

Athletic Handbook 2011-2012



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Philosophy

Foxborough Regional Charter School considers athletics to be an extension of the classroom, and our teachers and coaches are role models. In order to support and sustain academic success, personal fulfillment, and athletic achievement, we emphasize the development of the whole person focusing on intellectual, social, and leadership qualities in each student. Collaboration, setting goals, working hard and sportsmanship are all traits learned during athletic competition and applied to real life.

The purpose of athletics is to provide learning experiences which contribute to physical mental, social, and emotional growth. Athletics should foster the development of positive self-esteem and a climate among coaches and team members where mutual respect is valued. Athletics fulfills a necessary and important function in the entire educational process throughout Foxborough Regional Charter School.

Code of Ethics

In order to be effective in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our athletic and activities programs to . . .

1. Emphasize good sportsmanship, appropriate conduct, and the spirit of fair play.
2. Place a premium on the values which accrue from fair play.
3. Teach respect and consideration for the opponents as either guests or the hosts of the game.
4. Cultivate respect for the authority of school personnel, coaches and game officials.
5. Develop self-control and sound judgment.
6. Demonstrate the rules of the game are mutual agreements, honorable in spirit as well as in letter, and that stealing of an advantage in sports is dishonorable.
7. Athletics aims to promote mental, social and moral welfare of the participants, as well as his/her physical well-being.
8. Encourage leadership, use of initiative and good judgment by players on the team.
9. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

Communication Between Parents and the School

By establishing communication and an understanding of the roles of parents/guardians and Coaches, all involved are better able to accept the actions of the other and provide greater benefit to our student-athletes. It is understood that at times, things may not proceed in the manner that a parent or student-athlete desires. Parents and guardians should be realistic as to their child's skill and ability level. Coaches make decisions based on what they believe is best for the team and for all of the student-athletes involved. If there are concerns, a discussion with the coach is encouraged. Areas of concern that are not appropriate to discuss with the coach are playing time, team strategy, play calling, or comments relative to other student-athletes and team members. If a student-athlete and/or a parent/guardian have a concern with a coach, the following protocols should be observed at all times:

1. The parent/guardian should not discuss a concern during or immediately after a practice or game.
2. The parent/guardian should call or e-mail the coach to schedule an appointment.
3. If the coach cannot be reached, the athletic director should be contacted. The athletic director will arrange a meeting with the coach.
4. If after meeting with a coach, a student-athlete and/or their parent/guardian feel that the issue has not been satisfactorily resolved, then the student-athlete and/or parent/guardian should meet with athletic director.
5. If the student-athlete and/or parents/guardians still do not feel that the issue has been resolved, then the student-athlete and/or parent/guardian should contact the Director of Students and Families. A meeting will be arranged with the student-athlete, parent/guardian, coach, athletic director and the Director of Students and Families.

Parental Role in Assisting Student-Athletes to Achieve Success in Athletics

- To attend informational meetings offered by the Athletic Department.
- To work closely with school personnel to assure an appropriate academic as well as athletic experience for your child while he/she is in high school.
- To assure that your child will attend all scheduled practices and athletics contests.
- To acknowledge the authority of the coach in determining strategy and player selection.
- To model mature behavior as well as expect the same from your child.

Standards for Participation

Team Tryouts

- Parent Permission Form
- Emergency Waiver Release

Team Participation (if make team)

- Concussion Information Form
- Hazing Policy Agreement
- Parent/Student Agreement
- Current physical examination form (completed within the last 365 days)
- Confirmation of receipt and understanding of the handbook

Program Goals

Though the unique nature of each sport dictates its specific objectives, all teams will attempt to:

- Emphasize the development of basic skills, appropriate attitudes, values, and team concepts.
- Allow as many students as possible to participate and share the experience and benefits derived from team membership.

Participation is generally limited to the most skilled players and those with the ability to interact constructively with other players for team success. The coaching staff will determine the level of play for each student-athlete based on what would be most beneficial to the development and progress of each player and team. It should be understood that playing time could be limited.

Athletic Offerings

Fall

- Co-Ed Soccer
- Cross Country

Winter

- Boys Basketball
- Girls Basketball
- Cheerleading
- Twirling

Spring

- Boys Baseball
- Girls Softball

Team Expectations and Coaches' Responsibilities

There are many decisions made on a regular basis by members of the coaching staff that may include which athletes start a contest, which athlete play at what position, and the amount of playing time an athlete will be given. Only members of our coaching staff make these very difficult decisions after weighing a considerable number of factors.

Tryouts and Selection

During the tryout period, each coach will provide an explanation of his/her expectations. It is the duty of the student to demonstrate to the coach that he/she can fulfill these expectations. If a student is not selected for the team, he/she may contact the coach personally for an explanation. There is no appeals process for selection.

The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play, and apportioning the amount of playing time for each student athlete.

Student Athlete Commitment

Each member of an athletic team must:

- Commit to being present at all team activities, including tryouts, practices, meetings, and contests with other students.
- Dedicate him/herself to becoming an excellent team member and school citizen.
- Strive to continually improve as an athlete and a student.
- Demonstrate pride in team performance and in him/herself as members of a team.

Grade Eligibility for Participation

Grade Eligibility

While academics, service, and leadership are the primary core of our school, the school strives to make sure our expectations for athletics match our expectations for academics and student behavior. Students are required to maintain a 70 average with no grade below a 65.

Grade Checks

- Grades will be checked for all students on an athletic team on the report card and progress report dates.
- If a student does not have a 70 average or has a class below a 65, he/she will be on academic probation until the next grade check.
- If a student is on academic probation, he/she will attend an academic study hall after school on practice days.

- Due to soccer being at the beginning of the year, there will only be one check, which will be at the 1st term progress report date. If a student athlete is not meeting the grade requirements, he/she will be on probation for the remainder of the season.

Academic Probation

- If a student has not earned a 70 average across all graded classes or has a grade in any class below a 65, the student will remain on the team's roster, however, he/she will not be allowed to participate in practices or games until his/her grades are above a 65 with an average of 70 or better at the next grade check.
- A student on academic probation will attend an academic study hall after school on practice days or will be subject to further penalties or removal from team.
- A student on academic probation required to attend all home games and support his/her teammates as a spectator. A student on academic probation is not allowed to sit with the team during game times.

Age Eligibility

Students must be 19 years of age or under prior to September 1st of their senior year in order to participate on any team for that year. A student can only participate for 4 years in high school.

Attendance

- Athletes will attend all games and practices.
- Students must be present for at least 60% of the school day on the day of games and/or practices in order to participate in the practice or game.
- The coach must approve excused absences at least 24 hours prior to the event.
- **Late to practice or game** will result in the following consequences:
 - 1st tardy results in consequence per the coach's team's expectations.
 - 2nd tardy results in consequence per the coach's team's expectations.
 - 3rd tardy results in sitting out the next game.
 - 4th tardy results in sitting out the next game.
 - 5th tardy results in automatic dismissal from the team.

NOTE** Teacher detention = Late to practice, 2 Hour r= Missed Practice!
- **Unexcused absences from practices or games** will result in the following consequences:
 - 1st unexcused absence results in sitting out the next game.
 - 2nd unexcused absence results in sitting out the next game.
 - 3rd unexcused absence automatic dismissal from the team.

Parents – please try to schedule all appointments for non-practice/game days.

- In or Out of School suspension also suspends the student from the team for the same amount of time. If a student receives more than one suspension (in or out of school) it results in dismissal from the team.

- If a game or competition is re-scheduled due to weather etc., all athletes **must** arrange to be present for the make-up game. Each individual must contact one of the coaches if they are unable to arrange their schedule.

Team Captains

Captains are appointed by coaches. Prior to selection, coaches will inform the team members of the selection criteria and obligations of the position. The position of team captain is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Any student who is involved in a violation of school rules and regulations resulting in a suspension from school may lose the ability to serve as captain or to be appointed or elected to the position of captain of any school sponsored team. Any student, who is found to be involved with drugs, alcohols, weapons, or crimes outside of school, will be removed from the team's roster and lose the ability to serve as captain or to be appointed or elected to the position of captain of any school sponsored team.

Dress Requirements for Day of Games

Home Games

All student athletes will wear the following on all home game dates:

- Sports jersey
- Dress code bottoms
- Cheerleaders will wear their school warm-up suits with sneakers.

Away Games

All student athletes for soccer, cross country, girls' basketball, baseball, and softball will wear the following on all away game dates:

- Sports jersey
- Dress code bottoms
- Cheerleaders will wear their school warm-up suits with sneakers.

All student athletes on the boys' basketball team will wear the following on all away game dates:

- Dress code Oxford shirt
- Tie
- Dress code bottoms

Athlete-Coach Relationship

Participation in athletics should be an enjoyable experience for all parties involved be they student, coach, or parent. There is no doubt that participation tends to be emotionally charged and dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic

competition is extremely positive and complements the educational experience at FRCS. Occasionally, conflicts between coaches and students may arise. These conflicts must be addressed and resolved immediately so that the many benefits of athletic involvement may continue to support the emotional and physical growth of student-athletes.

If at any time a student athlete or parent desires to lodge a complaint or discuss an alleged conflict, the following protocol should be observed:

1. Contact the immediate coach involved through e-mail or letter.
2. If the conflict is not suitably resolved, contact the Athletic Director.
3. If the conflict is not suitably resolved, contact the Director of Students and Families.

Sportsmanship

FRCS expects all parties present at a competition to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. FRCS reserves the right to warn, censure, place on probation, or suspend any player, team, or coach determined to be acting in a manner contrary to the standards of good sportsmanship. Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future competitions.

School Uniform Procedures

Students are responsible for and expected to maintain proper care of their uniforms issued at the beginning of the season. Students are responsible for payment of any lost, stolen, or damaged uniforms. All uniforms are to be returned at the end of the season. Student athletes will not be able to participate in another sport if they do not return their uniforms or pay for the replacement.

ATHLETE/PARENT/SCHOOL AGREEMENT

Participation in a sport, like all extracurricular activities is a privilege and not a right. Along with that privilege there is responsibility. Disregard for any of the regulations below may result in a student's dismissal from the team or activity.

1. **Academic Responsibility** – Academic responsibilities are the student's first priority and take precedence over any athletic or extracurricular activity. Students must maintain a minimum 70 percent average with no grade below a 65 in order to be eligible for athletics and extracurricular activities. If a student's average drops below 70 percent, the student will be placed on academic probation. Such probation will make him/her ineligible for participation in any activity until the next academic check. If he/she is still failing a subject, he/she will be removed from the team.
2. **Disciplinary Guidelines** – All participants will follow all of the rules and regulations as well as disciplinary guidelines as stated in the student handbook.
3. **Attendance** – Students must be in school for at least 60% of the school day to participate in any extracurricular activities. If the event is scheduled for a weekend, the student must be in school on the Friday before for at least 60% of the day.
4. **Age** - Per league rules, participants must be 19 years or younger prior to September 1st of their senior year in order to participate.
5. **Injury** – If a student is injured any time during a sports season, they must present a doctor's note stating the injury and any restrictions. This note is to be given to the school nurse and a copy to the student's coach. Injured students will not be allowed to participate in any practices or games until a doctor's note is received by the school nurse and coach stating that he/she is well enough to participate and list any restrictions.
6. **Practice** – Students are expected to participate in all practices. Failure to attend practice will result in ineligibility for the next game unless the reason is an "excused absence."
7. **Uniforms** - All uniforms are property of the school. Uniforms must be returned upon request in the manner in which they were distributed or the participant will be charged the fee stated on the "Uniform Receipt" which they fill out and sign when their uniform is issued.
8. **Students participating in sports represent FRCS** – Any behavior that will adversely affect the reputation of the school shall not be tolerated. This activity includes but will not be limited to the following: taunting or trash talking opponents, threats of physical bodily harm, physical altercations, and profanity.
9. **Substance abuse** – Participants are prohibited from using, possessing, purchasing, giving away or being in the presence of: any beverage containing alcohol, tobacco products, steroids or any controlled substance. Penalties will be strict and swift. All necessary resources will be used in order to resolve a substance abuse situation.

1. **Other Ineligibilities** - Students who are suspended, whether in-school or out-of-school, may not participate in any activities on that day. Continual violators of the Code of Conduct will be subject to suspension and/or removal from the team. Detention and teacher detentions take priority before students are allowed to participate in sports activities.
2. **Parent Responsibility** - Parents are expected to exemplify the ideals of good sportsmanship. Parents and spectators will not ridicule or demean players, coaches, or referees. They will not question the referee's call. Parents and spectators will respect the opponent and avoid confrontation with opposing players and spectators. Parents and spectators will be drug and alcohol free while at any school event. Parents and spectators are expected to report any violations to the school Athletic Director. Violations can result in the individual's removal from the game area and possible restrictions to further activities. Parents are also expected to understand all the above requirements, help monitor their child's grades, behavior, and attendance.

Student Athlete Signature

Date

Parent Signature

Date