

**MARANACOOK COMMUNITY SCHOOLS
HIGH SCHOOL
CO/EXTRA CURRICULAR
HANDBOOK**



2020-2021

**Brant Remington
Director of Student Services
685-4923 Ext. 1045**

COVID-19 related items are in RED

TABLE OF CONTENTS

Purpose.....	3
Mission.....	3
Message to Students/Parents.....	4
Athletic Administration Statement.....	4
Positive Parent Partnerships.....	4
Co-Curricular/Extra Curricular Offerings.....	5
Eligibility for Participation.....	5
Academic Eligibility.....	6
Commitment.....	6
Athletic Programs.....	7
Additional Athletic Rules.....	8
MPA (Maine Principals Association).....	8
Sportsmanship.....	9
Team Selections and Playing Time.....	9
Additional Athletic Information.....	10
Lettering/Award Procedures.....	12
Captains Practices.....	13
Transportation.....	13
Concussion Management.....	14
Code of Conduct.....	16
COVID-19 Self Monitoring Checklist	18
Player/Parent Contract.....	20

PURPOSE

The purpose of the handbook is to provide information, explain policies and procedures, set standards and expectations, serve as the student contract, and generally assist in working toward fulfilling the philosophy and goals of Maranacook Community High School. Although parts of this handbook deal with just athletic requirements, this handbook covers all co/extra-curricular activities.

MISSION

- To develop a solid curriculum which matches community and school resources with the ability, interests, desires, and skills of the individual.
- To guide the students to responsible decisions about who they are, what their skills are, what their options are, what resources they can use and how they can continue their education and to become employed.
- To develop the knowledge, understanding, and the skills which are basic to a purposeful, happy life.
- To build bonds between the school and the community which emphasize responsibility, cooperation, mutual understanding and commitment.
- To demonstrate the value of the individual and the importance of living in and contributing to a productive community.

MESSAGE TO STUDENTS AND PARENTS

Maranacook Community High school considers participation in co-curricular activities to be a valuable part of your education and we encourage you to participate fully. We feel that the lessons learned through your participation in these activities are different, though just as valuable as those learned in the classroom, and that they will stay with you throughout your life.

Participation in co-curricular activities carry different and in some ways greater responsibilities than just attending classes- you are now a representative of Maranacook. Your efforts, conduct, and sportsmanship, both on and off the field of play, become a reflection of our school. Maranacook has a fine tradition of participation and sportsmanship. We look forward to you doing your part toward continuing this tradition.

Students are encouraged to participate in both sports and activities. Every effort will be made to minimize scheduling conflicts and accommodate students participating in more than one activity. However, conflicts do occur, and for the good of the team or activity, students must at times choose between two compelling interests.

By choosing to participate, you have accepted for yourself these greater responsibilities. Participation in co-curricular activities at Maranacook is a privilege, not a right, and this privilege may be removed if you do not meet the standards set forth in the handbook. May your experience be positive and rewarding!

ATHLETIC ADMINISTRATION STATEMENT

Since the athletic programs at Maranacook are a very important part of student life, both to athletes and their families, the need for good communication concerning the co-curricular policy and administration is vital.

The School Board understands its role in serving the people it represents and intends to be responsive to the issues brought before it. The Board wishes to make a clear distinction between issues of policy and those concerning the day-to-day conduct of co-curricular programs. There is a clear line of communication, supervision, and responsibility at the building level that begins with the coach, then goes to the Director of Student Services, and finally to the Principal. Issues involving coaching decisions are made within policy guidelines, the Board intends to rely on the judgment of these individuals.

Issues of individual, parental, or student concern should first be addressed to the coach of the particular sport. If further resolution is needed, the Director of Student Services and then the Principal should be contacted. In rare cases, issues still unresolved can be brought to the Superintendent and the School Board. The School Board feels a special responsibility to maintain these lines of communication in dealing with any issue that may be brought before it.

POSITIVE PARENT PARTNERSHIPS

Parents play an important role in the development of a student. It is important to create a positive environment for your child and develop a positive relationship with their coach. The following list are some things to consider.

- **Recognize the coaches' commitment.** Your child's coach has spent a lot of time outside of practices and games preparing for the season. Understand this and put yourself in their shoes before approaching them to discuss an issue.
- **Make an early, positive impact with your child.** Be positive the entire season, but in particular be positive in the first couple weeks as they go through preseason workouts and tryouts. This can be the most stressful part of the season for most.
- **Fill your child's emotional tank.** Too often the athlete hears all the negative things about the team at home and gets criticized if losing happens. Specific, truthful praise can help boost their self-esteem and create a more rewarding experience.

- **Don't put the player in the middle.** If you do have an issue that needs to be addressed with a coach, keep your child out of it. The less stress they feel about their activity the better they will do.
- **Let the coaches coach.** It can be frustrating as a player to hear parents yelling from the sidelines things they should be doing when the coach has taken care of it. This only confuses the player.
- **Contribute to a positive environment.** Respect the ROOTS of the game; rules, officials, opponents, teammates, and self.

(adapted from the Positive Coaches Alliance Developmental Zone, ©2014)

CO-CURRICULAR AND EXTRA CURRICULAR OFFERINGS

High School Athletics

FALL	WINTER	SPRING
Girls Soccer (Varsity/JV) Boys Soccer (Varsity/JV) Field Hockey (Varsity/JV) Coed Golf Cross Country (Boys/Girls) Football (8-man Varsity/JV)	Girls Basketball (Varsity/JV) Boys Basketball (Varsity/JV) Unified Basketball (Coed) Alpine Skiing (Boys/Girls) Nordic Skiing (Boys/Girls) Ice Hockey (Varsity/JV)	Baseball (Varsity/JV) Softball (Varsity/JV) Tennis (Boys/Girls) Track and Field (Boys/Girls) Girls Lacrosse (Varsity/JV) Boys Lacrosse (Varsity/JV)

High School Non-Athletic Activities: Math Team, Speech & Debate Club, GAPP, Fall Musical, Student Senate, Robotics Club, Gaming Club, Diversity Leadership, Peer Helpers, Gay-Straight Alliance, Amnesty International and Honor Society, Spring Play, All State and District Music, Medical Explorers, Knitting Club, and National Honor Society

ELIGIBILITY FOR PARTICIPATION

In order to compete, the following must be met.

- A physical by a physician that is no more than two years old must be on file in the health center. Physicals should be turned into your coach or athletic secretary in the main office.
- Proof of Insurance. The school does not provide health insurance and is not liable for costs that exceed personal health coverage. Insurance forms are available at the beginning of each year at a reasonable price. Forms are in the main office.
- A signed contract and **medical history form**. The contract is a bond between school, parents, and students. The contract must be signed by both the student and parent prior to participation.
- Adherence to Maine Principals Association rules. A student must meet local rules, be under the age of 20, be enrolled and active undergraduate student, and be limited to four years of play.
- School Attendance: Students must be present and on time the entire school day in order to be eligible to participate in practices or competitions that day. **This includes remote learning days and students who opt for a complete remote learning schedule.** Exceptions will be made for family bereavement, medical/dental appointments (with a note), legal appointments, school related activities, other arranged absences in advance through an administrator, or an unforeseen extenuating circumstances as determined by the building principal or student services director. **TARDINESS:** Students who are late to homeroom in the morning are considered unexcused and cannot participate after school unless any of the previous reasons apply.
- Team/Activity Attendance: Attendance at all practices, meetings, games, or events is expected. The coach or advisor must be notified in advance (preferably in person) if absences are to occur. Earning a detention is an unexcused absence, therefore making the student ineligible to practice or play that day.

ACADEMIC ELIGIBILITY

Maranacook Community High School co/extra-curricular eligibility standards are designed to be proactive in determining how a student is performing academically and increase the lines of communication between school and home. By taking a proactive stance, our hope is to identify, at an early date, those students who are having academic troubles and to provide ample time and opportunity to provide academic services for them. As academics do remain of first importance in this school, the following academic eligibility standards apply:

- Eligibility will be checked at designated times throughout the year to coincide with athletic dates, vacations, and grading periods.
- Eligibility will be checked on a Thursday afternoon. On Friday, students, advisors, and teachers are notified and have until the end of the day to notify the athletic director of any updates or errors. Coaches will be informed Friday afternoon. The policy takes effect on Monday and is in effect until the next grade check.
- Students who are ineligible cannot play in games/contests until the next grade check. This means they may not dress in uniform, be on the bench, or travel to away games on the bus as well.

Eligibility Policy:

Students must pass ALL of their classes and may not have a score of 1 on any HOW grade in order to be eligible to participate.

Students who have any failing grades or a HOW score of 1 will be on WARNING until next grade check; if they have a second grade check with a failing grade or a HOW score of 1 **ANYTIME** within a season then they become ineligible.

Exception: Fall Musical, Math Team, Student Senate, and Civil Rights Team is by the semester.

Definition of “warning”. Complete participation in activity.

Definition of “ineligible”. Cannot participate or attend activity in any form (practices/games) until passing all classes and HOW scores above a 1 at next grade check.

Due to COVID-19, these dates may be subject to change

Eligibility Check Dates 20/21

October 1

October 15

October 29

November 12 (based on final Quarter 1 grades)

-----End of Fall Season-----

December 3

December 17

January 14

January 28 (based on final Quarter 2 grades)

February 11

March 4

-----End of Winter Season-----

March 18 (Math, Senate, Play only)

April 8 (based on final Quarter 3 grades)

April 29

May 13

May 27

June 10 (if necessary)

-----End of Spring Season-----

COMMITMENT

It is important that student-athletes understand there is an increased level of commitment to their athletic team/s at the high school level. Attending all practices, games and team activities is mandatory. Attending the pre-season in its entirety is important in order for the coaching staff to evaluate to make determinations on team selections and cuts. There are approximately three weeks of pre-season practices prior to each season and the fall pre-season begins in mid-August each year (high school).

Vacations - many of our athletic teams practice and play games during scheduled school vacations and Monday holidays. Families are encouraged to consider the commitment to the athletic team when scheduling vacations. Missing athletics for family vacations is considered unexcused and will result in suspension from game participation.

Athletic practices/games/scrimmages take place during the final weeks of summer break, Thanksgiving week, Winter Break, mid-Winter Break and Spring Break, as well as on several of the Monday holidays.

One of the many lessons learned from athletic participation is the importance of making a commitment. In situations where absences are considered unexcused student-athletes should expect to receive a consequence. Coaches of individual programs/sports will discuss these consequences with their team members. Although an isolated unexcused absence will not necessarily result in disciplinary action, numerous or repeated unexcused absences can result in suspension or dismissal from the team.

Student-athletes must understand that missing practices or games is not beneficial to the team or individual. The major purpose of practice is to develop skills and prepare for the next contest. It should be expected that the role on the team will likely change and playing time may be affected when a student-athlete misses practices.

Unfortunately, at times and in some sports, due to consideration regarding playing time, safety, supervision or instruction, cuts need to be made.

ATHLETIC PROGRAMS

Varsity Programs

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.

Since varsity student-athletes will have developed relative superior skills in order to be selected for the varsity team, the 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 further 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 (Junior Varsity and Middle School)

The interscholastic junior varsity and middle school programs should be viewed as important adjuncts to the program and thus as necessary continuing steps in developing the goals of the varsity program. It should be noted that these are only first steps; and therefore, the goals would not be so vigorously pursued, as they would be at the varsity level. At the same time, in the interest of promoting all the goals of the interscholastic program among as many athletes as possible, it would be fitting to place greater emphasis upon participation by team members at these levels than at the varsity level. Some members of the junior varsity team may be asked to swing between the junior varsity and varsity in the event of an injury, to gain needed playing time at the junior varsity level or to gain some varsity experience when the situation is warranted.

The goal of the sub-varsity programs is to attempt to play everyone while striving to win. It must be realized that some situations may prevent every team member from playing in each contest.

ADDITIONAL ATHLETIC RULES

- Daily detention must be served prior to participating in interscholastic athletics.
- Student-athletes are expected to put their academic studies first.
- Athletes suspended from school are not permitted to practice, compete, or participate during the suspension. If the suspension includes a Friday, athletes are not permitted to participate over the weekend. A suspension occurring on a Friday prior to a vacation will be determined at the discretion of school administration.
- A student may participate in two school-sponsored sports during the same season. See athletic director for application.
- Athletes are encouraged to take time off between seasons and must have ample pre-season practice before he/she may participate in a contest.
- Team managers are considered team members and must meet the same requirements as players.
- Restitution for lost or damaged athletic equipment will be made by the student to whom it was issued. Failure to turn in any uniform and equipment items will result in being ineligible until the equipment is returned or paid for.
- Use or possession of tobacco products, alcoholic beverages, drugs, showing the effects of these, or knowingly being in the presence of underage drinking and/or illegal drug use is prohibited. Student-athletes and parent/guardians should familiarize themselves with these rules and consequences as listed in the athletic contract.
- All team members must ride to and from away athletic contests and events in transportation supplied by the school.
- All athletes are expected to be neatly dressed when traveling to away contests.
- Student-athletes must abide by additional training regulations or team rules as established by the coach of individual teams.
- Any form of hazing or initiation is prohibited by School Board policy.
- The athletic season is defined as the first day of tryouts/practice through the athletic banquet.

MPA

Maranacook Community School is a member of the Maine Principals' Association (MPA), the governing body for interscholastic athletics in the State of Maine. The mission of the MPA is to assure a quality education for all students by: promoting the principalship, supporting principals as educational leaders, and promoting and administering interscholastic activities in grades 9-12.

All student-athletes and coaches must meet eligibility requirements as established by the MPA.

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 team members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere. Waivers may be granted in special situations. More information regarding the Bona Fide Team Rule can be found on the MPA website (mpa.cc).

SPORTSMANSHIP

Sportsmanship and Game Conduct

Maranacook coaches, student-athletes and parents pride themselves for their excellent sportsmanship and ethics on and off the courts and playing fields. Your conduct reflects directly on the community, school, athletic department and our teams. Lead by example and be a good role model.

Sportsmanship Expectations

- Show respect for opponents at all times. The opponent should be treated as a guest. Good sportsmanship is the Golden Rule in action.
- Show respect for officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the game officials.
- Know, understand and appreciate the rules. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
- Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/her own bias and prejudice and have the ability to recognize that rational behavior is more important than the desire to win. Good sportsmanship is concerned with the behavior of all involved in the game.
- Recognize and appreciate the skill in performance regardless of affiliation. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of good sportsmanship.

Sportsmanship is Everyone's Responsibility

At its best, athletic competition can hold intrinsic value for the entire Black Bear 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 competitions 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 Black Bear athletic program.

Your admission to a competition is not a license to practice poor sportsmanship.

Tips for Practicing Good Sportsmanship

- Remember that MCS 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.
- Refrain from coaching or officiating from the sidelines.
- Refrain from making derogatory comments directed toward officials, coaches or players.

TEAM SELECTIONS AND PLAYING TIME

Team Selection Guidelines

Squad Determining Factors: safety, supervision, playing time and/or instruction.

Changing Teams: athletes may change sports during a season only when both coaches and the athletic administrator consent.

Joining a Team Late: students may not join a team after the first countable competition of the season. Those joining after pre-season 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 athlete to meet individually after cuts are made to explain the decision.

Quitting a Team- Any players who quit a team after the first countable contest must meet with the athletic director. Any athlete who quits a second time must sit out a season.

Playing Time Guidelines

Middle School: developing a healthy competitive spirit by teaching fundamental skills and strategies, and 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: attempting to play everyone while striving to win. Provide individual skill development and understanding of team concepts. It must be realized that some situations may prevent each team member from playing in each contest.

Varsity: 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 a league, regional and state championship.

Seniors: being a senior does not provide a "right to play". Many coaches will keep seniors on their varsity roster to honor their commitment to the program during the previous three years. Coaches should 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 was 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.

ADDITIONAL ATHLETIC INFORMATION

Sunday Practices

The school department does not recognize Sunday practices. However, at times coaches may wish to hold Sunday practices when a game has been rescheduled or when a tournament game is scheduled for a Monday. Sunday practices must have approval by the Athletic Administrator.

Early Dismissal

Every effort is made to avoid dismissing students from school for athletic contests, but at times it is necessary due to scheduling constraints. Dismissal times will be 15 minutes prior to bus departure times. Student-athletes and coaches are to adhere to these dismissal times. Student-athletes are responsible for any and all class work they may miss.

Inclement Weather

Coaches are instructed on the appropriate protocols and precautions to be taken when inclement weather occurs. Student-athlete safety is our first priority.

Postponements/Cancellations

The school department maintains a no school, no athletics philosophy. At times, the athletic administrator and superintendent may approve practices and/or games on no school days when the weather conditions have improved. The athletic office works jointly with the facilities department regarding cancellations due to poor playing conditions. Every attempt will be made to make cancellations and postponements by 1:00 p.m. on school days. All postponements and cancellations will be posted on the website, Instagram, and Twitter.

Captain Selection Guidelines

Captains are leaders within our school and community. We want our captains to exhibit leadership qualities while participating in practices and contests, as well as in the context of the school and community. These guidelines create greater consistency between all MCS teams and set high standards for student leadership.

Student-athletes being considered for captainship must be in good standing within the school, athletic program and community. School administration reserves the right to approve or disapprove the naming of all captains and the athletic administrator must approve all captains prior to being named.

Leadership Expectations, MCS Captains will:

- Meet all academic eligibility standards
- Uphold and adhere to the MCS honor code
- Have no infractions of the honor code during the year preceding being named a captain
- Be removed from the position if an infraction of the honor code occurs while serving as a captain
- Lead peers responsibly by example
- Commit to being quality role models
- Demonstrate enthusiasm for the sport
- Show quality work ethic
- Exhibit good sportsmanship
- Maintain a positive outlook
- Be approachable by coaches and peers
- Be good listeners to coaches and peers
- Support the coach and assist with team communications

Captain Duties & Responsibilities:

- Act as liaison between coach and team
- Lead drills, warm-ups, etc
- Set the mental & emotional tone for the team
- Keep the coaches informed about team issues
- Provide input on team decisions
- Provide support for struggling teammates
- Help handle conflicts within the team
- Help plan team activities
- Be loyal to coaches and their decisions
- Other duties as assigned by the coach

Music

Many teams enjoy music as a warm up inspiration before a game or contest. Any music played that is audible to the public will need to be approved in advance by the athletic administrator. Also, any music played in locker rooms, ski buildings, or any other place where teams meet will need to be of a clean, appropriate nature; rid of sexual innuendos, drug references, and any other material that may be offensive to some.

Dual Sport Policy and Procedure

Any athlete who wishes to participate in two sports during the same season must meet the following criteria.

1. Must have declared his/her intent in writing to the Director of Student Services (athletic director) two weeks prior to the start of the season.
2. Must have parental permission in writing.
3. Must have written acknowledgement in writing from both head coaches.
4. Must have authorization from the athletic director prior to the season.
5. Must not participate in more than two sports in the same season.
6. Must declare, in writing, which sport will take precedence in the event of a conflict (declare a priority sport).

The process operates in the following order.

1. The student will obtain all information and procedures from the athletic director. Applications must be returned two weeks prior to the start of the season, it is the responsibility of the student to return the application before the deadline.
2. The athletic director will contact both head coaches, the athlete involved, and their parent(s) or guardian. A written contract will be completed by all parties involved.
3. Should either coach disagree with the contract, a meeting will occur between the coaches and the athletic director to resolve any conflicts. The decision by the athletic director will be binding.
4. If the athlete breaks a contract, he/she will not be allowed to participate in playoffs or championship events. The athlete may receive two letters and all recognitions associated with both sports if the contract is upheld in good standing.

LETTERING/ AWARD PROCEDURES

The Athletic Awards for Maranacook Community School shall be as follows:

1. Varsity – gold/black chenille “M” will be awarded the first time a student-athlete achieves the varsity award in any sport. A Varsity letter certificate designating the sport in which the letter was won will be awarded for each season the student-athlete achieves the varsity award. The student-athlete will also receive a pin.
2. Sub-Varsity – A participation certificate will be awarded.

The awarding of a varsity letter is an honor and a privilege, and therefore coaches should adhere to the following guidelines outlining the process by which a student-athlete gains a varsity letter. Merely being a member of a varsity team doesn't earn the right of earning a varsity letter.

Varsity Letter Requirements

1. A student-athlete must play a certain number of contests or quarters/halves/periods as outlined herein to be eligible for a varsity letter.
2. A coach may award a varsity letter to an injured player providing the requirements have been met up to the point of injury.
3. The coach may recommend a waiver of these requirements under unusual circumstances with the approval of the Athletic Administrator and/or principal.

4. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering. Seniors participating on an athletic team for the first time must meet all awards criteria to receive the letter award.
5. Student-athletes must return all equipment and uniforms issued or must pay replacement costs before receiving an award of any kind.
6. Regardless of requirements, any student-athlete who fails to complete the season without being excused by the coach or school authorities will not receive an award. The season includes tournaments and playoffs.
7. The Athletic Administrator reserves the right to award a varsity letter in special circumstances (e.g. a Maranacook student participates with another school as a cooperative individual or on a cooperative team).

Specific Sport Requirements

1. Baseball/Softball: Participate in varsity contests in one-half of all innings played or Pitch in four varsity starts or six varsity game appearances
2. Basketball: Participate in varsity contests in at least fifty percent of the quarters played
3. Cross Country: Score in at least three regular season meets or Compete in Regional, State, New England meet
4. Field Hockey: Participate in varsity contests in at least fifty percent of the halves played
5. Football: Participate in varsity contests in at least fifty percent of the quarters played
6. Golf: Participate in varsity contests in at least fifty percent of matches
7. Ice Hockey: Participate in varsity contests in at least fifty percent of the periods played
8. Lacrosse: Participate in varsity contests in at least fifty percent of the halves played
9. Soccer: Participate in varsity contests in at least fifty percent of the halves played
10. Skiing: Membership on State Meet Team
11. Tennis: Participate in varsity contests in at least fifty percent of the matches
12. Track, Outdoor: Score in at least half of regular season meets or Compete in Regional, State, New England meet

CAPTAINS PRACTICES

The Maranacook Athletic Department does not recognize, sponsor or approve captain's practices. Only those practices that are scheduled by the athletic administrator or coach and are directly supervised by the coach are considered official. However, the athletic department does recognize that we cannot control what student-athletes may do on their own time.

TRANSPORTATION

Transportation for all athletic contests, scrimmages, and when necessary, practices will be arranged by the Athletic Administrator. Departure times will be scheduled and published for coaches, players, custodians, faculty and administration.

Student-athletes **MUST** use school-provided transportation to all athletic contests and scrimmages unless prior arrangements have been made with the administration. In addition, student-athletes who are transported by school-provided transportation to events **MUST** return by school-provided transportation unless the head coach receives parental permission personally. Only a legal parent or guardian may transport student-athletes. Coaches can dismiss team members to their legal parent or guardian once they have signed the transportation release form.

Coaches **MUST** always accompany players on the bus. In special circumstances with the approval of administration and arrangements can be made, the coach is permitted to travel to an event without accompanying his/her players.

Bus conduct **MUST** be closely supervised. Infractions of proper bus conduct should be reported to administration for appropriate disciplinary action. Student-athletes are students of the district and are therefore subject to the rules and regulations of the district approved discipline code.

Teams are expected to leave the bus in the same shape as when it was boarded for an away trip. Coaches should monitor and oversee this to ensure that the bus is clean upon return to school.

Manchester Town Office Pick-Up/Drop-Off

Students may be picked up and dropped off at the Manchester Town Office based on the following guidelines:

- Students may only drive themselves to the town office, no passengers unless they are a sibling.
- Students may only be dropped off at the town office if they were either picked up there, or a parent is waiting there to pick them up. Students may NOT ride with another student or parent without permission from the athletic administrator.
- Students may not be dropped off at the town office and then be allowed to walk home.

CONCUSSION MANAGEMENT

A concussion is a type of traumatic brain injury that interferes with the normal function of the brain. A concussion is caused by a bump, blow, or jolt to the head or body. Any force that is transmitted to the head causes the brain to bounce around or twist within the skull, potentially resulting in a concussion. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

There is no such thing as a minor brain injury. Any suspected concussion must be taken seriously.

Recognition and Management

If a student exhibits any signs, symptoms, or behaviors that make you suspicious that he/she may have had a concussion, that student must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

SYMPTOMS REPORTED BY STUDENTS:

Headache, nausea, dizziness, double or blurred vision, sensitivity to light or noise, feeling sluggish or groggy, ringing in the ears, difficulty concentrating, confusion, and vomiting

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS, OR COACHES:

Fog or in a daze, is confused about what to do, forgets plays, is unsure of game or score or opponent, moves clumsily or is unbalanced, answers questions slowly and/or has slurred speech, loses consciousness, has behavior or mood changes, loss of memory, uneven pupils

The signs, symptoms, and behaviors of a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours. A student should be observed following a suspected concussion and should never be left alone.

Cognitive Rest

A concussion can interfere with school, work, sleep, and social interactions. Many students who have a concussion will have difficulty in school with short and long term memory, concentration, and organization. These problems typically last no longer than a week or two, but for some these difficulties may last for months. It's best to lessen the student's class load early on after the injury. Most students with concussion recover fully. However, returning to sports and other activities too quickly can prolong the recovery.

The first step to recovering from a concussion is rest. Rest is essential to help the brain heal. Students with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of the concussion. As the symptoms lessen, increased use of computers, phones, video games, etc. may be allowed.

Return to Play

After suffering a concussion, **no student should return to play or practice the same day.** Newer studies have shown that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Once a student no longer has signs, symptoms, or behaviors of a concussion **and is cleared to return to activity by a health-care professional**, he/she should proceed in a stepwise fashion to allow the brain to readjust to exercise. In most cases the student will progress one step each day. Return to activity program schedule **may** proceed as below **following medical clearance**.

Progressive Physical Activity Program

Day 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercise.

Day 2: Moderate aerobic exercise- 15 to 20 minutes of running at a moderate intensity in the gym or on the field without a helmet or other equipment.

Day 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training and other exercises.

Day 4: Full contact practice or training.

Day 5: Full game play.

****If symptoms of a concussion reoccur, or if concussion signs and/or behaviors are observed at any time during the return to activity program, the student must discontinue all activity and be re-evaluated by their health care provider.****



Maranacook Community Schools

2250 Millard Harrison Drive

Readfield, Maine 04355

Tel (207) 685-4923

Fax (207) 685-9597



MARANACOOK COMMUNITY SCHOOL ATHLETIC DEPARTMENT

CODE OF CONDUCT FOR MARANACOOK COMMUNITY HIGH SCHOOL ATHLETIC PARTICIPANTS

Maranacook wants all students to have the opportunity to be involved in athletics because participation offers different ways for young people to develop character, integrity, and leadership beyond academics. The code of conduct expectations outlined below are for participants of all athletic teams sponsored by Maranacook Community School and are specifically designed to provide a healthy and safe atmosphere in which a student may participate. Recognizing that participation in athletics is a privilege in which the student represents his/her team, school, and community, the student needs to understand that appropriate behavior in school, out of school, in practice, or in competition is expected by the coach, athletic director, and school administration. This document outlines those expectations and outlines what actions will be taken by the adults involved to ensure students are able to meet those expectations.

Student-athletes must meet these expectations as well as follow all school rules and expectations beginning with the first day of practice/tryouts and ending on the day on which the activity ends, which will be considered the team/activity banquet, the final game of the season/playoffs, or final performance, whichever comes last.

Eligibility Requirements for Participation in Athletics:

- 1. Signed Contract:** Before a student tries out, practices, or competes in athletics, she/he must have the "Student Participation and Parental Approval Contract" appropriately completed, signed and on file in the athletic office. This form also shows proof of insurance which is a requirement before participating.
- 2. Attend School:** In order to participate in a game or practice, the student is expected to be in school on time and must attend school for a full day of the game or practice, (or the day before if school is not in session on the game/practice/activity date) unless she/he was previously excused by the school.
- 3. Physical Exam and Medical History Form:** Before a student tries out, practices, or competes in athletics, she/he must have a physical exam within two years of participation dates, and must have filled out and signed the medical history form.
- 4. MPA:** Students must meet all requirements of the Maine Principals' Association including:
 - MPA Bona Fide Team Rule = a member of a school team is a student who is regularly present for and actively participates in team practices and competitions. Bona fide team members of a school are prevented from missing high school practice or competition to complete or practice elsewhere.
 - An athlete is eligible for eight consecutive semesters upon entering grade nine.
 - A student loses eligibility upon reaching 20 years of age or participating under an assumed name.

For additional information, please visit the MPA website: <http://www.mpa.cc/images/stories/pdfs/athlelig.pdf>

Expectations for Participation in Athletics

1. **Academics:** A student is expected to put their academic studies first. If a student needs to see a teacher or staff member for extra help, the student must provide a note from the teacher/staff member to verify their tardiness to the practice/meeting/competition.
2. **Attendance:** Attendance at all games, practices, meetings and activities are mandatory unless previously excused by the coach or activity advisor.
3. **Vacations and Extended Absences:** Due to scheduling parameters, a number of our teams and activities will practice, have events and/or play games during scheduled school vacations. Students who know that they will be absent from scheduled events for an extended period of time should discuss their situation with the coach or advisor prior to trying out for the team or activity. Coaches and advisors will discuss with the student what the resulting action will be if they miss games, performances, and/or practices due to a vacation or extended absences.
4. **Detention:** Daily detention must be served prior to attending practice.
5. **Suspensions:** Students suspended from school are not permitted to practice, compete, or participate during the suspension. If the suspension includes a Friday, athletes are not permitted to participate over the weekend. A suspension occurring on a Friday prior to a vacation will be determined at the discretion of the school administration.
6. **Team Managers:** Team managers are considered team members and must meet the same requirements as players.
7. **Equipment:** Restitution for lost or damaged equipment will be made by the student to whom it was issued. That student will not be permitted to try out, practice, or compete in another sport or activity until such restitution has been made. Failure to turn in any of the uniform or gear will result in being ineligible until that equipment is turned in. School equipment and uniforms will only be worn in games and practices. Seniors who fail to turn in equipment at the end of their last season will be sent a bill.
8. **Transportation:** All team members and activity participants must ride to and from away athletic contests and events in transportation supplied by the school. Students may be released by the coach or advisor to the parents when they sign out their son/daughter. Students may only ride with other parents with written permission approved by the athletic director with at least 24 hours notice. **Due to COVID-19, athletes may ride with parents and other approved adults with prior written permission.**
9. **Attire:** All athletes and activity participants are expected to be neatly dressed when traveling to out-of-town contests.
10. **Training:** Athletes and parents understand that circumstances may later arise which may require additional training regulations by team coaches or school officials and agree to abide by the same. Additional team training rules will be given out in writing. Athletes are encouraged to take time off between seasons and must have ample pre-season practice before she/he may participate in a contest.
11. **All athletes must abide by the COVID-19 health and safety rules as provided as an addendum to this handbook.**
12. **Hazing:** Any form of hazing or initiation is prohibited as indicated by School Board Policy.
13. **Substance Use:** Students will not use or possess nicotine products, including vaping or electronic cigarettes, alcoholic beverages, drugs, or show the effects of using these. Students will not knowingly be in the presence of underage drinking and/or illegal drug use and are expected to leave the situation as soon as they become aware. Violation of these expectations will result in consequences outlined below. If a student provided help to another student under the influence or in the presence of alcohol or illegal drugs, the athletic director has discretion to alter the consequences based on the situation.

First Offense- Students are banned from participation in all events related to the activity for a period of 20 school days.

Second Offense- Students are banned from participation in all events related to the activity for a period of 40 school days.

Third Offense- Student is dismissed from participation in all events for a full calendar year.

In the event a student voluntarily discloses a first offense, the student will be suspended from all co-curricular activities for a period of 10 school days. All subsequent admissions shall conform to the above stated consequences.

COVID-19 Daily Screening Tool

1 . Today or in the past 24 hours have you had any of the following?

<u>Fever</u>	<u>YES</u>	<u>NO</u>
<u>New Cough</u>	<u>YES</u>	<u>NO</u>
<u>Runny nose</u>	<u>YES</u>	<u>NO</u>
<u>Sneezing</u>	<u>YES</u>	<u>NO</u>
<u>Sore throat</u>	<u>YES</u>	<u>NO</u>
<u>Headache</u>	<u>YES</u>	<u>NO</u>
<u>Muscle aches</u>	<u>YES</u>	<u>NO</u>
<u>Chills</u>	<u>YES</u>	<u>NO</u>
<u>Fatigue</u>	<u>YES</u>	<u>NO</u>
<u>Malaise (feeling unwell)</u>	<u>YES</u>	<u>NO</u>
<u>Chest pain</u>	<u>YES</u>	<u>NO</u>
<u>Shortness of breath</u>	<u>YES</u>	<u>NO</u>
<u>Difficulty breathing</u>	<u>YES</u>	<u>NO</u>
<u>Inability to keep liquids down because of vomiting</u>	<u>YES</u>	<u>NO</u>
<u>Diarrhea</u>	<u>YES</u>	<u>NO</u>
<u>Loss of taste and/or smell</u>	<u>YES</u>	<u>NO</u>

2 . In the past 14 days have you had contact with a person known to be infected with the novel coronavirus (COVID-19)?

3 . Have you traveled to any "hot spot" area within the past 14 days?

4 . Do you have a sick family member at home with any of the above symptoms?

****REPORT ANY "YES" RESPONSES TO THE ABOVE QUESTIONS TO YOUR COACH, ATHLETIC DIRECTOR, OR SUPERVISOR, WHO MAY ASK FOR CLARIFICATION OF YOUR ANSWERS.****

MARANACOOK COMMUNITY SCHOOLS PLAYER/PARENT CONTRACT

The rules and regulations set forth in this handbook are standardized for participants of all athletic teams and activities sponsored by Maranacook Community Schools and are specifically designed to provide a healthy and safe atmosphere in which an athlete may participate. Recognizing that participation in athletics is a privilege in which the athlete represents his/her team, school, and community, the athlete needs to understand that inappropriate behavior in school, out of school, in practice, or in competition may result in disciplinary action as determined by the coach, advisor, athletic director, and/or principal. This action could include an array of consequences up to and including suspension from the team.

Student-athletes must abide by these rules and regulations as well as all school rules beginning with the first day of practice/tryouts and ending on the day on which the activity ends, which will be considered the team banquet or final game of the season/playoffs, whichever comes last.

STATEMENT OF STUDENT

This contract to participate and compete in interscholastic athletics and co-curricular activities for Maranacook Community School is signed with the understanding that I am not in violation of, and will not be in violation of any of the eligibility policies and/or procedures of Maranacook Community School, the RSU #38 School Department, and/or the Maine Principals' Association. I also acknowledge that I have read, understand, and agree to abide by the rules and regulations of the handbook and have retained a copy of those rules and regulations.

Signature of Student _____ Date _____

STATEMENT OF PARENT(S) OR LEGAL GUARDIAN(S)

I hereby give my consent for the above named student to (1) engage in Maranacook Community School and Maine Principals' Association approved activities and to represent Maranacook Community School in those activities (excluding those activities indicated by an examining physician), (2) accompany any school team or activity of which he/she is a member on any of its local or out-of-town trips, and (3) be given professional emergency first aid or medical care that may become reasonably necessary for the student in the course of such athletic participation or activity.

For athletics, I understand and acknowledge that the above student received a physical examination within the past two years and that this examination cannot completely assure that the student is completely physically able to participate in the above named supervised activity. I agree to indemnify and hold harmless the examining physician, the RSU #38 School Department and the School Committee, their agents, servants, employees and representatives, free from any and all claims, losses, damages, injuries or adverse consequences arising out of the student participation in such activities and being the result of any circumstance or condition which could not have been determined by the physical examination. I understand that participation in competitive athletics may result in severe injury, including paralysis or death.

I also acknowledge that I have read and understand the rules and regulations of the handbook and have retained a copy of those rules. Furthermore, as a parent of a student involved in a co-curricular activity at Maranacook Community High School, I agree to actively support and enforce the rules and regulations for participation.

Signature of Parent/Guardian _____ Date _____