



*Artwork by 2016 Graduate Michael Brown*

**STUDENT HANDBOOK FOR  
ATHLETES**

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**EASTON JR/SR HIGH SCHOOL**

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**2018-2019**

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## **PHILOSOPHY OF ATHLETICS**

The major emphasis of the interscholastic program is to provide students with the opportunity to develop their maximum potential. Interscholastic athletics provides for the development of physical and mental skills through competitive athletics. It is the Easton Schools' goal that each of our interscholastic sports programs will develop in each of the student athletes: pride in their achievements, an appreciation for: team effort, hard work, fair play and respect for rules of the game. It is also the schools goal that each student athlete will develop an appreciation and respect for the ability and contributions of each of their teammates and opponents.

The interscholastic athletic program is designed to provide an opportunity for gifted athletes to compete at their highest level. However, the program is also designed to allow every interested student the chance to participate in athletics as a member of a sports team. The most athletically gifted students are expected to be positive role models and exhibit leadership and support for each of his/her teammates. Each athlete has an obligation to conduct themselves in a positive way at all times and to do their very best in each athletic endeavor. It is the hope that each athlete will gain respect for themselves and others as a result of their athletic experiences.

## **OBJECTIVES OF ATHLETICS**

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

Athletics are an integral part of the total educational program. They are extra-curricular only in the sense that they are assigned time outside of the student academic class schedule. The academic and athletic programs should be mutually complimentary.

**EASTON SCHOOL DEPARTMENT**  
**Pre-Participation Physical Exam Policy**  
**Adopted November 14, 1994**

The Maine Principals' Association has very recently requested an advisory from the Maine Sports Medicine Council (MSMC) on physical examinations for students who wish to participate in extra-curricular activities. The MSMC contends that it is "probably necessary to examine the athletes twice between the sixth grade and high school graduation". A physical exam is required when the student enters competitive athletics, which is in the sixth grade for Easton School Department students, and then again in the ninth grade. It is felt that very few, if any, medical problems will be overlooked by not doing the exams more frequently.

Athletes who may have sustained specific injuries or have medical illnesses during the interim period between the two required physicals may automatically be required to have a physical at the start of the new school year, no matter what grade they are in. The school nurse will be responsible for gathering updated student health status information at the beginning of each school year and throughout the year. This information will be the basis for determining whether a student in grades other than 6 and 9 should have a physical. The interim health history to be reviewed by the nurse must be submitted by the student at the beginning of each school year and must be signed by the parent/guardian. It should contain the answers to the following questions:

1. Have there been any injuries, surgery, or serious illnesses since the last sports exam?
2. Is the athlete under the care of a physician or taking any medications?
3. Does the athlete, his or her parents, or his or her physician feel that the athlete should be limited in sports participation?
4. Are there any new allergies?
5. Does the athlete wear glasses or contact lenses?
6. Has there been any chest pain, dizziness, or fainting with exercise since the last sports exam?
7. Females only - has the athlete missed more than one menstrual period in the last six months?

If the answer to any of these questions is "yes", then the school nurse can bring it to the attention of a physician and a decision can be made concerning whether or not the student athlete needs to have another complete physical exam.

School physicals will be offered to any and all students who wish to have one. Written consent from the parent is necessary prior to the physical and parents will be notified of any abnormal findings. Students will still have the option of obtaining a physical form from his/her own private physician at his/her own expense as long as the school department receives written affirmation from the physician of the student's ability to participate in athletics.

Once the opportunity for participation is a school physical has been offered, any student not in compliance with the policy will be disqualified from sports participation until the requirements are met. (Students whose families are unable to meet the expense of the physical should contact the school nurse or administration.)

The Easton School Department should not be a student's primary source of health care. Thus, the school physical is not intended as a replacement for regular exams by a private physician.

**Physical Exam Schedule (Revised 2008)**

The first time a student plays sports in grades 5 – 8, the student must have a physical examination. This sports clearance will stay in effect through grade 8 unless there is an injury or health condition requiring more frequent attention.

The first time a student plays sports in grades 9 – 12, the student must have a physical examination. This sports clearance will stay in effect through grade 12 unless there is an injury or health condition requiring more frequent attention.

Any questions regarding your health clearance should be directed to the school nurse.

## ATHLETIC ELIGIBILITY

1. Athletic eligibility at Easton High School is determined at quarterly progress report time (about half way through each quarter), at the end the ranking period **and** the semester.
2. Students may not have more than one failing grade in a quarter **and** one failing grade in a semester in order to be eligible for the following quarter.
3. All incompletes will be treated as failures.
4. All incoming freshmen and transfers who are eligible according to the Maine Principal's Association will be eligible during their first ranking quarter.
5. Summer school credit for subjects failed during the regular school year may, upon approval of the administration, be used to meet eligibility requirements. However, the same eligibility requirements (#2) carry over to the new school year.
6. Student athletes are to be in attendance at school the entire day of an athletic contest and the entire day following any athletic contest in which he/she has participated---unless excused by a physician and/or has **prior** approval of an administrator. The student must call no later than 8 A.M. for prior approval.
7. In the case of Saturday contests, attendance on Friday is required.
8. You are eligible for only eight consecutive semesters from the date on which you entered grade nine.
9. You are eligible only until age twenty. You are ineligible on your 20th birthday.

## RULES AND POLICIES

1. A team member may not compete on an outside team when he/she is involved in a school sponsored athletic activity during the same season, without the permission of the coach and athletic director.
2. In order to participate in a game or practice, the athlete must be in full attendance the day of the game or practice unless excused by the principal or athletic director, and is expected to be in school on time the day after games. For weekend games or vacation week, the last school day prior to school closing.
3. Attendance at all games and practices is mandatory unless excused by the coach before the game or practice.
4. Athletes suspended from school are not allowed to practice or participate in contests while on suspension and must be in school prior to participation.
5. **Before** a student may try out, practice or participate in athletics, he/she must have clearance from the school nurse for meeting the district physical examination requirement; evidence of medical insurance, and a signed parental permission form. Coaches are provided with a list of eligible players and are required to verify that players are cleared before allowing them to practice.
6. All athletes are expected to be neatly dressed when traveling to out-of-town contests. The athlete is representing the school, their parents, and the community, and appearance on trips is important. Only uniforms issued by the department of athletics will be permitted for contests.
7. All equipment issued must be returned or the athlete must pay for it.
8. In order to create a sense of team unity, camaraderie, loyalty, discipline, a team-over-self ethic, and positive team image, school administration may set reasonable standards for the appearance of participants. This includes but is not limited to length of hair, color of hair, facial hair, visible tattoos and visible body piercings.
9. See Athletic Code for more specific rules & policies.

## EASTON HIGH SCHOOL ATHLETIC CODE

Adopted February 1996

### Philosophy

The primary purpose of our athletic program is to promote the physical, mental, social, emotional, and moral well being of the participants. It is hoped that athletics in Easton High School will be a positive force in preparing our students for an enriching and vital contributing role in their present and future lives.

The athletic program is an important and integral part of the total school program. Athletics are open to participation by all students regardless of individual differences. Through voluntary participation the athlete gives time, energy, and loyalty to the program. He/she also accepts the training rules, regulations, and responsibilities, which are unique to an athletic team. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations. The role of the athlete demands that the individual make sacrifices not required of students in the other programs offered at Easton High School. Finally, participation in athletics is a privilege, not a student right.

### ATHLETIC CODE

#### I. GENERAL REGULATIONS

- A. Participants are required to submit proof of insurance, proof of physical well-being, agreement to obey instructions, agreement to abide by the athletic code, and permission for emergency medical treatment.
- B. Any civil law violation, or other conduct by an athlete that is determined by school administration to be detrimental to the school and/or the athletic program, will result in discipline up to and including suspension from athletics of the athlete. If the violation is serious enough to warrant suspension then school administration will determine the length of the suspension to be served.
- C. Athletes must travel to and from away contests in transportation provided by the school. The only exceptions are (1) injury to an athlete which would require alternate transportation and (2) prior arrangement between the athlete's parent/guardian and the principal/athletic director. Prior arrangement between the athlete's parent/guardian and the athletic director/principal for the athlete to ride with the parent/guardian must occur in the following way:

Athlete provides a waiver form signed by his/her parent/guardian to the athletic director and the parent/guardian must verify these alternative travel arrangements directly with the principal/ athletic director either in person or by phone.
- D. A display of unsportsmanlike conduct during a practice or game will result in possible suspension. Depending on the nature and severity of the offense, the coach or Athletic Director will deal with this on a case-by-case basis.
- E. Unexcused absence from a scheduled practice or game will result in disciplinary action handled by the coach and Athletic Director.

- F. **Completion of the season and attending the Athletic Awards Program** is a requirement in order for the athlete to be eligible for a letter or for any team or individual awards. Student athletes who have become academically ineligible or suspended for athletic code violations would not be eligible for awards under this clause. (Exception: Injury that limits completion of the season.)
- G. Situations not covered by the Athletic Code will be handled by the coach and athletic director. The degree of punishment will depend upon the seriousness of the offense.

## II. SCHOOL ATTENDANCE REQUIREMENTS

Student athletes must be very organized and disciplined in their daily routines in order to balance academic and home responsibilities with their time-consuming athletic responsibilities. Student athletes must be in attendance at school for the full day in order to participate in a practice or game that day. Exceptions to this would include: medical appointments, driver's test appointments, or extreme and extenuating circumstances, all of which must be approved by the principal.

## III. TRAINING RULES AND REGULATIONS

### PHILOSOPHY

It is the overwhelming belief of health professionals and coaches that athletes perform at their best when they follow sensible training rules, which include restrictions on tobacco, alcohol and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol and other drugs, or any type of mood modifying substances produces harmful effects on the human body.

Student athletes must consider the serious responsibility each of them has to themselves, their team, and their school and community. A student who makes the decision to be an athlete must make many sacrifices in order to compete at the best of his/her ability. Adhering to reasonable and appropriate training rules is a major part of the concept of "paying the price" for success. The community follows the progress of student athletes very closely and it is important that each athlete represents the team and the school appropriately.

If a student athlete breaks training rules **including engaging in the use of any tobacco product, alcohol or any other form of mood-altering drug**, it casts a negative light on the whole team, school, and community. The team as a whole can easily acquire the reputation as not being dedicated and committed to excellence. This rule prohibiting the use of alcohol or drugs specifically means not partaking and not having them in your possession. If you are at a gathering where there is any form of drug, tobacco, or alcohol use by minors then you are expected to leave immediately. A student athlete remaining among a group that has underage people using alcohol, tobacco or illegal drugs would be considered "guilty by association". You are **strongly encouraged** not to put yourself in that position.

There is **NO WAY** to justify athletes using alcoholic beverages, drugs, or tobacco products even though social pressures may be difficult to ignore. The Easton School Committee and administration take a **firm** position on the unlawful use of the aforementioned substances by any of its students but particularly on Easton student athletes. It should also be clearly understood that, for the purposes of this policy, breaking training rules **in or out of an athletic season** would **produce the same penalties**. An incident occurring prior to the start of an athletic season or even after the athletic season is completed will have the penalty carried out through in its entirety. The full suspension time as directed by school policy for the incident will be completed at the beginning of the next season that the athlete participates. The next season of

participation may occur in a subsequent school year, and if that is the case the penalty will be completed at that time. Athletes are expected to follow the training rules whether they are in season or not in season/

## CONSEQUENCES

When it becomes known that a student athlete breaks training rules, the following procedure should be followed:

1. Verification and/or confiscation (includes conferencing with any knowledgeable parties)
2. Administrator meets with student athlete
3. Notification of parent(s)/guardian(s) by phone or in writing.
4. Notification of police (if necessary) and superintendent of schools.
5. Conference with appropriate school personnel and parent to develop a recommendation for appropriate action, which may include counseling or rehabilitation program activities.\*\*
6. Suspension from all team activities and games as follows:

### **Student Athlete Guilty**

First Offense-14 Day Suspension

Second Offense-Suspension for one calendar year\*

### **Guilty by Association**

First Offense-7 Day Suspension

Second Offense-14 Day Suspension

Third Offense-Suspension for one calendar year\*

\* A calendar year suspension would allow the student athlete to return to athletics only after the full calendar year term had expired.

\*\* A student athlete who does not follow through one counseling or rehabilitation expectations automatically is suspended until he/she follows through in good faith.

## VOLUNTARY REFERRALS:

Coaches/advisors need to inform participants that disclosing information about a peer is actually helpful. Participants need to know how to make a "concerned person referral," Such a referral needs to be distinguished from "narking." The important message is that it is not okay to use, but that if someone needs help, it is safe to seek help. Team captains and teammates, class officers and student council members need to take an active role insisting on a team norm of non-use and supporting chemical-free alternatives.

In a concerned person referral, the coach/advisor, other appropriate school personnel, or concerned student, talk with the student athlete first and get them help while not suspending him/her after the first report. Often the help begins with a referral to qualified assistance personnel. The parents would not necessarily be involved in the first referral, but would definitely be involved in a second referral.

Voluntary referrals made in accordance with the procedure described in Procedure JICH-R will not result in disciplinary sanctions, but cannot be used to avoid discipline for a known violation of Board policies or school rules.

- I. Type One: Concerned Person (friend, parent, sibling, etc.)
  - a. First Report
    1. Consult with others to verify information
    2. Meet with student athlete to discuss concerns over use/abuse (if student admits problem, follow self-referral-first report).
    3. Review policy and procedures with student athlete and refer to school or community resources, if needed.
    4. Notify parents.
    5. Follow-up conference to determine if resources were effective.
  - b. Second Report
    1. Investigate the report about breaking of training rules.
    2. Follow disciplinary procedures for breaking rules as required for first or second offenses in the guilty or guilty by association clauses.
11. Type Two: Self-Referral
  - a. First Report
    1. Conference with student
    2. Refer to qualified assistance personnel for non-clinical assessment.
    3. Assessment to determine if student athlete is successfully participating in recommended plan of action, which may include counseling and/or rehabilitation program.
    4. Follow-up to determine if resources are effective.
  - b. Second Report
    1. Talk with student regarding the issue.
    2. Follow same disciplinary guideline procedure for breaking training rules for first offenses.

Additional training rules and team rules from the coach must be cleared by the principal and/or athletic director. These additional rules and expectations should be in writing for players, parents, and a copy to be filed in the office of the athletic director. **The rules and regulations in this Athletic Code shall apply to any violations on or off school premises throughout the entire school year.**

## 18-19 Athletic Code Contract

I have read the athletic code and understand it. I will be held accountable for the rules and regulations included in it.

\_\_\_\_\_  
*Signature of Student*

\_\_\_\_\_  
*Date*

I have read the athletic code and understand it. My son/daughter will be held accountable for the rules and regulations included in it.

\_\_\_\_\_  
*Signature of Parent/Guardian*

\_\_\_\_\_  
*Date*

**STUDENT PARTICIPATION AND PARENTAL APPROVAL**

Athletes and parents should read this document carefully before signing. Athletes will be held responsible and accountable to all items in this document.

**I. CAUTION AND AGREEMENT TO OBEY INSTRUCTIONS**

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing and practicing to play/participate in sports include, but are not limited to, death, serious spinal injuries which may result in complete or partial paralysis, brain damage, serious injury or impairment to other aspects of my body, general health, and well-being. I understand that the dangers and risks of playing or practicing to play/participate in sports that may not only result in serious injury, but in a serious impairment of my future abilities to earn a living, engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in the above sports, I recognize the importance of following coaches' instructions regarding playing and training techniques, team rules, etc., agree to obey such instructions.

In consideration of the Easton School permitting me to try out for sports during the **2018-2019** school year, and to engage in all activities related to the team, including but not limited to trying out, practicing or playing/participating in sports, I hereby assume all the risks associated with participating.

**II. INSURANCE**

We, the parents (guardian) of \_\_\_\_\_ have adequate insurance for our son/daughter during school sponsored events. Our insurance policy number is \_\_\_\_\_ with

\_\_\_\_\_  
*Insurance Company Name (Not Agent)*

**III. ATHLETIC CODE**

I have read the athletic code and understand it. I will be held accountable for the rules and regulations included in it.

**IV. PERMISSION FOR EMERGENCY MEDICAL TREATMENT-** I hereby give permission for my child to receive emergency medical treatment while participating in Easton School athletics.

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Guardian Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Home Phone*

\_\_\_\_\_  
*Work or Cell Phone*

**18-19 TRANSPORTATION WAIVER FORM**

I understand that prior arrangements must be made with the principal or athletic director for the athlete to return from an athletic contest with a parent or guardian.

The student athlete must return this waiver form appropriately signed and the parent guardian must also verify these alternative travel arrangements directly with the athletic director either in person or by phone.

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*Student's Signature*

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*Date*

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*Parent's Signature*

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*Date*