

Stoughton High School Athletic Department  
Handbook of Athletic Standards

STOUGHTON HIGH SCHOOL

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The administration applauds all students who are able to take on the added responsibility of a co-curricular activity. The athletic program exists for the welfare of students and for the contributions it makes to their educational experience.

We all must remember though, that athletics are subordinate to the essential purpose for which schools exist and shall therefore be directed by educational considerations. Students attend Stoughton High School to strive for the highest level of educational accomplishment possible. Sports will never take precedent over this primary mission of the Stoughton School System.

Being a member of a Stoughton High School athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team of Stoughton High School, you have inherited a wonderful tradition which you are challenged to uphold. Our tradition has been to win or lose with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned.

Participation in our interscholastic program is a privilege to all students. While athletic ability is an important consideration, a student's participation is voluntary. As such, the student-athlete is thrust into a role of increased responsibility and must deal with team and self-discipline that transcends those of non-participants. Student-athletes are representatives of Stoughton High School and the Athletic Department both inside the building and at each athletic venue. The student-athlete needs to weigh the merits of participation as opposed to the additional responsibilities. Teammates look to athletes as important squad members and need to be assured that the athlete will willingly be a member of the team for the entire season.

Once again, it is an honor and a privilege to be an athlete at Stoughton High School. It is our hope and expectation that individuals who decide to make a commitment to Athletics will be a positive influence to others, and will set a high precedent of good sportsmanship, class and honor. Students-Athletes should conduct themselves as representatives of Stoughton High School and the Athletic Department at all times.

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**Article I. PRE-TRYOUT REQUIREMENTS:**

**Section 1.01 CO-CURRICULAR ACTIVITY ELIGIBILITY:**

Stoughton High School follows the eligibility standards established by the Massachusetts Interscholastic Athletic Association. In order to be eligible to participate in any co-curricular activity, the student must have earned no more than one (1) failing grade in the previous term.

Eligibility for fall co-curricular activity will be based on:

- (a) *The last completed term grades and/or the final grades of the previous school year.*
- (b) *Students that fail more than two or more classes will not be eligible for participation in games until the next report card. Progress Reports DO NOT determine eligibility for sophomores, juniors or seniors at any time. Students in 9<sup>th</sup> grade are subject to the rules outlined in the "Extended School Day Program". If a freshman has two or more failing grades at the time of progress reports, they will be ineligible for games but able to remain on their athletic team if they attend they meet the extended school day program requirements.*
- (c) *Students who fail two or more courses will not be permitted to try-out, practice, or compete for Stoughton High School. If a student is on a team after their freshman year, then fails two or more courses they will be dismissed from the team. They will not be permitted to participate until they are academically eligible which is determined after the next term report card is issued.*

An incomplete is considered to be an "F" grade, earning zero credits until updated grade is posted through the guidance department. Eligibility or ineligibility for co-curricular activities start the day term report cards are issued.

**Section 1.02 ATHLETIC EQUIPMENT:** Students are accountable for athletic equipment and/or supplies issued to them. The items are to be returned and/or paid for in the three-day period immediately following the end of the season.

- (a) *In the event that the requirements are not met within the stipulated time, the student will be considered ineligible for athletics and other co-curricular activities.*
- (b) *Student-athletes not returning equipment may be assigned multiple detentions for insubordination.*
- (c) *Student-athletes not returning equipment may be denied participation in all co-curricular school functions including the prom and graduation ceremony.*

**Section 1.03 PERMISSION/EMERGENCY CONTACT:**

Candidates must complete the online permission/emergency contact info prior to the first practice/tryout. A student may not begin participating without completing this process on FamilyID. Student-athletes and their parent(s)/guardian(s) are required to complete this process prior to the beginning of each athletic season; opportunities to complete the registration process can be found on the Athletics web page.

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- (a) *If there is any question of whether the online registration has been completed or not, contact/visit the athletic office two (2) weeks prior to the start of the season for verification. This will help to avoid eligibility issues around tryout dates.*
- (b) *Please indicate only one sport in which you will be playing and fill the registration process out completely to successfully register. For technical support call FamilyID at 1-888-800-5583*

**Section 1.04 ATHLETIC STANDARDS AGREEMENT FORM:**

Candidates and their families must consider and complete the online Athletic Standard agreement form. Student-athletes and their parent(s)/guardian(s) are required to register online by completing all required fields prior the start of each athletic season; Links to the online registration form can be found on the Athletics web page.

*If there is any question of whether the online registration has been completed or not, visit the athletic office two (2) weeks prior to the start of the season for verification. This will help to avoid eligibility issues around tryout dates.*

**Section 1.05 PHYSICALS:** Candidates must pass a physical exam and/or return a medical history form if required. Students are responsible to provide medical clearance in the form of a physical examination to the nurse. No student may participate in any manner without a valid physical in the Nurse's office.

- (a) *A physical is valid for twelve (12) full months from the date performed. This date is determined as indicated on the document provided by the Doctor's Office.*
- (b) *If the physical expires after the first practice date of a season, the student is immediately deemed ineligible for that season. A new up-to-date physical would need to be provided prior to being granted eligible for participation.*
- (c) *It is the responsibility of the student and his/her family to be aware of the dates that personal physicals have been performed, and consider them in the context of this policy.*
- (d) *As the absence of a valid physical prevents athletic participation, the athletic department recommends the scheduling of yearly physicals with the students medical provider takes place, and is during a time prior to the start of the desired season of participation*
- (e) *A physician's note stating the athlete is "OK" or "Fit" to play sports is not adequate or acceptable. It must be a complete physical exam.*
- (f) *Please turn a copy of your physical examination document into the High School Clinic.*

**Section 1.06 ACTIVITY FEE:** Candidates participating in athletics must pay an activity fee. The activity fee is to be paid prior to the start of competition. ALL students are expected to meet this obligation.

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- (a) *Activity Fee = A one-time \$200.00 per student to participate in three (3) seasons of high school athletics (fall, winter, spring).*
- (b) *The student has the option to participate in any or all season(s). The activity fee remains the same regardless of the amount of seasons they wish to participate in.*
- (c) *However, Ice Hockey & Swim/Dive participants will have an activity fee of \$300.00 due to the rising costs of off-site practice facilities & transportation. If a student participates in the fall, they will only be responsible to pay an additional \$100.00 prior to the start of the winter season if they choose to be a committed teammate in ice hockey or swim & dive.*
- (d) *Athletic fee or completed waiver form is due five (5) days prior to the committed student-athletes first competition regardless of season. Families of student-athletes that view these activity fees as a hardship may file waiver paperwork with the Main Office or Athletic Director.*
- (e) *Waivers will be considered by High School Principal or his/her designee.*
- (f) *Waiver decisions could include: no change, fee reduction, payment plan, or volunteer work at athletic events*
- (g) *Fees can be paid online, or can be dropped off at the High School Office or the Athletics Office to the Athletic Director. Cash or money order will be the only accepted forms of payment.*
- ~~(h) *Prior to the first date of competition, all user fees will be deposited.*~~
- (i) *If a student-athlete participates on a team for more than ten (10) school days, the activity fee becomes non-refundable.*
- (j) *If a student-athlete pays an activity fee and does not complete ten (10) school days with a team, the activity fee will be refunded. All refund requests must be submitted in writing to the Athletic Director, including proof of payment – no later than May 1.*
- (k) *Upon participating for the eleventh (11<sup>th</sup>) school day, a student-athlete's athletic activity fee becomes non-refundable.*
- (l) *If a student does not make payment 5 days prior to first competition, the student athlete may not receive a game uniform until the payment is made, and will automatically be ineligible to participate in the first competition. Once payment is made, the students' eligibility is reinstated.*

**Section 1.07 – PAYMENT PLAN: Candidate requirements for Athletic Department assistance when meeting Activity Fee responsibility. Details of Payment Plan (structured due dates and Eligibility consequences)**

- (a) *If a student-athlete receives and is listed on the free & or reduced lunch list.*
- (b) *If a family has two or more student athletes participating in athletics during the same season.*
- (c) *If a student is **not** on free or reduced lunch, and they are the only child in their family participating in High School Athletics, they will **not** be eligible for the payment plan, unless the Athletic Director, or higher administration agrees to non-precedent setting terms with family to allow the payment plan to take place. Any request for payment plan from non-eligible students must be done in writing and received by the Athletic Director 5 days prior to the first competition.*

**The Athletic Department payment plan allows for 2 payments to be made. Time is granted for those eligible to save for the remaining obligation. All that participate in payment plan are still responsible to pay entire balance of activity fee.**

1<sup>st</sup> Payment = 5 days prior to the students first competition for the amount of \$100.00.

→Students will **not** be eligible to play in the first game if the 1st payment has not been submitted. Once payment is made, they will be allowed to play until the 2nd payment due date. The student will not be allowed to play if payment is not submitted.

2<sup>nd</sup> Payment = 30 days into the season (1/2 way mark), remaining balance of \$100.00

→Students will be **ineligible** for the remainder of the season until 2nd payment is received.

**Article II. TRAINING REQUIREMENTS:**

**Section 2.01 CURFEW: An athlete needs to realize a coach may set a designated curfew time and that athletes must adhere to the stated time. Should a curfew time pose problems for the athlete, the matter should be discussed at once with the Head Coach.**

- (a) *Upon the determination by the Coach and Athletic Director that a violation of curfew has occurred, the student-athlete may be suspended for up to one game.*

**Section 2.02 CHEMICAL HEALTH: From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, be in the presence of, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements. Stoughton High School has the expectation that if a student in violation of this rule and is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again and is subject to the MIAA penalties listed below.**

#### MINIMUM PENALTIES:

- (a) *First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs within. Or, in the case that the student is not a participant in that season’s sport, the penalties are carried into the next season of participation. No exception is permitted for a student who becomes a participant in a treatment program. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. all fractional part of an event will be dropped when calculating the 25% of the season.*
- (b) *Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs within. Or, in the case that the student is not a participant in that season’s sport, the penalties are carried into the next season of participation. All decimal part of an event will be truncated i.e. all fractional part of an event will be dropped when calculating the 60% of the season.*
- (c) *If the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout the penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If a student does not complete program,*

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- penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. all fractional part of an event will be dropped when calculating the 40% of the season.*
- (d) *Penalties shall be cumulative each academic year, but serving the penalty could carry over from one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the academic year. (e.g. A student plays only football: he violates the rule in winter and/or the spring of the same academic year: he would serve the penalty (ies) during the fall season of the next academic year).*
  - (e) *If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close and the student would face no consequence*
  - (f) *Prior to any chemical health violation a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco (MIAA Rule 62)*

**Section 2.03 - Weight Room Use & Eligibility:** In and out of season students are eligible to use/utilize the SHS weight room during the hours of 2:45pm-5:00pm. Students must meet the criteria listed below to gain/maintain privileges.

- (a) *Must have no more than 1 (one) failing grade on most recent report card. Progress reports do not declare eligibility. If student has 2 or more failing grades they are not permitted to use the weight room or enter the athletic department after school hours.*
- (b) *No student should enter/use the facility without adult supervision (Coach/Teacher). If found to be in the facility without supervision student may not use facility for the remainder of that day and the next school day. 2<sup>nd</sup> Offense = 1 week, 3<sup>rd</sup> Offense = 1 month, 4<sup>th</sup> = remainder of school year. Rule 2.01(b) applies to Gymnasium after school hours as well.*
- (c) *Workouts must conclude by 4:30pm and students must leave campus no later than 5:00pm. Lingering in/around the athletic department past 5pm will result in loss of use of the weight room the following day. If found in locker room/athletics area after hours 3 times = 1 month loss of privileges.*
- (d) *If a student does not finish a season in "good standing", or is declared academically ineligible the student will be denied access to the weight room until they are determined by the athletic director to be in "good standing".*
- (e) *Students using the weight room must bring all belongings with them as they are not permitted to re-enter the high school after 2:30pm.*

**Section 2.04 - Weight Room Behavior/Conduct:** Students must behave in a respectful/responsible manner in order to remain in "good standing" and have continued access to the facility. If deemed in violation student may lose weight room access as a result.

- (a) *Students must change into proper work-out attire, and actively train during their time spent in the weight room. All students should have a shirt on when working out in the school facility. Water bottles should be personally supplied, fill ups must occur outside athletic training room, not in the gymnasium.*
- (b) *Students must pick up after themselves (water bottles, papers, pencils, clothing) & wipe down equipment after use with provided sanitary wipes before exiting the facility.*
- (c) *Students must re-rack all weights used to designated weight trees.*

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- (d) *Under no circumstances is horseplay, or throwing non exercise related equipment (e.g. Football) around the facility allowed.*
- (e) *Spotters are required for all lifts as a safety precaution. Do not lift without a spotter.*

**Section 2.04 - LOYALTY TO THE HIGH SCHOOL TEAM:** A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA.

- (a) *Penalties: First Offense: Student athlete is suspended for 25% of the season.*
- (b) *Second Offense: Student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of violation.*
- (c) *The regular season portion of the penalty for a violation toward the end of a season will carry over to the very next high school season in which the student is a participant.*
- (d) *Student-athletes on an interscholastic roster in a particular season may not leave that team in order to participate in another sport offered, within the same season, at which point the first contest has been played for the first team that the student-athlete was a member.*

**Article III. CONDUCT:**

**Section 3.01 SCHOOL DAY ATTENDANCE:** Students must be in school by 7:35 a.m. and remain in school for the entire school day in order to participate in any co-curricular activity for the corresponding day. Additionally, students that spend an entire class period in the nurse's office will not be eligible to participate in co-curricular events for the corresponding day.

- (a) *The High School Principal and/or the Athletic Director may waive the penalty of Section 3.01 before or after the excused absence, dismissal or tardiness takes place.*
- (b) *High School Principal and/or the Athletic Director may consider waiver of the penalty of Section 3.01 in situations that pre-approval has not been granted and/or requested.*
- (c) *It is, at all times, the student-athlete's responsibility to seek permission in absentee/participation situations.*
- (d) *The student-athlete bears responsibility for reporting his/her unexcused absence, tardiness or dismissal to the Head Coach. Upon violation of Section 3.01 the student-athlete will be ineligible for practice or game participation that day. The Head Coach will determine if this violation will affect the amount of playing time in games to follow.*
- (e) *If the violation of Section 3.01 happens on the day before the game, the Head Coach has the right to suspend the student athlete for the game the following day.*

**Section 3.02 PRACTICE/GAME ATTENDANCE:** A player should make every effort to contact the coach in the event that a practice/game will be missed. Each practice or game missed hurts the absent player and his/her teammates. A student has one unexcused absence or tardy

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during the season. The season is defined as the period of time from the first practice/tryout up to and including the last game.

- (a) *After the first unexcused absence or tardy, a Coach may suspend a student-athlete for up to one game per offense.*
- (b) *Upon the third unexcused absence the student may be suspended from the squad for the duration of the season.*
- (c) *Participating on an athletic team requires a commitment and sacrifice from both student-athletes and their families. The decision to participate also directly influences the experience of the other student-athletes that make up a team. With that in mind, student-athletes and their families are strongly encouraged to review all vacation plans with participation decisions in mind. Practices and games missed may be considered unexcused absences.*
- (d) *Practice participation is a vital part of the educational aspect of athletics. Practice is the tool that a coach uses to strive for excellence. Full attendance is required for participants. Upon making the participation decision, and all that comes with it, student-athletes and their families should recognize the following: just as homework is a requirement of academic pursuit, so to is practice to athletic pursuit. Parents may not dismiss the homework requirement without academic consequence. In that same light, parents may not dismiss the practice requirement without potential athletic consequence as: whether excused or unexcused, absence from a practice/game and/or practices/games may result in a change in the status of the student-athletes role on an athletic team upon return.*

**Section 3.03 SUSPENSION FROM SCHOOL (In or Out of School):** If a student is suspended from school, it shall immediately affect his/her eligibility to participate. The student will not be allowed to practice or play in a contest on the afternoon or evening of the suspension or participate during the period of the suspension, including non-school days. This section refers to both in-school and out of school suspensions. Suspension from school indicates a disregard for living up to the standards of acceptable school citizenship. Any subsequent suspension from school during that season may result in dismissal from the squad for the duration of the season depending on the given situation.

**Section 3.04 DETENTION:** Student-athletes must serve and complete all detentions and make-up work sessions before participating in co-curricular activities for the corresponding day.

- (a) *The student-athletes must serve any detentions and complete any make up work prior to participating in athletic practices or games. The student must provide a “teacher’s pass” to their coach upon arrival at practice. At the coach’s discretion completion of make up work may be treated as an excused absence; however detentions are considered as an unexcused absence.*
- (b) *If a student marked to serve an extended session (detention) they are not allowed to attend any extracurricular activities that day and/or until the session has been served. This includes games and practices.*

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**Section 3.05 INSUBORDINATION/PROFANITY:** A student must not commit an act or deed of disrespect toward anyone of designated authority while under a coach's supervision **off campus**, or on Stoughton high school grounds.

- (a) *First offense will result in a one-game suspension (and practices up to that game).*
- (b) *Second offense may result in a multiple game suspension up to a season long suspension.*
- (c) *At any time with valid reasoning, the Head Coach may recommend a player's permanent removal from the squad to the Principal and Athletic Director.*

**Section 3.06 BUS DECORUM:** Acceptable conduct is expected at all times. All team personnel are to take the bus to and from any away contest with the exception of conditions outlined below.

- (a) *All student athletes are expected to ride on the bus to and from various events. As a member of a team, students should look at bus rides as an opportunity to come together with fellow teammates.*
- (b) *Poor behavior from a student-athlete on bus rides as determined by the head coach and or bus driver can result in a one to five (1-5) game suspension. However, the athletic department reserves the right to dismiss a student-athlete from the team, depending on the severity of the given issue/circumstance.*
- (c) *A student who desires to ride with his/her parents after the contest must request prior permission from the coach/Athletic Director and provide a written request of allowance from the parent 24 hours in prior to the request. Email is an acceptable form of communication.*
- (d) *A parent/guardian may provide permission to the student-athlete to go home with the parent/guardian by presenting themselves to the Head Coach – and indicating such.*
- (e) *Participation on some teams may require that parents and/or students provide their own transportation to and from practices held in locations other than Stoughton High School.*

**Section 3.07 LOCKER ROOM:** Athletes are responsible to lock all valuables and personal belongings securely in a locker. Students are also responsible for cleaning the area immediately surrounding their locker after practice or a game. After an athletic event, and the post practice/post game meeting with the Head Coach, the student should immediately leave the high school building. Students must lock all valuables up securely. On the day the given season has concluded, students must empty all personal belongings out of the locker immediately. The Athletic Department is not responsible for lost/stolen items, or items that have been left in the locker room for more than three days after the conclusion of a season.

**Section 3.08 PRIDE IN PRACTICE/GAME AREA:** Working collectively as a team, student-athletes are responsible for cleaning the area immediately surrounding the practice/game participation area after either a practice or a game. This includes Stoughton High School facilities, off site fields/facilities or buildings/venues that Stoughton travels to as a visiting team.

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**Section 3.09 AGE:** The student shall not be of age 19 prior to September 1<sup>st</sup>.

**Section 3.10 THEFT:** All levels of theft will be evaluated and determined by the High School Administration. Once a determination has been made, first offense could result in a 25% game suspension penalty for any student-athlete found to be involved in theft in the athletic department area, before/during or after a practice/game hosted in Stoughton or at an opponent's venue.

**Section 3.11 SECOND THEFT VIOLATION:** A second and subsequent violation of any athletic department standard (unless otherwise noted) could result in loss of 60% game suspension. Authorities will be notified.

**Section 3.12 CAPTAIN:** Being elected captain is truly an honor. Being a leader amongst peers is not an easy task, which not every student excels at. A captain must be committed to the team, coach and attend all events with minimal exceptions.

- (a) *A student athlete should not consider taking on the responsibility of being a captain if they are anticipating missing any practices or games for the duration of the season.*
- (b) *If a captain makes the decision to participate in any activity other than the sport they are captain of, and that decision results in lack of attendance in any way, it can result in the loss of his/her title for the remainder of the season.*
- (c) *If a captain of a team suspended from a game, the team, or from school can lose his/her title for the remainder of the season, at the discretion of the Head Coach and Athletic Director.*
- (d) *A captain will have the option to purchase a captains jacket at the start of the school year of their captaincy. Students will be expected to attend the Hockomock League Captains Conference.*

**Section 3.13 GOOD CITIZEN/SCHOOL REPRESENTATIVE CLAUSE:** As a member of a team you have become part of an entity. You are no longer just an individual; you are a representative of your team, your school and your town. Any act done to disgrace, embarrass or demean your team, and the athletic department can be grounds for dismissal or suspension from the team as determined by the Athletic Director. Behavior that is acceptable by school policy is expected of student-athletes both inside and outside of the school day and building.

- (a) *At which point a student-athlete has been issued a third (3rd) student discipline referral form, as substantiated by the Principal, Assistant Principal, Dean and/or Athletic Director, within the same athletic season – that student-athlete is suspended from the next scheduled athletic contest.*
- (b) *Any subsequent student discipline referral forms, as substantiated by the Principal, Assistant Principal, Dean and/or Athletic Director, within the same athletic season – will result in additional one game suspension to be served in the next scheduled athletic contest.*
- (c) *Student discipline referral forms occurring in one athletic season will not carry over into the following athletic season.*

**Section 3.14 HAZING/BULLYING:** Stoughton High School has a zero-tolerance policy regarding Hazing & Bullying. We uphold the Massachusetts state policy and pride ourselves on treating all of our team members with dignity and respect. All cases will be investigated by Administration and appropriate discipline will be applied.

**Article IV. ATHLETIC AWARDS:**

**Section 4.01 ATHLETIC AWARDS:** Student-athletes will be awarded a letter based on the following criteria:

- (a) *Student-athletes must be eligible to participate for the entire season (e.g. scholastically eligible, no athletic suspension, no chemical health code violations, cleared of equipment issued). In baseball, basketball, field hockey, football, golf, ice hockey, lacrosse, soccer, softball, wrestling the athletes must participate in 50% of the matches, games, periods, innings, quarters, or halves to be eligible for a letter. Time calculations are based on coaches post game reports and determined by the coach and Athletic Director.*
- (b) *In track & field an athlete must meet outlined team standards based on given events.*
- (c) *In cheerleading an athlete must cheer at all scheduled games and attend all scheduled practices unless excused by the coach.*
- (d) *Goalies, pitchers, kickers, swimmers, dedicated teammates and other specialists may be awarded letters at the discretion of the coach.*
- (e) *Jackets may be awarded to sophomore, juniors and seniors eligible to receive a letter that have participated for two years and received a letter in a previous year.*
- (f) *A four-year program participant in the same sport is eligible to receive an award in his/her senior year, if they have gone above and beyond typical expectations as determined by the Head Coach and/or Athletic Director.*

**Section 4.02 END OF SEASON AWARDS:** At the conclusion of each season of athletics, the Athletic Department hosts an ‘End of Season Awards Night.’ This ceremony honors student-athletes in every sport that Stoughton High School competes in. The ceremony also recognizes recipients of “Hockomock League & Team Awards.”

- (a) The Head Coach from the current school year will be responsible for facilitating confidential student voting for the winners of each sport specific award, then submitting to Athletic Director
  - (i) If, for some reason, the Head Coach is unavailable, the Athletic Director will assume the selection responsibility.
- (b) To be eligible for MVP, Scholar-Athlete, or Sportsmanship awards, a student must be eligible to participate for the entire season (e.g. scholastically eligible, no athletic suspension, no chemical health code violations, cleared of equipment issued).
- (c) Triple Crown Award - Intended to recognize achievement over the course of a student-athlete’s time at Stoughton High School. Only seniors who participate in three (3) seasons of athletics each year of their high school career, and remain in good standing are eligible to achieve this award.
- (d) Outstanding Freshman Award – Selected by the Athletic Director to recognize two athletes who embodied all of the qualities Stoughton High School expects out of their student athletes. Student must participate in two seasons of athletics and be a leader amongst their peers.
- (e) Scholar Athlete Award – Students with the highest GPA on the varsity roster. The most distinguished award a student can achieve as a student-athlete. Due to the body of work, only juniors and seniors are eligible to receive this award.

#### **Article V. INSURANCE:**

**Section 5.01 REPORTING INJURIES & COVERAGE** - All athletes are covered by non-duplicating school insurance. It is essential that each injury, however minor, be immediately reported to the coach and Athletic Trainer.

- (a) The student should obtain insurance claims forms from the Nurses Office (Clinic) and return them as soon as possible.
- (b) Failure to, or a delay, in returning the completed insurance forms may result in possible loss of coverage for this injury.
- (c) Injuries reported outside of one (1) week from the date of occurrence will not be covered by school insurance.

#### **Article VI. PARENT-COACH COMMUNICATION GUIDE**

**Section 6.01 IMPORTANCE OF COMMUNICATION** - Parenting and coaching are difficult vocations. If we understand each of these roles and establish good communication, we are better able to accept our respective responsibilities and support our student-athletes. Effective communication is vital and requires participation, dedication, sacrifice and communication from parents, student-athletes and coaches.

**Section 6.02** From your child’s coach, you should expect communication regarding:

Stoughton High School Athletic Department  
Handbook of Athletic Standards

- (a) *Coach and program's philosophy.*
- (b) *Individual and team expectations.*
- (c) *Location and times of all practices and games.*
- (d) *Team requirements: practices, special equipment, suggested off-season conditioning.*
- (e) *The Procedures followed if your child is injured during practice or game.*
- (f) *Any interest shown by non-Stoughton High School coaches in your son/daughter regarding future athletic opportunities.*
- (g) *Any discipline that may result in the denial of your child's participation.*

**Section 6.03** From parents, coaches should expect:

- (a) *Concerns, including those about a coach's philosophy and/or expectations, expressed directly to the coach. **Playing time is not guaranteed at every level of high school sports.***
- (b) *Notifications of schedule conflicts well in advance.*
- (c) *Support for the program and the commitment and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.*

**Section 6.04** **RESOLVING CONCERNS (Protocol for communication)** - While your child is involved in interscholastic

athletics, he or she will experience rewarding and inspiring moments. At other times things may not go the way you or your child wishes. Encourage your child to first speak to his or her coach directly regarding these situations. Dealing with issues is a vital part of the development that young people must go through to be successful later in life. If the student-athlete to coach conversation has not satisfied concerns, we would then encourage you to speak directly to the coach.

**Section 6.05** **EXPECTATIONS FOR PARENTS IN ATTENDANCE OF COMPETITION** - Participation in an interscholastic contest is the

culmination of hours of preparation through the course of a season. This preparation is at the direction of the head coach. The complete attention and focus of each team member is required in order to effectively implement this preparation on the athletic field or court. With this in mind, parents should completely refrain from direct communication with or influencing of student-athletes as they participate in an interscholastic contest unless there is an injury or safety issue.

- (a) *Supporting the efforts of student-athletes by being a vocal fan is encouraged; attempting to influence game action by 'coaching' student-athletes is not.*

**Section 6.06** **ATHLETIC FEE ENTITLEMENT** - Accepting your child not playing as much as you would hope is difficult. The full payment of athletic activity fees does not entitle a student-athlete to minimum playing time standards. Coaches are professionals and make decisions based on what they believe is best for the team and all of the student-athletes. Certain issues should be discussed with your child's coach [after the student-athlete to coach conversation has been exhausted]. Other issues should be left to the direction of the coach.

**Section 6.07 APPROPRIATE CONCERNS FOR DISCUSSION WITH COACHES:**

- (a) *The psychological and physical treatment of your child.*
- (b) *Ways to help your child improve and develop.*
- (c) *Concerns about your child's behavior.*

**Section 6.08 INAPROPRIATE CONCERNS FOR DISCUSSION WITH COACHES:**

- (a) *Playing time*
- (b) *Team strategy*
- (c) *Play calling*
- (d) *Other student-athletes*
- (e) *Activity Fees and payment of such*

**Section 6.09 HOW TO APPROACH DISCUSSING CONCERNS WITH A COACH:**

- (a) *Call or email to set up an appointment with the coach.*
- (b) *If you cannot reach the coach, call the Athletic Director, who will set up a meeting with the coach for you.*
- (c) *Please, do not confront a coach before, after or during a practice or game. This interaction, at times that may be emotional for both the parent and the coach, does not promote objective analysis or resolution.*

**Section 6.10 UNSATISFACTORY MEETING WITH COACH (NEXT STEP)** - If the meeting with the coach does not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation.

**Section 6.11 BENEFITS OF ATHLETICS** - Athletics support the academic mission. They are an integral part of a good educational program. Students who participate in athletic programs tend to develop good time management skills, self-discipline, self-confidence and the ability to handle competition. Experience in athletics teaches life skills through valuable lessons in teamwork, sportsmanship, winning and losing, and hard work. Participation in high school athletics is often a predictor of later success – at college, in a career and as a community member.

**Section 6.12 HOCKOMOCK LEAGUE RECOMMENDATIONS** - As the Hockomock League encourages member communities: Let the players play, let the coaches coach, let the officials officiate – and let the parents positively cheer for their son/daughters during the game.

**CONTACT INFORMATION**

**Section 6.13 IMPORTANT CONTACTS:** The following are pertinent contacts to your son/daughter's athletic experience:

|                                |  |
|--------------------------------|--|
| <b>Principal:</b>              | Ms. Juliette Miller<br><a href="mailto:J_Miller@stoughtonschools.org">J_Miller@stoughtonschools.org</a><br>781.344.4000 ex 1243    |
| <b>Assistant Principal(s):</b> | Mr. Michael O'Neil<br><a href="mailto:M_O'Neil@stoughtonschools.org">M_O'Neil@stoughtonschools.org</a><br>781.344.4000 ex 1242     |
|                                | Mr. Alan Bontya<br><a href="mailto:A_Bontya@stoughtonschools.org">A_Bontya@stoughtonschools.org</a><br>781.344.4000 ex 1242        |
| <b>Athletic Director:</b>      | Mr. Ryan Donahue<br><a href="mailto:R_Donahue@stoughtonschools.org">R_Donahue@stoughtonschools.org</a><br>781.344.4000 ex 1215     |
| <b>School Nurse:</b>           | Mrs. Suzanne Barrett<br><a href="mailto:S_Barrett@stoughtonschools.org">S_Barrett@stoughtonschools.org</a><br>781.344.4000 ex 1248 |
| <b>Athletic Trainer</b>        | Ms. Shelby Spencer<br><a href="mailto:S_Spencer@stoughtonschools.org">S_Spencer@stoughtonschools.org</a><br>781.344.4000 ex 1354   |
| <b>Office Secretaries:</b>     | Mrs. Louise Braunies - 781.344.4000 ex 1239<br>Mrs. Lynne Baeta – 781.344.4000 ex 1243<br>Mrs. Julie Giroux – 781.344.4000 ex 1242 |