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STATEMENT OF PURPOSE

The Hermon School Department believes that participation in sports provides a wealth of opportunity and experience that assists students in personal development, self-expression, mental alertness, and physical growth. The Hermon Athletic Department strives to provide a positive environment dedicated to achieving excellence in athletic and academic performance and inspiring personal development, which prepares student-athletes to benefit society in a lasting and meaningful way.

A student participates in athletics by choice. In so doing, the student also chooses to adhere to the athletic participation rules. **An HHS student athlete will not do anything to jeopardize the reputation of the team, school, or greater school communities, or their team's chances of success.**

Rules are established for the conduct of athletes, and the administration of Hermon High School athletics within the pages of this handbook. Student athletes, parents, and coaches are responsible for knowing and following the contents of this handbook.

These rules and procedures apply during the entire sport season (from try-outs through banquet), on and off school grounds, any place and time, 24 hours per day, 7 days per week. Failure to comply with these rules and procedures will result in a suspension from participation in Hermon High School athletics. In addition to these rules, each coach will develop rules and regulations that apply to their sport.

Interscholastic Sports:

Boys and Girls Cross Country

Field Hockey

Football

Golf

Boys and Girls Soccer

Cheering

Boys and Girls Basketball

Cheerleading

Indoor Track

Baseball

Softball

Outdoor Track

Boys and Girls Tennis

ATHLETIC CODE OF CONDUCT

Information in this handbook spells out guidelines, rules and responsibilities for Hermon High School student athletes.

Hermon High School Mission Statement

The mission of Hermon High School to prepare students for personal success in college, work, and community.

Hermon High School Athletic Expectations

Expectations of the Hermon High School Athletic Department

1. Host a meeting at the beginning of each season for all athletes, parents of athletes, and coaches to discuss the current *Athletic Handbook*. Parents and athletes must sign the *Athletic Handbook Agreement* before the athlete may participate in any athletic contests.
2. Provide opportunities for high school athletes to be positive role models for all Hermon High School students and the greater Hermon High School community.
3. Provide safe and appropriate equipment, facilities, and transportation.

Expectations of the coach:

1. Coaching skills
 - a. Teaches fundamentals.
 - b. Promotes physical conditioning with a specific plan.
 - c. Has a valid CPR and Sport First Aid Certificate.
 - d. Teaches specific safety procedures for activity.
 - e. Prepares team for contest.
 - f. Maintains discipline.
 - g. Knows and abides by rules of activity.
 - h. Develops team unity.
 - i. Encourages appropriate traits of citizenship by being a positive role model; provides positive leadership for student-athletes
2. Organizational Skills
 - a. Care of equipment and facilities.
 - b. Team supervision – home and away.
 - c. Appropriate time committed to program during season.
 - d. Delegates responsibility to assistants when appropriate.
 - e. Organizes effective practice sessions.
 - f. Makes good use of managers.

- g. Responsibility for details such as student eligibility, inventories, and awards.
 - h. Follows Hermon High School Coaches Handbook and MPA policies.
 - i. Reviews school policies and team rules with parents and athletes.
3. Professional Relations
- a. Communicates with fellow coaches.
 - b. Cooperates with building administration.
 - c. Supports and cooperates with other sports programs.
 - d. Attends clinics and professional meetings.
 - e. Holds meetings when appropriate with parents and athletes prior to first contest to establish positive communication.
 - f. Maintains professional relationships with officials.
4. Personal Characteristics
- a. Is enthusiastic and self-motivated.
 - b. Exercises fairness in dealing with players.
 - c. Maintains poise and composure during practice.
 - d. Maintains poise and composure during games.
 - e. Appropriate appearance / dress.

Expectations of the parent/guardian:

1. Support your student athlete's effort toward success.
2. Work to promote a positive environment that is conducive to the development of your student-athlete.
3. Become familiar with and review the rules and regulations of your student-athlete.
4. Communicate any concerns in a timely manner.
5. Treat all coaching personnel with courtesy and respect and insist your student-athlete does the same.
6. Promote and model mature and sportsmanlike behavior at all athletic contests.

ACADEMIC ELIGIBILITY

Academic Eligibility

- 1. Students' grades will be reviewed after each ranking period.**

2. To be eligible to participate in **interscholastic** / extra curricular activities, students must receive a passing grade (**70% or higher**) in all of their classes at the end of each ranking period. Students not passing all of their classes at the end of a ranking period will be deemed academically ineligible to participate, resulting in dismissal from a team or activity. (The date of academic ineligibility would begin on the date the report card is issued.)
3. **Students who are failing ONE class with an average between a 60% - 69%-(inclusive) will have the option to continue interscholastic / extra-curricular participation with an academic and behavioral contract. Contracts will only be allotted ONCE per academic year. This contract will include the following:**

- a. **Bi-weekly check-ins with administration (athletic director, principal or assistant principal) at which time ALL academic classes will be reviewed.**

During each academic check if the student has failed to complete or turn in a formative assessment – in any of their classes, OR has a summative assessment score below a 70% - in any of their classes, he/she will be immediately deemed ineligible and removed from the interscholastic / extra curricular activity.

- b. **Throughout the term of the contract, if the student is referred to the office resulting in administrative discipline for, but not limited to, behavior such as disruption in class, inappropriate language, and inappropriate physical contact, the student will be immediately removed from the interscholastic / extra curricular activity.**

4. **Students who have failed more than one class or have failed one class with an average less than 60% will be deemed academically ineligible to participate, resulting in dismissal from the team or activity. The date of the academic ineligibility would begin on the date that the report card was issued. In order to regain eligibility, the student must be passing all of his/her classes at the end of the next ranking period.**

Students who are academically ineligible may not take part in tryouts – except for tryouts for the spring season.

Year end grades from the previous school year determine fall sports eligibility for the next school year. Students may take summer classes

to regain eligibility. Academic Contracts for the fall may also be issued based on year end grades.

In the event of extenuating circumstances, a final appeal regarding eligibility may be directed to the high school principal. Appeals denied by the high school principal may be directed to the superintendent. Appeals denied by the superintendent may be directed to the Hermon School Committee.

ALCOHOL AND DRUG INTERSCHOLASTIC POLICY

The Hermon school system recognizes that the use of alcohol, drugs, and tobacco poses a significant health problem for adolescents. The school system recognizes that the interscholastic policy needs to work in unison with the school's effort in dealing with alcohol, tobacco, and drugs. The following prohibitions apply to any student who is on school property, who is in attendance at school or at any school sponsored activity; or whose conduct at any time or place directly interferes with the general welfare of the school. Athletic and Extra Curricular Activities covered by this policy include all Hermon High School sponsored clubs, activities, and teams.

1. Disciplinary Referrals

During the season* of practice, play, or participation, a student shall not misuse a legally defined drug, possess, use, or distribute alcohol, illegal drugs, or tobacco (including vapor pens). Violation(s) of the following will result in the listed action:

- a. Misuse of any legal drugs (prescription/over the counter).
- b. Possession, Use, or Distribution of alcoholic beverages.
- c. Possession, Use, or Distribution of illegal drugs.
- d. Possession, Use, or Distribution of any tobacco product.
- e. Failure to immediately leave a party of social gathering where any of the preceding is in occurrence.

FIRST OFFENSE (Inside or outside of school**):

Suspension of participation in athletics (including tryouts, practices, contests, and performances) for the duration of the school suspension. Referral of the student to the school's alcohol and drug counselor for the purpose of evaluation. Student and parent(s) must meet with the high school Principal, Athletic Director, and Coach prior to the student returning to the team/activity.

SECOND OFFENSE (Inside or outside of school):

Suspension of participation in athletics for remainder of season.*

THIRD OFFENSE (Inside or outside of school):

Permanent suspension of participation in athletics for one year.***

- * The season does not end officially until the final team activity (in many cases this means the banquet).
- ** In the event of a drug and alcohol violation outside of school or school function the first offense is a ten day suspension from participation in the athletic activity – excluding Sundays – from the date of notification.
- *** One year means 365 days from the date of the incident.

2. Self Referral

- a. Referral of the student to the school’s alcohol and drug counselor for the purpose of evaluation.
- b. Meeting between student, parent, and school alcohol and drug counselor.
- c. Student and parent(s) must meet with the high school Principal, Athletic Director, and Coach.
- d. A self-referral may not take the place of a discipline referral. A self-referral may not supersede a discipline referral nor come about pending the outcome of a discipline referral.

ATHLETIC PARTICIPATION INFORMATION

The following items must be completed/adhered to before a student can participate in interscholastic athletics at Hermon High School:

1. Physical:

All students wishing to participate in a sports activity within the Hermon School system will be required upon entering the competitive program to have a **BI-ANNUAL** sports physical. Students in Grade 9 and Grade 11 will be required to have a physical prior to participation. This student sports physical must be documented by a physician on a **Hermon Sports Physical Release** form. Those athletes who sustain major injuries or have a record of a medical illness or injury during the interim will be

required to have a physician's release preceding re-entry into the sports program.

2. Insurance:

The student must either be covered under parent(s)' insurance policy or purchase insurance.

3. Parental Consent:

Parent must sign the **Hermon Interscholastic Athletic Consent Form** before the student can participate in tryouts or team practices.

4. Emergency Consent:

The student and parents must read, understand, and sign the **Hermon Emergency Medical Consent Form** before the student can participate in tryouts or team practices.

5. Concussion Information Sheet:

Prior to the start of practice or tryouts parents and student-athletes must read and sign a copy of the **Concussion Information Sheet**.

6. Academic Eligibility:

The student must meet all the academic eligibility requirements described by the Hermon High School Policy Interscholastic Performance Code (Policy ICB).

ATTENDANCE POLICY

Students are eligible to participate in athletic contests or practices as long as they are not absent from school on the day of the contests or practices. They may with permission, however, be absent for NO MORE THAN two blocks due to illness, for an appointment with a medical professional, funeral, or family emergency. A written note MUST be provided by the parents and confirmed by the athletic director prior to participation. Students who have had their game day / practice day absences excused through the advanced absence process (see the Student/Parent Handbook) or who are taking part in a school sponsored absence on the day of an athletic contest or practice are eligible to participate.

The coaches will have the authority to determine whether or not a player can participate in an athletic contest based upon his/her attendance at practice.

BEHAVIOR ELIGIBILITY

Students who are under suspension from school will not be allowed to participate in any manner during suspension including practicing, suiting up, sitting on the bench or being present at the game/contest. Students may also be suspended from a sport for a violation of general school rules as set forth in the student/parent handbook and code of conduct.

Additionally, students who engage in gross misbehavior within or outside school, which reflects negatively upon the individual, team, school or community will be removed from the team for the remainder of the season. The principal, athletic director and/or activity supervisor will then determine behavioral eligibility for other interscholastic and extra curricular activities for the remainder of the school year. (Gross misbehavior includes but is not limited to any behavior which may be reported as: violent act, harassment, vandalism, theft, threatening, possession of a weapon, possession of a controlled substance without a prescription, etc.).

CHEATING

(Giving or receiving information on individual homework assignments or during an examination is considered one and the same. The student(s) will receive a zero for the work. In addition any student who is referred to the office for cheating will be subject to progressive disciplinary action which may range from detention to suspension.)

COMMUNICATION:

Parenting and coaching are both extremely rewarding and challenging endeavors. As parents and coaches become more aware of each other's roles and responsibilities, ALL of our children will benefit. When your child becomes involved in our athletic programs, you have a right to understand what expectations are placed on him/her. This is facilitated by clear communication between you and your child's coaches.

Research indicates that students involved in extra-curricular activities have a greater chance for success in school and during adulthood. Many character traits developed as a successful participant are exactly those that will promote a successful life after high school. We hope the information provided helps to make both your and your

child's involvement with the Hermon High School athletic program a positive experience.

Communication a parent/guardian should expect from a coach:

1. The expectations the coach has for your child as well as all the players on the team.
2. Locations and times of all practices and games.
3. Team rules including discipline that may result in the denial of your child's participation.
4. Procedures for contacting coaches.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.

If your child becomes involved in the Hermon High School athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. If this occurs, you are encouraged to contact your child's coach.

Appropriate concerns to discuss with coaches:

1. The treatment of your child.
2. Ways to help your child improve.
3. Your child's attitude, work ethic, and eligibility.
4. Concerns involving your child's behavior.

You may be concerned that your child is not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe to be best for all students involved. Clearly, certain aspects of participation can and should be discussed with your child's coach. However, other issues are more directly the responsibility of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time of any student-athlete.
2. Team strategy, practice organization, or play-calling.
3. Other student-athletes.

There are situations that may require a conference between the coach and the parent and this is encouraged. It is important that both parties involved have a clear

understanding of the other's position. When these concerns are necessary the following procedures should be followed to help promote a resolution to the issues or concerns.

Procedures to follow if there is a concern to discuss with a coach:

1. Please encourage your child to speak directly with the coach. Often, concerns can be resolved at this level.
2. Contact the coach to set up an appointment. If the coach cannot be reached, contact the athletic director who will assist in arranging a meeting.
3. If a meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the athletic director to discuss the situation.
4. Please do not confront a coach before or after a game or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of concerns.

CRIMINAL CHARGES

Student participants in interscholastic athletics are expected to conduct themselves so as not to discredit themselves, their team or activity, or their school. If a student is charged with a crime, he or she may, in the sound judgment of the superintendent, be suspended from participation in the activity until the case is adjudicated. A student convicted of a crime will be suspended from participation in interscholastic athletics for at least 12 months following the conviction. At the end of the 12-month period, the student will meet with the superintendent and other appropriate administrators. The superintendent will make a determination as to whether the student will be reinstated to participate in any interscholastic activities.

The superintendent has the authority to modify these consequences when, in the sound judgment of the superintendent, they clearly constitute an injustice to the student based on the particular circumstances of the case.

HAZING

No student shall plan, encourage, or engage in such activities in connection with any school program or activity, including athletic activities. **(See policy ACAD – Hazing)**

1. Maine Law defines hazing as “any actions or situation, including harassing

- behavior, that recklessly or intentionally endangers the mental or physical health of any school personnel or a student enrolled in a public school.” As used in this section “hazing” means doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person.
2. The statute does not require serious or substantial physical or mental harm, but only the substantial risk of mental or physical harm. Therefore, in theory, any fear, embarrassment or pain caused by an act of hazing is not acceptable.
 3. Not only may a school discipline a student (or group of students) for hazing, they **MUST** take action to prevent such hazing, actively enforcing such policies against hazing which would, by definition include reasonable discipline when appropriate.
 4. Students who engage in hazing activities will be suspended from participation in interscholastic athletics for **12 months**.

HYGIENE, APPEARANCE, and DECORUM

Because student-athletes represent their school, peers, parents, and members of the community, it is important that they look, act, and play appropriately. Coaches are responsible for ensuring that the players do so in a manner that well represents the individuals, the team, the school and the community. Players that fail to abide by these rules are subject to disciplinary action and may have their participation withheld until they comply with the coaches’ rules.

There are reasonable standards in regard to hygiene, appearance, and decorum that can easily be met by student-athletes. Here is a list of these standards:

1. Players are encouraged to shower after practices and games. Facilities are provided and maintained so that players may practice good hygiene to prevent the spread of infections and diseases that may be transmitted through athletic participation.
2. Players are not to share towels, soap, deodorant, or other products which may transmit infection and disease.

3. Uniforms, both game and practice uniforms, should be regularly washed and properly cared for by the athlete or by the coach.
4. Coaches have the authority to make decisions regarding policies for game day appearance such as wearing jerseys or dressing up to school. Players are expected to dress according to a coach's specifications and should dress in a way that reflects the unity of the team. JROTC Uniform requirements take precedent over coach's game day dress requirements
5. Each athlete is responsible to dress appropriately while attending away competitions. The wearing of inappropriate attire could result in the removal from team competition on the specific day the infraction occurs. Student athletes are expected to take pride in his/her appearance and his/her team.
6. During contests players' uniforms are to be worn as specified by the coaches according to what is appropriate for that sport and that uniform. These determinations are to be expressed by the coach at the beginning of the season and will be included in a coach's team rules and regulations.
7. Players may not wear earrings or other jewelry while competing in their sport.
8. During practices students are to wear proper attire. If a practice uniform is provided they are to wear the practice uniform. Coaches may make rules and establish consequence for those athletes who do not bring their practice clothes. Players are not to take shirts off during practice (no shirts vs. skins) and female athletes must wear appropriate tops over sports bras. While shirts and shorts do not have to adhere to the policies specified in the student dress code for school, a degree of modesty is expected, and clothing shall not be excessively revealing or worn inappropriately.
9. Players are expected to refrain from the use of profanity, vulgar language, and rude gestures. Coaches will establish consequences for players who use inappropriate language which may include, but not be limited to: benching, referral to school administration, or suspension from the team, depending on the severity of the situation and the number of times the issue has been addressed.
10. Coaches have the authority to establish rules and regulations for their athletes that fall under the umbrella of these guidelines. They shall

have

the full support of the athletic director and principals in making decisions regarding these issues. The intent of this policy is to create a reasonable set of minimum standards for athletes to protect them from infection and disease, to ensure their safety, and to promote the ideals of class and integrity throughout the athletic program.

MPA BONA FIDE TEAM RULE

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

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

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

*** Penalty for violation of this policy:

1st Violation Report violation to MPA office, suspension from play for one game/contest

2nd Violation Report violation to MPA office, removal from team for remainder of season.

MPA ELIGIBILITY

All students who compete in interscholastic athletics are required to abide by the rules set by the Maine State Principals' Association and by the Hermon School Committee. Students are *ineligible* if they:

1. Have reached the age of 20.
2. Have attended high school for four (4) years. This four year period refers to passage of time, not necessarily to four years of schooling. For example, a student who enters grade 9 in September of 2011 will be ineligible after June of 2015, regardless of how many semesters of school he/she has attended.
3. Fail to comply with the rules and regulations in the Athletic Handbook as signed off upon by the athlete and parents prior to the start of each season.

MULTIPLE SPORTS

Playing multiple sports during the same season will not be allowed; students may only participate in one sport per athletic season. Students may not quit a sport after the tryout period or after the start of the regular season to join another sport. Students wanting to join a team after the start of the preseason will need the permission of the school athletic director and may not participate in competition for 7 calendar days from the date of their first practice.

RELATIONSHIP WITH TEACHERS

Athletes are expected to be examples of good behavior in all aspects of their school life. If a faculty member reports to the athletic director an incident of unacceptable behavior or negative classroom attitude, the act will be discussed with the player and further disciplinary action will be determined by the athletic director and coach.

SPORTSMANSHIP

Students are reminded that while they are participating in an athletic activity (whether at home or away) they are representatives of Hermon High School. Students' appearance, behavior, and conduct must be consistent with school policies and procedures at all times during home and away contests. Failure to fully meet responsibilities in terms of cooperation, behavior and conduct will result in disciplinary action at home and upon return to Hermon High School. Good sportsmanship dictates that visiting teams and officials be treated as guests. We represent not only Hermon High School, but also our families, and our communities.

Players and coaches exert a great deal of influence over the actions and behavior of the spectators. Their display of sportsmanship is to be expected, encouraged, and rewarded. The following sportsmanlike behavior is to be adhered to by our players.

1. Shake hands with opponents before (captains) and after the game.
2. Respect the official's judgment in interpretation of the rules. Never argue or indicate a dislike for a decision.
3. Accept both victory and defeat without being boastful or bitter. Be gracious whether the team wins or loses.
4. Cooperate with the coach and fellow players in promoting good sportsmanship.
5. Accept seriously the responsibility and privilege of representing the school and the community.

STEALING

(Stealing of any kind will not be tolerated at Hermon High School. Disciplinary action may include suspension, restitution, and/or legal action.)

One purpose of the athletic program is to develop respect for the rights and property of others. If an athlete takes the property of another person or of the school or becomes knowingly involved in theft by receiving stolen property he/she will be denied participation in all practices and athletic contests for one week (***7 calendar days from the date of the incident***). If a student has a second violation he/she will be dismissed from the team.

TRANSPORTATION POLICY

When Hermon High School provides transportation to and from athletic events, student-athletes are asked to ride that transportation. The members of the athletic staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the "guardian" during these trips, the athletic staff must be able to account for the whereabouts of all student-athletes and ensure their safety. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty including and up to dismissal if warranted. Student-athletes will be responsible for any damages to bus property and subsequent costs to repair or replace.

In the event that there are extenuating personal circumstances or JV/Varsity games are scheduled back to back and a parent wishes to take responsibility for the transportation of his/her son or daughter they may do so without prior notification. In this case a parent/guardian must also present himself/herself to a member of the coaching staff informing the coach that his/her child is leaving with him/her. Student-athletes may then ride with their parent/guardian. Student-athletes may not ride with anyone else other than their parent/guardian unless prior notification has been provided to the Athletic Director 24 hours in advance. Student-athletes may not ride with other student-athletes.

