

Bristol-Plymouth Regional Technical School



Athletics Handbook

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Introduction

Athletics is an integral part of the total educational process of Bristol-Plymouth Regional Technical School. Those who coach student-athletes are, first and foremost, teachers and individuals who have a duty to assure that their sports programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship and these are the values that B-P student-athletes shall utilize both on and off the athletic fields.

Bristol-Plymouth Regional Technical School encourages all students to participate in athletics by offering a well-rounded program of interscholastic athletics for all young adults. Being involved in athletics provides student-athletes vast opportunities to develop leadership skills and to learn the ideals of fair play and ethical behavior, which are necessary for competition and cooperation in our complex society.

A large portion of a coach's responsibility is the compliance of their team members to rules and regulations governing educational athletics at Bristol-Plymouth Regional Technical School. Compliance is enhanced when athletes are frequently informed of and understand these rules and regulations. All coaches are directly responsible to the Athletic Director for the application of these rules and regulations. The Athletic Director will administer these rules and regulations as they relate to team and coach relationships.

The purpose of the Bristol-Plymouth Regional Technical School's Athletics Handbook is to provide clarity for expectations, obligations, and objectives for all invested parties. However, there may be some cases where further investigation and discussion are needed.

I am proud to serve as Bristol-Plymouth's Athletic Director and look forward to working with faculty, coaches, athletes, and parents towards our joint commitment and dedication to the Craftsmen Athletics Community. Let's strive to make Bristol-Plymouth the gold standard for not only the Mayflower Athletic Conference but for athletic programs across Massachusetts.

Thank you,



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Mission Statement

It is the mission of the Bristol-Plymouth Regional Technical School Athletic Department to inspire student-athletes to achieve greatness not only on the playing field but in life outside of athletics. This includes, but is not limited to, the following:

- Provide a comprehensive athletic program that emphasizes the development of lifelong learning, values, and skills through hard work, sportsmanship, ethical conduct, and fair play.
- Provide a program based upon open communication and mutual respect among school administration, instructors, coaches, athletes, parents, and officials.
- Provide a program that serves as a positive, powerful, productive force for our school, community, and most importantly, the student-athlete.

General Athletics Statement

A firm and fair plan of enforcement is necessary to uphold regulations and standards of the Bristol-Plymouth Athletic Department. Participation on an athletic team is a privilege provided to students involving discipline and a willingness to make sacrifices. For this reason, those who wish to participate in an interscholastic sport at Bristol-Plymouth must adhere to these rules and regulations. In addition to all rules and regulations detailed in this handbook, Bristol-Plymouth adheres to all NFHS, MIAA, MSAA, and MAC League rules and regulations.

Principal's Right to Amend: The principal reserves the right to amend the athletic procedures and rules as necessary during the school year. Notice of any such amendments will be posted on the school's website and/or sent in written form to parents.

Program Goals

The Bristol-Plymouth Athletic Department philosophy regarding the level of play has three main goals:

1. To emphasize the development of basic skills, appropriate attitudes, values, and team concepts.
2. To allow as many students as possible to participate and share the experience and benefits derived from team membership.
3. To play competitively with the Mayflower Athletic Conference and non-league opponents.

Participation at the varsity level is generally limited to the most highly skilled players and those with the ability to interact with other players for team success. Assessments will be made by the coaching staff relative to the level of play (e.g. Varsity and Junior Varsity), which will be most beneficial to the development and progress of each player and team. It should be understood that playing time could be limited.

Freshmen: As a level designed for only freshmen athletes, student-athletes and their parents should accept the following concepts:

1. Development of fundamental skills
2. Equal practice opportunities for all participants
3. The amount of game time is determined by the coach's evaluation of the athlete's attitude, skills, and team role, working toward equitable playing time
4. Learning the rules of the game
5. Development of love for the sport
6. Development of an orientation toward team effort by each athlete
7. Sportsmanship and fair play
8. Development of the ambition to achieve at the next level of competition
9. Winning has a lower priority than skill and character development

Junior Varsity: This level is transitional in nature and emphasizes:

1. Reinforcement and refinement of fundamental skills
2. The amount of game time is determined by the coach's evaluation of the athlete's attitude, skills, and team role
3. Learning rules of the game
4. Sportsmanship and fair play
5. Specific definition of the athlete's role within the team concept
6. Greater emphasis is given to the concepts of commitment and team play
7. Emphasis on physical conditioning and development
8. Development of the ambition to achieve at the next level of competition is encouraged
9. Winning has a lower priority than skill and character development

Varsity: This ultimate level emphasizes:

1. Development of high proficiency in the physical skills of the sport
2. The amount of game time is determined by the coach's evaluation of the athlete's attitude, skills, and team role
3. Sportsmanship and fair play
4. Strategy, situation analysis, and all mental aspects of the sport
5. Specific definition of the individual athlete's role within the team concept
6. Maximum commitment to the athletic team
7. Physical conditioning components of one's sport
8. Individual sacrifice for the good of the team
9. Winning within the rules of sportsmanship and fair play

Athletic Department Objectives

To provide a desirable program for the student-athlete:

- Provide the student-athlete with an enjoyable and rewarding experience
- Make player safety and welfare our highest priority

To give quality instruction in the fundamentals of each sport offered:

- Specific athletic skills and strategies
- Sportsmanship, ethical conduct, and fair play

To be an integral part of the secondary school curriculum:

- Inspiring all athletes to give their highest effort in the classroom, as well as on the playing field
- To stress the importance of self-discipline in both the classroom, the community, and on the field
- Teach our athletes that dignity, self-worth, and self-esteem are achieved through hard work
- To create a positive school climate that is enhanced when student-athletes and the remaining student population work together as a team to represent their school in interscholastic competition
- Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a vehicle for the development of interest in curricular school programs and for post-secondary educational opportunities

To make the athletic program a source of both school and community pride:

- Help each athlete to interact positively with faculty, community, and fellow students
- Make the team a positive influence on all who come in contact with it
- To demonstrate the social competence of operating within a set of rules, thus gaining respect for the rights of others, and an understanding that penalties follow rule violations

Athletic Department Offerings

Fall Season

The fall season begins on the third Monday in August and ends in late October. Varsity teams that qualify for postseason tournaments may participate in the month of November. Football concludes its regular season on Thanksgiving Day and could participate well into the month of December. Informational meetings will be held at the end of May, but are subject to change.

- ❖ **Football:** Varsity / Junior Varsity/ Freshmen
- ❖ **Girls' Volleyball:** Varsity / Junior Varsity / Freshmen
- ❖ **Girls' Cross Country:** Varsity**
- ❖ **Boys' Cross Country:** Varsity**
- ❖ **Boys' Soccer:** Varsity**
- ❖ **Girls' Soccer:** Varsity**
- ❖ **Golf:** Varsity
- ❖ **Cheerleading:** Varsity**

Winter Season

The winter season begins the Monday after Thanksgiving and ends in late February. Varsity teams that qualify for postseason tournaments may be participating into March. Informational meetings will be held in November, but are subject to change.

- ❖ **Boys' Basketball:** Varsity / Junior Varsity / Freshmen
- ❖ **Girls' Basketball:** Varsity / Junior Varsity
- ❖ **Cheerleading:** Varsity **
- ❖ **Wrestling:** Varsity / Junior Varsity
- ❖ **Ice Hockey:** Varsity Co-op with Southeastern
- ❖ **Strength and Conditioning:** Intramural

Spring Season

The spring season begins on the third Monday of March and ends in late May. Varsity teams that qualify for postseason tournaments may be participating into June. Informational meetings will be held in February, but are subject to change.

- ❖ **Baseball:** Varsity / Junior Varsity/Freshmen**
- ❖ **Softball:** Varsity / Junior Varsity
- ❖ **Boys' Lacrosse:** Varsity**
- ❖ **Girls' Lacrosse:** Varsity**
- ❖ **Boys' Track and Field:** Varsity
- ❖ **Girls' Track and Field:** Varsity

**Teams *may* be fielded if minimum numbers are met - See Junior Varsity Sports Section

Athletic Department Supplement Positions

Fall

Football

Varsity Head Coach
Varsity Assistant Coach
Varsity Assistant Coach
JV Head Coach
Freshmen Head Coach
Freshmen Assistant Coach

Volleyball

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant
Freshmen Head Coach

Boys' and Girls' Cross Country

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant**

Boys' Soccer

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant**

Girls' Soccer

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant**

Golf

Varsity Head Coach

Cheerleading

Varsity Head Coach
Varsity Assistant Coach

Winter

Boys' Basketball

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant
Freshmen Head Coach

Girls' Basketball

Head Coach
Junior Varsity Head Coach/Varsity Assistant

Wrestling

Varsity Head Coach
Varsity Assistant Coach

Weightlifting

Intramural Head Coach

Boys' Ice Hockey

Assistant Coach

Spring

Baseball

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant

Softball

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant

Boys' Lacrosse

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant**

Girls' Lacrosse

Varsity Head Coach
Junior Varsity Head Coach/Varsity Assistant**

Boys and Girls Track and Field

Varsity Head Coach
Assistant Coach
Assistant Coach

Weightlifting

Intramural Head Coach

**Teams may be fielded if minimum numbers are met - See Junior Varsity Sports Section

After School Gym and Locker Room Procedure

All gymnasium and locker room doors are to be locked by the physical education staff or Athletic Director at the end of the school day. All student-athletes must wait in the gym link until their coach arrives. No student-athlete should be in the gym or locker rooms unattended. Once the coach arrives, they will escort their team into the locker room to get changed. All personal items should be locked in your assigned locker. Once the team is dressed, the coach will make sure everyone leaves the locker room and will lock the door behind them. During games, the locker rooms will remain locked at all times.

Attendance: Practice or Competition

The following general rules apply to all sports, at all levels:

- ❖ Student-athletes have made a commitment to be at all practice sessions, contests, and team meetings. Any team member who must be late, miss practice, games, or meetings, must confer with their coach in advance.
- ❖ Unexcused absences from games may result in a one-game suspension, at the coach's discretion. Please understand this rule includes extended trips during vacation. Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coach's discretion.
- ❖ Excused absences from practices may impact position on the team, not as a punitive measure, rather for the safety of that individual, fairness to the rest of the team, and strategic reasons at the coach's discretion.
- ❖ If school is canceled, practices should be canceled unless cleared with the Athletic Director and Principal.

If possible, coaches should exercise prudent discretion in regards to scheduling practices on vacation days and weekends, especially at the JV level.

Attendance: School Day

Any student-athlete absent from school the day of a scheduled game or practice session without documentation will not be allowed to participate in that game or practice. A Friday absence counts towards Saturday/Sunday and Monday holiday participation. A student must be in school by 11 am to be eligible to participate in athletics on that day.

Exempt absences (with proper documentation) will not prevent a student-athlete from participating in interscholastic athletics. Examples of exempt absences include: When a student is absent for medical reasons (doctor's note required), religious observance (parent call/letter required), court appearance (court documentation required), funeral, college visit, (juniors and seniors only -- letter from college or university required - limit 3 per year - additional visits require counselor approval) and field trips. A suspension from school will exclude student-athletes from participation in games or practice on the day(s) of the suspension.

If a student leaves the school for any reason, they must make every effort to return to school by 2:00PM and have a total of at least 3 hours in school. Parents should make every effort to schedule doctors appointments as early in the day as possible.

If a student does not make it back by 2:00PM, the student will not be allowed to practice or play in a game that day. If the student has a required doctor's appointment that could not be rescheduled, they must provide documentation to the Athletic Director prior to practice/game time.

Building Security

Under NO circumstances should any student-athlete be in possession of a coach's keys or badge. All doors should be locked as you enter and especially as you leave the building. Doors should never be propped open. Coaches must check-in and out with building security by the loading dock, if practicing when school is closed.

Captains

Captains are elected by team members and/or appointed by coaches. Prior to the selection, the coach will inform the team members of the selection criteria and obligations of the position. The position of the team captain is one of honor, leadership, and responsibility. As a result, student-athletes serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school.

Any student who is involved in a violation of the student code of conduct and/or athletic code of conduct, or a chemical violation, may lose the ability to serve as or be appointed to the position of captain for the period of one athletic season.

Coaching Requirements

All coaches at Bristol-Plymouth must go through a hiring process. There are no volunteer coaches, except current B-P employees, allowed. Coaches must meet these requirements to actively coach at Bristol-Plymouth. It is the coaches' responsibility to make sure they meet coaching requirements in their given timeframe.

- All coaches hired prior to August 1, 1998, are exempt from taking the Fundamentals of Coaching Course. Coaches hired after 8/1/98 and before 7/1/05 must complete the NFHS Fundamentals of Coaching Course with the exception of Certified MA teachers.
- All MIAA member school coaches are required to take annually the online National Federation Concussion Course, or other MA Department of Public Health recognized education program, prior to the start of their season.
- All coaches first serving as an interscholastic coach after July 1, 2005, must complete the National Federation of High Schools, NFHS Fundamentals of Coaching Course taught by an MIAA Instructor (must be passed prior to coaching a second year), and an approved Sports First Aid course (NFHS, American Red Cross or American Heart Assoc. and must be passed prior to coaching the third year).
- All coaches first serving as an interscholastic coach after July 1, 2007, must complete the NFHS Fundamentals of Coaching Course, an approved Sports First Aid course, and the NFHS Sport Specific Technical and Tactical Skills Course in the sport they are coaching (must be completed prior to coaching the third year). Note: The sport-specific requirement began on July 1, 2007, or when each particular sport-specific course becomes available, if after this date.
- NFHS Sport Specific Technical and Tactical Skills Courses presently available: Baseball, Basketball, Field Hockey, Football, Golf, Lacrosse, Soccer, Softball, Tennis, Wrestling, Volleyball, Cheer & Dance, and Track and Field.
- The NFHS Fundamentals of Coaching Course requirement must be met through attending an MIAA sponsored Fundamentals of Coaching Class with MIAA Certified Instructors.
- The NFHS Sports First Aid and Sport Specific requirement may be met by completing online courses with the NFHS <http://www.nfhslearn.com>.
- AED training for all coaches is required. Coaches will be trained on symptoms of cardiac events in student-athletes. This training will be done in conjunction with the existing mandated CPR training which is a State Law for all coaches.

Communication with Athletes and Parents

Starting in the Fall of 2023, all coaches will be required to use the SportsYou app/website for all communication with athletes and parents.

- SportsYou will be the communication system for the entire athletic department.
- Coaches should not have communication with student-athletes or parents through personal cell phones.

Conduct and Language

Student-athletes must act properly during all school functions (practices, locker room, games, buses, etc.). Coaches must ensure that athletes understand their words and actions have a direct reflection on the coaching staff, the athletic program, and the school system. If inappropriate music is played during a pre-game warm-up or during a game, all music will cease and the team and/or individual may risk the loss of music privileges for the remainder of the season.

Conflict Resolution

Participation in athletics should be an enjoyable experience for all parties involved: student, coach, and parent. There is no doubt that participation often leads to charged emotions. Dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic competition is extremely positive and compliments the educational experience enjoyed by students at Bristol-Plymouth Regional Technical School. Occasionally, conflicts between coaches, students, and/or parents arise. These conflicts must be addressed and resolved immediately so that the many benefits of athletic involvement may continue to contribute to the emotional and physical growth of Bristol-Plymouth Regional Technical School student-athletes.

Protocol: If at any time a student-athlete or parent desires to lodge a complaint or discuss an alleged injustice, this procedure should be followed:

24 hour cooling period must pass before the process is started

1. Contact the immediate coach involved (may be contacted through the Athletic Department).
2. Hold a meeting with parents and coaches.
3. If a resolution is unacceptable, the Athletic Director will sit in on the next meeting.
4. If a resolution is unacceptable, the Principal will sit in on the next meeting.

**Communication between student-athletes and the coach should be the first step of conflict resolution, and should always be encouraged. If a parent/guardian must be involved, the student-athlete should also be present unless it presents an extenuating circumstance relating to the complaint or alleged injustice. Should conflict resolution move beyond Step 2, all involved parties may be asked to meet individually and together. The administration should be involved as a last resort.*

Discipline

Student-Athlete Discipline:

- The Athletic Director holds the right to be able to impart discipline on any student-athlete that violates any policy or represents Bristol-Plymouth athletics in a negative manner.
- If the Athletic Director feels that the student-athlete deserves more discipline than imposed by the MIAA and/or coach, they reserve the right to do so.
- If a student-athlete is put on probation by the Athletic Director and then commits another violation, that student will be removed from athletics for the stated period of time.
- For each form of discipline handed down by the Athletic Director, a formal letter will be given to the student-athlete and that letter will be emailed to the parents/guardians.
- Student-athletes will be given due process in any situation, but the decision of the Athletic Director is final and cannot be appealed.

Coach Discipline:

- Coaches will have a meeting with the school Principal and Athletic Director when it comes to any disciplinary manner.
- Coaches will be given due process in any situation and are allowed to bring a union representative if they would like.
- Any coach that receives disciplinary action will have a summary of events put in their athletic department file. A letter may go out to their student-athletes and parents about the situation.

Donations

Please make sure all donations are turned into the Business Office in a timely manner. Please make sure all the correct forms are completed and receipts are given to the donor. If the donation is for a specific reason, please list that on the paperwork.

Eligibility

To be academically eligible to participate in Bristol-Plymouth athletics, a student must:

- Not have more than one failing grade in any regular academic class.
- Have a passing grade in their shop.
- If at any time after the completion of a quarter the student does not meet these criteria, they will be considered ineligible.

To be eligible the student must also:

- Not have any outstanding obligations from the school.
- Obligations can include: library books not returned, chargers or Chromebooks not returned, athletic uniforms not returned, or any other obligation that may exist.

A student who is ineligible cannot reestablish eligibility until the first day of the next term. A student must secure a passing grade, and full credit, for the last marking period.

End of Season Awards Ceremonies

Three end-of-the-season award ceremonies will take place each year. A fall, winter, and spring awards ceremony will be held following the conclusion of each season. The Athletic Director will plan each ceremony and coaches are required to attend. Each sport will give out individual awards that will be determined by the coaching staff. The award winners must be given to the Athletic Director within 24 hours of the last game.

End of Season Checklist

- ✓ Collect all uniforms on the last day. Record names of those with lost items. Uniforms will be sent out to be cleaned so please collect them on the last day still dirty to avoid students keeping them.
- ✓ Return all equipment to the Athletics Department.
- ✓ Return first aid kits, water coolers, bottles, and any other medical supplies to the Athletic Training Room.
- ✓ Submit a list of Varsity letter, pin, and numeral winners to the Athletic Director.
- ✓ Provide a list of items needed/wanted for the following year. There are no guarantees, but we will do our best to accommodate all team requests.
- ✓ Please comment on any issues that you believe may help improve our athletics program. A form will be emailed to you at the end of your season.

Equipment

Equipment will be signed out at the beginning of each season in cooperation with the coach and Athletic Director. The Athletic Director will record what equipment is signed out to each individual athlete. At the conclusion of the season, the uniforms and equipment shall be returned to the head coach who should check to make sure everything is returned. Uniforms will be sent out for cleaning so it is better to collect a dirty uniform than to not collect it at all. The cost of lost equipment will be borne by the student-athlete that was assigned the items, and the student-athlete will be placed on the ineligibility list until item(s) are returned or paid for.

Fundraising

It is the coaches responsibility to organize team fundraisers to raise money for equipment or clothing that is "Wanted." Fundraisers should be submitted through the B-P faculty section of the website under "Student Activity Requests." If you are an off-campus coach, please see the Athletic Director to submit a fundraising request. Teams should try to do at least one fundraiser per year. Some other recommended uses of fundraising money are for apparel, regular-season tournaments, and end-of-the-year celebrations.

All uniforms will be purchased by the school

Game Day Procedure

Home Games: Facilities will be responsible for the game-day preparation of the field. Teams can help with items such as chairs, field yardage markers, and other small items.

Away Games: If the coaching staff must leave before the end of the school day, they must follow the below procedure:

- 1) Contact the main office clerk at x127 at least 24 hours before the game for classroom coverage needs.
- 2) Proactively, you may contact them with your whole schedule of leaving early, instead of doing it for each game.

If students must be released early to attend a game, the Athletic Director will send an announcement to the front desk for dismissal and details.

Game Scheduling

League schedules will be created by the Mayflower Athletic Conference Athletic Directors. The Athletic Director will work in conjunction with the head coach(es) to schedule non-league games.

Governing Bodies

On the national level, as a public secondary school, Bristol-Plymouth will abide by certain National Federation of State High School Associations (NFHS) rules. The NFHS is the body that writes the rules of competition for most high school sports and activities in the United States.

On the state level, Bristol-Plymouth is a member of the Massachusetts Interscholastic Athletic Association (MIAA), whose purpose is to organize, regulate, and promote interscholastic athletics for secondary schools in Massachusetts. As an MIAA school, Bristol-Plymouth abides by the minimum standards set forth by this organization. Please note that these are minimum standards and members may enforce stricter standards.

On a local level, Bristol-Plymouth is a member of the Mayflower Athletic Conference (MAC), comprising 16 vocational and comprehensive Massachusetts schools. Those high schools are Avon, Bishop Connolly, Blue Hills, Bristol Aggie, Bristol-Plymouth, Cape Cod Tech, Diman, Holbrook, Norfolk Aggie, Old Colony, Southeastern, South Shore, Tri-County, Upper Cape Tech, West Bridgewater, and Westport. We also compete against schools from other leagues, which are referred to as non-league members.

Hiring Process

All coaching positions will be posted on or before May 15 of the school year prior to the year of hire.

- Positions will be posted via staff email, in the faculty lounge, media center, and on the Athletics website.
<https://bristolplymouthathletics.bigteams.com/>
- Applicants must send a letter of intent to the Athletic Director and Principal.
- The Athletic Director and Principal will then go through the hiring process and give hiring recommendations to the Superintendent, in which he will appoint the positions for a period of 1 year.

Inclement Weather/Cancellation Rules and Regulations

In the event of inclement weather, the administrative team at Bristol-Plymouth will make a decision whether or not to hold practice or to play the game. The administration has the authority to cancel activities, events, practices, or competitions in the event of inclement weather. Coaches or other school officials do not have the discretion to change these instructions.

Bristol-Plymouth typically, but not always, will mirror decisions made by other local public schools in the area when it comes to the cancellation of events due to inclement weather.

In the case of cancellation, the following actions will be taken to communicate the cancellation:

- The coach will use their primary mode of communication to pass on information about the cancellation to the athletes.
- The athletic department will update the school website and post on social media about the cancellation.
- Announcements will be made in school, if known, the previous day about the cancellation.

Make-Up Policy: It is the discretion of the head coach, in consultation with the athletic department, to schedule any extra practices to make up for practice time lost due to cancellation. It is a priority of the athletic department to reschedule canceled games. However, due to many circumstances, make-up games are not always possible and, therefore, are NOT guaranteed.

Injuries

All injuries sustained during athletic participation must be reported immediately to the Certified Athletic Trainer, who will then provide necessary information to the Athletic Director. Anytime a student-athlete sees a medical professional other than the Certified Athletic Trainer, they must provide the Certified Athletic Trainer with an official note clearing the student-athlete to resume play. The student-athlete will not participate until this note is received. Every coach should be familiar with the Bristol-Plymouth Regional Technical School's Emergency Action Plan (EAP). In regards to injuries, the Certified Athletic Trainer has the final say on whether the student-athlete can return to practice/competition.

If a student-athlete is injured during a competition, one of the members of the coaching staff should make sure parents do not enter the playing surface. The Certified Athletic Trainer will get the parent when it is appropriate. Let the Certified Athletic Trainer do their job in these situations.

Junior Varsity Sports

To have a junior varsity or freshmen team in your sport, you must meet the following minimum requirements:

Fall Sports:

| | | |
|----------------|-------------------------------------------|--------------------------------|
| Football: | Junior Varsity: At least 60 upperclassmen | Freshmen: At least 20 freshmen |
| Soccer: | Junior Varsity: At least 30 participants | Freshmen: At least 18 freshmen |
| Volleyball: | Junior Varsity: At least 25 participants | Freshmen: At least 14 freshmen |
| Cross Country: | Junior Varsity: At least 15 participants | |
| Golf: | Varsity ONLY | |
| Cheerleading: | Junior Varsity: At least 30 participants | |

Winter Sports:

| | | |
|---------------|-----------------------------------------------|--------------------------------|
| Basketball: | Junior Varsity: At least 24 participants | Freshmen: At least 12 freshmen |
| Wrestling: | Multiple athletes at 5 or more weight classes | |
| Cheerleading: | Junior Varsity: At least 30 participants | |
| Ice Hockey: | Varsity Co-op Only with Southeastern | |

Spring Sports:

| | | |
|--------------------|------------------------------------------|--------------------------------|
| Baseball/Softball: | Junior Varsity: At least 25 participants | Freshmen: At least 15 freshmen |
| Lacrosse: | Junior Varsity: At least 35 participants | |
| Track: | Varsity ONLY | |

Locker Rooms

Any time athletes are in a locker room, they must be supervised by a coach. Any athlete who enters or uses a locker room without expressed supervision will be subject to disciplinary action. Teams are responsible for the cleanliness of the locker room and for the damage that might occur. The school is not responsible for items left unattended in the locker room.

Media

The head coach is responsible for reporting scores to the newspaper, even for losses. Please make sure you do not make public negative comments with regards to the media, and always defer to the Athletic Director or Principal if unsure on a topic or if you are contacted directly by the media.

Taunton Gazette

Cameron Merritt

cmerritt@tauntongazette.com

Motorized Vehicles

Gray Golf Cart: For use by Athletic Director only.

Green Golf Cart: For use by the Certified Athletic Trainer only.

Coaches' usage of golf carts will only be permitted on a case-to-case basis with approval from the Athletic Director.

No students should ever be driving a golf cart at any time.

NFHS Learn Videos

Coaches and students will be required to complete the following videos each academic year:

- Coaches:
 - Concussion in Sports*
 - The Collapsed Athlete
 - Implicit Bias*
 - Sudden Cardiac Arrest
- Students:
 - Concussion for Students*
 - Bullying, Hazing and Inappropriate Behavior
 - Sportsmanship
 - Implicit Bias*
 - Social Media for Students

* = *Required by the MIAA*

NCAA Eligibility

Any student-athlete planning to enroll in college and participate in Division I or Division II sports must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will analyze the student-athlete's academic information and determine if NCAA Initial-Eligibility requirements have been met. Complete the NCAA Clearinghouse Initial Eligibility Form on the NCAA Clearinghouse Website. www.eligibilitycenter.org

Off-Campus Coaches

Coaches that are hired from outside of the Bristol-Plymouth faculty must get an ID badge from the Business Office after they are hired. This will be their key to entering the building. Coaches will be issued keys to required doors once inside the building. Keys and ID badges will be returned at the conclusion of their season to the Business Office. If coaches return for the next season, the keys and ID badges will be reissued.

Positive Influence

As a coach at Bristol-Plymouth Regional Technical School, you are expected to be a positive influence on our student-athletes, parents, fellow coaches, and staff. This not only includes during your practice and games but during school and out in the community. Coaches will be relieved of their duties if a coach decides not to be a positive influence in all aspects of life.

Coaches are expected to use appropriate language when speaking with their team at all times. Coaches are role-models for their student-athletes and are expected to act in a professional manner at all times.

Pre-Season Parent Meeting

Every coach must have a pre-season parent meeting to discuss the following:

- Student-athlete expectations
 - Practice/competition attendance expectations
 - Behavioral expectations
- Parent Expectations
 - Sideline Behavior
 - Parent concerns will not be heard until 24 hours after the incident in question
 - Contact the coach first for any concern
- Season Schedule
- Practice Schedule
- Playing time
 - At the varsity level, playing time is not guaranteed
 - Playing time is the coach's decision, and the Athletic Director and Administration will not discuss.

Purchasing/Team Accounts

All purchasing forms must be signed by the Athletic Director prior to submission to the Business Office. Once the Athletic Director approves and signs the purchasing form, the proper paperwork will be submitted.

School Vacations

End of Summer Vacation

Student-athletes are expected to be present on the first day of practice/try-outs. If student-athletes are not at practice/try-outs, they may jeopardize their chances of making the team.

Winter Vacation/February Break/Spring Break:

The B-P Athletic Department will make every effort to minimize the number of games scheduled during winter/spring breaks. All games scheduled during this break must be approved by the Athletic Director. Practice and game schedules should be provided to student-athletes and their parents/guardians in a timely manner, so as to allow for proper advance planning. In the result that a team makes the playoffs and a game is added over a vacation week, the student-athletes in that sport are expected to attend.

Score Reporting

Coaches are required to report the scores to the local newspaper and send a text message or email to the Athletic Director after every game (away and home). Please also include a small write-up about the game.

Sideline Staff

Sideline staff should be limited to listed coaches, certified athletic trainers, and any other necessary staff. Parents should not be on the sideline under any circumstance. Former students also may not be on the sideline during competition. A former student-athlete can be used for a pre-game motivational speech in the locker room. Bristol-Plymouth Regional Technical School does not allow volunteer coaches, unless they are current B-P employees and complete the volunteer coach application. All coaches must be officially hired to be on the sideline.

Student Leadership Committee

The Student Leadership Committee (SLC) is to give the student-athletes a voice when it comes to the athletic department. The SLC will meet once a month with the Athletic Director to discuss items that the student-athletes want to see accomplished. The SLC will be made up of the following:

- 5 Senior athletes that are selected in the spring prior to their senior year (Application Process)
- 2 Junior athletes (1 female, 1 male) (Selected by the senior officers and the Athletic Director)
- 2 Sophomore athletes (1 female, 1 male) (Selected by the senior officers and the Athletic Director)
- 2 Freshmen athletes (1 female, 1 male) (Selected by the senior officers and the Athletic Director)

Student Managers

Student managers should be utilized whenever possible. They can be of assistance in organizing practices and helping with equipment for games. Student managers should not take an active part in practice or games. Names of student managers should be submitted to the Athletic Director at the beginning of each season.

Sunday Practices/Games

Practices on Sundays are not to take place and will only be allowed in special circumstances with the approval of the Athletic Director and Administration. Games and/or scrimmages will not be scheduled on Sundays unless it is scheduled by the Athletic Director in extenuating circumstances.

Supervision

The locker rooms and all other B-P facilities are to be properly supervised by coaches until all student-athletes have left school grounds. This includes the weight room, outdoor courts, common areas, sidewalks, etc. No student-athletes should be allowed to begin practice or utilize equipment unless a coach is present and supervising. Parents do not count as supervision and should not be instructing student-athletes unless they are cleared coaches by Bristol-Plymouth Regional Technical School. Coaches may not leave the school campus until all of their athletes have left school grounds.

Suspension of Players

If a student-athlete is suspended from a contest or from a team, the coach should immediately inform the Athletic Director. If a student-athlete is suspended by a game official, the appropriate MIAA suspension form should be completed immediately. These forms can be obtained from the Athletic Director. The Athletic Director should be notified by phone immediately following the game.

If a coach decides to suspend a student-athlete for a violation of team rules, the Athletic Director must be notified before the suspension has been made official. Once the suspension is cleared by the Athletic Director, the student-athlete and parents will then be notified by the Athletic Director.

If a student-athlete violates the MIAA substance policy (Policy 62.1, MIAA Handbook), due process must be followed. Contact the Athletic Director for further clarification when needed.

If a student-athlete is suspended from school, they cannot be present at a practice or a game.

Team Pictures

Team pictures will be taken by our school photographer. The head coach is to make sure they stay in contact with the principal's secretary for scheduling pictures and getting rosters to the advisor. This includes all submitted yearbook team photos and candid photos as well.

Team Rosters and Limits

Once the team has been selected, a final alphabetized list must be digitally sent to the Athletic Director as soon as reasonably possible. Below are the roster maximum size for each sport:

Rosters may be limited based on transportation limitations or bench limitations. An example would be limiting freshmen basketball to 14 so they may travel in the school activity bus to games and limit bench size.

Team Rules and Regulations

All members of the coaching staff must abide by and actively enforce NFHS, MIAA, Mayflower Athletic Conference, Bristol-Plymouth, and the athletic department's rules and regulations. Coaches are required to create a written document containing team rules, goals, and expectations. This will be given to student-athletes and parents at the pre-season meeting. A copy will be delivered to the Athletic Director and will be posted on the athletics website.

It is the responsibility of each coach to make their student-athletes aware of the inherent physical risks associated with the sport in which the student-athlete is participating.

At no point should physical exercise or abuse be utilized as punitive actions, individually or broadly. Means of discipline should be discussed early and often, as should reasons that may solicit discipline. All student-athletes should be granted the opportunity to be heard, and frequent, transparent communication should be encouraged from the outset of a season.

Transportation

Transportation to games is organized by the Athletic Director. The Athletic Director will coordinate with each coach on how early they would like to arrive at away games. All Bristol-Plymouth student-athletes are transported to and from games. A parent/guardian is allowed to take a student home from a game if two criteria are met: 1) The parent must fill out the parent pickup form on the B-P Athletics Website prior to the day of the game, and 2) The parent must visibly check with the coach before leaving with the student. Student-athletes may not ride with other student-athletes or anyone else that is not a legal parent or guardian. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty up to and including dismissal if warranted. Student-athletes will be responsible for any damages to bus property and subsequent costs to repair or replace may incur.

Try-Outs

In order for a student-athlete to “try out” and participate on a sports team, the following criteria must be met:
(*Any coach violating these standards risks the chance of termination*)

- ❖ Timely and thorough completion of BigTeams athletic registration (found on the B-P Athletics Website).
- ❖ Submission of a valid physical exam, signed and dated by a physician within the last thirteen (13) months
 - MIAA Rule 56 states that a physical exam is good for thirteen (13) months. This means that a physical exam expires after 395 days, at which time the student-athlete becomes ineligible.
- ❖ MIAA Form 200 (only if transferring to Bristol-Plymouth from another school).
- ❖ Review Massachusetts Hazing Laws with coaches and student-athletes.
- ❖ Review Massachusetts Concussion Guidelines with coaches and student-athletes, and complete the mandated NFHS Concussion for Students training video.
- ❖ Review all individual and team rules and regulations.

**All registration links can be found on the Bristol-Plymouth Regional Technical School website at <https://bristolplymouthathletics.bigteams.com/>*

During the tryout period, each coach will provide and deliver an explanation of their expectations. It is the duty of the student-athlete to demonstrate to the coach that they can fulfill these expectations. If a student is not selected for a team, they may contact the coach personally for an explanation. Students who are not selected are encouraged to explore other B-P athletic opportunities that have not finalized their rosters. Please note, MIAA Rule 35 states that any student-athlete participating in football must have 15 days of practice (10 days of scheduled practice for all other sports) before competing in an official game.

The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play, and the amount of playing time. No student is allowed to “try-out” for an athletic team after the third (3rd) practice day. The only exceptions to this rule are injury, illness, transfer, or if a student was cut from one team and becomes a member of a no-cut team.

Uniforms

Distributing: Coaches will be responsible for distributing uniforms before their first game in conjunction with the Athletic Director. The Athletic Director will have a spreadsheet to be filled out with names of student-athletes and the equipment they receive.

Collecting: Coaches will be responsible for collecting uniforms at the end of their season. Coaches cannot let any student-athlete keep a uniform. Any uniform not collected will carry an obligation to that student’s account, that is equal to the retail cost of each uniform piece not returned.

Storing: Coaches will return uniforms to the Athletic Director in a timely manner following the conclusion of their season. Uniforms will be sent out for cleaning and then stored in the athletics storage room once returned.

Ordering: The Athletic Director will handle the ordering of new uniforms. This will be based on a rotation on the age and quality of the old uniforms.

Varsity Letters

Each student-athlete will receive recognition at the end-of-season awards ceremony. In all cases, a student-athlete must be in good standing at the end of the season to qualify for an award.

General Criteria:

- ❖ Athletic awards recognize the accomplishments of our student-athletes
- ❖ Chenille Bristol-Plymouth “B-P” letters and sport-specific pins are presented for varsity sports
 - The Bristol-Plymouth “B-P” and a sport-specific, gold emblem are issued for achieving distinction as first varsity award
 - The gold bar emblem will be issued as the second, third, and fourth varsity award
 - Only one chenille Bristol-Plymouth “B-P” varsity letter will be issued during a student athlete’s career; all subsequent varsity recognition will be in the form of a sport-specific gold emblem
 - All varsity letter and/or gold emblem recognitions will be determined by criteria set by a sport’s respective coach(es)

Final Coach Reminders

- No volunteer coaches are allowed, unless they are current Bristol-Plymouth employees and have completed the volunteer coaches application.
- Be aware of restrictions regarding internet and social media use and etiquette. Do not engage in inappropriate behavior or communications, including vulgarity directed towards student-athletes or sharing details of your personal life. Remember: it is okay to be friendly with your team, but you are still a leader.
- Be aware of MIAA rules and regulations such as the Chemical Health Rule and the Bonafide Team Rule.
- Coaches should not be directly coaching any out-of-season, sport-specific activity with students from your school and/or team, regardless of context.
- Frequently check emails and text messages for important updates and information.
- Coaches are encouraged to remember that family life is important for yourself, administration, and student-athletes. Non-emergency late night and weekend phone calls and emails are not encouraged. Enjoy your time off and remember students need the time off sometimes as well!
- Lead by example and play with sportsmanship, pride, and integrity. Be a role model for the student-athletes as they take their cues from you!
- Remember to keep it FUN!

Coaches' Code of Ethics

The function of a coach is to educate student-athletes through participation in interscholastic competitions. The student-athletes' welfare should be uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the National Federation of High School Coaches and modified for Bristol-Plymouth Regional Technical School:

1. The coach shall be aware that they have a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
2. The coach shall uphold the honor and dignity of the position. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical conduct.
3. The coach should actively discourage the use of drugs, alcohol, vape products, and tobacco.
4. The coach shall not use alcohol, drugs, or tobacco products when in contact with players.
5. The coach shall promote the entire interscholastic program of the school and direct their program in harmony with the total school program.
6. The coach knows the contest rules and teaches them to their team members. The coach shall not seek an advantage by circumvention of the rules.
7. The coach shall strive to enhance sportsmanship by working closely with cheerleaders, club sponsors, booster clubs, and administrators.
8. The coach shall respect and support contest officials. The coach shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials or players is unethical.
9. The coach will meet and exchange cordial greetings with contest officials and opposing coaches to set the correct tone for competition before and after contests.
10. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
11. The coach shall uphold the expectations and responsibilities included in, but not limited by, the athletics handbook.

I have read, understand, and will follow the above Bristol-Plymouth Coaches' Code of Ethics/Athletic Handbook.

Date: _____

Coach: _____

Date: _____

Athletic Director: _____

Parents' Code of Ethics

Parents/guardians are expected to support the school's athletic philosophy as detailed in this handbook and specific responsibilities are listed below. Parents/guardians must support the decisions of the athletic department and coaching staff in the presence of their student even if they personally do not agree with the decisions.

Parents/guardians should act as positive role models through their own actions to ensure their child has the best athletic experience possible!

1. Commitment from parents is a must and essential to the program's success but is not an entitlement to direct the program. Parents must understand and accept their roles as parents. It is inappropriate to discuss with a coach:
 - a. Playing time.
 - b. Team strategy or play calling.
 - c. Other coaches or athletes in the program.
2. Parents/guardians are expected to support Bristol-Plymouth's philosophy and follow the school's rules and regulations. Failure on the part of parents/guardians to do so may result in the removal of their student from the athletic program.
3. Parents must ensure the completion of medical exams and registration paperwork, eligibility, and other athletic participation requirements.
4. Parents/guardians whose behavior at athletic events is not consistent with the Bristol-Plymouth philosophy may be asked by the Principal, the Athletic Director, a coach, or another administrator to refrain from such behavior. Parents should always be respectful towards opposing players, coaches, spectators, and officials. Refusal to comply with such requests may result in the removal of the parent/guardian from the contest. Repeated refusal to comply with such requests may result in the removal of the parent/guardian's student from the team.
5. Parents should try to make every effort to attend athletic contests. Your attendance means you acknowledge your student's work and effort and support their role on the team. Support your athlete in a positive way, offer constructive criticism, never admonish!
6. Parents are required to notify the head coach of any potential conflicts well in advance. At least a week's notice is necessary to facilitate an absence from an event or contest.
7. Parents must help to reinforce the school/MIAA drug and alcohol-free and drug-free rules and regulations by refraining from the use of any controlled substances, alcohol, tobacco, and/or vaping before and during Bristol-Plymouth athletic events.
8. Before you become critical of a particular coach, please consider the following:
 - a. A head coach has all of their players and assistant coaches to consider with every decision that is made. While parents should be concerned about the team, they are usually only concerned about how a decision affects one athlete, their student.
 - b. Coaches may raise their voices and discipline players. This does not diminish their loyalty or concern for their players. Athletes need to learn how to take criticism and understand that it is not personal.

Spectators' Code of Ethics

Spectators and parents alike must recognize that they represent the school and community. Therefore, they have an obligation to be a true fan who encourages positive behaviors and practices good sportsmanship. In addition, spectators are required to meet the following expectations. Spectators not meeting these expectations will be asked to correct their behavior or leave the contest.

1. Remember that school athletics are learning experiences for students and mistakes will be made. You would not jeer a student who makes a mistake in the classroom; why is an athlete an exception?
2. It is a privilege to observe a contest. It is not the place to verbally assault others and be generally obnoxious.
3. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
4. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
5. Respect the integrity and judgment of game officials. Do not question an official's call.
6. Recognize and show appreciation for an outstanding play by either team.
7. Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc) before and during games and afterward on or near the site of the event (i.e. tailgating).
8. Refrain from cheers, profanity, or abusive language that downplay the opponent.

Spectators whose behavior at athletic events is not consistent with the Bristol-Plymouth philosophy may be asked by the Principal, the Athletic Director, a coach, or another administrator to refrain from such behavior. Spectators should always be respectful towards opposing players, coaches, spectators, and officials. Refusal to comply with such requests may result in the removal of the spectators from the contest. If they refuse to leave, police will be called and you will be removed from the property.