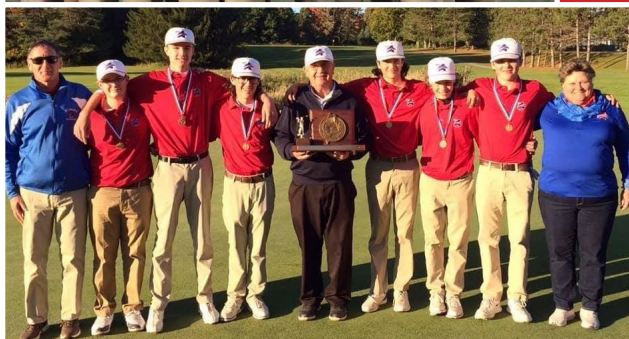




# Mt. Ararat High School Athletic Department Handbook





## WELCOME TO MT. ARARAT HIGH SCHOOL ATHLETIC DEPARTMENT

Dear Parent / Guardian and Prospective Athlete:

As the Athletic Administrator, I would like to welcome you to the Mt. Ararat High School Athletic Department. I look forward to meeting you, getting to know you and watching our Eagles compete as they progress through their high school careers.

The MTA Athletic Program is rich in history and success, with an established tradition of excellence both on and off the playing field. Our education-based program offerings provide students with a unique opportunity to enhance their experience here at the high school by further developing and refining valuable personal and interpersonal skills and principles that can guide them for the rest of their lives.

This handbook is meant to provide you with information and serve as a guide regarding department expectations, rules, regulations and guidelines that govern Mt. Ararat High School athletic programs. As participation in athletics is a privilege, student-athletes and parents also have additional responsibilities to be familiar with and prepared for.

I value the importance of athletics within the educational process and believe that their role(s) in the development of focused and well-rounded individuals cannot be overstated. At MTA, we encourage all student-athletes to work hard and play hard. While the coaches, staff and administration are ready to assist in any way that they can, it is important to remember that success will be directly connected to the level of commitment and hard work put forth by each and every student-athlete.

As a coach and now as an AD, I've always believed that there is a difference between athletic *teams* and athletic *programs*. Successful programs include dedicated coaches, active support from the student body, outstanding leadership from school administrators, and most importantly, a great sense of pride fostered by the entire community. That is the vision I will continue to work to achieve here at MTA and I hope you will do your part to help me in that effort as well.

Please carefully review this information and feel free to contact me if you have any questions. I wish you good luck and GO EAGLES!



Geoff Godo  
Athletic Administrator  
Mt. Ararat High School



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## Athletic Department Directory

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Telephone

Email

Website

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[godog@link75.org](mailto:godog@link75.org)

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@MTA\_Eagles

Certified Athletic Trainer

School Nurse

Kate Anagnostis, ATC

Kelsey Fogg

## Varsity Head Coaches

### **FALL**

Head Coach – Fall Cheering

Head Coach – B&G Cross Country

Head Coach – Field Hockey

Head Coach – Football

Head Coach – Golf

Head Coach – Boys Soccer

Head Coach – Girls Soccer

Jessica Mailly / Amanda Bernier

Diane Fournier

Krista Chase

Frank True

Gerry Caron

Jack Rioux

Chad Kirk

### **WINTER**

Head Coach – Boys Basketball

Head Coach – Girls Basketball

Head Coach – Winter Cheering

Head Coach – Boys Ice Hockey

Head Coach – Girls Ice Hockey

Head Coach – Boys Swimming and Diving

Head Coach – Girls Swimming and Diving

Head Coach – Boys & Girls Indoor Track and Field

Head Coach – Boys & Girls Nordic Skiing

Head Coach – Wrestling

David Dubreuil

Julie Petrie

TBD

A.J. Kavanaugh

Jeremy Saxton

Steve Butts

Tracy Boucher

Diane Fournier

TBD

Erick Jensen

### **SPRING**

Head Coach – Baseball

Head Coach – Boys Lacrosse

Head Coach – Girls Lacrosse

Head Coach – Softball

Head Coach – Boys Tennis

Head Coach – Girls Tennis

Head Coach – Boys Outdoor Track and Field

Head Coach – Girls Outdoor Track and Field

Brett Chase

Matt Haskell

Chad Kirk

Terri Tlumac

Jack Rioux

Sheila Bohlin

Justin Laverriere

Diane Fournier

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## Mission Statement & Core Values

The Mt. Ararat Athletic Department is committed to providing a quality co-curricular program that develops students as athletes, leaders and citizens by experiencing the importance of being a valued member of a team in a competitive atmosphere. The Mt. Ararat Athletic Department promotes commitment and loyalty to teamwork, pride, leadership, and sportsmanship.

We, as **EAGLES**, who are involved in Mt. Ararat athletic programs, will operate under the foundation of our guiding core values:

### EFFORT

*We take pride in working hard and value effort over outcome*

### ACCOUNTABILITY

*We hold one another accountable to high standards*

### GRIT

*We value resiliency and see failure as feedback necessary to improve*

### LEADERSHIP

*We develop positive leaders who encourage individual growth and teamwork*

### EXCELLENCE

*We strive for excellence in the classroom and on the playing field*

### SPORTSMANSHIP

*We respect the game, our teammates, the coaches, the officials and our opponents at all times*



## Athletic Philosophy

Mt. Ararat High School and Mt. Ararat Middle School embrace the philosophy of education-based athletics. Our schools emphasize the emotional, mental, physical and social growth of all individuals. Both schools offer a strong academic wellness curriculum and a number of opportunities for students to participate in interscholastic and intramural athletic programs. All students are encouraged to participate in these programs to further promote and develop a healthy lifestyle for the future.

The goals of the Mt. Ararat athletic programs include:

- Helping to build individual self-esteem and instill self-confidence
- Learning how to collaborate with others in order to meet goals
- Understanding how competition promotes individual and team growth
- Learning how to recognize, understand and control individual emotions
- Developing healthy daily habits
- Improving overall wellness and physical fitness
- Learning sport-specific skills
- Develop life skills such as self-discipline, establishing goals, teamwork and cohesion
- Promote sportsmanship & fair play



Mt. Ararat athletic programs provide an opportunity for the entire student body, school staff and the communities of MSAD 75 to demonstrate school spirit through an established culture of pride and positive sportsmanship.

All students' health and well-being are our top priorities and are always more important than the outcome of any athletic contest. Success is measured by the effort put forth and how student-

athletes, coaches and spectators represent themselves, our schools and communities under the pressure of competition. **EVERYONE** involved in Mt. Ararat athletic programs is expected to conduct themselves with dignity, respect and humility at all times.

Participation in interscholastic athletic programs is a **PRIVILEGE** that carries with it responsibilities to the individual student, the team, the school and the MSAD 75 communities. Student-athletes that choose to participate in Mt. Ararat athletic programs will be expected to conduct themselves in accordance with all of the policies, rules and regulations of MSAD 75, their respective schools, the MTA/MAMS Athletic Department and/or the Maine Principals' Association.

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## Sportsmanship

The ideals of good sportsmanship, ethical behavior and integrity should permeate all interscholastic athletic programs in our community. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Our athletic fields, courts, rinks, pools and tracks should be the laboratory to produce good sports and good citizens reflecting fair play in every area of life.

The fundamentals of sportsmanship that will characterize Mt. Ararat High School Athletic programs include:

1. Gaining an understanding and appreciation of the rules of the contest
2. Exercising appropriate and representative behavior at all times
3. Exhibiting respect for the officials
4. Displaying openly a respect for the opponents
5. Recognizing and appreciating skilled performance, regardless of affiliation
6. Maintaining self-control at all times
7. Supporting student-athlete participation through positive messaging

*Sportsmanship is Everyone's Responsibility!*

At its best, athletic competition can hold intrinsic value for the entire Mt. Ararat High School community as a whole. It is a symbol of a great ideal: pursuing victory with integrity. All involved (parents, fans, coaches, student-athletes, officials) in athletic competition have a duty to treat the traditions of the sport and other participants with respect. Disrespectful behavior involving verbal ill-treatment of opponents or officials, profane or belligerent trash-talking, taunting and unseemly celebrations do not have a place at high school competitions and will not be tolerated in the Eagles athletic program. Admission to a competition is not a license to practice poor sportsmanship.





## Tips for Practicing Good Sportsmanship

- Remember that Mt. Ararat High School and your sports program will be held responsible for or receive the praise for YOUR individual conduct at games
- Keep your emotions and attitudes balanced
- Appreciate a good play, no matter who makes it
- Fans may not remember the final score, however, they will remember the fan in the stands who made a fool out of him or herself
- Treat others the way you want to be treated
- Participation in sports is an extension of the classroom
- When you witness others practicing poor sportsmanship, help them to be more successful in the future by role modeling a positive attitude
- Avoid coaching or officiating from the sidelines
- Refrain from making derogatory comments directed toward officials, coaches or players



### **Remember...Sportsmanship begins with you!!**

Mt. Ararat teams, coaches, parents and spectators represent our school community and each other when at athletic competitions. All actions as part of an event are visible to family and friends, opposing spectators, the local communities and the media. Displays of good sportsmanship help to illustrate the most positive things about our student-athletes and our school and, hopefully, remind all of us that in the end sports are meant to be FUN!

**ONE MAN  
PRACTICING  
SPORTSMANSHIP IS  
FAR BETTER THAN  
FIFTY PREACHING IT.**

Knute Rockne

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## General Sports Conduct Guidelines

The Maine Principals' Association has developed specific guidelines governing high school athletics and all those involved in their administration. These guidelines serve to provide the best possible educational athletic environment for our student-athletes to participate in.

Behaviors considered inappropriate for the high school athletic setting include, but are not limited to:

1. Directing profanity, vulgarity or insulting language or gestures at anyone
2. Taunting, baiting or disconcerting acts or words, including those which may cause another to act illegally
3. Disrespectfully addressing an official, questioning or attempting to influence an official's judgement, or failing to follow an official's instruction or warning
4. Intentionally swinging at or kicking at another person
5. Cheating
6. Re-entering a contest after having been ejected
7. Inciting undesirable crowd reaction

Anyone present at an interscholastic contest who commits a serious sports conduct infraction will be subject to dismissal from the venue. Participants in athletic programs are also required to adhere to the Mt. Ararat High School Student-Athlete Code of Conduct. Failure to meet these expectations may result in disciplinary action, up to and including dismissal from a team.

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## Mt. Ararat High School Sport Offerings

### FALL

Cheering	Club (Spirit/Sideline Focused)
Cross Country (Boys & Girls)	Varsity
Field Hockey	Varsity, JV
Football (8-Man)	Varsity, JV
Golf	Varsity, JV
Soccer (Boys & Girls)	Varsity, JV, First Team
Volleyball (Cooperative @ Brunswick)	Varsity, JV

## **WINTER**

Basketball (Boys)	Varsity, JV, First Team
Basketball (Girls)	Varsity, JV, First Team
Competitive Cheering	Varsity
Ice Hockey (Boys & Girls)	Varsity, JV
Indoor Track & Field (Boys & Girls)	Varsity
Nordic Skiing (Boys & Girls)	Varsity
Swimming & Diving (Boys & Girls)	Varsity
Unified Basketball ( <i>Anticipated 2021</i> )	Varsity
Wrestling	Varsity

## **SPRING**

Baseball	Varsity, JV, First Team
Lacrosse (Boys & Girls)	Varsity, JV
Softball	Varsity, JV
Tennis (Boys & Girls)	Varsity
Outdoor Track & Field (Boys & Girls)	Varsity

## **Additional Cooperative Teams**

In addition to the sports listed above, Mt. Ararat also has cooperative team relationships with the following schools for these sports, which students can compete in:

FALL:	Volleyball (Brunswick High School)
WINTER:	Unified Basketball (Brunswick High School)

Students compete for and represent the cooperative Brunswick/Mt. Ararat team in this activity, but practice and compete with the host school (Brunswick).



Students who choose to participate in these activities must arrange for their own transportation to and from practices and must also coordinate transportation to the host site for bus departures to contests. Participants in volleyball are eligible for all honors and awards presented by the state association(s), the competitive conference and/or Mt. Ararat High School. Students interested in any of these activities should contact the athletic administrator for more information.



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## **Responsibility of Participation – HS Commitments vs. Outside Teams**

Many student-athletes who participate in athletic programs at Mt. Ararat High School are multi-talented. They are involved in a number of in-school and out-of-school activities and programs such as sports, band, chorus, debate, drama, dance, etc. along with competing in interscholastic athletics. This is healthy and is typical of student-athletes in other schools as well.

With the continued growth and popularity of non-school sponsored activities such as AAU and other private club level programs that operate concurrently with the interscholastic sports season, the high school student-athlete of today can become stretched to the limit with their time and energy. They can, at times, find themselves in danger of excessive physical and mental fatigue, injury or burnout.

It needs to be understood and accepted that participation in interscholastic sports at Mt. Ararat High School should be the priority for all student-athletes that may play on different teams or play different sports during a competitive season. All participants are expected to practice regularly and compete in scheduled events for the high school team.

The MPA allows student-athletes to request a waiver from school administration to be excused from regular participation for up to two (2) dates per season without consequence. This Bona Fide Team Rule Waiver must be completed and submitted to the Athletic Administrator a minimum of one (1) week ahead of the scheduled absence. Student-athletes that will be missing time must also communicate their absence to the head coach. Please note that any missed practice or event absence (for any reason) can impact playing time.

The Athletic Department recognizes that each Mt. Ararat student should have a broad range of experiences throughout their four years of high school. Yet, it is the responsibility of the student-athlete to work to balance their time and energy with the scheduled practices, games and conditioning program of any given athletic team in order to maintain good standing on that team.

Conflicts can be expected to occur when a student-athlete is involved in too many activities during the same period of time. When a conflict occurs, solutions can be arrived at if:

- the relative importance of each event is weighed.
- the importance of each event to the student-athlete is understood.
- the relative contribution the student-athlete can make is realized.
- how long each event has been scheduled is considered.

If it becomes obvious that a student-athlete cannot fulfill the obligations associated with being involved in a specific activity, the idea of withdrawing from one should be considered.

The leaders of any activity have the right to expect that each participant attend every practice and event. Excessive absences or unexcused absences are not fair to the rest of the participants and may lead to dismissal from the activity. It is almost a certainty that absences of any kind will have a negative impact on playing time.

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### **Seasonal Sport Participation / Switching Sports**

Student-athletes are allowed to participate in only one (1) sanctioned high school athletic activity in any given season. Dual participation is not permitted. Commitments made to individual teams need to be fully honored and student-athletes are expected to attend all practices and events for that team. Dual participation makes adherence to the MPA's Bona Fide Team rule difficult to observe.

A student-athlete may drop or switch a sport, without penalty, within the first two (2) weeks of the sports season as long as he/she communicates ahead of time their intention to switch with the coaches of the programs involved.

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### **Quitting a Team**

Participation in interscholastic athletic programs is voluntary, but requires a level of commitment from all involved to be productive and successful. Participants must engage in participation with the understanding that they will be fully committed to all of the requirements associated with the program, including practice and film sessions, fundraising events and programs and teambuilding activities.

Quitting is not a habit that the Athletic Department condones. However, it is understood that there can be circumstances which leave a student-athlete with no other choice but to end his or her participation.

When this happens, the following steps must be taken by the student-athlete right away:

1. The student-athlete must speak to the program head coach or immediately.
2. The student-athlete must return all team issued uniforms & equipment or provide payment for the value of the items.
3. The student-athlete must make an appointment to speak with the Athletic Administrator to discuss their decision to quit participating.
4. The student-athlete must assure the Athletic Administrator that his/her parents/guardians have been informed of the decision.

A student-athlete who makes a team roster and then quits the sport (or is released for disciplinary reasons) before the end of that sport season relinquishes the right to participate in another sport during that season. When extenuating circumstances occur, an appeal may be made to the Athletic Administrator in order to request to participate in another sport in that season.

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## Team Selection & Philosophy

Mt. Ararat High School offers different levels of participation for many of our sport offerings. Each team has varying philosophical priorities that coincide with the overall skill level of student-athletes and the emphasis on competitiveness. The coaching staff in each program works to place student-athletes onto teams that will allow them to have a positive experience, while also promoting individual growth and development.



- Squad Determining Factors: safety, supervision, playing time and/or instruction.
- Changing Teams: Student-athletes may change sports during a season only one time and must do so within the first two (2) weeks of the season. Before making a change, the student-athlete must communicate directly with the coach of the departed team and must return all equipment and/or uniforms prior to being able to join any other team.
- Joining a Team Late: Students may not join a team after the first countable competition of the season. Those joining after preseason sessions have begun must participate in the same number of practice sessions missed prior to participating in a scrimmage or contest and must go through an appropriate conditioning period as determined by the coach.



- Cutting Procedures: Cutting may be necessary at the high school level. Coaches must consult with the Athletic Administrator prior to making cuts and provide an opportunity for each student-athlete to meet individually after cuts are made to explain the decision and discuss areas of improvement. In some cases, coaches may offer manager positions to cut athletes in order to keep them involved.



## **Levels of Play – Varsity & Sub-Varsity Levels**

### **Varsity**

The Varsity interscholastic program is the most intensely competitive level of athletics. The focus of the Varsity level is to achieve at the highest level possible, with an emphasis on competing to win. 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 their fullest potential.

Since Varsity student-athletes will have developed superior skills in order to be selected for the Varsity team, emphasis at this level will be placed on the refinement of those skills as well as the strategic application of them for competition.

At the Varsity level, the stress of public exposure and the pressure to succeed competitively in games, tournaments and championships are significantly high. Thus, the relationship of the athlete with his/her coach, teammates and parents becomes more

complex, and a high value must be placed upon the skillful handling of these relationships. Varsity student-athletes will be encouraged to accept constructive criticism with a positive attitude, to develop unselfish behavior, and to take part in the establishment of open and honest lines of communication, which must exist between parents, coaches and student-athletes alike.



The development of responsibility is a top priority goal of the Varsity program. Having been confronted with less demanding situations at the middle school and sub-Varsity levels, Varsity student-athletes will be expected to make an even greater commitment to their team, which will mean among other things, compulsory attendance at all scheduled practices and contests.

Since a major goal of a varsity team is to reach its maximum potential, it is not realistically possible for all team members to receive equal playing time or expect to play in every contest. It is, therefore, essential that each student-athlete understands and accepts his/her role on the team and that varsity coaches attempt to elicit a mature acceptance of those roles by team members.

### **Sub-Varsity Programs (JV and First Team/Freshmen)**

The Mt. Ararat High School JV and First Team/Freshmen teams should be viewed as important adjuncts to the program and thus as necessary continuing steps in developing the goals of the program as a whole. The primary focus at these levels is to promote participation, develop team cohesion and continue skill development while preparing student-athletes for the Varsity level.

In the interest of promoting the goals and values of the interscholastic program among as many athletes as possible, the Mt. Ararat High School Athletic Department places a greater emphasis on participation by team members at these levels than at the Varsity level. While team placement is typically made for the duration of a sports season, some members of a team may be asked to “swing” between different levels in response to roster changes due to injury, eligibility or low roster size.

Providing opportunities to all competing participants in every contest at the sub-Varsity level will be emphasized. However, it must be realized that some situations may prevent every team member from playing in each contest, at the discretion of the coach.

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## Playing Time Guidelines

Every student-athlete participates in an athletic program with the purpose of playing the sport as much as possible. Some sports offer plenty of opportunity for student-athletes to compete in scheduled contests, but others have roster limitations that can impact how much playing time is available.

**It is important to note that playing time is determined specifically by the head coach.** Criteria that are typically considered when determining how much playing time a player receives include things such as regular practice attendance, overall skill, attitude and sportsmanship. Coaches are expected to share their philosophy and guidelines on playing time with their teams and parents at the beginning of the season.

**First Team/ Freshmen:** At this level, the general goals are to develop a healthy competitive spirit by teaching fundamental skills and strategies along with appropriate attitudes and behavior, while giving each team member an opportunity to participate in each contest. Playing time may not necessarily be equal in each contest.



**Junior Varsity:** At this level, the goal is to attempt to play everyone while striving for success, but not at the cost of further student-athlete development. Coaches are expected to work to promote individual skill development and build understanding of team and program concepts. It must be realized that some situations may prevent each team member from playing in each contest.

**Varsity:** At this level, coaches will maximize potential to field a team that is as competitive as possible. Playing time is determined by the nature of the sport, the situation and the coach’s judgment. Every team member cannot expect to play in every contest. The ultimate goal is to win the event as well as pursuing league, regional and state championships.

**Seniors:** Being a senior does not provide a “right to play”. Some coaches may choose to keep seniors on their varsity roster to honor their commitment to the program during the previous three years. Coaches are expected to clearly communicate team roles with Seniors who may not be projected to receive much playing time during the season. It should be recognized that, at times, Seniors falling into this role likely won’t play at all in games that are competitive and the score is close throughout the game, and should consider if the commitment is worth the investment at the beginning of the season when their role is identified by the coach.

**Senior Day/Night:** All of our athletic programs hold Senior Day/Night festivities at a home contest at or near the end of the season to recognize our graduating Seniors and their families for their many years of commitment to the school and the sport. Coaches are encouraged to start their Seniors on Senior night, however it should be recognized that there are some instances when this isn’t possible and may not occur (e.g. more Seniors than available starting positions, a Senior who isn’t a regular starter or hasn’t played much during the season or if the Senior Night game has implications for postseason tournament qualification or the outcome of the game may impact the team’s tournament seeding). The decisions related to Senior Night participation are at the discretion of the head coach.



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## Participation Requirements

In order to participate in athletics at Mt. Ararat High School, all students must:

1. Carry a minimum of five (5) courses on their academic caseload
2. PASS ALL COURSES from the previous quarter AND maintain a MINIMUM GRADE POINT AVERAGE OF 1.7
3. Provide proof of physical examination within the last two (2) years
4. Have or acquire medical insurance
5. Complete and turn in the Athletic Registration Packet prior to the season

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## Registering for Athletic Participation

All Mt. Ararat High School student-athletes must register with the Athletic Department prior to participating in any interscholastic activity. Registration must be current for the applicable sports season.

Registration includes written documentation of and/or online completion of the following:

1. Proof of physical examination within the last two (2) years
2. Signed Parent / Guardian Consent & Acknowledgement of Inherent Risks Form
3. Signed Athletic Medical Questionnaire
4. Signed MTBI / Concussion Statement and Acknowledgement Form
5. Emergency Authorization Card / Document
6. Proof of health / accident insurance (Company, Policy #)

Each student's private medical policy is his/her primary insurance. In the event that a student-athlete does not have insurance, coverage is available for purchase through the MSAD 75 District Office. Applications for insurance coverage can be obtained from the athletic administrator or online. Mt. Ararat High School or MSAD 75 is not responsible for medical expenses which are not reimbursed by insurance.

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## Academic Eligibility

Mt. Ararat High School is a member of the Maine Principals' Association and observes all eligibility rules as noted in the MPA Handbook – Article II, Section II (Student Eligibility). In addition, the school itself also establishes its own academic eligibility rules that apply to all participants. Students who do not meet these eligibility guidelines are not eligible to participate in Mt. Ararat athletic programs.

Academic eligibility for participation in interscholastic athletics is determined through analysis of quarterly grades. At the end of each marking period, quarterly grades are reviewed for all participating student-athletes. For the purpose of Fall activities, the

Quarter 4 grades from the previous school year are used to determine eligibility. Incoming Freshman student-athletes are automatically eligible for the Fall season.

1. **Unconditional Eligibility** – A student earns passing grades in ALL courses (including Advisory) and earns a minimum cumulative GPA of 1.7 or greater.
  - a. All incoming 9<sup>th</sup> grade student-athletes are unconditionally eligible for their first Fall competitive season.
2. **Conditional Eligibility** – A student earns a GPA of less than 1.7 but earns passing grades ALL classes OR fails no more than three (3) classes (including Advisory). Student-athletes that are conditionally eligible are able to practice and participate in scrimmages or practice events, but must also:
  - a. Miss countable athletic contests depending upon the length of the remaining regular season schedule that is remaining for the sport
    - i. 13 or more countable events remaining on the schedule = Must miss two (2) events per failing grade
    - ii. 12 or fewer countable events remaining on the schedule = Must miss one (1) event per failing grade
    - iii. Student-athletes that earn failing grades in three (3) classes and/or Advisory period (or a combination of the two) must sit out 50% of the competitive season's contests before being eligible to play in a countable competition
  - b. Submit Weekly Academic Progress Checklists to the Athletic Director
    - i. This checklist, in order to be deemed satisfactory, must indicate:
      - A passing grade for the quarter in ALL classes (inc. Advisory)
      - All homework has been turned in for the week in ALL classes
      - No unexcused absences in any classes or their Advisory period
      - Student-athlete is being courteous and cooperative with all
      - Student-athlete is actively participating in class
      - Student-athletes is demonstrating effort in class
    - ii. Failure to meet these responsibilities will result in suspension from activities for a period of one (1) week, beginning that Friday at 2:30 PM and ending on the following Friday at 2:30 PM. Conditionally eligible student-athletes may still practice during this period. Upon a *second* unsatisfactory report, the student-athlete will be suspended from participation for an additional week. Upon the *third* unsatisfactory report, the student-athlete will forfeit membership in the activity for the remainder of the season.

3. **Ineligibility** – A student earning a failing grade in four (4) or more courses (including Advisory) is not eligible to participate in interscholastic athletics.

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## **Student-Athlete Code of Conduct**

It is a privilege to participate in interscholastic athletics at Mt. Ararat and represent the school and the MSAD 75 communities. The school expects all student-athletes to work hard to experience personal growth, academic achievement and athletic success.

All Mt. Ararat student-athletes have significant responsibilities. They are among the most visible students in the school and that are expected to conduct themselves as respectful members of their interscholastic team and in a manner that is consistent with the core values of the Mt. Ararat Athletic Department.

Because Mt. Ararat student-athletes are held to high standards, they need to exercise good judgment and conduct themselves with honesty, integrity, and respect for others at all times. They will also need to agree to the following terms outlining appropriate conduct as participants within the athletic program:

1. **Academic Standing**: An understanding that academics are the top priority here at school. They will assume full responsibility for their academic progress and achievement. They will make every effort to stay in good standing in academics and habits of work at school. They will seek additional help, if necessary, to improve or maintain Academic Eligibility according to the written guidelines.
2. **Citizenship**: Student-athletes will be responsible citizens and conduct themselves in accordance with the school's code of cooperation. They will strive to represent themselves, their team and their school in a positive way and show respect for all. Participants will lead by example and remember that both their own and their team's reputations are at stake while participating in interscholastic competition.
3. **Attendance**: All student-athletes will maintain consistent attendance at all of their classes unless excused for legitimate reasons. In addition, they will attend all practices and contests unless prior arrangements are made with the coach and/or athletic director to be absent.
4. **Hazing**: Hazing is defined as "any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school or school personnel." Student-athletes understand that any such acts, either in connection with participation on a Mt. Ararat athletic team, participation in an informal or formal team activity, or for any other reason, are strictly prohibited. (Board Policy JFCF)
5. **Online Presence & Social Media**: Social media is a huge part of our evolving society and can be a valuable communication tool when used properly. All MTA

student-athletes must demonstrate appropriate digital citizenship and encourage others not to post text(s), photographs or videos online without permission. This includes material that could be deemed inappropriate or hurtful to others, including any images or videos taken in locker rooms.

6. Substance Use: Student-athletes are required to comply with Board Policy JICH: Student Substance Use and Board Policy JFCG: Tobacco Use Policy, which are described in this handbook as well as the MTA Student Handbook. In their efforts to develop and maintain a healthy lifestyle, participants must not use, possess or distribute prohibited substances.
7. Respect for Property: Participants must demonstrate care and respect for all facilities and equipment (home and away). Taking proper care of uniforms and returning them promptly at the conclusion of the sports season is required.
8. Sportsmanship: All prospective Mt. Ararat High School student-athletes will respect the game, our opponents, their teammates, all coaches, the officials, and all involved in interscholastic sports.

Failure to adhere to the directives outlined above may result in disciplinary action.

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# WE ARE LEADERS TOGETHER...

# EAGLES NEVER FLY ALONE!





## **Hazing and Harassment**

Mt. Ararat High School is committed to the personal development of each student-athlete in our program. Goals of the Athletic Department include helping each student reach his or her full potential and provide a safe environment. As a result, we unequivocally oppose any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment, or ridicule to any person.

The Athletic Department will interpret hazing as any act whether physical, mental, emotional, or psychological, which subjects any 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, athletic administrator and/or other school personnel.

## **Discipline Appeals Process**

An appeals process governs all disciplinary matters except those pertaining to being accused and/or convicted of a crime or quitting/being released from a team.

If the penalty is assessed by a coach, appeals must be made in writing, within five (5) days of the penalty assessment, to the Athletic Administrator. The decision of the Athletic Administrator shall be appealed in writing, within five (5) days of receipt, to the Principal. The decision of the Principal on all appeals is final. A student remains suspended from participation in interscholastic athletics until all appeals are finalized.

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## **Conference Affiliations**

### **KENNEBEC VALLEY ATHLETIC CONFERENCE**



Mt. Ararat High School's primary conference affiliation is as a member of the Kennebec Valley Athletic Conference (KVAC), a conference rich in athletic tradition and excellence in the State of Maine. The membership consists of twenty-eight member schools located in Androscoggin, Cumberland, Franklin, Kennebec, Oxford, Penobscot, Sagadahoc and Somerset counties. Most, but not all, of the teams on Mt. Ararat schedules come from the KVAC.

### ***Current KVAC Membership***

Bangor High School	BANGOR
Belfast Area High School	BELFAST
Brewer High School	BREWER
Brunswick High School	BRUNSWICK
Camden Hills Regional High School	ROCKPORT
Cony High School	AUGUSTA
Edward Little High School	AUBURN
Erskine Academy	SOUTH CHINA
Gardiner Area High School	GARDINER
Hampden Academy	HAMPDEN
Lawrence High School	FAIRFIELD
Leavitt Area High School	TURNER
Lewiston High School	LEWISTON
Lincoln Academy	NEWCASTLE
Maine Central Institute	PITTSFIELD
Maranacook Community High School	READFIELD
Medomak Valley High School	WALDOBORO
Messalonskee High School	OAKLAND
Morse High School	BATH
Mount View High School	THORNDIKE
Mt. Ararat High School	TOPSHAM
Mt. Blue High School	FARMINGTON
Nokomis Regional High School	NEWPORT
Oceanside High School	ROCKLAND
Oxford Hills Comprehensive High School	SOUTH PARIS
Skowhegan Area High School	SKOWHEGAN
Waterville Senior High School	WATERVILLE
Winslow High School	WINSLOW

### **CAMPBELL SUPER FOOTBALL CONFERENCE**

Mt. Ararat High School is also a member of the Campbell Super Football Conference for FOOTBALL ONLY during the Fall athletic season.

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### **Classification**

Mt. Ararat, as a member of the Maine Principals' Association, competes in various classifications throughout the year depending upon the sport. MPA classification is generally reviewed on a bi-annual basis, so schools will typically compete in the same class and region for two years.



Classification placement for MTA for the the 2020-2021 school year is primarily based upon total enrollment and is below:

**FALL**

Cheering	N/A	(Non-Competitive)
Cross Country	Class A	North
Field Hockey	Class A	North
Football	8-Man	Large School
Golf	Class A	
Soccer	Class A	North
Volleyball (co-op, Brunswick)	Class A	

**WINTER**

Basketball	Class A	South
Cheering	Class A	North
Ice Hockey (Boys)	Class B	
Ice Hockey (Girls)	Statewide	North
Indoor Track & Field	Class A	
Nordic Skiing	Class A	
Swimming & Diving	Class A	
Wrestling	Class A	North
Unified Basketball (co-op, Brunswick)	Statewide	

**SPRING**

Baseball	Class A	North
Lacrosse	Class B	
Softball	Class A	North
Tennis	Class A	North
Outdoor Track & Field	Class A	

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**Substance Use Procedures for Athletics**

Mt. Ararat High School recognizes that the use of tobacco, alcohol, marijuana and other drugs produces significant health problems resulting in negative effects on behavior, learning, athletic performance, and total individual development. The school provides education and awareness training as well as support systems for individuals who need help with substance use issues.

Pursuant to Board Policy JICH: Student Substance Use, a Mt. Ararat High School team member shall not use, have in possession, buy, sell, or give away alcohol, tobacco (including smokeless tobacco), marijuana, steroids or any other substance defined as a drug or a look alike drug. At any time during a sports season, it is not a violation for a student to be in possession of a legally defined drug specifically authorized by his/her doctor. A record of this authorization must be provided to and be kept on file in the Nurse's office. The nurse is responsible for storing and dispensing all medications.

The following information describes the consequences for a member of a Mt. Ararat team being in possession of, consuming, or illegally transporting substances described above:

**1. *Using or Possessing Violation – First Offense***

- The student participant will be suspended from all athletic and/or non-athletic activities for the minimum of ten (10) athletic and/or non-athletic participation days.
- The student upon returning to the activity may not participate in any contest or competition until a minimum of five (5) days of athletic and/or non-athletic extracurricular participation has been completed.
- If the involved student has originally disclosed the offense her/himself, the suspension will be considered to have begun on the date of that disclosure. In all other circumstances of disclosure, the disciplinary suspension will begin on the date the offense is verified.
- For all those violations that occur at the end of the season, the consequences shall carry over into the next season or school year if the 10 day/5 day requirement has not been met in the season of the violation.
- The student will meet with a licensed school Substance Use Counselor for an evaluation and/or complete a recognized substance use prevention program prior to returning to participation.
- The student will be ineligible to receive individual honors or awards from the school activity, but will be allowed to receive a letter and/or certificate if he/she fulfills criteria established by the coach and athletic department.
- The student shall forfeit leadership positions (Captain) for that particular season.

**2. *Selling or Furnishing – First Offense***

- The student participant will be suspended from the team for the remainder of that season or the minimum of thirty (30) athletic and/or non-athletic participation days, whichever is greater.
- For all those violations that occur at the end of the season, the consequences shall carry over into the next season or school year if the thirty (30) day/5 day requirement has not been met in the season of the violation.



- The student will meet with a licensed school Substance Use Counselor for an evaluation and/or complete a recognized substance use prevention program prior to returning to participation.
- The student will be ineligible to receive individual honors or awards from the school activity, but will be allowed to receive a letter and/or certificate if he/she fulfills criteria established by the coach and athletic department.
- The student shall forfeit leadership positions (Captain) for that particular season.

### **3. *Using/Possessing Violation – Second Offense***

- The student participant will be suspended from the team for the remainder of that season or the minimum of thirty (30) athletic and/or non-athletic participation days, whichever is greater.
- For all those violations that occur at the end of the season, the consequences shall carry over into the next season or school year if the thirty (30) day/5 day requirement has not been met in the season of the violation.
- The student will meet with a licensed school Substance Use Counselor for an evaluation and/or complete a recognized substance use prevention program prior to returning to participation.
- The student will be ineligible to receive individual honors or awards from the school activity, and will not be allowed to receive a letter and/or certificate regardless if he/she fulfills criteria established by the coach and athletic department.
- The student shall forfeit leadership positions (Captain) for that season.

### **4. *Selling or Furnishing – Second & Subsequent Offense(s)***

- The student will be suspended from participation in athletic and/or non-athletic extracurricular activities for the remainder of her/his period(s) of enrollment at Mt. Ararat High School.

### **5. *Using/Possessing Violation – Third and Subsequent Offenses***

- The student will be suspended from all athletic and/or non-athletic extracurricular activity for the remainder of his/her period(s) of enrollment at Mt. Ararat High School

- After one calendar year of suspension from all athletic and/or non-athletic extracurricular activity, the student may petition the Substance Use Team for reinstatement of his/her extracurricular eligibility. The substance abuse team will consist of the Athletic Administrator, an Assistant Principal, school nurse, school counselor, and a member of the Varsity coaching staff (can not be a coach of the student). Whether or not eligibility is restored will be at the discretion of the Substance Use Team.

### **Substance Use Referral Procedures**

The referral process exists for students to seek help safely for themselves (self-referral) or for other students (concerned-person referral) whom they suspect or know is involved with tobacco, alcohol, illegal drugs or the misuse of legal substances. A self-referral or a concerned person referral may not be considered a violation if reported before a violation has been discovered. Follow-up with a school counselor is required.

1. All violations one year (365 days) from the date of the first infraction are cumulative and will be monitored by the Athletic Director.
2. Sports Season is defined according to Maine Principals' Association guidelines or until the activity's end of season banquet or awards ceremony or the beginning of the next sports season whichever comes first.
3. Should any suspension carry over from one season to the next, students will be allowed to try-out for that activity. Suspension would then continue once the student has been selected to participate in the activity.

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### **School Attendance & Athletic Participation**

Student-athletes are expected to attend school and be present at all classes (including Advisory) in order to participate in interscholastic activities after school. A student-athlete may not participate in a practice or competition if they have not been present at school for the entire day. The only exception to this rule is if an absence is excused for a school-related activity or for a medical appointment. Proper written documentation must be provided to the Student Affairs Office (SAO) to excuse absences.

Student-athlete attendance at all practices and competitions is mandatory unless a student has been excused by the coach or his/her doctor. Coaches should be notified immediately when it is known that a student-athlete will not be present at a practice or a competition. As practice attendance is a requirement of participation, please note that playing time may be impacted by a lack of attendance at or participation in practice.

Any form of school suspension, whether in school or out of school, makes a student-athlete ineligible to practice or play during his / her entire suspension.

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## Athletic Training Services / Injuries

In completing and signing the required athletic registration documents, student-athletes and their parents/guardians should be aware that practicing or playing any sport can be dangerous and involves the risk of injury. Because of the potential risks associated with participating, student-athletes must recognize the importance of carefully following their coaches' instructions regarding playing and training techniques.

Anytime a student-athlete sees a medical professional during participation in interscholastic athletics, he/she **MUST** have written permission from the attending physician in order to resume participation in the sport. This includes a doctor's visit for non-athletic related issues, such as sickness. This written documentation should be given to the student-athlete's coach, athletic trainer, school nurse or, if necessary, the athletic administrator. This requirement will not be waived for any reason and at no time will parent or guardian permission be accepted as a substitute for a physician's written permission to return to participation.



Kate Anagnostis, ATC currently serves as Mt. Ararat High School's certified athletic trainer. The athletic training room is generally open at 2:20 PM, Monday – Friday, during the sports season. Hours and availability may vary due to scheduling of athletic competitions on any given day. Student-athletes should make appointments with the athletic trainer if they are not able to be seen during normal training room hours. The athletic trainer also regularly services home athletic contests.

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## Concussion Management

Mt. Ararat High School recognizes that concussions and other head injuries do occur in participation in interscholastic athletics and are serious and could result in significant brain damage and/or death if not recognized and managed properly. MSAD 75 adopted this policy to promote the safety of students participating in school activities, including but not limited to extracurricular athletic activities and interscholastic sports, and to provide academic support for students identified with concussive or other head injuries.

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a bump on the head can be serious. You can't see a concussion, and most sports concussions occur without loss of consciousness.

## Symptoms of Concussion

## Change in sleep patterns

## Amnesia

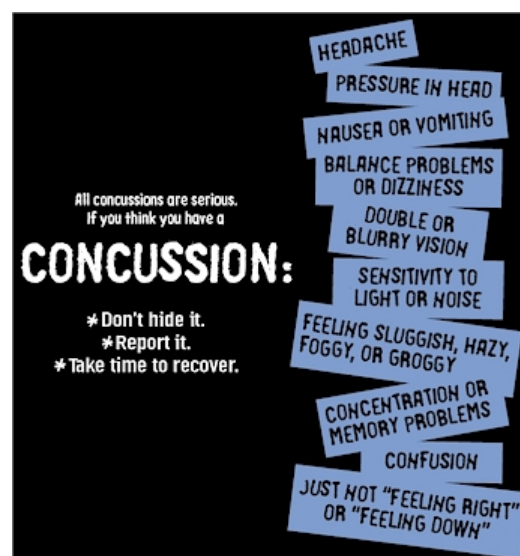
## Slurred speech



## Sustaining a Concussion

Athletes with the signs and symptoms of concussion will be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences.

It is well known that adolescent or teenage athletes will often under-report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athletes' safety.



## Suspected Concussion

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. MSAD 75 requires the consistent and uniform implementation of well-established return-to-play concussion guidelines that have been recommended for several years and reflected in Board policy (JJIF):

Any athlete suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately.

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management. The student-athlete's coach should also be notified if one thinks that a child may have sustained a concussion. Remember, it's better to miss one game than miss the whole season.

**And when in doubt, the athlete sits out.**

## **MTA Post-Concussion Return to Play Progression**

The following illustrates the recommended steps to be followed in order for a student-athlete to return to play following a diagnosed concussion.

### **Stage 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)

### **Stage 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)

### **Stage 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)

### **Stage 4**

Full contact in controlled practice or scrimmage; game simulation

### **Stage 5**

Full contact in game play

Generally, each stage should take 24 hours, so an injured student-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.

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

## **Coaches Concussion Training**

Prior to the beginning of each sports season, coaches are notified of this school policy and standards of care related to the management of concussive injuries and participate

in concussion awareness training that includes recognizing signs and symptoms that may suggest a concussive or other head injury. All coaches (including volunteers) are required to successfully complete the NFHS Concussion Management course (per Maine Principals Association guidelines).

### **Concussion Information – Parents & Student/Athletes**

Prior to the beginning of each individual student's sports season (at least annually), students intending to participate in school-sponsored athletic activities and parents/guardians of these students will be provided information including:

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected.
- B. The signs and symptoms associated with concussion and other head injuries
- C. The school's protocols for:
  - Removal of the student from the activity when the student is suspected of having sustained a concussion or other head injury
  - Concussion Evaluation
  - Return to Play procedures for school activities and academics

The student participating in sports and his/her parent(s)/guardian(s) must sign a statement acknowledging that they received and read this information before the student is allowed to participate in any school-sponsored athletic activity.

### **Cognitive Concussion Considerations**

School personnel should be alerted to any cognitive and academic issues that may be experienced by a student-athlete who has suffered a concussion or other head injury. The athletic trainer will notify the school nurse, athletic administrator and coach (as applicable) when a concussion injury has occurred during a Mt. Ararat High School athletic event to which the trainer provided care and/or when he/she has knowledge of a suspected head injury. Notification will occur within the same school day or at the start of the next calendar day.

Parents are encouraged to report suspect or known concussion or other head injuries that occur outside of school related activities to the school nurse. It is the responsibility of the parent to inform the school of signs and symptoms related to concussion or head injuries that are recognized while the student is not in school.

School personnel shall accommodate a gradual return to full participation in academic activities as appropriate, based on the recommendation of the student's concussion trained health care provider and appropriate designated school personnel.



## Concussion Management Team

The Mt. Ararat High School Concussion Management Team is made up of the School Nurse, the Athletic Administrator, an Assistant Principal and the Athletic Trainer. The team shall oversee and implement the Concussion Management Plan, in compliance with school board policies, and related to the standards of care for concussive head injuries. This team will identify the school personnel who shall be trained in concussion signs and symptoms and the school activities covered by this policy. The policy and/or related standards of care will be reviewed when generally accepted protocols change.

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## Equipment & Uniforms

When Mt. Ararat High School equipment or uniforms are issued at the beginning of the season, the student-athlete immediately becomes responsible for the proper care and safe return of it at the conclusion of the season. Equipment and uniforms should only be worn/used when practicing for or participating in the sport for which it was issued.

All articles of clothing should be laundered regularly and properly, according to the instructions provided by the coach or found on the garment label.

Quitting a sport requires the immediate return of all borrowed equipment and uniforms. Students who do not return equipment or uniforms, or those who return damaged and/or unusable items will be required to pay Mt. Ararat High School the full replacement cost in a timely manner. Athletes failing to fulfill this responsibility will be prevented from drawing equipment for future participation on other teams.

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## Transportation Guidelines

Athletes and team managers must ride both to and from away competitions in transportation approved by Mt. Ararat High School, except in cases specifically approved in advance by the athletic administrator and the coach. Written permission from a parent/guardian must be provided to the athletic administrator and/or the coach in advance in cases where a student-athlete will not be traveling with a team to or from a competition.



The following guidelines were established to insure the safety of all athletic personnel and student-athletes traveling on buses. Should the behavior of students or conditions of the bus be unsatisfactory, the Transportation Director may suspend privileges provided under these guidelines to a team up to and including the duration of a season.

- Eating and drinking on the bus will be permitted with the following directives:
  - Intent to stop and eat following a contest will be communicated by the head coach to the bus driver ahead of time.
  - Everyone must continue to follow basic safety rules when eating or drinking - stay in the seat; no standing, walking around or throwing items.
  - **Straws, open containers, non-sealed containers, glass (not limited to but including coffee, beverages, food etc) are NOT permitted onto the school bus or are not to be used while the school bus is in operation.**
  - Teams are responsible for the cleaning of any spills, food debris or trash at the end of the trip. The team should not be released from the bus after a trip until the coach and bus driver inspects it for cleanliness.
  - Failure to follow these directives will result in food/drink privileges being taken away from teams for away trips
- No speakers, boom boxes or music other than the school bus radio (if requested) may be played on the school bus. Private speakers, boom boxes and music players must be used with head phones only and no cause for distraction to the driver.
- At no time are cleats allowed to be worn on a bus.
- Student-athletes may bring school materials, laptops, notebooks and other personal items on the bus, but they are encouraged NOT to leave valuables on a trip bus, unless the driver confirms that he/she will be staying at the event site
- All equipment must be properly stored in seats and/or in the underneath compartments of the school buses. Large sticks, if able, should be placed in the underneath compartments. No equipment can be stored in the aisles.
- Oversized or bulky items such as large bags, hockey sticks, large lacrosse sticks and other items that will not fit directly under the seat or stick out above the top of the seat, are not permitted to be transported on regular school to home and home to school routes.
- Decoration of buses is not typically allowed due to rider safety and driver vision needs. Any proposed decoration of school buses must be communicated ahead of time and specifically approved by the Transportation Director.



Any questions regarding athletic transportation should be directed to the Athletic Administrator or the Transportation Director.

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## Parent-Coach Guidelines

Parents play a vital role in the success of an athletic program as well as helping to shape the culture of the team that their student-athlete is playing on. In addition to providing guidance and support to their student-athlete, parental attitudes and actions play an important role in the success, development and enjoyment that their sons and/or daughters derive from participation in athletic activities.

Unfortunately, through televised games and social media, many adults feel that they understand or perhaps know more than many coaches. Everyone seems to have become an expert on any given sport. While this expertise might heighten knowledge and appreciation for a sport, it is important that parents remember they are just that...parents. They are not the coach.



The player-coach relationship is probably the most critical relationship in athletics and a parent can have a pronounced effect on this very important and delicate relationship. While a parent may not agree with all of the decisions of a coach, how and when a parent chooses to express their feelings is of great importance.

If negative opinions are expressed in front of a student-athlete, it is likely that the same convictions will be carried with that student-athlete when they return to practice or a game the following day. The student-athlete is then forced to interact with their coach(es) and parents are in the position to affect this relationship.

Receiving technical or strategic instruction at home may interfere and/or conflict with the instructional process at subsequent practice sessions and competitions. This may ultimately impede a student-athlete's progress and possibly impact their playing time or whether they win a starting position.

Parents are concerned about their student-athlete's welfare, and rightfully so. They want the best for their student-athlete and when they are playing well and participating fully, typically there are very few issues. On the other hand, it can be very difficult for a parent to accept that their student-athlete is not playing as much as they hope or is not being utilized in what they believe is the best fashion. That said, it needs to be remembered that a student-athlete can only have one coach and allowing that coach to instruct and guide the team is critical in many respects.

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## Parent / Athlete / Coach Communication Guide

Good, consistent communication is a focal point of any strong athletic program. Communication between all those involved (athletic department, coaches, student-athletes, parents) is critical for student-athletes to fully enjoy the benefits of their participation.

Mt. Ararat High School coaches work hard to provide the best possible experience for all of our student-athletes. They are committed to creating an education-based environment that teaches life lessons through the context of competition. As a result, at times, they have to make very difficult and challenging decisions on their teams and take into account factors that student-athletes and parents may not be aware. They make judgments decisions based upon what they believe to be best for the team and all athletes involved.



The Mt. Ararat Athletic Department encourages all student-athletes to talk to their coaches if there are any problems or issues that may be of concern during the season. In addition to enhancing communication within the team structure, this method also helps teach student-athletes valuable self-advocacy skills and personal responsibility that will carry over long after they have completed high school.

### ***Parents and student-athletes have a right to expect the following communication from the coaches of Mt. Ararat High School athletic teams:***

- The coach's and the program's general philosophy, including the process of team selection, participation guidelines and criteria for earning a Varsity letter
- Individual and team expectations for team members
- Location and times for all practices and contests
- Any special requirements of participation – i.e. equipment, conditioning, off-season training
- Procedure to follow should the student-athlete be injured during a practice or competition
- Any discipline that may result in a decrease in playing time or potential denial of participation

### ***Appropriate concerns that parents should discuss with coaches include:***

- The treatment of the student-athlete – mentally, physically & emotionally



- If their student-athlete, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach(es)
- Any specific information that the parent feels would be of value to the coach to help him/her coach their student-athlete
- Ways the parent can help the student-athlete improve
- Any concerns a parent may have about their student-athlete's behavior or performance in or out of school

***Issues that are NOT appropriate to discuss with coaches include:***

- Playing Time
  - It is impossible to discuss playing time issues without discussing other students
- Team Strategy or Play Calling
  - Every coach is different and develops a strategy that he/she believes will be successful
- Other student-athletes on the team and/or their roles

***Communication that coaches expect from parents include:***

- Any issues are communicated directly to the coach(es) immediately when they are of concern, preferably in person in order to avoid any miscommunication or misinterpretation
- Notification of any schedule conflicts, well in advance
- Specific concerns with regard to a coach's philosophy or expectations
- Support for the program and the EAGLE core values
  - While the student-athlete is involved in interscholastic athletic programs at Mt. Ararat High School, he/she will experience some of the most rewarding and inspiring moments of their lives. They may also experience times when things don't go the way that the student-athlete or the parent(s) wishes. At these times, discussion with the coach is strongly encouraged.

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## **Parent-Coach Conflict Procedure**

The Mt. Ararat Athletic Department is continually attempting to improve communication with student-athletes and parents. For our programs to truly be successful, it is necessary for everyone involved to understand the direction the program is headed and work cooperatively towards that success.

When concerns do arise for a parent or guardian relating to athletic participation of a student-athlete, following this proper chain of command is required and will be referenced by everyone involved with the Athletic Department.

The specific steps of the chain of command are listed below.

- 1) Reach out and speak personally to the **COACH** about the issue first, preferably in person and NOT via email or text messaging. This step is vital in outlining the specific issue at hand as well as both parties gaining an understanding of the specific problem or question from those involved. If necessary, schedule a meeting with the coach to discuss the issue. In these cases, the presence of the student-athlete may also be necessary to provide their perspective on the issue at hand.

*NOTE: It is improper and ill-timed to confront a coach in the immediate time before, during or after a practice or competition. The coach has many responsibilities regarding all of their student-athletes during these times. It is not appropriate to demand time from a coach when they are in charge of their team. Meetings and responsibilities that occur immediately before, during and after practices and games are critical to a coach. These can also be emotional times for all involved, which does not allow for an objective analysis of a situation. A meeting held at a later time will help create a calm, courteous and logical discussion.*

- 2) If, after speaking and/or meeting with the coach, a parent/guardian is still unhappy about the situation, contact the **ATHLETIC ADMINISTRATOR** to setup a meeting
- 3) If, after speaking with and/or meeting with the athletic administrator, a parent/guardian is still unhappy about the situation, contact the building **PRINCIPAL** to setup a meeting
- 4) If, after speaking with and/or meeting with the principal, a parent/guardian is still unhappy about the situation, contact the **SUPERINTENDENT OF SCHOOLS** to setup a meeting

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## I AM A COACH BECAUSE

I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for, others, not only in competition, but in life!

## **Student Recognition / Awards**

At the conclusion of every sports season, the Mt. Ararat High School Athletic Department hosts a Sports Awards Night to recognize all of the teams and student-athletes for their achievements throughout the season. Student-athletes should plan to attend this function as part of their team participation during the season.



In addition, some teams/programs also host their own separate postseason award banquets in which student-athlete recognition occurs. This is handled on a team-by-team basis and questions on this should be directed to the coach.

## **Varsity Letters**

Mt. Ararat High School awards letters to varsity student-athletes based upon preset criteria created by the coaching staff of each sport.

First Varsity Letter ever in ANY sport - Chenille "A"

First Varsity Letter in a specific sport – Sport Pin

Repeat Varsity Letter in a specific sport – Service Bar

The costs of all letters and pins are graciously covered by the Mt. Ararat High School Sports Boosters.

## **Outstanding Senior Award**

Each Varsity level coach is authorized to award one (1) Outstanding Senior Award at the end of the sports season. The criteria and choice of recipient of this award is made by the coaching staff. This award is presented at the Sports Awards Night held following the conclusion of each sports season.

## **Coach's Award**

Every team also awards one (1) Coach's Award at the end of the sports season. The criteria and choice of recipient of this award is made by the coaching staff. This award is presented at the Sports Awards Night held following the conclusion of each sports season.

## **Colin A. Roy Award**

Awarded at the Spring Sports Awards Night in June, the Colin A. Roy Award is presented to one (1) Senior Boy and one (1) Senior Girl who has competed in three

sports a year for all four years of their high school career and who has demonstrated the highest levels of character, integrity and respect.

### **KVAC All-Conference**

Each of the varsity sports offered by the KVAC has criteria for determining All-Conference recognition. The specific criteria for recognition varies by activity. In addition, some activities recognize students with additional special honors (i.e. most valuable player). Each student-athlete earning All-KVAC recognition is presented with a certificate.

### **KVAC All-Academic**

All seniors who successfully complete an athletic season are eligible for KVAC All-Academic recognition for that activity. Mt. Ararat High School seniors with a cumulative 3.6 GPA or higher will be awarded with a certificate signifying that achievement. Awards for Fall athletes will be determined using the first six semesters of their high school careers; awards for Winter and Spring athletes will be based upon seven semesters of academic performance.

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### **Suspension of Athletic Programs**

The Mt. Ararat High School Athletic Department strives to provide a diverse program of activities in order for all students to engage in competitive activities that are of interest to them. It is important, however, to note that administration of all activities requires resources that must be readily available in order to support student participation.

A budgeted student activity/sport will be suspended for the current school year unless all of the following conditions exist two weeks prior to the start of the regular season. (Extenuating circumstances may alter these time limits).

1. There is an adequate number of participants to warrant meaningful involvement in the appropriate scheduled activity.
2. Qualified personnel are contracted to coach or supervise the activity.
3. Facilities are available for practices or scheduled events.

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### **Mt. Ararat High School Athletic Boosters**

The purpose of the Mt. Ararat High School Athletic Boosters is to support the athletic teams at the high school. The Boosters provide annual team allocations based upon the size of the program which are used to purchase equipment, team and individual championship recognitions for athletes and a stipend for seasonal senior gifts. The Boosters also pay for the awards presented at Sports Awards Night.



The primary method of generating funds is by providing concessions at home athletic competitions and other special events throughout the year. Whenever possible, concessions are provided at contests, which in turn requires parent volunteers for staffing.

Each MTA athletic program (boys & girls) has a volunteer Booster representative who works closely with the head coach and the Athletic Administrator to determine individual needs.

The Boosters meet monthly (usually the second Monday of the month) from August – June each school year and a representative for each program must attend at least 8 of the 11 booster meetings for the program to qualify for funding.

For more information on the MTA Sports Boosters or to volunteer, please visit their website - <http://mtasportsboosters.weebly.com/>

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### **National Collegiate Athletic Association (NCAA) Information**



The National Collegiate Athletic Association (NCAA) oversees athletics for nearly 1100 academic institutions in the United States. The NCAA is organized into three divisions (I, II, III), each of which has different requirements for initial eligibility. Student-athletes who may be participating in competitive athletics at one of these schools should be aware of the initial eligibility requirements for the division to which that college or university is assigned. Students who may be recruited to play Division I or II must register on-line with the NCAA Eligibility Center ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). The NCAA Eligibility Center is responsible for determining initial eligibility of all student-athletes and confirms the amateur status of all participants.

Divisions I and II require that students earn a grade point average of 2.3 or higher in core subjects identified on the NCAA Eligibility Center website. As a general rule, the “4 x 4 Rule” is a good one to follow when scheduling high school classes – four core areas (English, Mathematics, Science, Social Studies) for each of the four years of high school. In addition, for Divisions I and II, prospective student-athletes must achieve SAT or ACT scores that are at or higher than the figure listed on the sliding scale for their high school GPA in the core subjects. Those scales are available at the Eligibility Center website.

For more information or assistance on the guidelines of the NCAA, please contact your guidance counselor or the Athletic Administrator.

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**Additional Rules & Regulations**

Nothing in this handbook is intended to prevent a coach or a school official, in his/her sound judgment, from suspending a student from practice or play for reasons other than those listed. Furthermore, students and parents/guardians should understand that circumstances may necessitate coaches and/or school officials at any time making additional regulations which govern interscholastic athletics.

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