Bangor Slater

Athletic Handbook

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Approved by the Board on June 22, 2021

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

OUR MISSION:
Pursue Excellence

Bangor School Board Directors

The Board of School Directors is a locally elected legislative body of citizens who serve provide a "thorough and efficient" education for its community as mandated by the Pennsylvania State Constitution. The Board consists of nine members who serve as volunteers in four-year terms. The Superintendent is an official member of the board without the power to vote. Bangor School Board Members are elected at large, meaning that any of the nine members may come from anywhere within the boundaries of the District.

The School Board meets as a body once per month to conduct business according to the schedule found on the Bangor School District website. The Board adopts its calendar of meetings each December, that is published in local newspapers meeting begin in January. The School Board may also schedule a special meeting for a designated topic, such as adoption of the budget or the holding of a hearing. All special meetings are advertised.

The Board is organized into four standing committees: Buildings and Grounds, Curriculum, Finance and Policy. Board committees are authorized to render advice on district business and operate in accordance with the provisions of the Sunshine Act. Each committee typically convenes once per month. The President of the Board appoints members of each committee and serves as an ex-officio member on all committees. Committees are comprised of three to four board members and an administrative liaison. Each board committee is led by a chairperson, who reports on behalf of the committee and facilitated by an administrative liaison.

Buildings & Grounds	Curriculum	Finance	Policy
Michael Goffredo*	Terry Toth*	Christopher Marozzi*	Jason Albert*
Michael Hillis	Jason Albert	Craig Berger	Michael Hillis
Toni Lynch	Craig Berger	Zachary Miller	Terry Toth
Christopher Marozzi	Zachary Miller		
Braden Hendershot+	Kristin Kruger, Ed.D.+	Mark Schiavone+	Joseph Kondisko, Ed.D.+
*Committee Chairperson		+Administrative Liaison	

Members of the public are invited to attend school board and committee meetings. School Board Meetings are held in the Slater Conference Room on the 3rd Tuesday of each month at 7:00 PM unless announced otherwise. A period for public comment is scheduled at every school board meeting. Citizens who wish to comment on action items before the Board that night, must contact the Office of the Superintendent prior to the meeting. Each speaker is allowed three minutes to speak. The board will listen, take comments and questions under advisement, but is not obligated to respond. The presiding officer will refer questions to the Superintendent for research and response.

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President: Michael Goffredo
Vice-President: Craig Berger
Superintendent: William Haws, Ed.D.
Treasurer: Christopher Marozzi
Secretary: Mark Schiavone

Bangor Building Directory & Hours

District Offices

123 Five Points Richmond Road
Bangor, PA 18013
610-588-2163

William Haws, Ed.D. | Superintendent
Kristin Kruger, Ed.D. | Assistant Superintendent
Braden Hendershot | Assistant to the Superintendent
Mark Schiavone | Business Manger

Academic Support

Scot Engler | Director of Special Education
Joseph Kondisko, Ed.D. | Director of Student Services
Timothy Curran | Director of Technology

Operations

Bron Holland | Athletic Director
Chris Ryan | Chief of School Police
Ron Baker | Director of Building and Grounds
James Saylor | Director of Food Services (Aramark)
Maria Piperato | Transportation (STA)

Hours

District

8:00 a.m. – 4:00 p.m.

Elementary

Regular Hours: 8:10 a.m. – 2:50 p.m.
2-Hour Delay: 10:10 a.m.

Secondary

Regular Hours: 7:10 a.m. – 2:05 p.m.
2-Hour Delay: 9:10 a.m.

Elementary Schools

Five Points Elementary School (K-2)
363 Five Points Richmond Road
Bangor, PA 18013
610-599-7015
Courtney Lepore, Ed. D. | Principal

Washington Elementary School (Grades 3-4)
381 Washington Boulevard
Bangor, PA 18013
Courtney Burrus | Principal

DeFranco Elementary School (Grades 5-6)
267 Five Points Richmond Road
Bangor, PA 18013
610-599-7013
Eric Kerstetter | Principal
Cara McCormick | Assistant Principal

Secondary Schools

Middle School (Grades 7-8)
401 Five Points Richmond Road
Bangor, PA 18013
610-599-7012
Sherry Holub, Ed.D. | Principal
Kim Kochanski | Assistant Principal

High School (Grades 9-12)
187 Five Points Richmond Road
Bangor, PA 18013
610-599-7011
Andrew Krohn | Principal
Matthew Wehr | Assistant Principal
Stephanie Deemer | Assistant Principal

B.A.S.E. (Grades 7-12)
Bangor Alternative to Support Education
Allison Tucker | Assistant Principal
610-599-7011 ext. 1802

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The Board requires a notice stating that the district does not discriminate in any manner, including Title IX sexual harassment, in any district education program or activity, to be issued to all students, parents/guardians, employment applicants, employees and all unions or professional organizations holding collective bargaining or professional agreements with the district. All discrimination notices and information shall include the title, office address, telephone number and email address of the individual(s) designated as the Compliance Officer and Title IX Coordinator.

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
Assistant to the Superintendent

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 disciplined 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 will 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 ISS 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 (OSS) – 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.
5. Any student-athlete who has been formally charged as an adult or juvenile with a crime committed off school property which constitutes a misdemeanor or felony related to domestic abuse, aggravated assault, use, possession, or distribution of alcohol, drugs, controlled substances, look-alikes, and drug paraphernalia, shall be suspended from participation by the Administration pending the outcome of the legal proceedings.
    a. Upon conviction or plea of guilty or a plea of no contest, the student-athlete will be:
        1. Dismissed from the team for the remainder of the season and upon returning to school, the student shall be ineligible to participate in any extracurricular activity for a period of up to 90 calendar days.
        2. Referral to SAP
        3. Referral for a drug and alcohol evaluation
    b. Upon acquittal or dismissal of the charges, the student-athlete will be reinstated as a member of the team in good standing.

Section VII - Responsibilities of a Student-Athlete

Coaches 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

Eligibility

Any student-athlete who participates in interscholastic athletics must adhere to the eligibility rules of the PIAA and the District. Failure to comply, will result in a loss of eligibility to participate and/or penalty to our school or your team. The high school principal and athletic director are responsible for certifying the eligibility of all student-athletes in the District. Information concerning eligibility is available in the athletic director's office.

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.

Age

A student-athlete will be eligible for participation if he/she has not reached the age of nineteen (19) prior to July 1st of the current school year.

Enrollment

No student who has been enrolled in grades 9–12 for eight semesters shall thereafter be eligible. The maximum high school (grades 9-12) participation shall be four (4) years in any one sport.

Section IX - Dual Sport Athletes Policy

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. Hopefully 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.

BHS/BAMS

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 contact 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 will 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.
5. 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 – Athletic Code of Conduct

Sportsmanship

Student-athletes will be expected to show courtesy and respect to all fellow students, as well as all personnel from other schools and officials involved in the activity. Conduct unbecoming of a student-athlete during a team activity will be addressed by the coach first. If the behavior continues and/or the behavior is a violation of school rules that should be addressed by the principal, who shall decide any other appropriate form of discipline, the coach will alert the high school principal for his/her review. This review could lead to a suspension or dismissal from team activities and any other appropriate consequences. Flagrant misconduct could result in immediate suspension or dismissal from the activity and any other appropriate consequences.

All student-athletes must be willing to accept the rules, regulations, and responsibilities of each extra-curricular activity in which they participate. Violation of any Bangor Area High School or Middle School rules and regulations in addition to those listed in this handbook may result in elimination or suspension of the privilege of participating in the extra-curricular program.

The coach may distribute a team-specific policy detailing a student's responsibilities about their particular sport. Any separate policies must also be followed. The coach's policy must comply with the overall philosophy of the District, as well as the standards set forth in all other applicable documents, including this handbook, the Bangor Slater Athletic Handbook, School Board policies, Administrative regulations, etc.

Attendance
Any student-athlete absent during a regular school day may not participate in an event scheduled for that day. The head coach is responsible for enforcing this policy. Exceptions may be granted if the student-athlete is absent due to death, serious illness in the family, or a scheduled doctor's appointment. An excuse needs to be presented to the attendance clerk, head coach, and the athletic director in order for the student-athlete to be eligible to compete on that day. If a student-athlete is absent from school on a Friday, they can compete on a Saturday at the coach's discretion.

A student-athlete who has been absent from school during a semester for a total of twenty (20) or more school days shall not be eligible to participate in inter-scholastic practices or contests until the student has been in attendance for a total of forty-five (45) school days following the students twentieth (20th) day of absence. This is a PIAA regulation.

Late to School/Tardiness
Any student-athlete who signs into school after 8:15 AM will not be eligible to participate in a scheduled athletic 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 student-athletes who are given prior approval by the principal or are late to school due to a medical appointment or other officially recognized extenuating circumstance. 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 appropriate circumstances.

Use of Tobacco Products (Policy No. 222)
The use of tobacco products during the season is unhealthy and is strictly prohibited. The PIAA and Colonial League have rules that prohibit the use of tobacco products by any participant at an interscholastic athletic event. The use of tobacco products interferes with the physical conditioning of the athlete and will impact their performance. Therefore, if an athlete is caught using tobacco during the season, the following discipline will result:

First Offense: A one (1) game suspension and participation in an on-campus tobacco awareness program conducted through the school nurse's office.
Second Offense: A three (3) game suspension and participation in an off-campus tobacco cessation program.
Third Offense: Dismissal from the squad for the remainder of the season.

Extracurricular/Co-Curricular/Athletics Drug and Alcohol Policy (Policy 227.1)
The Extra-Curricular/Co-Curricular/Athletics Drug and Alcohol Policy has been adopted by the School Board and applies to all students. A copy of this policy may be obtained from the District's website (www.bangorslaters.com) or at the District offices. Any questions regarding this policy should be directed to the Superintendent.

This policy applies to all District students who participate in athletics, co-curricular, and/or extra-curricular activities. These students are visible members of our school and represent the District publicly through performances, competitions, and trips. This policy is applicable through the entire calendar year and any student who violates this policy is demeaning the integrity and character of this District. Students are not only expected to model the image of the District during the school year, but also during the summer months. Violators of this policy during the summer months will be subject to the guidelines of this policy on their return to school. Support for such out-of-school action lies within the need for all students who represent the District to represent it with integrity and character.

Section XII - 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 form 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. Missing tryouts for vacation are not an excused absence and as a result may lead to you not making the team.

Section XIII - Senior Recognition

Most coaches conduct a senior-recognition 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 XIV - 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 XV - 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 XVI - 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 XVII - Practice Sessions and Games

Practice sessions are normally closed to spectators. 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 XVIII - 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 XIX - 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.

Section XX - Slater Athletic Awards and Recognition

SPORT	REQUIREMENT
Basketball	Participated in ½ of the quarters of all scheduled games.
Baseball	Participated in ½ of the total innings of all games scheduled. Pitchers must pitch a complete game or 10 innings throughout the season.
Cheerleading	Participated in ¾ of all scheduled games / meets.
Cross Country	Must score in 2/3 of the scheduled meets.
Field Hockey	Participated in 40% of the halves of scheduled games.
Football	Participated in ½ of the quarters of all scheduled games.
Golf	Participated in ½ of all scheduled matches.
Soccer	Participated in 40% of the halves of all scheduled matches.
Softball	Participated in ½ of the total innings of all games scheduled. Pitchers must pitch a complete game or 10 innings throughout the season.
Track & Field	Must score at least 10 points during the season.
Volleyball	Participated in ½ of all scheduled matches.
Wrestling	Participated in ½ of all scheduled meets or earned 12 team points.

SPECIAL CONSIDERATIONS

- Seniors and Injured Student-Athletes who do not meet the participation requirements may receive a letter upon recommendation by the Head Coach.
- The coaches will determine all letter awards.
- A committee made up of the Director of Student Activities and all Head Coaches will determine overall Outstanding Athletes of the Year.

TEAM CHAMPIONSHIPS

- League, District, and/or State Championship Varsity teams will be recognized with a sign depicting the championship, which will be hung in the high school gymnasium. This is in addition to the awards that the League, District, and State organizations distribute.
- Individual State Champions will be recognized by their name being added to the appropriate sign in the gymnasium.