

RSU No. 5

DURHAM • FREEPORT • POWNAL

**FREEPORT HIGH SCHOOL
FREEPORT MIDDLE SCHOOL**



**STUDENT & PARENT
ATHLETIC HANDBOOK**

RSU No. 5

FREEPORT ATHLETICS

Freeport High School 865-4706

Freeport Middle School 865-4772

RSU #5 District Athletic Administrator	Craig Sickels	865-4706 x228 sickelsc@rsu5.org
Administrative Assistant	Karin Kamm	865-4706 x222 kammk@rsu5.org
Athletic Trainer	Chris Sanborn	653-5047 Chris.Sanborn@coastalortho.com

ATHLETIC WEBSITE

WWW.FREEPORTHS.RSCHOOLTEAMS.COM

Follow FHS Athletics on Twitter at:

[@FreeportFalcons](https://twitter.com/FreeportFalcons)

FREEPORT HIGH SCHOOL
Is a member of the Western Maine Conference (WMC)

Class B Division (most sports):

Cape Elizabeth High School	345 Ocean House Rd.	741-2635
Freeport High School	30 Holbrook St.	865-4706
Fryeburg Academy	745 Main St.	935-2031
Gray NG High School	10 Libby Hill Rd., Gray	657-9319
Greely High School	303 Main St., Cumberland	829-4809
Lake Region High School	1877 Roosevelt Trail, Naples	693-6221
Poland Regional High School	1457 Maine Street / Rt 26	998-5400
Wells High School	Sanford Rd.	646-7011
Yarmouth High School	286 West Elm St.	846-2329
York High School	1 Robert Stevens Drive	363-3621

Class C Division (most sports):

Maine Coast Waldorf School	Desert Road, Freeport	865-3900
North Yarmouth Academy	148 Main, Yarmouth	846-9051
Old Orchard Beach High Sch	40 EE Cummings Blvd.	934-4461
Sacopee Valley High School	115 South Hiram Rd, Hiram	625-3208
St. Dominic Academy	121 Gracelawn Rd, Auburn	795-8932
Traip Academy	12 Williams Ave., Kittery	439-1121
Waynflete School	360 Spring St, Portland	774-5721

FREEPORT HIGH SCHOOL
Is a member of the Campbell Football Conference

Cape Elizabeth High School	345 Ocean House Rd.	741-2635
Freeport High School	30 Holbrook St.	865-4706
Gray NG High School	10 Libby Hill Rd., Gray	657-9319
Lake Region High School	1877 Roosevelt Trail, Naples	693-6221
Leavitt Regional High School	21 Mathews Way, Turner	225-1100
Mtn. Valley High School	799 Hancock St., Rumford	364-4547
Poland Regional High School	1457 Maine Street / Rt 26	998-5400
Spruce Mtn. High School	33 Community Dr., Jay	897-3428
Wells High School	Sanford Rd.	646-7011
Yarmouth High School	286 West Elm St.	846-2329

“I don’t have a philosophy of winning - I have a philosophy of trying. If you put forth an effort that encompasses your very best - all your intensity, all your enthusiasm - then you can stop worrying about the outcome, because you’ve done all you can do. By that definition, you’re already a winner.”

Bill Bradley - Academic All-American Princeton / US Senator & Presidential Candidate

FREEPORT MIDDLE SCHOOL
Is a member of the Cumberland County Conference
(Triple “C” Conference – “CCC”)

Division I:

Durham Community School	Rt. 9, Durham	353-9333
Freeport Middle School	19 Kendall Lane	865-4706
Jordan Small School	423 Webbs Mills Rd, Raymond	655-4743
Maine Coast Waldorf School (XC & Nordic only)	Desert Road, Freeport	865-3900
Molley Ockett Middle School	25 Molley Ockett Dr, Fryeburg	935-2401
North Yarmouth Academy MS	148 Main, Yarmouth	846-9051
Old Orchard Beach Jr. High	Jameson Hill Rd.	934-2361
Poland Middle School	1457 Maine Street / Rt 26	345-3421
Sacopee Valley Middle School	213 Sth. Hiram Rd, Hiram	625-3208
St. Dominic’s Academy	121 Gracelawn Road, Auburn	795-8932
Waynflete School	360 Spring St, Portland	774-5721

Division II:

Bath Middle School	6 Old Brunswick Rd	
Cape Elizabeth Middle School	Scott Dyer Rd.	799-3309
Falmouth Middle School	52 Woodville Rd.	781-7429
Gray NG Middle School	30 Libby Hill Rd., Gray	657-3323
Greely Middle School	Main St., Cumberland	829-4809
Lake Region Middle School	Kansas Rd., Naples	693-6221
Yarmouth Middle School	West Elm St.	846-2329

ATHLETICS

Participation in athletics, both as a player and a spectator, is an essential part of a student’s educational experience. Such participation carries with it responsibilities to the community, to the school, to the team and to the students themselves. In their play and in their conduct, they are representing all of these groups.

The athletic program should always be in conformity with the educational philosophy and objectives of the school district. Measurement of success is not only in terms of tangible evidence of the victory and defeat records, but in the intangible personality development factors that are an outgrowth of the major educational objectives of the athletic program. The program should function as part of the whole curriculum and should constantly strive for development of a well-rounded individual capable of taking his/her place in society.

PHILOSOPHY

To strive for excellence, while in and out of the arena of athletic competition. Interscholastic athletic competition is a privilege reserved for individuals aspiring to the highest intrinsic values of pride, integrity, sportsmanship, fair play, combined with a mastery performance of physical, mental and emotional skills.

The athletic arena is a forum used to challenge athletes, to test their expectations and to provide an avenue for success, thus enhancing individual lifelong attributes of confidence, self-discipline, accomplishment and responsibility to oneself, ones school and ones community.

THE EDUCATIONAL MISSION OF ATHLETICS

1. To contribute to the multi-dimensional development of the student's mental, social, physical and emotional wants and needs.
2. To develop the whole person: to expedite positive personality development through the participation in activities which foster characteristics of sportsmanship, loyalty, cooperation, commitment, dedication, self discipline, sacrifice, respect for authority and respect for the rights of others.
3. To provide opportunities that will allow the athletic program to serve as a laboratory where students may cope with the problems and handle situations similar to those encountered in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - understanding the individual's role and responsibilities within a group/team setting;
 - directed leadership and supervision that stresses self-discipline, self-motivation, excellence and the ideals of good sportsmanship that make for winning and losing graciously;
 - provisions for the appreciation of the value of exercise, sports and the wise use of leisure time, both as a participant and spectator;
 - participation in situations that develop emotional maturity in learning to make decisions under pressure;
4. To develop an understanding of the value of athletics in a balanced educational program.
5. To establish and maintain a positive image.
6. To create a desire to always strive for excellence that will provide success in and out of the athletic arena.

THE VARSITY PROGRAM

The varsity interscholastic program is the most intensely competitive level of athletics; therefore, athletes who are chosen to participate at this level will have demonstrated a high level of competence in their sport, the emotional capacity to cope with the pressures of a competitive program, and the willingness to share in the responsibility of developing the team and themselves to full potential.

The development of responsibility is a high priority of the varsity program. Having been confronted with less demanding situations at the middle school and junior varsity levels, varsity athletes will be expected to make an even firmer commitment to their team and the pursuit of excellence.

The goal of the varsity team is to reach maximum potential and to field a team that is as competitive as possible within the parameters of RSU 5 Athletic Philosophy. The athletes' playing times are determined by the nature of the sport, the situation and coach's judgment. Every team member cannot expect to play in every contest.

JUNIOR VARSITY PROGRAM

The goal of the program is to attempt to play everyone while striving to win. This level of competition provides for individual skill development and for understanding the team concept. It must be realized that some situations may prevent every team member from playing in each contest.

FIRST TEAM & MIDDLE SCHOOL PROGRAMS

The goal of the program is to develop a healthy competitive spirit by teaching students fundamental skills and appropriate attitudes and behavior, while giving each team member an opportunity to participate in each contest.

MIDDLE SCHOOL PARTICIPATION GUIDELINES

The Freeport Middle School belongs to the Triple "C" Conference. The conference organizes and supports separate eighth grade and seventh grade teams.

Seventh graders may play on eighth grade teams only if there are not enough eighth graders to field a complete team.

Sixth graders may play on the seventh grade teams only if there are not enough seventh graders to field a complete team. Sixth graders do not try out with the 7th and 8th graders, but may be asked to try out after the total number of participants has been determined.

Seventh and eighth grade students cut from the seventh and eighth grade teams will be automatically placed on the "no cut" "A" Team.

Sixth graders may play on "A" Teams only if there are not enough seventh and eighth graders to field a complete team. Sixth graders may be asked to try out after the total number of participants has been determined.

RSU No. 5 COMMUNITY PROGRAMS - YOUTH

The goal of RSU5 Community Program's youth program is to provide a variety of athletic and recreational opportunities for youth in grades K-6. The emphasis will be on maximum participation by children of all ability levels; fundamental skill development; sportsmanship; gaining a better understanding of the sport or activity; emphasizing team play and providing an atmosphere where the participants have fun while fostering positive self-esteem. Competition and winning are not emphasized.

RESPONSIBILITIES OF AN ATHLETE

Being a member of an athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great tradition is not built overnight. It takes hard work, dedication and the commitment of many people over many years. You have an opportunity to belong to something special, a chance to contribute to excellence.

It is not easy to contribute to a program dedicated to excellence. To compete for your school may mean that you will have to say "no" to pleasures and habits an athlete cannot afford. When you wear the colors of your school, we expect that you not only understand our traditions and commitment to excellence, but also are willing to assume the responsibilities that go with them.

RESPONSIBILITIES TO YOURSELF

The most important of these responsibilities is to yourself. You owe it to yourself to get the greatest possible good from your school experiences. Your studies, your participation in other extra-curricular activities as well as in sports, prepare you for your life as an adult.

We sincerely believe that what it takes to be a winner in athletics and academics is exactly what it takes to be a winner in the game of life. Ask yourself this very simple question, "Am I doing the very best I possibly can, and, am I doing it every day?" Only you know the answers. Success knows no shortcuts.

RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume as a team member is to your school. We cannot maintain our position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the best of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic team. The student body and the citizens of the community know you. You are on stage with the spotlight on you. The student body, our community and other communities judge our school by your conduct and attitudes both in and out of the athlete.

RESPONSIBILITIES TO OTHERS

As a team member, you also bear a heavy responsibility to your family. When you know in your heart that you have lived up to all the training rules, that you have practiced to the best of your ability everyday, and that you have played the game "all out", you will keep your self-respect and your family will be justly proud of you. The younger athletes in the district are watching you. You are a role model. They will copy you in many ways. Do not do anything to let them down.

RESPONSIBILITIES IN THE CLASSROOM

The conduct of an athlete is closely observed in many areas of life. In the academic area, a good athlete becomes a good student. A person cannot be lazy in the classroom and expect to be an outstanding athlete.

Classroom conduct should be outstanding. Self-discipline in the classroom is just as important as self-discipline in athletics. If you cannot be counted on to do what is expected of you in the classroom, how can you be counted on to do what is expected of you in practice or during competition? Bad habits are like good habits, with each occurrence, they become easier to repeat.

MPA BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* Two waivers per student athlete per sport season may be granted by the administrator on a case-by-case basis for extraordinary circumstances. (e.g. if a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student athlete were invited to participate in a nationally recognized tournament over a school vacation then that waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted because it violates the spirit and intent of the rule.)

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1st Violation Suspension from play for one game/contest
2nd Violation Removal from team for remainder of season

STUDENT PHYSICAL & ATHLETIC EXAM FORM

There is now just one medical form that needs to be filled out and turned in for all students and athletes. The **“Student Physical & Athletic Exam”** form is to be completed and signed by a doctor for all students and athletes entering grades 6, 9, 11, and all Transfer Students. This form meets the physical exam requirements for both the school nurse and the athletic department. All other athletes and families only need to complete the online forms – there is no paperwork to turn in.

ONLINE FORMS

Online Forms Include:

- Athletic Sign Up
- Medical History
- Permission/Insurance Responsibility Pledge
- Concussion Information
- ImPACT Test Permission (9th & 11th grade only)

ALL athletic forms **MUST** now be accessed and completed **ONLINE** using **PowerSchool’s Parent Portal**. If you have not set up a Parent Portal Account, please contact the main office to get your access Parent ID and Parent Password:

Karin Kamm: kammk@rsu5.org

You will not be able to access the online athletic forms using your child’s PowerSchool Account.

Online forms must be completed every new school year.

ACKNOWLEDGEMENT OF ONLINE FORMS

Once parents have logged into PowerSchool using their Parent Portal Account, you will be asked to acknowledge that you have read and understand the contents of both the **Athletic Handbook** and **Parent Coach Communication Guide** - and that you have reviewed both of these documents with your son/daughter. It is an expectation that students and parents be familiar with the contents of these two documents.

Online forms must be completed every new school year.

CONCUSSION MANAGEMENT PROTOCOL

Athletes participating in contact and collision sports will be administered a baseline neurocognitive exam. At this time, Freeport High School will be utilizing ImPACT™ for both baseline testing and as a post-concussive tool for return to play. Any athlete suspected of sustaining a concussion will not return to play that day. Parents of any athlete suspected of sustaining a concussion will be notified by attending athletic trainer or coach.

Any athlete suspected of sustaining a concussion will be referred to a physician, preferably an ImPACT™ familiar physician. Once asymptomatic and neurocognitive scores return to normal, the athlete will begin a graduated return-to-play protocol. Athlete will be cleared by physician for return to full athletic participation.

INJURY & RETURN TO PLAY PROTOCOL

If a student-athlete is injured during a game or practice and is taken to see a doctor (physician or physical therapist), a note from the doctor approving the student's return to play must be provided to the school. The note should be directed to the athletic director, coach, or athletic trainer. Return to play will be granted when the athlete completes the following guidelines as determined by the certified athletic trainer and/or team physician:

The athlete has regained range of motion to within normal limits, no outstanding neurological deficits are noted, movement has been regained, and he/she has successfully completed a series of functional tests and strength measures. These requirements are to be determined by the certified athletic trainer and/or the team physician.

The athlete must demonstrate that all appropriate medical protective and/or prophylactic equipment/devices are easily accessible during activity before being cleared. The athlete must seek a follow-up with the certified athletic trainer before returning to play. Full return to play will only be allowed after the athlete has successfully participated in a modified practice, to be followed by a full practice.

RETURN-TO-PLAY ACTIVITY PROGRESSION RECOMMENDED ACTIVITY LEVEL FOR EACH STAGE

Generally, each stage should take 24 hours; so an injured athlete will take approximately one week to proceed through the full rehabilitation protocol, assuming that the athlete remains asymptomatic at rest and with provocative exercise.

5 Day Return to Play Progression

Day 1. Low levels of aerobic physical activity provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes)

Day 2. Moderate physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate intensity stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes)

Day 3. Heavy, non-contact physical activity provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sport-specific drills, agility training, plyometrics, and repetitive jumping drills for 45-60 minutes)

Day 4. Full contact in controlled practice or scrimmage; game simulation

Day 5. Return to full contact in game play

*If symptoms are provoked at any given stage, stop exercising that day, rest for 24 hours, and attempt a return at the same level.

SPORTSMANSHIP

We support the initiative that school athletics promote the values of respect, integrity, cooperation, self-discipline, sportsmanship and citizenship. It is important to learn to control one's emotions and conduct, not only in defeat, but in victory as well. It is our goal to have Freeport recognized for our sense of fair play, sportsmanship, outstanding effort and character. We expect our students and parents to accept the officials' decisions and conduct themselves in a respectful manner at all times. Violent, threatening, negative or abusive language and/or behavior have no place in our school-sponsored activities. Athletes, coaches, students and parents are expected to demonstrate and promote the positive values and characteristics of good sportsmanship in all aspects of interscholastic athletics.

Furthermore, exhibiting inappropriate spectator behavior at school-sponsored athletic activities may result in one or more of the following:

- directed to leave the facility for the remainder of the contest;
- prohibited from attending subsequent games and/or rest of the season, or seasons; or
- other consequences at the discretion of school administrators

RSU 5 CODE OF CONDUCT

The **Code of Conduct** is designed to reinforce RSU5's Core Values both in school and outside of school. The **Code of Conduct** supports the social, emotional and physical well being of students. Good health is important for student athletes. The use of tobacco, alcohol or other drugs by students not only breaks school rules but local, state and federal laws. In addition, it can interfere physically, socially and emotionally with your academic and athletic performance. Often, student athletes serve as ambassadors of the school and community and, because of this role, are expected to demonstrate responsible behavior. Participation in co-curricular activities and holding leadership positions are privileges, not rights.

Students participating in co-curricular activities are expected to refrain from using or possessing tobacco, alcohol, other illegal substance/drugs, or illegal paraphernalia associated with these substances/drugs. Students will not participate in illegal activities that demonstrate a serious disregard of the RSU5's Core Values including but not limited to theft, burglary, assault, vandalism, and lewd/indecent acts.

It is understood that participation in co-curricular activities is entirely voluntary and that participating students must adhere to the eligibility rules and regulations of the MPA and/or school district's eligibility rules and regulations, as well as, any team/activity rules and training guidelines.

Goals

To reinforce and support our schools' health curriculum and the values of our communities.

To build a sense of pride and positive spirit among those who participate in RSU5 co-curricular programs, as well as generating a positive public perception of RSU5 teams and performance groups.

To discourage students from illegal substance use and possession. Early use of drugs, tobacco, and alcohol are associated with higher rates of substance addiction and abuse later in life; higher rates of suicide, adolescent injuries, death, and poor academic performance.

To encourage students who have made poor choices by using illegal substances to come forward, accept responsibility, and get help where needed.

Code of Conduct and Responsible Behavior

This **Code of Conduct** reflects and seeks to reinforce each of the core concepts of ethical and responsible behavior.

- **Respect** Having the respect for self and others that results in thoughtful decision making.
- **Honesty** Giving one's word to the school, advisors, teachers and coaches to abide by this **Code**, and following through on that word. (including honesty as it relates to academic integrity)
- **Compassion** Using this **Code** as an instrument to guide students who are having difficulty with illegal substances to get needed help and reducing the consequence for those who choose this route.
- **Fairness** Achieving a balance between the offense and the consequence.
- **Responsibility** Accepting the consequences of one's actions and accepting the responsibilities for others that are inherent in membership on a school team or activity.
- **Courage** Giving young people a reason to say "no" in the face of peer pressure and reinforcing those courageous decisions.
- **Humility** Being willing to admit one's mistakes and accept help from others when in trouble.

Prohibited Conduct

- Students shall not use, sell, furnish, be in possession, under the influence, or knowingly be in the presence of any product containing tobacco or alcohol.

- Students shall not manufacture, sell, furnish, possess, use, be under the influence, or knowingly be in the presence of any narcotic drug, amphetamine, barbiturate, marijuana, anabolic steroid, or prescription drug (unless the student has a lawful prescription for that drug and is using it in the manner prescribed); or any other controlled substance defined in federal and state laws/regulations; any look alike substance; or any substance that is represented to be a controlled substance.
- Students shall not be in possession of any paraphernalia associated with the use of such substances, the possession of which is a violation of law.
- All of these prohibitions shall apply to electronic cigarette and other devices designed to deliver nicotine through inhalation or “vaping”, or used to simulate smoking
- Students shall not host, voluntarily or involuntarily, a gathering at his/her home where prohibited activities in violation of this Code take place unless the student and/or his parents/guardians immediately contact the police to bring such a gathering to an end.
- Students will not participate in illegal activities including, but not limited to, theft, burglary, assault, vandalism, and lewd/indecent acts.
- The Code of Conduct is not intended to infringe or prohibit the legal use of the substances outlined above within the confines of family events.
- The privilege of participating in any athletic event/practice may be removed by a coach, Athletic Administrator or Principal if the athlete does not conduct himself/herself in a manner that reflects favorably on the team and/or school or for violations of the athletic handbook

Investigation and Evidence to Support Conclusion of Violation

It shall be the responsibility of the administration to investigate thoroughly any allegations or information concerning possible violations of this Code. It shall be the responsibility of the administration to conduct a limited, reasonable investigation of any other possible violations. The student shall be given oral or written notice of the charge(s) against him/her. The student shall be given an explanation of the evidence forming the basis for the charge(s). The student shall be given an opportunity to present his/her version of the incident. It is understood that if any additional information is sufficient to support a finding of a violation, or if the information gathered indicates that it is more probable than not that a violation occurred, that information will be used to support a conclusion of a violation of the Code of Conduct. In all cases where a violation is found to have occurred, a school administrator shall contact a parent/guardian. Minimum consequences for these violations of the Code of Conduct are outlined below and may include additional consequences determined on a case-by-case basis by the coach or advisor and school administrators.

Self-Reporting Rationale

In order to encourage personal responsibility; promote communication among students, parents, and the school; and further educate students about the health consequences of the use of alcohol, tobacco and illegal substances; there are reduced consequences for violations that are self-reported.

Definition of a Self-Report

If a student or his or her parent/guardian initiates the report of that student’s violation to a school official (administrator, teacher, coach, advisor) prior to school officials initiating an inquiry into the matter and does so in not more than 48 hours after the actual violation, this will be considered a self-report.

Meeting with Counselor, Social Worker, or Conference Team

For any violation of the **Code of Conduct** involving drugs, alcohol, tobacco, or illegal activities, the administration may require the student to meet with the school's counselor, social worker or conference team to review the violation and to determine if a follow-up plan is recommended. The school’s counselor must verify the student’s active participation in the recommended follow-up plan before participation in co-curricular activities may be resumed. If the course of action determined in the follow-up plan is violated and/or the student or parents fails to meet their responsibilities, the student may be placed on suspension/probation for an extended period of time. The conference team may include, but is not limited to, the student’s parents, school resource officer, school counselor, social worker, school nurse, health coordinator, health teacher, coach, and administration.

Code In Effect

The **Code** will be in effect from the first official day of preseason in the fall (determined by the Maine Principals' Association and usually 3 weeks prior to the opening of school) until either the last day of school or last day of spring sports, activities, or awards night, whichever is later. The **Code** applies to students:

- On or off school property
- While in attendance at school or at any school-sponsored activity on or off school property, or
- At any time or place that such conduct directly impacts the operation, discipline or general welfare of the school and the students.

Violations are cumulative during a student's middle school years but do not carry over to high school. Violations during high school are cumulative.

Consequences for Violations

Violation	Consequences	Self-report consequences
1st offense	<ul style="list-style-type: none"> • 14 total calendar days: 7 days suspension & 7 days probation • While on <u>suspension</u> (1st 7 days), students may not participate in any co-curricular activities. Students may not practice, attend practice or meetings, participate in games, meets, contests, performances, travel to away events on the team bus, sit with the team on the bench, or attend any functions. • While on <u>probation</u> (2nd 7 days), the student will not be eligible to participate in games, meets, contests, performances, but is still expected to practice and abide by existing school/team/club/activity rules and regulations. Students are expected to attend, but may not dress in uniform for games, meets, contests, or performances • Students may be required to meet with school counselor, social worker, or conference team as outlined above 	<ul style="list-style-type: none"> • 7 calendar days suspension from all co-curricular activities. After 7 days, the student may return to practices, meetings, games, meets, contests, and performances. • Students may be required to meet with school counselor, social worker, or conference team as outlined above.
2nd offense	<ul style="list-style-type: none"> • 28 total calendar days: 14 days suspension & 14 days probation • While on <u>suspension</u> (1st 14 days), students may not participate in any co-curricular activities. Students may not practice, attend practice or meetings, participate in games, meets, contests, performances, travel to away events on the team bus, sit with the team on the bench, or attend any functions. • While on <u>probation</u> (2nd 14 days), the student will not be eligible to participate in games, meets, contests, performances, but is still expected to practice and abide by existing school/team/club/activity rules and regulations. Students are expected to attend, but may not dress in uniform for games, meets, contests, or performances • Students will be required to meet with school counselor, social worker, or conference team as outlined above. 	<ul style="list-style-type: none"> • 14 total calendar days: 7 days suspension & 7 days probation • While on <u>suspension</u> (1st 7 days), students may not participate in any co-curricular activities. Students may not practice, attend practice or meetings, participate in games, meets, contests, performances, travel to away events on the team bus, sit with the team on the bench, or attend any functions. • While on <u>probation</u> (2nd 7 days), the student will not be eligible to participate in games, meets, contests, performances, but is still expected to practice and abide by existing school/team/club/activity rules and regulations. Students are expected to attend, but may not dress in uniform for games, meets, contests, or performances • Students will be required to meet with school counselor, social worker, or conference team as outlined above.

3rd and subsequent offenses	<ul style="list-style-type: none"> • Two months suspension from all co-curricular activities. • Students will meet with school counselor, social worker, or conference team as outlined above. 	<ul style="list-style-type: none"> • One month suspension from all co-curricular activities • Students will meet with school counselor, social worker or conference team as outlined above.
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In all cases, the Administration is responsible for making referral to the proper law enforcement authorities.

If a student violates the **Code of Conduct** close to the end of a season or school year and does not serve all of the days of suspension/probation, the remaining days may be carried over and served during the next season or school year.

Loss of Leadership Positions And/Or School Recognitions

Students who violate this **Code** who are elected or appointed school leaders or eligible for team, conference, or end-of-year school recognitions or scholarships must recognize that they may be required to forfeit such roles or lose their eligibility for such awards. Together with school administrators, coaches and advisors will consider prior **Code** violations when selecting future leadership positions and award recipients

Principal Approved Activities Covered by Code of Conduct

- All students elected or appointed to student leadership positions, including but not limited to Student Council, Class Officers, National Honor Society, etc.
- All students involved in interscholastic competitions of any sort, including but not limited to Athletics, Math Team, One Act Play, etc.
- All students involved in public performances and other principal approved activities, including but not limited to, Drama, Art Club, Technology Club, Fishing Club, etc.

Each year, the administration shall list in the student handbook those activities to which this policy applies.

Cross Reference: JIC – System-wide Student Code of Conduct
 JICH – Drugs and Alcohol Use By Students

**FREEPORT HIGH SCHOOL
 CO-CURRICULAR ELIGIBILITY PROCESS
 (Revised 8/12/19)**

We believe that it is very important to identify students as soon as their academic progress drops below a passing grade. The intent and goal of this process is to assist, encourage, and motivate students to succeed in their classes and get support whenever it is needed.

Eligibility Process:

The eligibility process will affect all students participating in school sponsored co-curricular activities.

To be eligible, each participant is expected to maintain a passing grade in every course for which he/she is enrolled, as determined by eligibility checks that occur:

¼ way through semester, ½ way through semester, ¾ way through semester, and end of semester.

It is each parent and student’s responsibility to be aware of their academic standing at all times. Students and parents are expected to check PowerSchool on a regular basis and check with teachers if in doubt of their passing status.

Passing Status:

Passing status means that students must maintain an average score of at least **70 on all standards** in all classes and must maintain an average score of at least a **76 in Habits of Work** in all classes.

Students that have failing grades in one or more courses during the previous grade check, will be placed on **academic probation**.

If a student becomes passing by the end of the school day on Monday, the day in which probation begins, the student will NOT be placed on probation.

Once placed on **academic probation**, the student's eligibility status will be determined on a week-to-week basis. If, after a FULL week of probation, a student has brought their grade back to a passing status the student will be removed from probation and may return to full participation for all team/club activities.

While on **academic probation**, the student will NOT be eligible to participate in games/meets/contests/performances, but is still expected to practice and abide by existing school/team/club/activity rules and regulations. Students are expected to attend, but may not dress in uniform for games / meets / contests / performances. Students are also expected to see the teacher for extra help. Students needing extra academic support may be excused from attending games while on academic probation.

After the first week of academic probation, if the student's grade has not been brought up to a passing status, the student will be placed on **academic suspension**.

While on **academic suspension**, students are ineligible, and may not participate in any team/activity/club activities in any form. Students may not practice, attend practice, participate in games / meets / contests / performances, travel to away events on the team bus, sit with the team on the bench, or attend any team functions.

Once placed on **academic suspension**, the student's eligibility status will be determined on a week-to-week basis. If, after a FULL week of academic suspension, a student has brought their grade back to a passing status, the student will be removed from academic suspension and may return to full participation for all team / club activities.

Students who have failing grades in one or more classes at the end of the **second semester** of the previous spring will be placed on **academic warning** at the beginning of the new school year. If, at the end of the first full two weeks of school, the student is failing one or more courses, the student will be placed on academic probation. The same probation and suspension process outlined above will be followed.

For all students:

- After each grade check, the Athletic Administrator will email parents and students on academic probation or academic suspension of his/her status. The students and parents will be clearly informed with regard to their eligibility status and the means by which they may be reinstated to full participation.
- The Athletic Administrator will remain in contact with each coach to ensure that no ineligible player is allowed to participate.
- Athletes may not be removed from academic probation or suspension without direct notification from the Athletic Administrator. Students must obtain teacher signatures verifying a passing status. These signatures must be returned to the Athletic Administrator for final verification.
- Each course is treated separately for eligibility.
- Unless there are extenuating circumstances, all incomplete grades will be treated as a failing grade.
- Unless there are extenuating circumstances, students withdrawing from a class with a failing grade will be ineligible to participate in any co-curricular activity for a two week period.

MIDDLE SCHOOL CO-CURRICULAR ELIGIBILITY POLICY

In a standards-based grading system, co-curricular academic eligibility is determined by assessing students' Preparedness standard in the Habits of Work (HOW). For eligibility purposes, students need to be demonstrating, preparedness, by producing school work in a timely fashion and showing up to class ready to learn. In order to participate in co-curricular activities, including athletics, students need to turn in their schoolwork on time and be ready for class.

If a student has fallen behind in their work, they will be placed on academic probation, and will need to make a plan with their teachers to get caught up on their work. This plan may involve before school or after school time with the teacher. If students are showing steady progress, using their plan to make up their owed work and showing up to class ready to learn, they can continue to participate in athletics and co-curricular activities. If they stop following their plan or do not make enough progress, they will move from academic probation to being academically ineligible to practice, play in games, or otherwise participate.

We know that each student is different from a developmental standpoint. Every student in a grade is not going to be meeting the same academic standards at the exact same time, so we don't want to base co-curricular eligibility on an Academic Standards Grade. For example, if a student is working hard to master some math skills, but isn't quite able to do them yet, we don't think that is a reason to keep them from being part of the Yearbook Club, or the Basketball Team. If a student is not meeting their Preparedness Habits of Work standard, they need to talk to their teacher(s) and make a plan about how they need to improve, and take steps to bring those grades up.

Co-curricular eligibility is checked five times during the year; at the middle and end of the first two trimesters, and at the middle of the third trimester. Also at any time a student is not meeting the preparedness habits of work standards, teachers and administrators may place a child on an improvement plan or determine they are not eligible. We encourage students and parents to track student grades online throughout the trimester so that there are no surprises when we get to these eligibility check-ins. If you have questions or concerns about your child's grades, please feel free to contact his or her teacher for more information.

HAZING

Reference: Maine Anti-Hazing Law (Statutes 6553 and 10004)

RSU No. 5 is committed to the personal development of each student in our athletic program. The Athletic Department is committed to providing a safe learning environment for all participants, coaches, and supporters. As a result, we unequivocally oppose any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment, or ridicule to any person.

Our athletic department will interpret hazing as any act whether physical, mental, emotional, or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him or her, or which may in any fashion compromise his or her dignity as a person.

Reported incidents will be investigated promptly and in a manner which protects the rights of the persons filing the complaint, the person complained against, and the school. Student-athletes who participate in such actions will be subject to discipline by the coach and/or athletic administrator.

FREEPORT MIDDLE SCHOOL INTERSCHOLASTIC SPORTS

FALL	WINTER	SPRING
8th Grade Soccer (B&G)	8th Grade Basketball (B&G)	8th Grade Baseball
7th Grade Soccer (B&G)	7th Grade Basketball (B&G)	7th Grade Baseball
8th Grade Field Hockey	A Team Basketball (B&G)	8th Grade Softball
7th Grade Field Hockey	Alpine Skiing (B&G)	7th Grade Softball
Cross Country (B&G)	Nordic Skiing (B&G)	8th Grade Lacrosse (B&G)
Football *	Basketball Cheering	7th Grade Lacrosse (B&G)
		Track & Field (@ FHS)

(* Partially Funded by Booster Groups / Participation Fees May Be Administered)

FREEPORT HIGH SCHOOL INTERSCHOLASTIC SPORTS

FALL	WINTER	SPRING
Varsity Soccer (B&G)	Varsity Basketball (B&G)	Varsity Baseball
JV Soccer (B&G)	JV Basketball (B&G)	JV Baseball
First Team Soccer (B&G)	First Team Basketball (B&G)	Varsity Softball
Varsity Cross Country (B&G)	Varsity Nordic Skiing (B&G)	JV Softball
Varsity Field Hockey	Varsity Alpine Skiing (B&G)	Track & Field (B&G)
JV Field Hockey	Varsity Indoor Track *(B&G)	Varsity Lacrosse (B&G)
Varsity Golf (B&G)	Swimming (individuals)	JV Lacrosse (B&G)
Varsity Football *	Girls Ice Hockey * (co-op w/ Yarm)	Varsity Tennis (B&G)
JV Football *	Boys Ice Hockey * (co-op w/ S. Port, Wayn)	
FB Cheering	Competition Cheering	
	Unified Basketball	

TRANSPORTATION

1. All athletes must travel to and from athletic contests in transportation provided by RSU 5. The only exceptions are:
 - injury to the athlete requiring alternate transportation;
 - prior arrangements between the athlete's parents/guardians and the coach for the athlete to ride home with the parents/guardians. All arrangements must be in writing.
 - parents must sign the Athletic Travel Release Form.
2. The coach may have specific team rules concerning travel.
3. Athletes violating this rule may be suspended from the next regularly scheduled contest

BUS RULES

1. All rules and regulations that are in effect on daily "to and from school trips" are to be enforced on all athletic trips.
2. Eating on the bus should be strictly controlled by the coach and bus driver.
3. The emergency door must be used only in emergency situations.
4. Team members should never enter a bus when wearing spikes or cleats of any kind.
5. When stopping to eat, all athletes will enter and eat at the same place.
6. Athletes listening to radios must use headphones.

DIETARY SUPPLEMENTS

The High School and Freeport Middle School coaching staffs do not advocate or recommend the use of dietary supplements. No member of the coaching staff will dispense or supply dietary supplements to any student athlete. We recommend that student athletes eat a balanced diet.

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

An individual student who attempts to participate in too many extra-curricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to this end, will attempt to schedule events in a manner so as to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the coach and advisors involved immediately when a conflict does arise. The need to plan ahead is very important.

When conflicts do arise, the coach and advisor will get together to work out a solution that avoids having the student feel "caught in the middle". A student's education should be supported. If a mutual agreement cannot be reached, the Principal will work with the student to decide the appropriate course of action.

HIGH SCHOOL AWARDS

1. A high school athlete may earn:
 - Varsity - one varsity letter per high school career (actual "F")
 - repeat varsity letter winners are awarded a varsity letter certificate and metal insert
 - a participation certificate is given to those athletes not earning a varsity letter
 - JV - participation certificates in each athletic activity
2. Special awards / plaques:
 - the head coach of each team will award two plaques
(in extenuating circumstances, additional plaques may be awarded)
3. Varsity Letter Requirements:
 - each high school coaching staff will develop specific criteria for the attainment of a varsity letter (see coach's sport specific handbook).
 - athletes must complete the season in good standing; conference, regional, and state contests are part of each season.
 - the coach may award letters to athletes who do not meet the specific criteria of the sport for any of the following reasons:
 - a. athlete was injured and would have earned a letter otherwise
 - b. athlete is a senior and has participated at least two seasons
 - c. athlete's desire, attitude and leadership were instrumental in team's success
or extraordinary circumstances as deemed fit by the coach and Athletic Administrator
4. Male and Female Senior Athlete of the Year: selected by the All Sports Boosters. Based on the number of varsity sports participated in, number of times selected team captain, awards received, effort, attitude, sportsmanship and contributions to the team and program.
5. Scholarships: the All Sports Boosters will select senior recipients. Criteria: same as the Sr. Athlete of the Year.
6. Sports Booster's "Pride & Character Award" - given to one member of each team based on the pride and character of the individual
7. It is each team member's responsibility to attend all post-season awards ceremonies. Any athlete having an unexcused absence from such an event will forfeit his/her awards for that season. This includes school, conference and state award ceremonies.

MIDDLE SCHOOL AWARDS

1. A middle school athlete may earn:
 - participation certificates in each athletic activity
2. Special awards / plaques:
 - the head coach of each team will award two plaques
(in extenuating circumstances, additional plaques may be awarded)
3. Male and Female 8th Grade Athlete of the Year: selected by the coaches & administration. Based on the number of sports participated in, individual & team awards received, effort, attitude, sportsmanship and contributions to the team and program.
4. Sports Booster's "Pride & Character Award" - given to one member of each team based on the pride and character of the individual
5. It is each team member's responsibility to attend all post-season awards ceremonies. Any athlete having an unexcused absence from such an event will forfeit his/her awards for that season. This includes school, conference and state award ceremonies.

WESTERN MAINE CONFERENCE AWARDS

WMC All Conference Team / All-Star Team

As nominated and voted upon by the varsity coaches. The following criteria will be used in selecting candidates:

1. Sportsmanship, citizenship and commitment to the sport
2. Athletic ability in the specific sport
3. All schools may not be represented on an all-star team

WMC All Academic Team

Recognize student-athletes from each sport season who meet the following criteria:

1. A member of the Senior Class
2. Earn a 3.2 cumulative grade point average (93) or its equivalent (non-weighted) through seven semester of their high school career
3. A member of a varsity team

WMC Citizenship Award

The administration at each school within the Western Maine Conference will select two seniors who make contributions to their school in the areas of **academics, athletics, leadership and citizenship**.

CAMPBELL FOOTBALL CONFERENCE AWARDS

CFC All Conference Team / All-Star Team

As nominated and voted upon by the varsity coaches. The following criteria will be used in selecting candidates:

1. Sportsmanship, citizenship and commitment to the sport
2. Athletic ability in the specific sport
3. All schools may not be represented on an all-star team

ATTENDANCE - TEAM

1. Attendance at practice and games is mandatory.
2. All tardies and absences from practice or games must be discussed with the coach in advance.
3. Unexcused tardies and absences may result in game suspensions or dismissal from the team.
4. Additional attendance expectations or consequences may be imposed by the coach.

ATTENDANCE - SCHOOL

1. Regular school attendance is expected of all athletes.
2. In order to participate in a game or practice, the athlete must attend school for the entire day. The Principal or Athletic Administrator must approve late arrival or early dismissal.
3. If the athlete is absent from school the day of a scheduled contest, he/she may participate in the contest if the Principal or Athletic Administrator has given prior approval.
4. Athletes acquiring an excessive number of unexcused tardies or absences from school may face disciplinary action.
5. Athletes are expected to be in school the day following a game.
6. If the athlete is absent or tardy due to an illness, the student will be ineligible to practice or play for the remainder of that day.

SUSPENSION FROM SCHOOL

Any athlete suspended from school is automatically suspended from athletic participation for the same period of time. Upon his/her return to school, the athlete, coach, Athletic Administrator and the Principal will discuss the athlete's eligibility and/or the need for further disciplinary action. Future infractions may jeopardize the athlete's present participation and any future participation.

SATURDAYS AND VACATIONS

At the high school level, regular season games will be scheduled on Saturdays and/or over school vacations. Saturdays and school vacation days are considered a play days, especially for games that have been postponed due to weather conditions. Vacation commitment at the high school level is an expectation, especially for varsity team members. For the varsity player, vacation practices and/or games are the norm rather than the exception. We ask the cooperation of the parents in assisting the athlete in this commitment. Absence during vacations may affect an athlete's status on a team.

UNIFORMS AND EQUIPMENT

1. Uniforms and equipment are the property of the RSU 5 School District and it is expected that everything issued to the athlete will be returned in good condition.
2. Uniforms and equipment are issued for game and practice use only and are not to be worn in physical education classes or for personal use. Athletes may wear their game shirt/jersey to school on the day of a game, as determined by the coach.
3. Athletes will be charged for lost, damaged or altered uniforms and equipment at its replacement cost. All bills must be paid prior to further participation in athletics.
4. All equipment shall be inspected on a regular basis by the coach or players and managers under the coach's direct supervision. Players have the responsibility to report any equipment deficiencies to their coach. No athlete should practice or play with defective equipment.

EQUIPMENT THAT STUDENTS NEED TO SUPPLY

Soccer	cleats, NOCSAE approved shin guards, practice gear, maroon soccer socks
Field Hockey	cleats, shin guards (maroon shins or maroon socks to go over), goggles (ASTM), stick, practice gear
Cross Country	running shoes, practice gear
Football	cleats
Basketball	sneakers, practice gear
Skiing	skis, boots, bindings, poles, goggles, alpine helmet, practice gear, winter clothing
Track	running shoes, practice gear
Base/Softball	cleats, glove, hats purchased from school, practice gear
Boys Lacrosse	cleats, stick, gloves, shoulder pads, helmet, arm pads, practice gear (We have a limited supply of BLax equip that can be signed out)
Girls Lacrosse:	cleats, stick, goggles (ASTM)

ATTIRE AND APPEARANCE

Athletes represent the school and community. It is important to project a positive image; athletes and managers must be well groomed and neat in appearance. Hair should be clean and neat and should not interfere with the visibility of the numbers on his/her uniform, the player's vision or the performance of the athlete. When approved by the coach, game jerseys or shirts may be worn the day of the contest. Coaches may refuse to take a player to an away contest if he/she is not dressed appropriately.

Proper dress is expected of all athletes attending school awards night.

ON A NO SCHOOL SNOW DAY - ATHLETICS

Middle School: All athletic activities will be cancelled, postponed, and/or reschedule. This includes all practices and games.

High School: Assume that all athletic activities, including practices and games, are still taking place. If cancelled or postponed, notification will be posted on the athletic website by 1:00PM.

GENERAL PARTICIPATION RULES

1. The privilege of participating in any athletic event/practice may be removed by a coach, Athletic Administrator or Principal if the athlete does not conduct himself/herself in a manner that reflects favorably on the team and/or school or for violations of the athletic handbook.
2. Athletes may participate in only one sport per season. Athletes may switch teams during preseason, up to one week before the first event of either sport (w/ approval of coaches and the Athletic Administrator).
3. Athletes who voluntarily quit a team are ineligible for the remainder of the sport season.
4. Seniors that do not make the varsity team will not be allowed to participate on sub-varsity teams unless the sub varsity participation numbers are low.
5. Participation during one season does not guarantee team selection for the following year.
6. Academic or disciplinary obligations take precedence over all other school activities.
7. A season is defined as beginning with the first MPA allowable practice and ending with the school awards night or last game, whichever is last.
8. Athletes may be denied their awards and/or admission into the next sport season for failure to either return all uniforms or equipment or make compensation for student bills and lost or damaged equipment.

GUIDELINES FOR ELIMINATING (CUTTING) STUDENT ATHLETES FROM ATHLETIC TEAMS

Our coaches realize that as difficult as "cutting" is on them, it is much more difficult on student athletes. The coaches should use this opportunity to let these students know that we understand their disappointment, that this is not a personal decision and that we are supporting them in the future. Every attempt will be made to inform the students why they were not chosen, specific strategies to improve and where to find opportunities to do so (i.e. community education, local summer programs, camps, clinics, overnight camps, individual program).

Some of the criteria that can determine the size of the team could be:

1. Attitude, effort, skill and knowledge level and sportsmanship of those trying out
2. Number of individuals trying out
3. Projected future contributions to the program
4. Safety (how many can one coach safely supervise in an activity)

5. Optimum number of athletes to ensure a quality learning, teaching, practice and playing experience for those involved (class size)
6. Sport specific rules of the game that impact participation
7. Academic eligibility

If a coach deems it necessary to make cuts, this decision will be reviewed with the Athletic Administrator. If approved, the coach will then finalize the decision and meet individually with the respective student athletes.

PRE-GAME MUSIC

For all outside athletic events at Freeport High School – Per Town Ordinance:

1. Personal “boom boxes”, loudspeakers, PA systems are prohibited
2. Artificial noisemakers, such as but not limited to, air horns, bull horns, cow bells, and sirens are not allowed at the facility.
3. Any public address system shall be used for official Freeport High School varsity games and events only and shall not be used for practice sessions.
4. The public address system will be used by adults only.
5. All other PA will be limited for emergency or public safety announcements.
6. The public address system may be used for pre-game announcements, post-game announcements, meet announcements, playing the national anthem, and half time routines. “Play by play” will only be utilized for home varsity football games.

For all inside athletic events at Freeport High School:

In as much as the students think it is about them, it is also more about the fans who have to listen to it ... (they have no choice). We have spectators that range from elementary students to grandparents. The music that we publically present at school functions must be appropriate and adhere to these considerations:

- absolutely no music unless it has been reviewed by the Athletic Administrator
- students in charge of music must print off the words to the songs for review
- songs can not have “bleeped” out words
- no profanity or sound a-likes
- no reference to sex, drugs, alcohol, or violence
- music should not be abusive or obtrusive
- each time new music is added to the play list, it must be reviewed as listed above

SPORTS ETIQUETTE **“The Team Bench”**

The team bench is our classroom. Athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Athletes may be asked to go in at any time. It is their responsibility to know what is going on: the offensive game plan and defensive assignments, any adjustments already made, opponents defensive tendencies, key offensive plays or players on the opposing team and any specific offensive and defensive strategies, techniques and skills the coach is trying identify and teach.

We ask that parents and spectators afford the coach and players the same respect and courtesy that you would to teachers and students in the academic classroom. Most all of our playing fields provide ample spectator viewing areas located on the opposite sides or ends of our fields. Please help maintain an appropriate buffer and an athletic classroom atmosphere around our team benches.

PARENT – COACH COMMUNICATION GUIDE

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student athletes and coaches.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Location and times of all practices and contests.
4. Team requirements, i.e., practices, special equipment, off season conditioning.
5. Procedure followed should your child be injured during practice.
6. Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES SHOULD EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.

While your child is involved in athletics at Freeport High School, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

It is very difficult to accept your child not playing as much as you may hope. *Coaches are professionals.* They make judgment decisions based on what they believe to be best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- | | |
|------------------|---------------------------|
| 1. Playing time | 3. Play calling |
| 2. Team strategy | 4. Other student athletes |

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call for an appointment.
2. If the coach cannot be reached, call the Athletic Administrator. A meeting will be set up for you.
3. ***Please do not attempt to confront a coach before, during or after a contest or practice. These can be emotional times for both the parent and the coach and this situation does not promote resolution nor objective analysis.***

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION

1. Call and set up an appointment with the Athletic Administrator.

Research indicates that students involved in athletics are most likely to succeed at their chosen profession and make creative contributions to their communities. Many of the character traits, qualities and attributes required to be a successful student athlete are exactly those that will promote a successful life after high school. We hope the information provided within the pamphlet makes both your child's and your experience with the Freeport High School athletic program more enjoyable. We are constantly attempting to improve communication with the students and parents. For our programs to be successful, it is necessary that everyone involved understand the direction the program is headed.

PARENT'S ROLE AND RESPONSIBILITIES

- Remain in spectator area during contest.
- No derogatory comments directed towards officials, coaches or players of either team.
- Do not officiate from the sidelines.
- * No attempts to coach child from the sidelines during contest.
- * Be in control of emotions.
- * Show interest, enthusiasm and support for your child.
- * Demonstrate and promote the positive values and characteristics of good sportsmanship.
- Be supportive of the coaching staff in front of your athlete. Nothing can erode the intricate fabric of teamwork faster than athletes doubting the capabilities of their coaches. It can be a cancer that affects performance, confidence, and the edge needed to compete. Most teams are so evenly matched that many times it is this little extra effort that can spell victory or defeat. Please believe that the coaches are trying to do their best at every moment. Be assured that our staff and programs are evaluated on a regular basis.
- Our athletic classroom consists of the coach (teacher) and the official (ed. tech.), both help facilitate learning. While observing our classroom, parents should conduct themselves in the same manner as if observing a teacher's class in an academic classroom setting ... with a bit more positive CHEERING and vocal ENCOURAGEMENT!

SUPPORTIVE PARENT TIPS

Being the parent of a middle school or high school interscholastic athlete can be an extremely exciting experience. RSU5 will have young men and women participating in twenty sports involving over 80 teams. Your participation in this adventure with your student athlete can, and should, be a cherished activity.

Parental support is very important to these athletes and the school community. The following are some thoughts collected over the years by coaches, athletic administrators, and parents, on being a supportive parent. The goal of all parties should be to help make this cooperative support the most rewarding it can be for parents and athletes alike.

1. Be Positive! Being on a high school team is quite an accomplishment.

Playing time alone should never dictate the athlete's happiness. Celebrate the fact that your athlete was good enough to make a team. Consider the fact that the approximately 15 players who end up as members of a varsity baseball team started out as over 150 little leaguers. You then realize that each year your daughter/son can remain a part of such a team is cause for celebration.

2. Be Supportive of the Coaching Staff in Front of Your Athlete!

Nothing can erode the intricate fabric of teamwork faster than athletes doubting the capabilities of their coaches. It can be a cancer that affects performance, confidence, and the edge needed to compete. Most teams are so evenly matched that many times it is this little extra effort that can spell victory or defeat. Please believe that the coaches are trying to do their best at every moment. Be assured that our staff and programs are evaluated on a regular basis.

3. Be a part of a Parent Network!

Whether you are part of a booster club or not, very special relationships can be fostered over the careers of our athletes by socializing with other parents. This socialization can take place at games, after games, at team dinners, and so forth. Parents need support too! Be positive with each other, and don't hesitate to remind each other about remaining positive at all times. If you hear a "rumor" that concerns you about any athletic issue, call the coach or athletic administrator to verify or clarify what you've heard. Don't perpetuate a rumor by passing it on or by remaining silent about an issue that could affect a program.

4. Booster Parents.

If you are an active booster parent, first, thank you for your time and support. But please know that any athlete's playing time can never be measured against the amount of time or money contributed by that child's parent. Be assured that you do not have to donate time or money to allow your daughter/son to play. We have heard that misconception on more than one occasion. One would hope that a parent donates to help make the experience for every athlete the best it can possibly be. The support we receive is extremely welcome in providing our athletes with much appreciated equipment and supplies. Booster clubs do make a difference, but the spirit should be focused on the total program.

5. Winning and Losing.

To say winning and losing is not important is not true. If it weren't, we wouldn't keep score. The higher the level of play each athlete achieves, the greater the emphasis will be on being competitive. We take a great deal of pride in the traditions of our accomplishments; preparing for that competition is the athlete's ultimate goal. When things are not going well for your daughter/son or for the team, that is when parents need to be the most positive and supportive. If the goal of our programs is to remain consistently competitive, then success will take care of itself. And always remember this: there are athletes and parents on the other side of the court or field who have the same concerns that we share. We need to treat them just as we would wish to be treated. Sportsmanship at the high school level is everything. Freeport High School has the highest of reputations. Please help us maintain our standing in this ever important area.

One final thought, we cannot stress enough the need for all of us to create a positive environment in which your child can grow. We sincerely hope you enjoy the athletic experience found here at Freeport High School. The four years goes extremely fast. Be a partner in this adventure with your child. We need your support and thank you for your participation.

Creating a successful team is essentially a spiritual act.

It requires the individuals involved to surrender
their self interests for the greater good
so that the whole adds up to more
than the sum of it's parts.

Phil Jackson
NBA Player, N.Y. Knicks
NBA Coach, Chicago Bulls, Los Angeles Lakers

THERE'S MORE TO BE LEARNED FROM ATHLETICS
THEN ATHLETICS ITSELF.