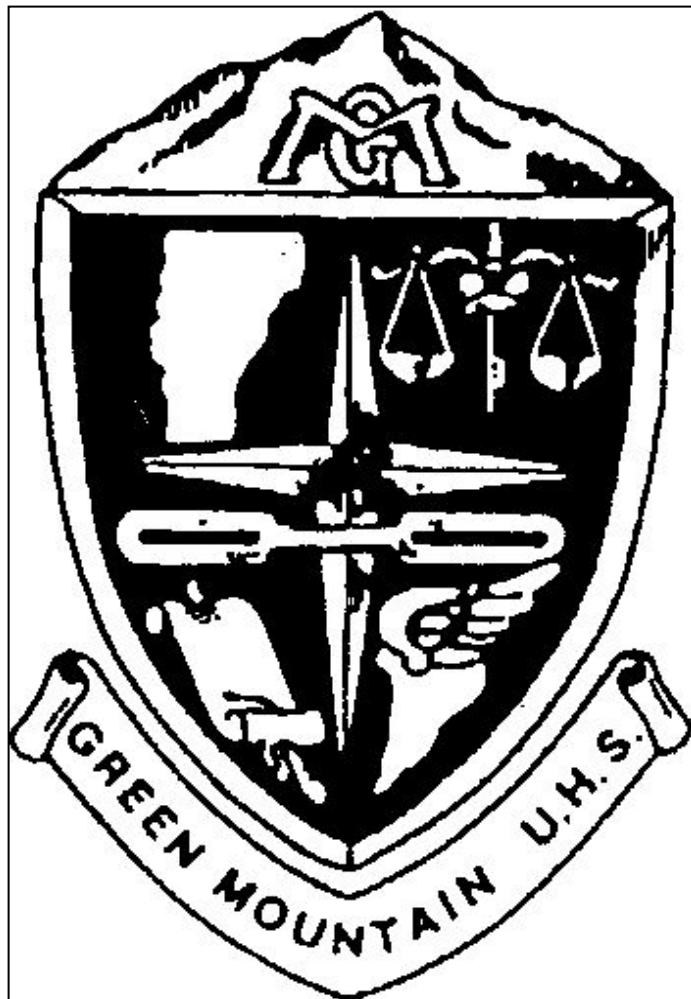


GREEN MOUNTAIN UNION
HIGH SCHOOL



ATHLETIC AND
EXTRA-CURRICULAR
HANDBOOK



GOALS

The Green Mountain Union High School Interscholastic philosophy acknowledges the importance of athletics in the middle school and high school. Green Mountain promotes athletic programs, which enable students to participate on the level of competition 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 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 competition.

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. It is important that all Green Mountain athletes strive to present an exemplary image to the community and to the school.

ATHLETIC ACTIVITIES AND DRAMA PRODUCTIONS

| | | | | |
|---|--|------|------|---------|
| Middle School, JV and Varsity Cross Country | Middle School, JV and Varsity Soccer | | | |
| Middle School, JV and Varsity Track & Field | Middle School, JV and Varsity Basketball | | | |
| Middle School, JV and Varsity Softball | Middle School, JV and Varsity Baseball | | | |
| Snowboard Team | Varsity Cheerleaders | Golf | Play | Musical |

Various clubs: Mountain Biking, Rock Climbing,

RULES AND REGULATIONS

Teams will not be successful if athletes do not recognize the coach as the person who organizes and leads the team during practice and competition. It is important that everyone follows the rules and advice of the coach, as well as adhering to league rules and policies. This means before, during, and following practices and competitions, on buses and in the locker rooms.

TRANSPORTATION

Green Mountain Union High School will provide transportation to and from all athletic competitions. Athletes 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. Under no circumstances will an athlete be given permission to ride with another student to or from any athletic competition. Failure to abide by the Green Mountain Athletic Department's transportation rules will result in consequences for the athlete.

PARKING ON CAMPUS

Those students old enough to drive to school are allowed to park in the student parking area only. For any activity, practice, or game students may park only in the student parking area in the front of the school. Students parking in other areas may be suspended from the team for one week and lose the privilege to drive to school for two weeks.

ELIGIBILITY FOR DRAMA PRODUCTIONS AND INTERSCHOLASTIC ACTIVITIES:

1. Attendance of school.
 - a. A student must be present or dismissed for an excused reason (other than illness) in order to participate in an activity for that day.
2. Being to school on time.
 - a. The school day begins at 7:50 am and each class begins according to the published schedule. A student is considered in attendance and on time when they are present and accounted for in class by the scheduled start time.
 - A student who is late for school (or late for their first class of the day, whichever is later) the first time during an academic year, will receive a warning but may participate that day.
 - 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 extracurricular activity.
 - 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 extracurricular activity.
 - For the remainder of the school year each time a student is late they are not allowed to participate in the next scheduled extracurricular activity. For each tardy, both student and guardians will be notified of applicable consequences.Discretion is at the prerogative of the Athletic Director and the Administration.
3. Being disciplined.
 - a. Students asked to leave class because they reached step 3 will not be able to participate in the next scheduled activity for the extra-curricular activity the participate in.
4. Being suspended.
 - a. A student that has been on suspension (OSS or ISS) from school will miss up to the next seven (7) days of their extra-curricular activity (depending on the severity of their actions) past the days of their suspension.
5. Academics.
 - a. Students who are reported by a teacher as not keeping up with their class work will:
 - Assign themselves to that teachers SET until they are caught up with their work.
 - If, after a week, the work is not caught up they will be assigned to stay for homework club/stay after with the teacher of the course that is a concern on the days of practices.

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 not receive award(s) at the end of the season until 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.

ATTENDANCE

It is important for students at Green Mountain to understand that academics should be their top priority. As a member of a team, attendance at school is important. Students should organize their time wisely in order to do both their class work and team training.

Since practices are an important part of any athletic program, students must adhere to the following attendance procedure:

1. Coaches expect that all athletes will attend all practices.
2. Coaches have the authority to suspend a player from a game or competition (may be multiple games or competitions) or remove the player from the team for non-attendance.
3. When an athlete is not in attendance, the coach will address it with the player at the first possible chance.
4. Multiple offenses may result in dismissal from the team.
5. Players may be excused from practices for the following reasons:
 - Prior coaches approval, sick/medical appointment, legal appointment, family emergency.

TOBACCO AND SUBSTANCE ABUSE

It is the overwhelming opinion of physicians, coaches, and educators that athletes 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 our students and our student athletes and is convinced that athletics and the use of tobacco, alcohol, and illegal drugs are not compatible.

Any infraction of the GMUSD Alcohol and Drugs policy (F7) while at a school or a school sponsored activity, whether on campus or off campus, will result in immediate dismissal from the team.

Parents are an important key to tobacco, alcohol and drug abuse resistance and should supervise their child's activities.

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 will make themselves available to athletes, coaches, and parents whenever concerns arise. The procedure for addressing concerns:

1. Player to player or player to assistant coach concerns should be immediately referred to the coach of the team for resolution.
2. If there is no resolution reached through the meeting(s) with the head coach, the player, and/or parent or guardian should contact the Athletic Director.
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.

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.

FORMS

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 are attached here or can be found on the schools website):

- Physical/Well exam* (required every 24 months)
- Emergency Health Care Authorization – Medical Treatment consent. @
 - Will need proof of Health Insurance (required each year)
- Student/Parent consent and Athletic contract. (required each year)

* A Well Exam is a specific type of 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.

@ Insurance can be purchased through Green Mountain Union High School.

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 Athletic handbook.

CONCUSSION ACTION PLAN

During an school activity:

- 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 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 in order for the student to be able to return to any activity.
- If the student's parent or guardian are 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 work-load to accommodate the student's recovery.
- Student's will not be allowed to participate in any extra-curricular activity until cleared by a physician.