

**GREEN MOUNTAIN UNION HIGH SCHOOL  
ATHLETIC AND EXTRA-CURRICULAR HANDBOOK  
STUDENT CONTRACT**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Sport students will play during the 20\_\_\_\_\_ school year.

Baseball	Basketball	Cross Country
Indoor Track	Mountain Biking	Rock Climbing
Skiing/Snowboarding	Soccer	Softball
Track and Field	Cheerleading	Other:

Any participant in athletics must complete and return this form to the coach before participation will be allowed.

By giving my permission, I will accept responsibility for helping to administer the GMUHS Athletic Policy, and release my child to be treated by medical personnel and transported to a medical facility in the event of an injury. I also acknowledge that I have read and understand the concussion information attached at the end of the packet.

By its nature, participation in interscholastic athletics includes risk of injury which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can, and have the responsibility to, help reduce the chance of injury. Players must obey all safety rules, report all physical problems to the coaches, follow a proper conditioning program and inspect their own equipment daily.

A coach of an individual sport may set additional guidelines for the participants of his/her sport, which are consistent with the letter and spirit of school policy.

By signing this permission form, we acknowledge that we have read the above information and the information attached to this form. We further acknowledge that we have appropriate medical insurance coverage.

\_\_\_\_\_ has by permission to play the sport indicated above during the 20\_\_\_\_\_ school season.

Please return the top sheet, detach the guidelines and retain them for your own use.

\_\_\_\_\_  
Signature of Parent or Guardian

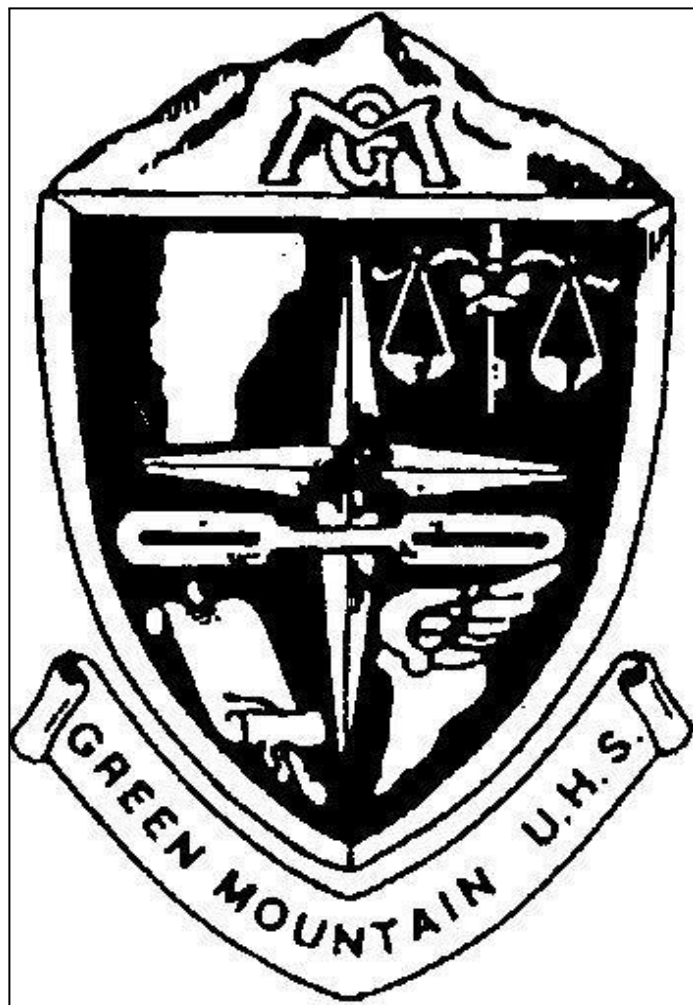
\_\_\_\_\_  
Date

\_\_\_\_\_  
Best Phone Number

\_\_\_\_\_  
Emergency Name and Number



# GREEN MOUNTAIN UNION HIGH SCHOOL ATHLETIC AND EXTRA-CURRICULAR HANDBOOK



## ATHLETIC ACTIVITIES AND DRAMA PRODUCTIONS

Middle School, JV and Varsity Cross Country  
Middle School, JV and Varsity Track & Field  
Middle School, JV and Varsity Softball  
Snowboard Team  
Golf  
Musical

Middle School, JV and Varsity Soccer  
Middle School, JV and Varsity Basketball  
Middle School, JV and Varsity Baseball  
Varsity Cheerleaders  
Play

Various clubs: Mountain Biking, Rock Climbing, Circle, Environmental

## **GOALS of the ATHLETIC PROGRAM**

The Green Mountain Union High School Interscholastic philosophy acknowledges the importance of athletics in middle school and high school. Therefore, Green Mountain promotes athletic programs that enable students to participate in competitions appropriate to their ability. Possible programs include middle school, junior varsity, and varsity during the fall, winter, and spring sessions.

Middle School programs are designed to teach the fundamentals of sports and give all participants an equal opportunity to compete on a team. Junior varsity sports programs are designed to continue the learning process of fundamentals and to improve and develop the skill of the developing athlete. All students on junior varsity teams will receive meaningful exposure to game competitions.

The varsity program is the culmination of the middle school and junior varsity programs. The varsity programs are designed to further instill concepts of leadership and of team contribution. The Green Mountain athletic staff attempts to field competitive varsity teams by selecting the players appropriate to the competition offered at a given time. Besides learning the skills and techniques of a particular sport, athletes must exhibit self-control, discipline, fair play, sportsmanship, and dedication to the team concept. In addition, all Green Mountain athletes must strive to present an exemplary image to the community and the school.

## **RULES AND REGULATIONS**

Teams/productions will only be successful if athletes/participants recognize the coach/director as the person who organizes and leads the team during practice/rehearsal and competition/productions. It is important that everyone follows the rules and advice of the coach/director, as well as adhere to league rules and school policies. This means before, during, and following practices/rehearsals and competitions/productions on buses and in the locker rooms.

## **SPORTSMANSHIP**

Green Mountain Union High School promotes good sportsmanship among student-athletes and fans. We encourage students, parents, and friends to attend games and support our teams, but we ask you to do so in a supportive and positive manner. We will ask individuals criticizing opponents or officials, using vulgar language, or making derogatory comments to cease. If they do not, we will ask them to leave the facility. Furthermore, please remember that negative comments about coaches, players, opponents, or officials, even in conversations in the stands, do nothing but undermine the coaches and harm the team. We understand that contests can get emotional, and a poor call, a costly mistake, or a loss can be challenging to swallow. However, we ask you to keep our athletics in perspective and understand that kids, coaches, and officials make mistakes. Yelling at them from the stands or even sharing a negative opinion about the situation can only worsen matters. Please keep yourself under control and represent our school and community with the dignity our coaches and teams expect.

## **TRANSPORTATION**

Green Mountain Union High School will provide transportation to and from all competitions. Students are expected to use the transportation provided by the school. Requests for permission not to travel with the team must be submitted to the coach/director. Under no circumstances will a student be permitted to ride with another student to or from any competition. Failure to abide by the Green Mountain Athletic and Extra-curricular transportation rules will result in consequences for the student(s).

## **ELIGIBILITY:**

### **ATTENDANCE OF SCHOOL**

A student must be present or dismissed for an excused reason (other than illness) to participate in an activity for that day.

**Being to school on time.** The school day begins at **7:45 am**, and each class starts according to the published schedule. A student is considered in attendance and on time when present and accounted for in class by the scheduled start time.

- **First Tardy:** A student who is late for school (or late for their first class of the day, whichever is later) for the first time during an academic year will receive a warning but may participate that day.
- **Second Tardy:** A student who is late a second time (to school or their first class, whichever is later) may not participate in the first half of the next scheduled extra-curricular activity.
- **Third Tardy:** A student who is late a third time (to school or their first class, whichever is later) is not allowed to participate in the next scheduled extra-curricular activity.
- For the remainder of the school year, each time a student is late, they are not allowed to participate in the next scheduled extra-curricular activity. Students and parents/guardians will be notified of applicable consequences for each tardy.
- Students asked to leave any class greater than three times (within the school year) will not be able to participate in the next scheduled activity for the extra-curricular activity they participate in for that day.
- Discretion is the prerogative of the Athletic Director and the Administration.

### **ATTENDANCE of the PROGRAM**

It is important for students at Green Mountain to understand that academics should be their top priority. As a team/production member, attendance at school is essential. Students should organize their time wisely to do their class work and team training. Since practices/rehearsals are an important part of any program, students must adhere to the following attendance procedure:

- Coaches/directors expect all athletes/participants to attend all practices/rehearsals.
- Coaches/directors have the authority to suspend a player/participant from one or more games or competitions/rehearsals/performances or remove the player/participant from the team/production for non-attendance.
- When an athlete/participant is absent, the coach/director will address it with the player/participant at the first chance.
- Multiple offenses may result in dismissal from the team/production.
- Players/participants may be excused from practices/rehearsals for the following reasons:
- Prior approval, sick/medical appointment, legal appointment, family emergency.

### **ACADEMICS**

Students who a teacher reports as not keeping up with their classwork will:

- Assign themselves to that teacher's SET until they are caught up with their work.
- If the work is not caught up after a week, they will be assigned to stay for homework club to get caught up.

## **TOBACCO, VAPING, SUBSTANCE ABUSE and STEALING and GENERAL CONDUCT**

Student participants should conduct themselves in ways that are not detrimental to the school's reputation, team, or activity. If a student is involved in said conduct:

It is the overwhelming opinion of physicians, coaches, and educators that students perform best when they follow intelligent training rules that include abstinence from tobacco, alcohol, and illegal drugs. Medical research clearly substantiates the fact that the use of these substances produces harmful effects to the human body. The entire Green Mountain Union High School community is concerned with the health habits of all of our students. It is convinced that athletics/productions and the use of tobacco, alcohol, and illegal drugs are not compatible.

Any infraction of the GMUSD Alcohol and Drugs policy while at a school or a school-sponsored activity, whether on campus or off campus, will result in the following consequences.

- **First Offense:** The student will continue to attend and participate but will not participate in the equivalent of 25 percent of the scheduled games or activities. If applicable, a suspension will continue into the postseason.
- **Second Offense:** The student will be suspended from all remaining games and/or extra-curricular activities. They can practice, travel but cannot dress for games.

## **DISCIPLINE**

Students asked to leave the class because they reached step 3 and will not be able to participate in the next scheduled practice/activity for the sport/extra-curricular they participate in.

A student that has been on suspension (ISS or OSS) from school will miss the practice/activity that day and the day(s) of their suspension (depending on the severity of their actions) past the days of their suspension.

## **HARASSMENT, HAZING, and BULLYING**

Harassment, hazing, and bullying have no place at Green Mountain Union High School and will not be tolerated. Unlawful harassment means verbal or physical conduct based on gender identity, color, disability, marital status, national origin, race, religion, sex, or sexual orientation, which has the purpose or effect of substantially interfering with a person's performance or creates an intimidating, hostile, or offensive environment. See School Board Policy F-30 & F-30.1.

Bullying is defined as any overt act or combination of acts, including an act conducted by electronic means, directed against a student by another student or group of students and which is intended to ridicule, humiliate, or intimidate the student, is repeated over time, and can be shown to pose a clear and substantial interference with another student's right to access educational programs. See School Board Policy F-30.

Hazing means any act committed by a person(s) against another student in connection with pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization that is affiliated with the Green Mountain School District and which is intended to have the effect of, or should reasonably be expected to have the effect of humiliating, intimidating, or demeaning a student or endangering the mental or physical health of the student. This also includes soliciting, directing, aiding, or otherwise participating actively or passively in the above acts.

Complaints of harassment, hazing, or bullying will be made to the school administration and will be investigated in accordance with school board policy.

### **PROCEDURES FOR ADDRESSING CONCERNS**

The Athletic Director/Assistant Principal will make themselves available to athletes, coaches, and parents whenever concerns arise. The procedure for addressing concerns:

1. Player/participant to player/participant or player/participant to assistant coach concerns should be immediately referred to the coach/Director of the team/performance for resolution.
2. If no resolution is reached through the meeting(s) with the head coach/director, the player/participant and/or parent or guardian should contact the Athletic Director/Assistant Principal.
3. If the above steps do not satisfy the concerned party, a meeting with the Administrative Team will be arranged.
4. If the above steps do not satisfy the concerned party, a meeting with the Superintendent will be arranged.
5. If the above steps do not satisfy the concerned party, a meeting with the School Board will be arranged.

### **FORMS for ATHLETICS**

After reading the Green Mountain Athletic Handbook and prior to the student participating in any athletic practices or competitions, students must submit the following forms and documentation (They can be found on the school's website):

- Physical/Well exam\* (required every 24 months)
- Emergency Health Care Authorization – Medical Treatment consent.
- Will need proof of Health Insurance (required each year) (insurance can be purchased through Green Mountain Union High School.)
- Student/Parent consent and Athletic contract. (required each year)

\* A Well Exam is a specific exam developed by the American Academy of Pediatrics. Well Exams address all aspects of a child's health, including their physical, social, and emotional well-being. Having a physical-wellness exam is a way to ensure that each student is up to the physical and mental requirements of playing sports. They are also an opportunity to provide individualized education and prevention information by a medical provider. With half of Vermont's adolescents playing competitive sports that currently require some sort of "sports physical" this is an opportune time to promote evaluating our student athlete's total health. This recommendation is supported by the Vermont State School Nurses Association, Vermont Principals' Association, the Vermont Department of Health, the Vermont Agency of Education, and the Vermont Chapters of the American Academy of Pediatrics and Family Physicians.

### **ATHLETIC UNIFORMS**

Athletes will be issued uniforms by the athletic department. It is the student's responsibility to properly launder the uniform during the season. The uniform must be washed and folded at the end of the season and returned to the athletic department. An athlete may only receive award(s) at the end of the season once the uniform is returned in good condition or payment is made for replacement. The cost of a uniform not returned for any reason is the responsibility of the athlete, and their family will receive a bill for the replacement cost.

## **ATHLETIC AWARDS**

At the conclusion of each athletic season, there will be an awards ceremony/banquet honoring the Green Mountain athletes. Attending the awards ceremony/banquet is important. It shows loyalty to both the coach and the athlete's teammates, the hard work and dedication all the athletes have shown, and respect for the parents and public who have supported the teams.

Dressing up for the occasion is important for the same reasons as attending. It shows a level of maturity and dedication expected of Green Mountain athletes.

## **INTERSCHOLASTIC MEMBER-TO-MEMBER PROGRAM**

This program allows athletes from one school to participate on another high school's team when a program is not offered by the athlete's high school.

When an athlete wishes to play a sport in another school, several requirements need to be met for the application process, including (1) permission from the VPA, (2) a written agreement to participate from the schools involved, and (3) proof that the athlete meets the eligibility requirements of both schools.

To see the complete application process, please visit the VPA website or the Athletic handbook.

## **CONCUSSION ACTION PLAN**

### **During a school activity:**

- The initial decision for removing a student from participation in any extra-curricular activity or event when it is suspected that a concussion has occurred will be made by the adult overseeing the activity, the coach, or the referee present at the time of the injury.
- Students removed from the play will be given a form that needs to be filled out and signed by the student's parent/guardian and a health care professional for the student to be able to return to any activity.
- If the student's parent or guardian is not present, the adult in charge of the activity will call them that day to explain what has occurred and what needs to be done in order for the player to be able to return to any activity.
- A coach will also have the responsibility of informing the school's Athletic Director, who will then inform the school nurse and the student's teachers.
- The adult in charge of the activity (if not under the direction of the AD) will inform the school nurse and the student's teachers.

### **When the concussion occurs outside a school activity:**

- The student/parent should notify the school nurse. The nurse will inform guidance, the Associate Principal, and the student's teachers of the concussion. All will work together to modify the student's schedule and workload to accommodate the student's recovery.
- Students will not be allowed to participate in any extra-curricular activity until cleared by a physician.