



Bangor Slater
Athletic Handbook
2017-2018

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Dear Parent, Guardian, or Student-Athlete:

Welcome to Bangor Athletics. We hope that this handbook will be informative and help to make *Slater Athletics* a positive experience for everyone involved.

The athletic program at Bangor is education based which demands student-athletes be students first and athletes only as a privilege rather than a right. Students participating in athletics learn teamwork and responsibility. The athletic field offers excellent experiences in dealing with success and adversity. There is research that shows those who participate in athletics and extra-curricular activities are more likely to perform better in the classroom and less likely to have disciplinary issues than those who do not participate.

Again, athletic participation is a privilege and we expect the student-athlete to complete his or her duties as a student before taking part in the extra-curricular activities that are offered.

Here are some statistics from the NCAA's website to keep in mind:

- Of the 8 million students currently participating in high school athletics in the U.S. only 460,000 will compete at an NCAA school. Of those participating in college athletics only a fraction will become a professional athlete.
- Overall student-athletes benefit from their experience in college athletics as they pursue their careers in other fields. Student-athletes graduate at higher rates than their peers in the student body, and those rates rise every year.
- In baseball, 6.9% of the 482,629 high school participants will play in college. In football 6.5% of the 1,093,234 high school players go on to play in college. In Men's Basketball 3.4% of the 541,054 participants go on to play in college. In Women's Basketball of 433,344 high school players 3.8% will play in college.

Understand while it is possible for your student-athlete to play in college and even realize the dream of becoming a professional it is not likely and this is why you should focus on academics before anything else.

This handbook has been provided as a guide to Bangor High School and Bangor Middle School athletes; please use it to help guide you throughout you or your child's time at Bangor.

Bron F. Holland
Athletic Director
Bangor High School

Section I

Bangor Area School District Athletic Philosophy and Objectives

We believe the athletic program in the Bangor Area School District is an integral part of the total educational program. Therefore, we extend the privilege of participating in interscholastic athletics to all students who are able to meet the standards established by the Bangor Area School District. Participation in interscholastic sports provides an opportunity for students to gain valuable experiences, which will contribute toward physical growth and development, healthy living habits, high moral standards, school citizenship, and sportsmanship. Everyone involved in the athletic program should have a sincere belief in the value of athletics and be willing to spend the time and effort necessary to influence in a positive way the lives we come in contact with.

With this philosophy in mind, it will be our objective to teach student-athletes to understand the importance of the following:

- Accepting Responsibility
- Dedicating themselves to a set of beliefs and goals
- Developing teamwork, pride, and commitment
- Accepting discipline from authority and developing self-discipline
- Associating and working with others toward a common goal
- Learning to deal with success as well as failure
- Achieving their full potential
- Healthy living habits
- Developing leadership skills
- Developing good sportsmanship

Section II

Warning Regarding the Inherent Dangers of Athletic Participation

Student-athletes and parents must be aware that any athletic participation will always have inherent dangers and risks. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods, and common sense.

The Bangor Area School District encourages student-athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

Section III

Bangor Athletic Department Chain of Command

In the Athletic Department of the Bangor Area School District, the following chain of command is in effect:

Players
Assistant Coach(es)
Head Coach
Athletic Director
Principal

If there are any questions or concerns involving an aspect of the athletic program, the student-athlete or parent should first contact the appropriate coach. If there were no resolution, he or she would then go to the head coach and continue up the chain of command.

Section IV

Parent - Athlete - Coach Relationship

Parent/Coach Communication Plan

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our athletic program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from Your Child's Coach

1. Expectations the coach has for your child as well as all the players on the team.
2. Locations and times of all meetings, practices and contests.
3. Team requirements, i.e. practices, special equipment, out of season conditioning.
4. Team rules, guidelines and consequences for infractions.

Communication Coaches Expect from Athletes/Parents

1. Concerns expressed directly to the coach.
2. Advance notice of any situations that may hinder participation in practice, games, or other team activities.

As your child becomes involved in the programs of the Bangor Area School District, 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. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss With the Coaches

1. The treatment of your child.
2. Improving your child's athletic performance.

At times it may be difficult to accept your child's limited playing opportunities. Please remember that coaches are professionals. They make decisions on what they believe to be the best for all students involved. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With the Coaches

1. Playing time
2. Team Strategy
3. Other student-athletes
4. Selection of team leaders

Sometimes there are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

If There Is a Concern to Discuss With a Coach

1. Please encourage your child to speak directly to the coach.
2. Call the coach to set up an appointment.
3. If the coach cannot be reached, call the athletic office to assist you in arranging a meeting.
4. Please **DO NOT** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature rarely promote resolution.
5. 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 V

Behavior Expectations of Spectators

Expectations of Parent/Guardian

1. Support your student-athlete's efforts toward success.
2. Work to promote a positive environment that is conducive to the development of the student-athlete.
3. Become familiar with and review the rules and regulations with your child.
4. Communicate any concerns in a timely manner according to district protocol.
5. Treat all coaching personnel with courtesy and respect, and insist your student athlete do the same.

Research indicates a student involved in extracurricular activities has a greater chance for success as an adult. Involvement in athletics is an extension of the classroom where students learn the values of commitment, teamwork, and pride. Development of these character traits in a competitive arena will promote success in life after high school. We hope the information provided in this pamphlet makes both your child's and your experience with the Bangor Area School District athletic program truly rewarding and enjoyable.

Suggestions for Parents of Student Athletes

1. Make sure your children understand that win or lose, you love them.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for training and competition
7. Control your emotions at games and events.
8. Be a "cheerleader" for your child AND other children on the team.
9. Respect your child's coaches. Please communicate with them in a positive way.
10. Be a positive role model.
11. Never communicate with the officials.
12. Never approach a coach or athlete during a contest or coach your child from the stands.
13. Never enter the field of competition.

Be sensible and responsible, and keep your priorities in order. There is a great deal more at stake than a win/loss record.

Section VI

Student-Athlete Discipline during the School Day

Expectations of our student-athletes remain high not only during practices and games, but also during the school day. We expect our student-athletes to be model students and leaders of their classmates.

In the event a student-athlete has been in discipline in school and has gained a detention, In-School, or Out-of-School Suspension, the following guidelines apply.

1. Detention – Athletes are not excused from detention nor are they to be dismissed early because of athletic practices or games. If a student misses a bus to an away game because of detention, they shall not play in that game.
2. In-school Suspension – A student-athlete *may* (at the discretion of the coach) participate at the completion of the in-school suspension obligation, which includes detention. If the student has multi-day ISS, they may not participate prior to the end of the last day's obligations.
3. Out-of-School Suspension – A student-athlete may not participate in activities until the first school day following the end of the suspension. If the student is OSS on a Friday, they may not participate until Monday.
4. Late to School – Any student who signs into school after 8:15 AM will not be eligible to participate in a scheduled athletic practice or contest on that day. The daily attendance sheet indicates the arrival time of students if they are late to school. Exceptions to this policy can be granted to athletes who are given prior approval by the principal, or are late to school due to a medical appointment. A written excuse from the doctor needs to be presented to the attendance clerk when the student signs in. The principal or athletic director reserves the right to waive this rule under certain circumstances.

Section VII

Responsibilities of a Student-Athlete

Most coaches would expect a student-athlete to adhere to the following guidelines:

1. The team's goals, welfare, and success must come before any individual.
2. A student-athlete needs to consistently attend practice sessions, including weekends and holidays.
3. Players must be receptive to coaching.
4. Team members are responsible for all issued uniforms and equipment.
5. As a member of a team, a student-athlete must agree to and follow all team rules. Student-athletes need to remember that they are ambassadors and represent not only themselves, but the coaching staff and the school.
6. If injured, a student-athlete must report all injuries to either the coach or, more importantly, to our athletic trainer.

Responsibilities of a Coach

In the Bangor Area School District, a coach has the responsibility for the following:

1. The selection of a squad.
2. Their determination of the style of play, including offensive and defensive philosophy.
3. The teaching and instruction at practice sessions.
4. The determination of who starts and how long an athlete plays in a contest.
5. The decision of who plays what position.
6. The establishment of team rules.
7. The selection of team captains.
8. The communication with student-athletes and parents with respect to when practice sessions will be held, and when the sessions will start and finish.
9. The contents of any student-athlete's 504 or IEP.

Section VIII

Participation on an Athletic Team/Playing Time

It is important to understand that participation on an athletic team in the Bangor Area School District is a privilege and not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of a student-athlete. However, unlike recreation, intramural, or AAU teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

Just as our students are exposed to a variety of teaching styles and techniques in the classroom, our student-athletes are exposed to a variety of coaching styles and techniques. Consequently, the Athletic Department does not have any rules that mandate the amount of playing time received by each player. Those decisions ultimately rest with the coaches in the program.

Section IX

Dual Sport Athletes Policy

Dual-Sport Athletes

Bangor Athletic Department Guidelines on Dual-Sport Athletes

The PIAA allows student-athletes in grades 7-12 to participate in two sports during the same season. Realizing that there are challenges when doing this, the Bangor Athletic Department has set the following guidelines in place to help avoid any unnecessary complications.

Student-athletes who wish to participate in two sports in the same season must declare one of the sports as the primary sport two weeks before the official start of practices. At this time, the student-athlete will inform both coaches and the athletic director of his or her desire to participate in two sports during the same season. A meeting will be scheduled with the student-athlete, parent(s) or guardian(s), both head coaches, and the athletic director.

Once declared, this cannot be changed. Both coaches will understand that the primary sport takes priority over the secondary sport and will most likely result in missed practices and perhaps even missed contests for the secondary sport. The student-athlete and parents will understand that missing practices could result in lost playing time. At this meeting all questions will be answered so that everyone involved knows the expectations of all affected parties in this decision to participate in two sports during the same season. Keep in mind that just declaring that you will participate in two sports in one season does not automatically ensure you a place on either team. Like all of our student-athletes, you must successfully try out for and make the team. I hope this helps to eliminate any problems and gives everyone involved the opportunity to be aware of the expectations at the beginning of each season.

Section X

Academic Eligibility for Interscholastic Athletic Participation and Curricular Requirements

You must pursue a full-time curriculum defined and approved by your Principal.

Bangor High School

1). On a weekly basis a student who is failing one subject, grading period to date, will be placed on Academic Probation. The coach will notify the student-athlete to make contact with the teacher to find out what needs to be done to improve the grade in this class. The coach can

hold the student-athlete out of practices and contests if additional time on the failing subject will improve the grade.

2). On a weekly basis if a student is failing more than 1 subject (BAMS is 2 classes), grading period to date, as of Friday afternoon of that week, they will be ineligible to compete for 7 days subsequent, Monday through the following Sunday. Practice will be at the discretion of the coach but no athlete will be dismissed from class to travel with their team. When school is closed on a Friday, the principal may at his/her discretion determine the academic eligibility of any student-athlete.

3). At the end of the grading period any student-athlete who has failed more than one subject will be ineligible to participate in interscholastic competition for fifteen school days starting the day report cards are issued. Final grades will be used to determine eligibility at the end of each Marking Period. An evaluation of the student-athlete's academic performance during those fifteen days will determine whether they can resume interscholastic competition. Participation in practice while ineligible will be at the discretion of the coach.

4). At the end of the school year, a student who has failed three (3) or more subjects for the year shall be ineligible for the following fall sports season. Final Grades will be used to determine eligibility at the end of the school year. Passing grades in summer school can be used to meet the established standards. Any athlete who has not met this requirement will be ineligible to participate the first 15 days will determine whether they can resume interscholastic competition.

Pupils who enroll in our district for the first time must comply with the established academic guidelines. The standing required for the preceding week, grading period or year shall be obtained from the last school the student was enrolled.

INELIGIBLE ATHLETES WILL NOT BE ALLOWED IN UNIFORM AT CONTESTS.

Section XI

Tryouts/Cutting

While our ultimate goal is to promote the greatest athletic participation possible in the Bangor Area School District, it may be necessary in some sports to cut players in order to make a more manageable team. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors.

Every coach has the responsibility and authority for the selection of his or her team. The criterion for selecting the team is developed by the coach. The coach will be able to provide you with what is required for your specific sport.

It is important to remember that there are no guarantees. Players from a previous year's JV Team, for example, do not automatically make either the JV or Varsity team the following season. Having been a member of the team during the previous year or being a senior does not ensure that student-athletes will make the squad.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to answer student-athletes' questions.

While we understand that being cut is disappointing for many student-athletes and even for their parents, we unfortunately cannot keep everyone. Anyone cut from a team is welcome to try out again next season or to try another sport. When parents and student-athletes understand and support the coach's decision, this difficult process becomes less painful for all.

Section XII

Senior Nights

Most coaches conduct a senior-night ceremony. It is our philosophy that the celebration and recognition of our seniors is separate from the contest. Consistent with our philosophy, the game will be approached from a team perspective and seniors will not necessarily start on senior night. This will be left to the discretion of the coach.

Section XIII

Purpose of a Sub-Varsity Team

Sub-varsity teams exist to provide those student-athletes unable to participate on the varsity level an opportunity to develop skills and gain experience. While the student-athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a sub-varsity team may enhance the student-athlete's potential to make the varsity squad in the future.

A caution, however, must be given. Being a member of a sub-varsity team does not guarantee that a student-athlete will automatically move up the following year to the varsity squad. The student-athletes best suited for varsity competition will make the squad each year.

Striving to win is important in athletics; however, compiling a great record or winning a championship should not be the primary objective of a sub-varsity team. The Colonial League will not acknowledge sub-varsity championships. The development of student-athletes should be the ultimate purpose of a sub-varsity team while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

At the junior high and junior varsity level playing time for all participants is encouraged, though will not and cannot be guaranteed.

Section XIV

Transportation

Transportation for all athletic contests, scrimmages, and when necessary, practices will be arranged by the Athletic Department. Departure times will be scheduled and published for coaches, players, custodians, faculty, and administration.

Student-athletes **MUST** use school-provided transportation to all athletic contests and scrimmages unless prior arrangements have been made with administration. In addition, student-athletes who are transported by school provided transportation to events **MUST** return by school-provided transportation unless the head coach personally receives parental permission and approves the request. Head coaches have copies of this transportation permission form. Only a legal parent or guardian may transport student-athletes. This, however, should only occur in emergency circumstances.

Section XV

Sports Medicine

Athletic training is vital to all of the athletic teams and program as a whole at Bangor. At Bangor we have a contract with Coordinated Health who provides two athletic trainers and a performance coach. Our trainers will work together to make sure each individual injury is dealt with properly and work to prevent future injuries.

The following are guidelines that will help your child remain healthy or receive appropriate care needed when dealing with injuries when participating in extracurricular activities.

1. Student-athletes will follow the advice and discretion of the Athletic Trainer.
2. Players will get the proper amount of rest and follow a diet that facilitates good health.
3. Notify the coach and athletic trainer of all injuries that happen to you while at practice or in a game.
4. Arrive for treatment early enough to get treatment done and still be on time for practice or a game.

Section XVI

Practice Sessions and Games

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to a student-athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

In the Bangor Area School District practice sessions:

1. May last as long as a coach needs, with prior communication
2. May start and end at different times, due to facilities or schedules

3. Will not be held when school is dismissed early due to inclement weather with the exception of the varsity level upon administration approval.
4. May be held on Saturdays and over holiday periods

Section XVI

School Issued Equipment

The Bangor Area School District has gone to great lengths in order to ensure our student-athletes are equipped in appropriate, safe equipment. It is important to know that student-athletes have the responsibility to return re-usable equipment to the coach at the completion of the season. Any student-athlete who does not return equipment will be placed on the hold list until all obligations are met. Students will be billed for the cost of missing items. The Bangor Athletic Department does not wish to receive money, but would instead prefer the items, as finding replacements is often very difficult. Students will not be able to participate in another sport, attend prom, receive report cards, or walk in graduation if obligations are not met.

Section XVII

Off-Season Participation

Please keep in mind that the Bangor Area School District sponsors no off-season activities (i.e. summer camp participation, summer leagues). The District assumes no liability for summer activities that are not school sponsored.