Vocational Technical School. Monty Tech is a member of the Colonial Athletic League and competes in the State Vocational Wrestling tournament. Swimmers compete as guest of a cooperative agreement with Gardner High School. Cheerleading is governed by the Massachusetts Secondary School Administrators Association (MSSAA). More information may be obtained at their website: www.mssaa.org.

ASHBURNHAM-WESTMINSTER REGIONAL SCHOOL COMMITTEE

Additional policies, regulations and rules are set by the Ashburnham Westminster Regional School Committee and the Principal. Under MIAA guidelines, local communities are allowed to set additional policies, rules and regulations as long as they are not less restrictive than those stipulated by the MIAA.

TO THE PARENTS

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 the student-athlete. When a student-athlete becomes involved in the Oakmont Regional High School 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 your child's program.

COMMUNICATIONS WITH COACHES

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Philosophy of the coach.
2. Expectations the coach has for you as 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 your child be injured during participation.
6. 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.**

COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT/ATHLETE:

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

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 via social networking sites such as Facebook, Twitter, Instagram, 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 best for all students involved. As seen in values and concerns listed earlier, certain topics, such as those that follow, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS 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. 2166) or email edawley@awrsd.org 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 you.
3. **PLEASE DO NOT CALL A COACH AT HOME!!** A coach's time with their family is severely limited during the season. The coach and his/her 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 High School Athletic Department. Never hesitate to follow the above procedures to make those concerns known. Parents, coaches and administration working together, will improve our athletic programs at Oakmont Regional.

COMMITMENT

When trying out for a team and after being selected to be 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 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 a planned extended absence must discuss this situation with the coach prior to trying out for the team.

MIAA BONA FIDE TEAM MEMBER RULE

A “bona fide team member” of the school team is a student 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 participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

**First Offense- Student-athlete is suspended for 25% of the season.
(MIAA Chart Rule 62)**

Second Offense- Student-athlete is suspended for an additional 25% of the season and is ineligible for tournament play immediately upon confirmation of the violation.

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'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 been completed. Students who are dismissed from a team will be informed as to the reasons for the decision by the coach.

After tryouts begin, no athlete may leave one team (voluntarily or due to dismissal by the coach) and try out for another team without the consent of both coaches involved and the Director of Athletics.

On a season-to-season basis (based on waiver approval and necessity), 8th 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, that is necessary in order to continue to offer a program. If an 8th grader is granted permission to participate at the high school level, the individual will compete on a team at the lowest level offered.

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. 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 these 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. Physical examinations that expire during that student's current athletic season, will result in immediate ineligibility of student-athlete. Eligibility will be reinstated upon receipt of all updated Physical examination documentation. 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. These forms along with the full athletic participation registration process can be found at www.awrsd.org under 'Athletics'.

Athletes **WILL NOT** be allowed to participate in practice or games 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 your family plan might not cover provided that the proper procedures are followed:

1. All injuries must be reported to the Athletic Trainer or Athletic Director immediately. An accident report will be filled out by the Trainer or

Coach and forwarded to the Director of Athletics who will in turn forward to the School Nurse as well as the Superintendent's office. The insurance form needs to be completed by the parent and/or a physician.

2. 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 start of 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.

As per the Oakmont Student Handbook, students with unpaid school bills are ineligible for participation until obligations are met. Any families with a hardship circumstance, should be in immediate contact with Director of Athletics and/or Superintendent's office. Student-athletes with unpaid school bills will be added to school-wide financial ineligibility list.

ACADEMIC ELIGIBILITY

A student is ineligible to participate in athletics if he/she does not secure a passing grade in three (3) out of four (4) blocks in a term. **Eligibility will be determined by the previous final average TERM grade before the season of activity.** Unless the grade status has changed (i.e. an incomplete grade changed to a passing grade), the student will remain ineligible until the next report card is issued. Provisions for review of eligibility may be made at Progress Report or Warning time. **Students with unpaid bills are also ineligible for participation until obligations are met.**

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 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 purposes, a coach may give permission for student-athletes to ride home from an away game site with their parent or guardian.** Students are not to ride home from an 'away' contest or game site with anyone other than their parent/guardian. A parental request to do so can be made through the Director of Athletics office and or Principal, via associated district request form and should be completed in advance of the away athletic contest.

Coaches are responsible for the care of the student-athletes 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 cooperation is greatly appreciated.

DIRECTIONS TO AWAY CONTESTS

Directions to all athletic facilities may be accessed via www.miaa.net and on www.hsmaps.com.

SPORTS SCHEDULES

All of Oakmont's sports schedules may be accessed on 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 and practice times and any subsequent changes.

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 the 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.

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, who should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the student-athlete in practice sessions, game-like situations, scrimmages, and, at times, games.

At the freshman and Junior Varsity level, members of the coaching staff will make a strong effort to play all team members in each game for as much time as 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 the community want the Oakmont Regional High School varsity teams to be successful 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 our 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 cannot expect, and should not request, disciplinary action to be postponed or canceled 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 official, 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 iPhones, Ipods, tablets, cell phones, etc. during their respective athletic competitions or practices unless given express permission by their coach to do so. 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 place in the form of any exorbitant physical requirement.

As players 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, all 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 at any time. 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;(including e-cigarettes, VAP pens and all similar devices);marijuana(including synthetic); 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. (Please refer to Oakmont Student Handbook)

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. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school Principal. 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 the penalty period. The high school Principal in collaboration with a chemical dependency program or treatment center must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty will revert 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 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. (e.g. A student plays only football: he violates the rule in the winter and/or the spring of same academic year: he would serve the penalty[ies] during the fall season of 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 parents. 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 we offer 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 may be 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 principle organizer or participant in the crime of hazing as defined herein, shall be punished by a fine of not more than one thousand dollars or by imprisonment in a house of correction for not more than one hundred days, or by both such fine and imprisonment.

The term “hazing” as used in this section and in sections 18 and 19, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student-athletes or other persons. 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 a victim of hazing as defined in Section 17 and is at the scene of such an incident shall, to the extent that such person can do so without danger or peril to himself or others, report such incident to an appropriate law enforcement official as soon as reasonably practicable.

Whoever fails to report such incident/s shall be punished by a fine of not more than one thousand dollars (\$1,000).

Section 19. Each institution of secondary education and each public or private institution or 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 a 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 athlete's 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 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 participating, 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 completion 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.

COMMONWEALTH OF MASSACHUSETTS OPIOID LAW- AN ACT RELATIVE TO SUBSTANCE USE, TREATMENT, EDUCATION AND PREVENTION

On March 14, 2016, Governor Charlie Baker signed landmark legislation into law to address the deadly opioid epidemic plaguing the Commonwealth. The bill is titled 'An Act relative to substance use, treatment, education, and prevention'. The new law includes multiple provisions including a 7-day limit on every opiate prescription for minors, a mandate for a verbal screen for substance use disorders in students and a requirement, that information on opiate-use and misuse be disseminated to all students participating in extracurricular athletic activity prior to their athletic season. This information can be found at: www.mass.gov/sportsconcussion

DISCRIMINATION

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, economic status, political party, age, handicap, gender identity, homelessness and other human differences, in compliance with Title VI, IX, Chapter 622, Chapter 766 and Section 504, MGL Ch. 76, Section 5.