

ATHLETIC HANDBOOK

Medomak Valley High School Athletic Philosophy

The interscholastic athletic program at Medomak Valley High School plays an integral role in the total curriculum program. Academic standards, as set forth by the Maine Principals' Association, require that all participants meet or go beyond set guidelines of achievement.

Benefits developed by interscholastic participation include: good sportsmanship, team play, a competitive spirit, a higher degree of physical fitness, motor skill, and the development of emotional and mental attitudes that benefit the individual, the school, and the community. As a result of these benefits, the individual will develop a positive feeling of self-worth, commitment, and the meaning of cooperation among associates.

Every student taking part in the interscholastic athletic program should realize that this participation is a privilege and each student must be prepared to follow all rules, as set forth by this handbook, and those of the local administration and school board.

TITLE IX OF THE EDUCATION AMENDMENTS OF 1972 PUBLIC LAW 92-318

Athletics:

General: No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by a recipient; and no recipient shall provide any such athletics separately on such basis.

CODE OF ETHICS

In order to promote desirable behavior and enhance the overall qualities of secondary school activities programs for which MPA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with 9-12 school activities programs to...

1. Cultivate an awareness that participation in school activities is part of the total education experience; and, as such, no one should either seek or expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
4. Recognize that the purpose of activities in school programs is to develop and promote the physical, mental, moral, social and emotional well-being of individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of a participant.
6. Avoid practices which force or encourage students to specialize or which restrict them from participation in a variety of activities.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or

spectators in any aspect of school activities.

8. Vigorously encourage the development of proper health habits and discourage the use of chemicals, including alcohol and tobacco.

9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.

10. Encourage everyone to judge the true success of the activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

MAINE PRINCIPALS ASSOCIATION / MEDOMAK VALLEY HIGH SCHOOL REGULATIONS

Medomak Valley Athletic Code

In order to continue the fine tradition in athletics that Medomak Valley High School has built over the years, the following athletic code has been adopted by the Board of Directors of RSU 40. It is suggested that all students desiring to take advantage of the athletic program in the school carefully scrutinize this code before deciding to become a squad member. Parents and athletes will be required to sign an appropriate agreement form.

A. TEAM MEMBERSHIP

1. ELIGIBILITY

a. Before any athlete can participate in tryouts, they must have returned to the coach a signed parents' permission slip, to include proof of insurance, (participants are required to have an inforce, accident-coverage insurance program prior to the onset of their sports season and continuing throughout the season. Health insurance may be purchased through the district) and have had a physical examination, which is required every two years.

b. To be eligible for interscholastic athletics, students must meet all the requirements set up by the Maine Principals' Association as well as those of the school district.

c. Team managers shall be considered as squad members and shall meet the same requirements as the athlete.

d. Athletes will be allowed to change from one sport to another only by mutual consent of the coaches involved and the Athletic Director. This change should be made prior to the last "cut" in a "cut" sport and prior to the first contest in a "no cut" sport. Special cases will be administered by the Athletic Director.

2. CONDUCT

a. Vulgar language cannot be tolerated by an athlete or coach. Violation of this or any other school rule will result in reprimand following the standards as set forth by the administration.

b. For all school sponsored trips, athletes should wear appropriate clothing as designated by the coach.

c. In all sports, practices as well as contests, athletes should adhere to the spirit of the rules as well as the written rules.

d. Members of a team shall recognize that they have the following responsibilities:

1. They are official representatives of Medomak Valley High School.
2. They represent their families, friends, the school and the district.
3. They are expected to be leaders in promoting good school citizenship.
4. Their action in and out of school builds respect and contributes to school spirit. This responsibility implies that proper respect be given to administration, teachers, coaches, officials, team members, other athletes, and the student body.
- e. If any athlete is determined to have been involved in an act of thievery or vandalism within the school, or while on an away game, immediate disciplinary action will be taken which may include removal from the team.

3. ATTENDANCE

- a. Regular school attendance is required of all athletes. Athletes absent from any part of the school day shall not be allowed to take part in practices or athletic contests unless they have signed into or out of school and this tardiness or dismissal is the result of a doctor's appointment or other approved issue. This must be verified by the athlete and approved by the school administration.
- b. Athletes must notify the coach before the end of the school day if lateness or absence is anticipated for a practice session. Coaches may excuse students with specific requests.
- c. Athletes suspended from school or removed from class for disciplinary reasons shall not be allowed to practice or take part in contests for that day or while on suspension.
- d. Athletes missing contests, with an unexcused absence from that contest, shall sit out the same number of contests as missed because of the absence. Although family vacations are excused academically, they are considered unexcused absences for athletic purposes.

4. ACADEMICS

To be eligible for interscholastic athletics, student athletes must meet those requirements set forth under the Maine Principals' Association Rules as well as the academic rules set forth by Medomak Valley High School.

- a. Athletes must be enrolled in a minimum of 5.5 credits for the school year to participate on a team.
- b. Athletes must pass all classes in the most recently completed ranking period to be eligible to play sports. Progress and quarter grades will be used in the academic evaluation process.
- c. If at progress or quarter end the athlete is failing one class, the athlete will be placed on a two-week probation period. During that time, the athlete can fully participate in all aspects of any sport. After the two-week academic probation period, the athlete must be passing all classes. If after the two-week academic probation period the athlete is not passing, the athlete will be ineligible for two weeks. During that time, the athlete may practice, but will not be allowed to participate in any scrimmages, exhibitions, regular season, or postseason contests. If the athlete

is not passing all classes after the two-week ineligibility period, the athlete will be removed from the team and will remain ineligible until the next sports season.

d. If at progress or quarter end the athlete is failing two or more classes, the athlete will be ineligible for two weeks. During that time, the athlete may practice, but will not be allowed to participate in any scrimmages, exhibitions, regular season, or postseason contests. If the athlete is passing all classes at the end of the two-week ineligibility period, the athlete may resume play. If an athlete who fails two or more classes is not passing after the two-week ineligibility period, the athlete will have two more weeks of ineligibility. If after that four-week period the athlete is still not passing all classes, the athlete will be removed from the team and will remain ineligible until the next sports season.

e. The record at the end of progress or quarter periods shall be final and scholastic deficiencies may not be removed for the purpose of meeting eligibility requirements except:

1. For those grades earned in a regular summer school program accepted by the school district.
2. Incomplete grades which may be made up for credit during the first three weeks of the next quarter.

f. Any academic probation or ineligibility period will commence the day rank cards are distributed.

g. Quarter four grades will be used to determine eligibility for the start of the fall season. Academic probation or ineligibility for the fall season will commence on the day of the first regular season contest.

h. Athletes who carry a reduced schedule (less than 5.5 credits) approved by administration, must pass all classes.

5. CUT POLICY

Medomak Valley High School does not encourage a “cut” policy, but does recognize the need to limit, in various sports, the number of team members that can be safely supervised by the coaching staff. There may also be a need to eliminate individual students for various reasons. Before any student is eliminated from any athletic activity, the head coach will review the intended “cut” with the Athletic Director to assure that the need to “cut” the individual(s) is a last resort. All avenues to retain an individual will be reviewed and studied by the head coach and the Athletic Director.

Factors to be considered when selecting team members are: (not prioritized)

Attitude of the individual	Experience in the activity
Skill level for the activity	Citizenship
Work ethic of the individual	Trustworthiness of the individual
Athletic ability	Dedication
Attendance	Leadership qualities of the individual
Grades	Grade level
Cooperation with teammates and the coaching staff	

6. CONFLICTS IN STUDENT ACTIVITIES

A student who attempts to participate in several co-curricular activities both in or out of school, will, undoubtedly, be in a position of conflict of obligations. We understand that each student shall have the opportunity for a broad range of experiences in the area of co-curricular activities. To help accomplish this, the administration will attempt to schedule events so as to reduce the chance of conflicts. It is the student's responsibility to notify the advisors, coaches or faculty members involved immediately when a conflict arises. When a conflict arises, the adults involved (coaches, advisors, etc.) will work out a solution so the student does not feel caught in the middle. A decision will be based on the following criteria:

- a. The relative importance of each event
- b. The importance of each event to the student
- c. The contribution the student can make
- d. How long each event has been scheduled
- e. Talk with the parents

7. TRANSPORTATION

All athletes are required to travel to and from contests with the team in school provided transportation. Permission to return home with parents after an away contest may be granted on special occasions. The parents/guardians must sign out their athlete with the coach prior to taking the athlete home.

8. EQUIPMENT

Athletes will be issued appropriate equipment. Each athlete will assume full responsibility for this equipment and will be assessed for any lost or damaged items. Equipment issued by a coach or equipment manager shall be worn only when participating in a school sanctioned contest. No equipment shall be taken without the consent of the Athletic Director. Unauthorized equipment refers to equipment belonging to your opponents or other schools or team members to which you have access. Equipment of this type will be confiscated.

B. TRAINING RULES

1. Students may not possess, use, be under the influence of, buy, or furnish to others the following substances: alcohol, tobacco (all forms), e-cigarettes, illegal drugs, look-alike drugs, steroids, and prescription drugs (except as prescribed by their physician). In addition, students participating in extracurricular activities are not to be "knowingly present" where these substances are being illegally used. If it is determined that a student-athlete was present at a party or any location where illegal drugs are being used or underage drinking is taking place and he/she did not leave when they became aware of it, makes them guilty of a violation of the Athletic Code by association. Refer to section D below.

2. Hair shall be clean and cut in a manner which conforms to reasonable safety and health standards as determined by the activity and/or equipment to be worn.

3. On nights followed by a school day, athletes are to be home at a reasonable hour. Coaches may set standards for the team.

4. All squad members will abide by any additional rules as set forth by the coach. These additional rules must be pre-approved by the Athletic Director. Each coach will conduct a meeting prior to the first contest. Team members and parents/guardians should be in attendance. At the end of this meeting each athlete and parent will sign and date an appropriate agreement form stating that they have read, understand, and agree to abide by the athletic code and additional rules set forth by the coach. If an athlete and/or parent does not agree to sign this form it will be understood that they do not agree to abide by those rules. In that case, the athlete will not be allowed to participate until both athlete and parent sign.

5. Specific penalties for missing practice are the responsibility of the coach. Rules should be clearly established in the additional rules set forth by the coach. They will also be reviewed at the parent/athlete meeting. It is understood that the athletic department will provide athletes with schedules well in advance. It is the responsibility of the athlete to make sure they are at each practice, contest, or other team function. If an athlete knows they may miss a practice, contest, or other team function, the athlete must notify the coach prior and well in advance for it to be considered as an excused absence.

C. ATHLETIC COUNCIL

1. The Principal, Athletic Director, and appointed faculty/staff members will constitute the Athletic Council which regulates and maintains the standards at Medomak Valley High School. The Athletic Director will be the chair of the Athletic Council. The Athletic Council will have the right to act on all violations of the Athletic Code, recognizing that all decisions must have the approval of the administration of the high school.

D. POLICIES AND PROCEDURES FOR SUBSTANCE ABUSE VIOLATIONS

Violations of section B (1) above during the high school career shall result in the following consequences. *Invitationals, Tournaments, Multi-day events, and doubleheaders count as one contest. A sports season ends after the awards night or state championship, whichever occurs last.

FIRST OFFENSE

1. Meeting with the Athletic Director, Principal, Coach, and student-athlete to verify the incident.
2. Inform parent or guardian of the incident.
3. In-season--the student-athlete will be suspended from 20% of season contests.
Out of season---warning and probation.
4. Require the student-athlete to complete an educational video/training approved by

the school administration. Failure to comply with the required awareness program will result in further suspension from all sports until successful completion.

5. The student-athlete cannot earn a letter for that season, but may participate in the end of the season banquet. The student-athlete may not be considered for any selected awards, be it school or league.
6. If all conditions are satisfactorily met, the athlete may return to their team on the day following the end of the suspension. The Athletic Director and coach will meet with the athlete.

SECOND OFFENSE

1. Meeting with the Athletic Director, Principal, Coach, and student-athlete to verify the incident.
2. Inform parent or guardian of the incident.
3. In-season--the student will be suspended from 60% of season contests. Out of season-- 20% of next season contests.
4. Require the student-athlete to complete an educational video/training approved by the Administration. Failure to comply with the required awareness program will result in further suspension from all sports until successful completion.
5. The student-athlete cannot earn a letter for that season and may not participate in the end of season banquet. The student-athlete may not be considered for any selected awards, be it school or league.
6. If all conditions are satisfactorily met, the student-athlete may return to their team on the day following the end of the suspension. The Athletic Director and coach will meet with the student-athlete.

THIRD OFFENSE

1. Meeting with the Athletic Director, Principal, Coach, and student-athlete to verify the incident.
2. Inform parent or guardian of the incident.
3. In or out of season--the student-athlete will be suspended from ALL athletics for one (1) complete calendar year.
4. Consideration to suspend the student-athlete from athletics for the REMAINDER OF The ATHLETES HIGH SCHOOL CAREER.
5. Decisions may be appealed to the Principal/Athletic Counsel.

* An athlete must practice with the team during a suspension and must sit on the bench in street clothes during a contest. The Athlete will not dress for any contests during the suspension. Additionally, an athlete who holds either an elected or appointed team captaincy will be required to relinquish their position upon violation of the substance abuse policy.

*Number of Contests Allowed

First Offense---20%

FALL	WINTER	SPRING
Soccer 14/3	Basketball 18/4	Baseball 16/3
Cross-Country 10/2	Wrestling 14/3	Softball 16/3
Golf 10/2	Cheering 19/4	Track & Field 6/1
<u>Fall Cheer 8/2</u>		Tennis <u>12/2</u>
<u>Football 8/2</u>		

Second Offense---60%

FALL	WINTER	SPRING
Soccer 14/8	Basketball 18/11	Baseball 16/10
Cross-Country 10/6	Wrestling 14/8	Softball 16/10
Golf 10/6	Cheering 19/11	Track & Field 6/4
<u>Fall Cheer 8/5</u>		Tennis <u>12/7</u>
<u>Football 8/5</u>		

VOLUNTARY REFERRALS

Coaches need to inform student-athletes that disclosing information about a peer is actually helpful. Student-athletes need to know how to make a “concerned person referral.” The important message is that it is not okay to use, but if someone needs help, it is safe to seek help. Team captains need to take an active role in supporting chemical-free alternatives and insisting on a team norm of nonuse. In a concerned person referral, the coach gets the student-athlete help and does not suspend the student. Often the help begins with a referral to qualified helping personnel. The parent/guardian would be involved in the first report.

- A. Type 1- Concerned Person (not actual incident, only suspicion)
- Type 2- Self-referral

Referral (Self or Concerned-Person) procedures exist in order for students to safely seek help for themselves or others whom they suspect or know are involved with tobacco, alcohol, or illegal drugs. On the first report of either type (Self or Concerned-Person) of referral, the student-athlete receives assistance and is not suspended from extracurricular participation, providing there is not a current investigation in progress. On the second report of either type of referral, the student is disciplined according to the first offense procedure. Before the student may resume participation in activities, satisfactory evidence must be demonstrated to the Principal and Athletic Director that the individual’s behavior has changed and that the athlete is no longer involved in the use or abuse of chemical substances. Consequences for violation of this rule remain in effect for one (1) calendar year.

SPORTS SEASON POLICY

The Sports Season Policy, as adopted by the Maine Principals' Association, encourages students to participate in a variety of activities and discourages over-emphasis on a single sport by overzealous coaches, boosters, and parents. When out-of-season practice and competition take place, many players and would-be players feel that they must participate or lose their opportunity to make the school team, and, as a result, do not participate in other activities available and appealing to them. Schools are required to limit all participation, play, or practice in a sport by all teams and individuals to the season in which the sport is assigned. The policy is not meant to limit a school intramural program or open activities.

The sports season shall be preceded by a practice period of a minimum of two weeks and a maximum of four weeks. Dates will be established by the MPA sports committees. Coaches or advisors are prohibited from coaching or giving instruction about a sport to members of their teams outside the sports season for that sport. One meeting for the purpose of administrative organization is permissible.

The principal of the school is responsible to interpret both the meaning and the intent of the Sports Season Policy and is responsible for its enforcement. Violations of this policy may result in sanctions against the school.

Clinics conducted for players must be held within the designated sport season. Coaches are not held to this stipulation.

Summer recess, that time between the closing day of the school year and the first day of the Fall Sports Season, is not governed by the Sports Season Policy.

Coaches will discourage students from participating on an outside team during the season. Students need time to study, to participate in family activities, and, in some cases, to work. Student athletes also require a reasonable amount of time of rest to physically and mentally bounce back for the next day's activities. If an athlete does participate on an outside team during the season, priority must be given to the school sponsored team regarding practices, games, and other team functions. The coach will reserve the right to assess penalties to the athlete if participation in a concurrent outside team becomes a detriment to the athlete or the team.

MEDOMAK VALLEY HIGH SCHOOL SPORT ACTIVITIES

FALL	WINTER	SPRING
Varsity Girls Soccer	Varsity Girls Basketball	Varsity Softball
Junior Varsity Girls Soccer	Junior Varsity Girls Basketball	Junior Varsity Softball
Varsity Boys Soccer	Freshman Girls Basketball	Varsity Baseball
Junior Varsity Boys Soccer	Varsity Boys Basketball	Junior Varsity Baseball
Girls Cross-Country	Junior Varsity Boys Basketball	Girls Track & Field
Boys Cross-Country	Freshman Boys Basketball	Boys Track & Field
Golf	Varsity Cheering	Girls Tennis
Fall Cheering	Wrestling	Boys Tennis
Football		

MEDOMAK VALLEY ATHLETIC AWARDS

Any student who takes part in the Medomak Valley athletic program, either at the varsity, junior varsity, or freshman level of competition, will receive some type of an award when meeting the requirements set forth by the Athletic Council.

A. Rules That Apply To All Sports

1. Athletes, in order to be eligible for an award, must be available for all scheduled events, to include conference, regional, and state competition. Forfeiture of an award may result if the above conditions are not met by the athlete.
2. If a player is injured, they may still have earned an award if, in the judgment of the coach, that award would have been earned without the injury. The athlete must make himself/herself available during practices and games to assist the team.
3. Athletes must also meet the requirements set forth in the Athletic Code, as well as any additional rules that individual coaches may set forth.
4. Athletes must finish the season in good standing to be eligible for any awards.

B. Award System

1. Varsity Letter: Presented by the Athletic Department. Awarded in varsity sports only. Athletes receive one chenille letter during their four years at Medomak Valley High School. Certificates are awarded thereafter for each letter earned. Pins, representing the sport for which the letter was earned, are awarded with each letter.
2. Service Letter: A three year service letter may be awarded when the athlete has not earned a letter through competition. The awarding of this letter is left to the discretion of the coach and the Athletic Director.
3. Numerals: Presented by the Athletic Department. Chenille numbers representing the year of graduation for the athlete. Awarded to athletes who have completed, to the satisfaction of the coach, the requirements as set forth by the coach or Athletic Council.
4. Certificate of Participation: A certificate awarded for participation to athletes who could not meet all of the requirements as set forth by the coach or Athletic Council.

5. Plaque: Presented by the Athletic Department. A plaque is awarded to those athletes who have earned three varsity letters in one sport.
6. Jacket: Presented by the Athletic Department. A jacket is awarded to those athletes who have earned seven varsity letters during their career at MVHS.
7. Ten Letter Club: An award presented to those athletes who have earned ten varsity letters during their career at MVHS.
8. Tri-Athlete Pin: An award presented after the spring season to those athletes who have participated in all three seasons for the year.
9. Most Valuable/Coaches/Most-Improved Awards: Awarded by the Athletic Department and given to the deserving athletes of each seasonal varsity sport.
10. Senior Sportsmanship Award: Presented by the Athletic Department to one male and one female athlete who have shown outstanding sportsmanship during their career at Medomak Valley High School.

C. Award Requirements

The following standards serve as guidelines for earning an award from the Medomak Valley High School Athletic Department. Athletes and coaches should be aware of the importance of practice time during the season. Athletes are expected to take part in ALL practices and be available for ALL games/meets. Coaches should withhold an award if an athlete has missed practices or games/meets.

1. Baseball/Softball: Must participate in 1/2 of all innings played. Pitchers must pitch in 1/4 of all innings played.
2. Basketball and Soccer: Must play in 1/2 of all minutes played.
3. Winter & Fall Cheering: Must participate in all assigned games and competitions.
4. Cross-Country: Must earn five points during the season. In meets with more than two schools, one point is earned by being in the first 1/3 of all runners who finish. During Invitational, Regional, and State meets, three points are earned by placing in the first 1/3 of all finishers, two points for the second 1/3, and one point for the last 1/3.
5. Track: Must score eleven points during the regular season or qualify for the KVAC or Regional Track Championships.
6. Wrestling: Must wrestle in 3/4 of all varsity matches and/or qualify for the Regional meet..
7. Golf: Must participate in 1/2 of all matches.
8. Tennis: Must participate in 1/2 of all matches.
9. Football: Must participate in 1/2 of all quarters of games played.
10. Managers: Managers who attend daily practices and all contests will earn a varsity letter after one year.

MEDOMAK VALLEY ALL SPORTS BOOSTERS CLUB

The Medomak Valley All Sports Boosters Club is a very important part of our athletic program. They provide a number of services, including: helping at contests in a variety of ways, running the concession booth at all home contests, raising funds to supplement team fundraising, and being avid supporters of Medomak Valley.

The Boosters Club is composed of parents of team members and other interested community members. Their strength depends on your support. We would encourage each and every parent to join the Boosters. It is a big step in supporting your son or daughter in their position on an athletic team.

The Medomak Valley All Sports Boosters Club meets regularly (times & dates to be announced). They need workers for the concession booth and other areas. Please consider getting involved in your student's athletic experience by joining the Boosters Club.