PHILOSOPHY

The major emphasis of the interscholastic athletics program is the same as for any other educational program - providing students with the opportunity to develop to the maximum of their potential. In this area, the provision is for the development of physical, mental and social skills through athletic activities. Athletic activities help to motivate a pride in achievement, encourage an appreciation of team effort, hard work, and fair play, and assist athletes in developing a respect for rules, the game and the abilities of others.

OBJECTIVES

A successful athletics program must be based on sound educational principles. Every activity sponsored and supported by the schools must be considered a phase of the educational process. If an athletics program does not service positive educational goals, the expenditure of time and money is not justified.

ATHLETICS AT SJHS

Sanford Junior High offers several interscholastic sports programs. Those currently offered are:

FALL . . . . . 7th & 8th Grade FIELD HOCKEY
7th & 8th Grade SOCCER
6th, 7th & 8th Grade CROSS COUNTRY

WINTER . . . 7th & 8th Grade BOYS BASKETBALL
7th & 8th Grade GIRLS BASKETBALL
7th & 8th Grade CHEERING
6th, 7th & 8th Grade WRESTLING
SPRING . . . . . 7th & 8th Grade BASEBALL
7th & 8th Grade SOFTBALL
6th, 7th & 8th Grade GIRLS TRACK
6th, 7th & 8th Grade BOYS TRACK

ACADEMIC REQUIREMENTS
Student athletes must have passing grades in all subjects. In the event a student is not passing all subjects, he/she will be ineligible for meets/games until the grades improve. However, a student will be able to practice with the team during this time.

EQUIPMENT/UNIFORM RETURN
A student athlete who fails to return school-issued equipment, supplies, and/or uniforms at the end of one sports season will be ineligible to participate in any athletic activity during the following season until the equipment is returned or compensation is made to the school.

PARENTAL PERMISSION
The student athlete must give his/her coach a permission slip signed by his/her parent(s)/guardian(s) before attending the first practice session—this is called the "Emergency Information Form" and contains emergency contact information as well as proof of insurance coverage. Athletes are required to carry adequate insurance. This form must be completed/signed at the beginning of each sports season in which the student participates—it does not carry over from one season to the next.

PHYSICAL EXAMINATION
A physical examination shall be required of any student athlete prior to trying out for any school-sponsored athletic activity, no exception. Physical exams are good for TWO YEARS from the date of the exam. In the cases of serious illness/broken bones, students in Grades 8, 10 and 12 would be required to have a physical prior to re-entry. Students will be responsible for their physical examinations. Forms completed by the physician and the parents must be presented to the coaches before any participation in a sport can take place.

SCHOOL ATTENDANCE
Student athletes must be in school by 8:30am on the day of a game or practice in order to participate that day. Students arriving late to school, or absent from school, may be allowed to participate with permission of the school Principal, Assistant Principal or Athletic Director at their discretion. (ex: Orthodontist Appt., Funeral....)
PRACTICE ATTENDANCE
Student athletes are expected to attend and be on time for all practices and competitions. If the student cannot attend a practice/meeting, he/she should inform the coach prior to the starting time. Missing a practice may affect a student’s subsequent playing time in a game or a meet.

DRESS
Student athletes are expected to dress neatly and appropriately while representing the school. On days where team jerseys are worn to school, students are not allowed to wear their team jerseys in physical education class.

TRAVEL
Students are required to travel to and from any ‘away from school’ event by means provided by the District. A student may leave an event with his/her parent(s)/guardian(s). The parent(s)/guardian(s) must notify the coach/advisor in writing signed by an administrator 24 hours in advance, that his/her child is leaving with them.

ADDITIONAL RULES
Additional rules may be established by the coach of the individual athletic team. In that case, each student participating on that team will receive a written copy of these rules no later than the second meeting of that team.

AFTER PRACTICE/GAMES
Parent(s)/Guardian(s) shall be responsible for picking up students participating on athletic teams, or arranging for their supervision, no more than fifteen (15) minutes after the end of any scheduled meeting/games, at the designated pick-up spot.

CODE OF ETHICS
The Code of Ethics for athletic activities has been developed for the purpose of stating the behavioral expectations of all who are involved with the school athletics programs. Adherence to the Code is expected at all school-sponsored or sanctioned activities. Reported consistent and/or flagrant violations of the Code may result in punitive action by the school administration if charges are substantiated at a hearing convened for that purpose.

In order to promote desirable behavior and enhance the overall quality of athletic activities the following Code of Ethics is in effect:

It is the duty of all concerned with athletic activities programs to:
1. Cultivate an awareness that participation in junior high school athletics is part of the total education experience and, as such, no one should either seek or expect academic privileges for the participants.

2. Emphasize the proper ideals of the Sanford Code of Conduct as they relate to the lifetime impact on the participants and spectators.

3. Develop an awareness and understanding of all rules and guidelines governing competition or activity, both in letter and intent, and to comply with them in all activities.

4. Recognize that the purpose of athletics in school programs is to develop and promote the physical, mental, moral, social and emotional well being of individual participants.

5. Avoid any practice or technique that would endanger the present or future welfare or safety of a participant.

6. Avoid practices that force or encourage students to specialize or which restrict them from participation in a variety of junior high school activities.

7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators in any aspect of school athletics.

8. Vigorously encourage the development of proper health habits and discourage the use of chemicals, including alcohol and tobacco.

9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.

10. Encourage everyone to judge the true success of the athletics programs on the basis of the participants and spectators, rather than on the basis of a win or loss.

Since research indicates a student involved in interscholastic athletics has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful adult life.

CONSEQUENCES REGARDING SUBSTANCES AT NON-SCHOOL EVENTS
(School Events or On School Grounds {Policy JICH} Supersede this Section)
This system would take place over your two (3) years of participation in athletic activities at Sanford Junior High School. You would not start fresh at the beginning of each school year. This is a cumulative system.

Any student that is involved in, or in the presence of the consumption, sale, distribution or possession of drugs, alcohol, tobacco, drug paraphernalia or other illegal or unauthorized drugs, he/she shall be immediately suspended in accordance with the following procedure:

✓ **1st Offense:** Fourteen (14) days from the team he/she is participating in at that time. He/she will be able to practice, but will not participate in any competition during this time of suspension. This will carry over from season to season and year to year. Should the suspension carry over from one season to the next, he/she would be able to try out. The suspension would then continue once the team has been selected.

✓ **2nd Offense:** Forty-five (45) days from the club and/or organization he/she is participating in at that time. Thirty (30) hours of community service to be overseen and decided by the coach, athletic director and/or administrator. He/she will be able to practice but will not participate in any competition during this time of suspension. This will carry over from season to season and year to year. Should the suspension carry over from one season to the next he/she would be able to tryout. The suspension would then continue once the team has been selected. The community service would have to be done by the end of the forty-five (45) day suspension. If not completed, he/she would not be able to participate until the community service has been completed. **Sundays are excluded as days counted towards the suspension, since they are not play dates as mandated by the Maine Principal's Association.**

✓ **3rd Offense:** One (1) year to the date of suspension. However, at the end of six (6) months, he/she will have the opportunity to come before a board that consists of: the Athletic Director and/or Coach; their Guidance Counselor; and Assistant Principal. He/she will have the opportunity to discuss what he/she has done during this time of suspension. This board will have the authority to lessen the year-to-date consequence if they feel there has been improvement with the student.

✓ **4th Offense:** Ineligibility for all athletic activities for the remainder of the student’s junior high school career.

**Androstenedione and Dietary Supplements:**

The use of any drug, medication or food supplement for the purpose of performance enhancement is ethically wrong. In order to minimize health and safety risks for student athletes, maintain ethical standards, and reduce liability risks school personnel and coaches should never supply, recommend or encourage the use of any drug, medication or
food supplement for performance or enhancement purposes. Any use of dietary supplements that enhance performance will come under the consequences regarding use of substances for student athletes.

In all cases the student will be referred to the Student Assistance Counselor. The recommendation of the Student Assistance Counselor must be followed or the student will be removed until the recommendations are followed.

Any violation of town, county, state or federal laws or statutes may be cause for suspension and/or dismissal from co-curricular activities.

HAZING

Hazing or any initiation on any Sanford Junior High School team will not be tolerated. An administrator at SJHS will handle consequences for hazing or initiations on a case-by-case basis.

PARENT/COACH/ATHLETE COMMUNICATION

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD’S COACH:
1. Philosophy of the Coach
2. Expectations the Coach has for your child as well as all the students
3. Locations and times of all practices and games/meets
4. Requirements, i.e., practice, special equipment, out-of-season conditioning
5. Procedure followed should your child be injured during participation

COMMUNICATION COACH/ADVISOR EXPECTS FROM PARENTS:
1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concerns with regard to a coach’s philosophy and/or expectations

AS YOUR CHILD BECOMES INVOLVED WITH SCHOOL ATHLETICS, HE/SHE CAN:

Experience some of the most rewarding moments of a lifetime. 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:
1. The treatment of your child—mentally and physically.
2. Ways to help your child improve
3. Concerns about your child’s behavior

It is very difficult to accept your child’s not participating as much as you may hope. Coaches are professionals. They make judgment decisions based upon what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child’s coach. Other things, such as those below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:
1. The amount of playing time or activity time your child receives
2. Activity strategy
3. Play calling
4. Other students involved in the activities

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other’s position, and have an opportunity to communicate such. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THE PROCEDURE YOU SHOULD FOLLOW IS:
• Call or email the coach to set up an appointment. The Junior High School phone is #324-3114.
• Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

THE NEXT STEP—WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION:
• Call the school (#324-3114) and set up an appointment with the Athletic Director, Nate Mann. He will set up a meeting with involved parties to discuss the situation.

CONCUSSION MANAGEMENT POLICY

Concussions are a functional injury, not a structural injury. Recovery from a concussion is a process, not an event—different athletes recover at different rates depending upon a variety of factors. It is critical that athletes and parents alike understand the importance of following the school’s precautions and protocol regarding head injuries. Before signing this document, parents should read the following policy carefully.
APPENDIX B: Immediate Post Concussion Instructions

HEAD INJURY PRECAUTIONS

During the first 24 hours,
• DO NOT take any medication for pain. Taking Non Steroid Anti-Inflammatory drugs (NSAIDS) including Ibuprofen cause blood to thin, increasing the risk of complications from injury. Taking any medication including acetaminophen can mask symptoms of injury, making it more difficult for the athlete and caregivers to monitor for warning signs.

• Limit both physical and cognitive activity. Limit screen time. (no video games, television, computer, reading, or texting) Failure to limit these will exacerbate symptoms.

• Monitor athlete for worsening symptoms. If any symptoms worsen, athlete must obtain emergency medical care
  - Unequal pupil size
  - Clear drainage from nose or ear
  - Seizures
  - Slurred speech
  - Trouble recognizing people or places- increasing confusion
  - Weakness or numbness in arms or legs
  - Unusual behavior change- increasing irritability
  - Dizziness
  - Loss of consciousness
  - Blurred vision
  - Double vision
  - Loss of memory
  - Ringing in the ears
  - Vomiting
  - Nausea
  - Headache
  - Difficulty concentrating
  - Feeling unbalanced
  - Feeling foggy or in a daze
Sensitivity to light
Sensitivity to noise

- If at any time the condition of the athlete exceeds your level of comfort, be sure to seek immediate medical care

**Important Contact Information**
- Goodall Hospital Emergency Room: #490-7433
- Jessie Hobgood’s Cell: #651-9571

**APPENDIX D: Return to Play Protocol**

- Recovery from concussion and progression through the Return-to-Play stages is individualized and determined on a case by case basis. Many factors influence the rate of progression and include previous concussion history, duration and types of symptoms, age and sport/activity that the athlete participates in. Athletes with history of prior concussion, extended duration of symptoms, or participation in collision or contact sports may progress more slowly.

- The following table is adapted from the 3rd International Conference on Concussion in Sport and provides the framework for the return to play protocol.

- It is expected that student-athletes will start in stage 1 and remain in stage 1 until symptom free.

- The patient may, under the direction of the health care professional, and the guidance of the licensed athletic trainer or recognized concussion management program, progress to the next stage only when assessment battery has normalized, including symptom assessment, cognitive assessment with computerized or other appropriate neuropsychological assessment.

- It is anticipated that at least 24 hours will be required, at a minimum, of being asymptomatic with each stage before progressing to the next stage.

- Utilizing this framework, in a **best case scenario**, a patient sustaining a concussion and being asymptomatic by the next day will start in Rehabilitation Stage 1 at post injury day 1 and progress through to stage 6, ‘Return to Play’ by post injury day 6.

- There may be circumstances, based on an individual’s concussion severity, where the return to play protocol may take longer. Under all circumstances the progression through this protocol shall be overseen by the managing health care professional, licensed athletic trainer or recognized concussion management program.

- Each student-athlete with a concussion shall be personally evaluated by a health care professional at least one time during this process.

- When the athlete has successfully passed through stage 5 (Full Contact Practice) and has previously been evaluated by a health care professional or recognized concussion management program, a verbal
clearance may be obtained by the licensed athletic trainer or designated school personnel. Otherwise, a visit with a health care professional is required before such clearance to return to play will be granted.

ASSUMPTION AND ACKNOWLEDGEMENT OF RISK:

Even though interscholastic athletics offers many benefits to the participants, it is recognized that there are dangers that may lead to injury. This statement is to make all student athletes and their parents aware that dangers do exist and that participation is voluntary with the understanding that risks are involved in all sports. It is to be understood that student athletes must share in the responsibility for their own safety and the safety of others as each participates in Sanford's interscholastic athletic program.

The student athlete who participates in the interscholastic athletic program could mildly, moderately or severely injure the anatomy of the following: muscles, tendons, ligaments, bones, skin, teeth and any vital organ. Catastrophic injuries of death and permanent paralysis may also occur during athletic participation. There is not an absolute preventative against any of the mentioned potential injury sites.

BEFORE BEING APPROVED TO PARTICIPATE in Sanford Junior High School Athletics, both the student athlete and his/her
parent are required to sign (and return to school) the last page of
this document acknowledging that they have read and agree to
follow the protocol set forth in the preceding Interscholastic
Athletics Student/Parent Handbook. Please remove the signature
page for school, and keep the rest of the handbook at home.

Once the signed document is received by the Athletic
Director, Nate Mann, a copy will be placed on file for the current
school year, and the student athlete will be allowed to try out and
participate in the desired athletic program(s).
SANFORD JUNIOR HIGH SCHOOL
ATHLETIC CODE/CONCUSSION POLICY

I have read and understood the SJHS Interscholastic Athletics Student/Parent Handbook containing the Athletic Code of Conduct, Concussion Policy, and Assumption & Acknowledgement of Risk. I understand that my participation in school sponsored athletic programs requires that I abide by these policies and procedures.

NOTE: Please keep this page and the rest of the document, and sign/return the following page to school—give to your coach or to Nate Mann, SJHS Athletic Director.

* * * Parent’s Copy * * *

(Please Print) ____________________________

Student Name

__________________________________

Signature of Student

__________________________________

Signature of Parent/Guardian

*Date

*This form covers the athlete for the entire school year in which it was signed
SANFORD JUNIOR HIGH SCHOOL
ATHLETIC CODE/CONCUSSION POLICY

I have read and understood the SJHS Interscholastic Athletics Student/Parent Handbook containing the Athletic Code of Conduct, Concussion Policy, and Assumption & Acknowledgement of Risk. I understand that my participation in school sponsored athletic programs requires that I abide by these policies and procedures.

Please return this page to school—give to your coach or to Nate Mann, SJHS Athletic Director.

(Please Print Neatly) __________________________________________
Student’s Name PRINTED

__________________________________  _____  ______
SJHS Sport           Age        Grade

__________________________________
Signature of Student

__________________________________
Signature of Parent/Guardian

__________________________________
*Date
*This form covers the athlete for the entire school year in which it was signed