



Portsmouth
High School



STUDENT ATHLETE HANDBOOK



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NON-DISCRIMINATION

It is the policy of the Portsmouth School Department not to discriminate on the basis of age, sex, ethnicity, religion, national origin, color or handicap in its educational programs, activities and employment practices in accordance with applicable laws and regulations. Additionally, the lack of English language skills of national origin minority persons will not be a barrier to admission and participation in vocational education programs.

Inquiries regarding compliance with laws related to sex discrimination and handicapped accessibility may be directed to Human Resources Department, Middle Road, 683-1039. Questions related to equal educational and employment opportunity may also be directed to the Office for Civil Rights in Education; Rhode Island Department of Education; 22 Hayes Street; Providence, R.I. 02908; Telephone 277-2648.

INTRODUCTION

The purpose of this handbook is to provide student athletes and their families with an overview of the Portsmouth High School Interscholastic Athletic Program and the policies, procedures and rules that govern it. Questions regarding any material in this handbook, as well as questions about any aspect of the program not addressed in this booklet, should be directed to Mr. Stephen Trezvant, Director of Athletics.

Portsmouth High School is a member of the Rhode Island Interscholastic League (RIIL), whose purpose is to organize, regulate and promote interscholastic athletics for secondary schools of Rhode Island. As an RIIL member school, Portsmouth High School abides by the regulations and subscribes to the guidelines set forth by this organization. In addition, school committee policies and school rules also govern the school's athletic program.

Being a member of the Portsmouth High School Athletic program is a tremendous honor and privilege. The positive recognition of our athletic program was built through many years of hard work, dedication and community pride. Understand that you have a responsibility to uphold the traditions exhibited by the countless number of former athletes, parents, coaches, staff and volunteers who have come before you.

PHILOSOPHY

Portsmouth High School's interscholastic athletic program is an integral part of the total curriculum; therefore, a comprehensive program of athletic activities is vital to the educational development of students. The athletic program provides a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life. These experiences are designed to serve the school, assist in the development of respect for self and others, promote fellowship and goodwill, promote self-realization and all-around growth, and encourage learning the qualities of good citizenship, school and self pride.

OBJECTIVES

- To provide a positive atmosphere of school athletics at Portsmouth High School.
- To provide opportunities that will allow athletics to serve as experiences where students may cope with problems and handle situations similar to those encountered in the contemporary world.
- To provide adequate and natural opportunities for:
 1. Physical, mental, social and emotional growth and development;
 2. Acquisition and development of special skills in activities of each student's choice;
 3. Team play with the development of such commitments as loyalty, cooperation, fair play and ethical conduct;
 4. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence and the ideals of good sportsmanship that make for winning and losing graciously;
 5. Achievement of school goals and the student's individual goals;
 6. Provisions for worthy use of leisure time in later life, either as a participant or spectator; and development of leadership qualities.
- To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school, official, fan, community, state or nation.

REQUIREMENTS FOR PARTICIPATION

A. Eligibility

Academic Requirements for Participation

In order to participate in activities/athletics each student must earn a passing grade of D or better in every course in which the student is enrolled. If a student receives a failing grade for a course for the marking period but passes at least 60% of the courses being taken he/she may still participate by going on the Principal's Academic Probation Program. Terms of the Academic Probation Program are as follows:

Any student with a failing grade is ineligible to participate for a period of two weeks following the issuance of report cards to the general student body.

- a. During the initial two-week period of ineligibility the student on probation should report to the Principal's Office for a complete copy of School Committee Policy 5113.1 and a blank Eligibility Progress Report form.
- b. The Eligibility Progress Report (EPR) contains all reporting dates for the subsequent marking period. It is the responsibility of the student to bring the EPR to ALL the student's teachers for input on performance, behavior and effort.
- c. The EPR should be returned to the principal's office on the specified dates and must indicate successful progress in ALL courses. If successful progress is indicated the student will be declared eligible for the next two week period, until the next EPR is due.
- d. While on Academic Probation students are encouraged to schedule regular extra help sessions with teachers.

The definitive date for determining eligibility is the day report cards are issued to the general student body.

Students failing to pass 60% of the credits carried are not eligible for the Academic Probation Program.

Forgery or other breaches of academic integrity in this process will be reported to the assistant principal as a disciplinary matter and risk dismissal from the activity for the remainder of the quarter.

Final course grades from the previous year will be used to determine eligibility.

In Addition, Students are NOT eligible if:

- They are excused from physical education for medical reasons (including a nurse's note);
- Their 19th birthday occurs prior to September 1 of that academic school year;
- They have represented the school in any one sport for more than four seasons or have been in attendance for more than eight semesters in the 9th, 10th, 11th or 12th grade or grades or the equivalent of such grade or grades in any school or schools;
- They have changed schools without a change of legal residence, unless a transfer rule affidavit is approved from the Rhode Island Interscholastic League. Students may have to sit 50% of the varsity contests of that season;
- They played or practiced with an outside team in the same sport that conflicts with the high school practice or contest;
- They do not comply with rules outlined in the Rhode Island Interscholastic League's Rules and Regulations. This publication may be found at www.ril.org .
- They miss or cut any class or study hall on the day of a competition, unless excused by an administrator at the high school.

B. Insurance

The school has arrangements with an insurance company through which parents can secure accident/medical insurance for their children at a nominal cost. Students participating in interscholastic sports are required to carry accident/medical insurance.

The school does not assume responsibility for medical expenses resulting from injuries to participants in sports. The family's personal medical insurance is the first step in covering medical expenses. Accident/medical insurance can only be used to help pay for expenses not covered by your personal insurance.

In claims involving school accident/medical insurance, parents need to pick up an insurance form at the school office. Once the school and attending physician have made out their parts, the parents send the form and bills to the company.

Under certain circumstances, the Rhode Island Interscholastic Injury Fund provides some assistance for medical expenses which are not covered by either personal insurance or accident/medical insurance. The Rhode Island Interscholastic Injury Fund is a nonprofit organization which provides financial assistance for medical expenses incurred by an athlete during Interscholastic League competition. The Injury Fund will consider payment for medical bills and physical therapy above and beyond what the primary

medical insurance of the athlete will pay. The Injury Fund is not an insurance company, but board of dedicated volunteers committed to the health and well being of Rhode Island athletes.

C. Parental Permission and Acknowledgement of Athletic Policies

Each parent or guardian will read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. Each athlete's parent or guardian will complete a Parental Permission and Acknowledgement of Athletic Policies Form giving permission for participation in that interscholastic sport. The form will be kept on file in the Director of Athletics office.

D. Physical Examination

In order to try out for a team, a student must have a health physical on file prior to participation. The physical covers all sports provided the examination occurred within one year of the ending date of the respective athletic season(s). This form will be kept on file in the nurse's office.

- Fall sport athletes must have a physical on or after January 1 of that year.
- Winter sport athletes must have a physical on or after March 15 of that year.
- Spring sport athletes must have a physical on or after June 15 of the previous year.

E. Risk of Participation

Athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. In order to participate in interscholastic sports, students and parents/legal guardians are required to sign the Rhode Island Interscholastic League's Assumption of Risk Form. This form must be notarized and submitted to the coach prior to participation. One copy will be kept on file in the Director of Athletics office. The second copy will be filed at the Rhode Island Interscholastic League office. This process is required only once during the four years of high school for each new athlete, including transfer students.

F. Portsmouth School Department Risk of Participation

In order to participate in interscholastic sports, students and parents/legal guardians are also required to sign the Portsmouth School Department's Assumption of Risk Form. This form must be notarized and submitted to the coach prior to participation. This process is required once EVERY school year.

CODE OF CONDUCT FOR STUDENT ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected to abide by this code of conduct, which will earn them the honor and respect that participation and competition in the interscholastic athletic program affords.

Conduct which results in dishonor to the athlete, the team or the school will not be tolerated. All rules apply to all athletes including players, managers, trainers, cheerleaders and all other students representing a team from Portsmouth High School.

A. Sportsmanship

"Good sportsmanship, ethical behavior, integrity, and the respect for others" are the guiding principles that permeate all interscholastic activities in our school. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others.

All individuals, regardless of their role, are expected to model sportsmanship because of their influence on the behavior of others.

Student Athletes Must:

- Appreciate and understand that their behavior is observed and emulated by many who are younger;
- Live up to the high standard of sportsmanship established by the RIIL;
- Accept and understand the seriousness of their responsibility and the privilege of representing their school and community;
- Live up to the standards of sportsmanship established by the school administration and the coaching staff;
- Learn the rules of the game thoroughly and discuss them with parents, fans, and peers;
- Treat opponents the way they would like to be treated, as a guest or friend;
- Refrain from taunting, trash-talking, or making any kind of derogatory remarks, especially comments of ethnic, racial or sexual nature, to their opponents during the game;
- Wish opponents good luck before the game and congratulate them in a sincere manner that they would like to receive following a victory or defeat;
- Respect the integrity and judgment of game officials;
- Win with humility and lose with grace.

B. Alcohol and Drugs Including Tobacco

Medical research substantiates that the use of alcohol and mood modifying substances produces harmful effects on the human body and will affect athletic performance. You cannot compromise your participation with substance abuse. Students who experiment with such substances jeopardize program morale, reputation and success, and they do physical harm to themselves and risk personal injury and harm to others during their activity.

Students must decide if they want to hold a leadership position or want to be part of an athletic team. If they do wish to be a participant, they must make the commitment in order to do so. A big part of this decision means refraining from the use of alcohol, drugs, tobacco and steroids. All students who wish to be a participant in a sports team or extra-curricular activity in Portsmouth must abide by the Chemical Health and Student Safety Policy listed below:

CHEMICAL HEALTH AND STUDENT SAFETY Policy # 5131.01 (DRUG AND ALCOHOL USE BY STUDENTS)

PURPOSE

This policy is established for the purpose of setting forth the Portsmouth School Committee's support of State and Federal law and regulation governing the possession and use of illicit drugs, mind or mood altering substances, alcohol, tobacco, designer drugs and possession of paraphernalia involved in the use of these substances. The intent of this policy is to set forth the School Committee's expectation in the event such use or possession occurs on or off school property.

The intent of this policy is to:

1. Promote prevention by encouraging students to abstain from the use of any mind or mood altering substances, including, but not limited to, illicit substances, tobacco, alcohol, inhalants, synthetic marijuana and improper use of prescription drugs.
2. Require intervention when student use is detected,
3. Ensure corrective disciplinary action is taken, and
4. Support aftercare programs for students.

PHILOSOPHY

The Portsmouth School committee cares about the health, safety and welfare of all Portsmouth students. The School Committee has developed this policy to guide students to healthy decisions. The policy will be implemented to govern the use and possession of drugs, alcohol, tobacco, inhalants, synthetic drugs and paraphernalia on or off school property, at a school-sponsored activity or event, or in any way related to the conduct of program and activities of the Portsmouth School Department. The School Committee reserves the right, without notice, to add to the banned substance list at any time.

Research statistics substantiate that the use of illicit substances is a major social health problem in the United States. The School Committee is committed to promoting a healthy lifestyle for its students and staff. The School Committee believes the following policy will accommodate concerns of parents, students, law enforcement authorities, and community members relative to substance abuse associated with the Portsmouth Schools. The school department supports its students in reaching their full potential in their academics and extracurricular activities. The opportunity for achievement is limitless when students are able to learn in a supportive and drug free environment.

POLICY STATEMENT FOR ALL STUDENTS

The use of, being under the influence of, possession of, or sale/distribution of illicit substances and/or paraphernalia associated with substance abuse is prohibited within the Portsmouth school buildings, in school vehicles or on school grounds at any time including school hours and school-sponsored activities. This policy also affects students within the established drug-free zones during non-school hours, vacations, and all activities on-site, etc. It is prohibited under this policy for any student off school property to use, be under the influence of, be intoxicated by, possess, sell or distribute illicit substances as stated by Rhode Island State law.

A drug-free zone has been established by the office of the R.I. Attorney General to include any boundaries that mark the school perimeter. It is further stated by the Attorney General's Office, persons convicted of distribution or manufacturing of a controlled substance on public school grounds shall be punished by a term of imprisonment or a fine or both, up to twice the amount authorized by RIGL 21-28.4.01(A) or 21-28.4.07. This policy is inclusive and prohibits the use of illicit substances. Due process procedures governing suspension shall be adhered to for all violations of this policy.

The School Committee endorses this substance abuse policy in order to ensure the highest possible standards of learning; as well as assuring the maintenance of the highest possible level of safety, health, and well-being for all students.

A. PREVENTION

The Portsmouth School Department will provide students and parents with information and activities focused on preventing students from using illicit, mind or mood altering substances. Prevention activities will include an instructional program, guidance and counseling, and a supportive school climate.

The first official practice of any team sport at the High School or Middle School shall be devoted to a presentation on substance abuse and a review of the team rules, as well as comments from the Athletic Director and Principal or Vice Principal. As an alternative, presentations to combined teams may be offered each season.

All students participating in athletics and/or extracurricular activities, as well as a parent, will be required to sign a form each year indicating that both students and parents are aware of the rules for participation. *This policy pertains to the high school and middle school.*

B. INTERVENTION AND AFTER CARE

The School Department will maintain a student assistance program to aid students, who are chemically involved to help address their harmful involvement with chemicals so they can be healthy and participate in school programs.

C. SELF-REFERRAL

Self-referral is defined as a student approaching a counselor or staff member independently without provocation and confiding in them about the substances with which they are involved. If the student were to self-refer to the Student Assistance Counselor or to a staff member prior to being involved in an incident where consequences are imminent, there would be no school sanction (consequence) imposed on the student. Continued participation in extracurricular activities or athletics would be based on an evaluation / recommendation submitted to the advisor / head coach and building Principal by the Student Assistance Counselor. The school district is committed to doing all they can to assist students who have self-referred.

Should a violation occur after the self-referral, consequences stated in this policy may be placed on the student.

D. POLICY EXPECTATIONS FOR ALL STUDENTS ON AND OFF SCHOOL PROPERTY

Medical research substantiates that the use of alcohol and mind/mood altering substances produces harmful effects on the human body and will affect mental and athletic performance. Students should not compromise their participation in their education, extracurricular activities or athletics. Students who experiment with such substances jeopardize school morale, reputation and success, do physical harm to themselves, and risk personal injury, as well as possible harm to other students and staff.

Students must make the commitment to refrain from the use of alcohol, drugs, steroids, and illicit substances as mandated by state law and/or Portsmouth School Committee. Students are considered in violation of this policy if they use or are in the presence of, possess, consume (including being under the influence of and/or distribute). No student will consume any illicit substances or any prescription medication not prescribed to them by medical personnel.

This policy is in effect when on school property, at school functions or activities as well as off school property. This policy is in effect year round.

E. DISCIPLINE

Students have the right to attend school in an environment free of alcohol, tobacco and drugs that are mind or mood altering substances.

The consequences for violation of this Committee Policy Statement **on** district property shall result in disciplinary action. Where violations of the law are involved, law enforcement agencies will be notified.

Students who are not participating in athletics or extracurricular activities at the time of the violation will be referred to the principal for disciplinary action and possible referral. Students who are participating in athletics or extracurricular activities will be disciplined according to policy.

Any student involved in a violation of the code of conduct that results in a suspension from school or activity, or charged with crimes outside of school, will lose the ability to serve as a leader of an extracurricular activity or as a captain of an athletic team and be ineligible to serve in a leadership role for a period of one calendar year.

Exceptions to disciplinary procedures must be reviewed and approved by the School Principal and the Superintendent of Schools.

F. PRESENCE AT PARTIES WITH ALCOHOL AND DRUGS

If a student attends a party or event where alcohol or drugs are being illegally dispensed or consumed by a member of the student body/ and or other individuals not of legal age, the student must make every reasonable effort to leave the premises safely and immediately or risk being in violation of the policy.

G. CYBER IMAGES

Any identifiable image, photo, or video which implicates a student to have been in possession or in the presence of alcohol and or drugs, or portrays actual use or crime, may be a confirmation of a violation of the code of conduct. Even though there is no way to establish a timeframe for where or when the images were taken, this is a responsibility that the student must assume. It is also possible that a person may attempt to implicate a student by taking such images, to place them in a situation where they might be in violation of this code standard. Students must take every precaution to not place himself/herself in such an environment.

H. VIOLATIONS/CONSEQUENCES

1. For a **first** violation a student will be suspended from all sanctioned events and extracurricular activities for two (2) weeks. The student will be reinstated for competition/activity once the requirements have been met. This suspension will be completed during the activity or athlete's season. If there is not sufficient time remaining in that season/activity to complete the suspension, it will be carried over to the next extracurricular activity or interscholastic sport season in which that student participates.

The student must meet with the Student Assistance Counselor and with the Athletic Director/Student Activities Director, coach or activity advisor, after which the student will be reinstated to the extracurricular activity or team.

2. For a **second violation**, in the same year or subsequent year(s), a student will be suspended from all sanctioned events and extracurricular activities for 90 calendar days (excluding summer vacation). The student will be required to forfeit their leadership or captaincy position. Referral to an outside agency for counseling may be made upon the discretion of the

Student Assistance Counselor. If the student volunteers to become part of an approved chemical dependency or treatment program (at no cost to the School District), the student may return to participation after a minimum of 45 days. This treatment program must be certified in writing to the Athletic Director/Student Activities Director by a doctor or counselor.

3. For any **additional violation** in the same year or subsequent year(s), a student will be suspended from all sanctioned events and extracurricular activities for 365 calendar days.

CONSEQUENCES OF USE OF CIGARETTE, CIGAR AND SMOKELESS TOBACCO, ANY NICOTINE, ELECTRONIC CIGARETTES

1. For a **first violation**, an athlete will be suspended for the next sanctioned event. Suspension for a student participating in an extracurricular activity will be decided by an administrator and the activity director, following the current guidelines of the policy. Every effort will be made to treat all extracurricular activities equitably. The suspended student may return to the team or activity for practices or meetings only. The student will be reinstated for competition/activity once the requirements have been met. This suspension will be completed during the activity season, if not sufficient time remaining in the season, the suspension will be carried over into the next extracurricular activity or interscholastic sport season in which that student participates.

2. For a **second offense**, in the same year or subsequent year(s), a student will be suspended from all sanctioned events and extracurricular activities for 30 calendar days (excluding summer vacation).

3. For any **additional violation** in the same year or subsequent year(s), a student will be suspended from all sanctioned events and extracurricular activities for 365 calendar days.

I. EXCEPTIONS TO DISCIPLINARY PROCEDURES

Exceptions to disciplinary procedures must be reviewed and approved by the Superintendent of Schools.

Policy Adopted: 09/24/13

There is a reason for this ...

WE CARE ABOUT THE WELFARE OF OUR STUDENTS AND ATHLETES.

WE ALSO EXPECT A COMMITMENT FROM YOU IF YOU WANT TO BE INVOLVED IN THE ATHLETIC PROGRAM AT PORTSMOUTH HIGH SCHOOL

C. Appearance

Student athletes assume the responsibility of representing their school; consequently, they are expected to dress appropriately and professionally for practices, contests, and travel.

D. Attendance

Athletes are expected to be in school during the whole day throughout the athletic season.

Athletes missing school for reasons other than illness must be excused in advance of the absence in order to participate.

Students must be present for the entire school day in order to take part in practice sessions, games, activities, or attend any school functions on that day, and also weekend school sponsored events. Any extenuating circumstances will be reviewed by the assistant principal.

E. Conflicts in Extracurricular Activities

Athletes who attempt to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.

To rectify these situations, athletes **MUST** notify the advisors/coaches involved **IMMEDIATELY** when a conflict does arise.

The advisors/coaches will make every effort to work out a solution so students do not feel caught in the middle. If a solution cannot be found, the Principal or designee will make the decision based on the following:

- The relative importance of each event;
- The importance of each event to the student;
- The relative contribution the student can make;
- How long each event has been scheduled; and
- A conversation with the athlete and/or parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either advisor/coach. If it becomes obvious that students cannot fulfill the obligation of a school activity, they should withdraw from that activity.

F. Hazing

Under no circumstances will any type of hazing and/or initiation be tolerated. The term “HAZING”, as defined by Rhode Island State Law, means any conduct or method of initiation that any student organization, which willfully or recklessly endangers the physical or mental health of any student or other person (abbreviated from State of Rhode Island Hazing Law, section 11-21-1(b)).

Any attempt to embarrass, intimidate, abuse mentally or physically, denigrate or ridicule any member of the school, a team, club or activity shall be considered hazing.

All students should expect to participate in school or activities free of harassment.

Students who engage in such activity will be subject to suspension or assigned to the Alternative Day Placement room at the discretion of the principal or his/her designee.

The following activities include but are not limited to some examples of violation of this standard:

- Requiring the consumption of any food, alcohol, drug, or other substance;
- Requiring participation in physical activities, such as calisthenics, exercise, or other games or activities requiring physical exertion;
- Exposing another to weather elements or other physically or emotionally uncomfortable situation;
- Forcing excessive fatigue from sleep deprivation, physical activities or exercise;
- Requiring anything that would be illegal under any applicable law, including laws of the State of Rhode Island;
- Requiring anything that can be reasonably expected to be morally offensive to another;
- Committing or requiring any act that demeans another based on race, gender, ability, sexual orientation, religion, or age;
- Committing any act of physical brutality against another, including, but not limited to, paddling, striking with fists, open hands, or objects, and branding;
- Kidnapping or transporting another with the intent of stranding him or her;
- Committing verbal abuse;
- Forcing or requiring conduct that can be reasonably expected to embarrass or adversely affect the dignity of another, including the performance of public stunts and activities such as scavenger hunts;
- Intentionally creating labor or work for another;
- Denying sufficient time for study or other academic activities; or
- Committing or requiring another to commit any sexual act or engage in lewd behavior.

G. Individual Coach's Rules

Coaches may establish (with advanced approval of the athletic director and principal) additional rules and regulations for their respective teams. These rules must be given in writing by the coach to all team members and explained fully at the start of the season.

Penalties for violation of team rules will also be in writing and will be administered by the coach. Additional team rules must be consistent with all other school rules and regulations.

Coaches may take reasonable disciplinary action pertaining to any problem that may arise that has not already been reviewed in this handbook.

H. Leaving a Squad

Athletes who leave a squad will have 48 hours to ask the coach for reinstatement. The coach will act independently on each case. These students are expected to discuss their decision with the Director of Athletics and Coach. This is an important step so that they realize their responsibility to the team and themselves.

Within one week of the first contest, a student may drop from the squad without penalty. After this time, the student may not participate in any other athletic activity for that season unless the Director of Athletics and/or both coaches involved grant permission.

I. Locker Room Regulations

- Rough-housing and throwing towels or other objects are not allowed in the locker rooms.
- All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- Athletes should ensure that all clothing and valuables are locked in their lockers.
- No glass containers are permitted in locker rooms.
- All shoes that have spikes or cleats must be put on and taken off outside of the school building.

J. Practices and Contests

Athletes are expected to attend all contests and practices during the season, vacations included, unless excused by the coach and/or Director of Athletics prior to the absence.

K. Vacations

Vacations (including trips during school vacations) by athletic team members during a sport season are discouraged. Athletes and parents wishing to do so should assess their commitment to the team. In the event of an absence due to a vacation that is unavoidable, the athlete must:

- Contact the coach at least one (1) week prior to the vacation, preferably before the beginning of the season;
- Present a signed excuse by the parent or guardian at least one (1) week prior to leaving;
- Accept their playing status on that squad following the return to competition.
- Students who have an option to participate in a school or community service related trip will NOT incur a penalty, however, must accept their playing status on that squad following their return to competition.

L. School Rules

Athletes will abide by all rules and regulations outlined in the “Code of Behavior” published in the Handbook for Students and Parents which is distributed to all students.

M. Suspension/Detention

Athletes cannot participate in athletics while serving a suspension or detention. An athlete who is issued a detention must attend the session(s) assigned regardless of home game or practice conflicts.

Athletes with away contest must meet with and get assistant principal approval to be reassigned to the next open day to serve the detention.

N. Travel

Athletes must travel to and from athletic contests in transportation provided by the Portsmouth Public Schools unless previous arrangements are made by the athlete’s parents for exceptional situations. The Director of Athletics and coach must approve permission for exceptions.

In addition:

- Athletes will remain with their team under the supervision of the coach when attending away contests.
- Athletes may return from an away contest only with their parents. In that event, the parent must request permission from the Director of Athletics and coach prior to the contest. The athlete will be released only to their parents upon the personal recognizance of the parent by the coach.
- Athletes are not permitted to drive their own vehicles to away contests.
- Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- All regular school bus rules will be followed.

O. Fitness Center / Weight Room Regulations

Students will be allowed in the fitness center / weight room only if there is an assigned supervisor or coach in the facility at all times.

In addition:

- Shirts and shoes are required at all times.
- Students must be under the supervision of the instructor assigned.
- Lifters must work with a partner.
- Replace all weights on racks immediately following use.

- Know your limits! Work with the instructor in determining your limits.
- Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- Warm-up with proper stretching exercises.
- No food or drinks inside the weight room.
- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.
- Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.
- Students will only be allowed in the weight room if there is an assigned supervisor/coach in the facility at all times.

P. Equipment and Uniforms

- Athletes are responsible for the proper care and security of all equipment issued/loaned them.
- School-furnished equipment is to be worn only for contests and practice or when authorized by the coach.
- All equipment must be returned immediately after the season. Failure to return this equipment will result in school disciplinary action.
- Athletes who do not return their equipment in good condition or who lose their equipment will be assessed the replacement cost of the equipment.
- Additionally, athletes may not participate in another sport until this obligation has been fulfilled.
- Due to Rhode Island Interscholastic League Rules, equipment cannot be issued to any student out of season.
- It is the student's responsibility to make sure any issued and personal belongings are secured properly in the locker room.

PARENT AND COACH COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to the student athlete.

As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication parents should expect from coaches:

- Philosophy of the coach;
- Expectations the coach has for your child as well as all the players on the squad;

- Locations and times of all practices and contests;
- Team requirements, i.e., practices, special equipment, out-of-season conditioning;
- Procedure followed should your child be injured during participation;
- Discipline that may result in the denial of your child's participation.

Communication coaches should expect from parents:

- Concerns expressed directly to the coach;
- Notification of any schedule conflicts well in advance;
- Specific concerns with regard to a coach's philosophy and/or expectations.

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

Appropriate concerns to discuss with coaches:

- The treatment of your child, mentally and physically;
- Ways to help your child improve; and
- Concerns about your child's behavior.

Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain topics can and should be discussed with your child's coach. Other topics must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Please do not attempt to confront a coach before or after a contest or practice. These situations can be emotional periods for both the parent and the coach. Meetings of this nature do not promote resolution.

If the meeting with the coach did not provide a satisfactory resolution, you should contact the Director of Athletics to discuss the situation.

NCAA Clearinghouse for Academic Standards

It is your responsibility to make sure the Clearinghouse has the documents it needs to certify you.

These documents are:

- Your completed and signed Student Release Form and fee
- Your official high school transcript
- Your SAT or ACT test scores
- Your high school form 48H which your guidance office must submit to the Clearinghouse. This will be kept in the Clearinghouse Library.

TO OBTAIN AND USE THE NCAA CLEARINGHOUSE STUDENT RELEASE FORM, COMPLETE THE FOLLOWING STEP.

Go online @ www.ncaaclearinghouse.net and follow the instructions.

The NCAA Clearinghouse has launched a series of services to support prospective student-athletes. The key features of the new Clearinghouse services include:

• IMPORTANT! New Eligibility Rules ! See the website for more information.

• An NCAA Clearinghouse website can be found at www.ncaaclearinghouse.net .

You may access the Clearinghouse Home Page directly or through links from the NCAA's Website at www.ncaa.org .

- From the NCAA Clearinghouse website, prospective student-athletes are able to access information needed to understand the Division I and Division II eligibility requirements, register with the Clearinghouse and access individual Clearinghouse records.
- Beginning in 2003-2004 Prospective Student-Athletes (Domestic) who are eligible for a waiver of the Initial-Eligibility Certification Fee may complete their Student Release Form (SRF) online. NOTE: to be eligible for a fee waiver, you must have already received a fee waiver (not state voucher) for the ACT or SAT.

Your high school counselor will also be required to submit an electronic fee waiver verification on your behalf (high school counselors with PIN access may submit waivers for eligible students from the High School Administrator section of the Clearinghouse website).

General Information on the NCAA Clearinghouse Website:

- Links to the NCAA website
- Core-course listings for high schools

- Online version of NCAA Guide for the College-Bound Student-Athlete
- Online information about Division I and Division II initial-eligibility requirements
- Online Frequently Asked Questions (FAQs)
- Prospective Student-Athletes:
 - Submit your Student Release Form (SRF) via the Web.
 - Registered Students - Update your registration information (if necessary).
 - Registered Students - Check your certification status.
- Home-School Students – please see website.

Clearinghouse Customer Services

Clearinghouse mailing address:

NCAA Clearinghouse
 301 ACT Drive
 Box 4043
 Iowa City, IA 52243-4043

Clearinghouse customer service hours:

8 a.m. to 5 p.m. Central Time Monday through Friday

Toll Free phone numbers (domestic callers only):

Customer Service Line - 877/262-1492
 24-hour voice response - 877/861-3003

Phone numbers (international callers):

Customer Service Line - 319/337-1492
 24-hour voice response - 319/339-3003 Fax Number: 319/337-1556

Important Information about Division I and Division II Initial-Eligibility Changes

The Division I and Division II initial-eligibility requirements have changed.

The new requirements increase the number of required core courses from 13 to 14. The additional course may come from any of the following areas: English, mathematics, natural/physical science, social science, foreign language, non-doctrinal religion or philosophy.

Please see the important notice below about the elimination of computer science.

For the class of 2008: Division I only -- 16 core courses

If you plan to enter college in 2008 or after, you will need to present 16 core courses in the following breakdown:

4 years of English

3 years of mathematics (Algebra I or higher)

2 years of natural/physical science (one must be a lab science)

1 year of additional English, math or science

2 years of social studies

4 years of additional core courses (from any area listed above, or from foreign language, non-doctrinal religion or philosophy)

Division II - 14 core courses

If you plan to enter college in 2005 or after, your eligibility will be determined under the new rule. That means that you must have 14 core courses to be eligible to practice, play and receive financial aid at a Division II school.

Computer science being eliminated for core-course purposes

Computer science courses will no longer be able to be used for initial-eligibility purposes. This rule is effective August 1, 2005, for students first entering a collegiate institution on or after August 1, 2005.

Computer science courses (such as programming) that are taught through the mathematics or natural/physical science departments and receive either math or science credit and are on the high school's list of approved core courses as math or science may be used after the August 1, 2005, date.

Register online!

Prospective student-athletes may register with the NCAA Initial-Eligibility Clearinghouse on-line.

Simply go to the Initial-Eligibility Clearinghouse on the clearinghouse link on the right side of the athletics home page. By registering on-line, prospects will be able to view their eligibility information on-line, and will not have to call the clearinghouse for eligibility updates.

On-line registration saves time, and allows prospective student-athletes to view their eligibility status up to six weeks faster than through the paper registration process.

Changes in SAT/ACT tests

The SAT and ACT have made changes their tests; one of the most significant changes is the addition of a writing component. On both the SAT and ACT, students will be asked to write an essay. The SAT writing section is mandatory, while the ACT writing section is optional.

The SAT will now have three parts: critical reading (formerly known as verbal), mathematics, and writing. Since each section is worth 200-800 points, the SAT score will now range from 600-2400.

Will the NCAA require a writing test as part of its initial-eligibility requirements?

The NCAA had determined that the writing component should not be required at the present time. The NCAA has noted the importance of reviewing research related to the impact of the writing component.

How will the NCAA Initial-Eligibility Clearinghouse use the scores on the new SAT?

Because the critical reading and math sections will still be scored on a 200-800 point scale, the clearinghouse will still combine those two sections for the combined score. The writing section will not be used. The clearinghouse will use scores from the new SAT in combination with scores from the current SAT for the combined score.

What about ACT?

ACT is also adding a writing component, but the ACT writing component is optional. The scores on the ACT will remain the same.

Where can I get more information?

The College Board has information about the new SAT on its Web site at www.collegeboard.com , and ACT has information at www.act.org .

Specific questions regarding any of the information on this page may be answered by contacting the

NCAA Membership Services staff at 317/917-6222.

Portsmouth High School Athletic Department

TO: Student Athletes, Parents and Guardians

RE: Student / Athlete Handbook

I have received a copy of the Chemical Health Policy located in 2022-23 Portsmouth High School Student/Athlete Handbook. I understand, agree and accept the policies and procedures stated in the Student/Athlete Handbook as a requirement for participation in the Portsmouth High School Athletic Program:

Student (print) _____ **Grade** _____

Student signature _____ **Grade** _____

Parent (print) _____ **Date** _____

Parent signature _____ **Date** _____

Guardian (print) _____ **Date** _____

Guardian signature _____ **Date** _____

Sports Team (s) _____

Clubs/Activities _____
