

The Nauset Regional High School Athletic Department Information & Reference Guide

This booklet has been compiled to better acquaint you with the interscholastic athletic program at Nauset Regional High School. This handbook is available online at www.nausetschools.org in the athletic department link. Please refer to it when questions about your child's athletic experience arise. If you have any questions or concerns please feel free to call me at 508-619-5209.

John Mattson, Director of Athletics, Nauset Regional High School

DEPARTMENT PHILOSOPHY

The Interscholastic Athletic Program at Nauset Regional High School is committed to the total physical, emotional, social and mental development of its participants. The program is an extension of the values and ideals of our school leading to the development of a well rounded individual. Nauset Regional High School athletes will take pride in themselves, their team, school and community while learning to work together towards common goals. Every athlete should enjoy the experience of being a team member.

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship and basic physical/health qualifications. Participation in the program is a privilege granted to students who meet and maintain these standards.

As a member of the Nauset program, students are expected to demonstrate proper respect for all coaches, teammates, officials, spectators and equipment. Student athletes are expected to exhibit the highest level of conduct and sportsmanship both on and off the playing field, as they are at all times representatives of their team, school and community.

Before the start of each season (fall, winter & spring) there will be mandatory meetings for all seasonal athletes and parents. Attendance will be taken by respective coaches. All athletes are expected to attend with at least one parent or guardian, but preferably both. At these meetings, topics that will be discussed are school policy, current issues, policies and procedures, school rules etc. Breakout rooms for individual teams will follow the open session. In the breakout meetings, coaches will go over team expectations, rules and announcements.

ROLE OF THE COACH

Nauset Regional High School acknowledges the substantial amount of time coaches and teammates spend with each other. We know how important the relationships that develop between teammates and between a coach and an athlete can be. We see coaches as teachers, mentors, and role models. In addition to teaching the skills and strategies of athletics, coaches must model and encourage positive citizenship, integrity, commitment, and strong work ethic. While keeping the entire team in mind, one of a coach's top priorities must be to assist in the healthy physical, emotional and social development of each player.

GOVERNING BODIES

"The Massachusetts Interscholastic Athletic Association"

The Nauset Regional High School Athletic Department is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and is therefore governed by Association "Rules and Regulations". Additional policies, regulations and rules are set by the Nauset School Committee. Under MIAA guidelines, local communities are allowed to set their own policy, rules and/or regulations as long as they are more restrictive than those stipulated by the MIAA. Rules governing individual sports vary depending upon the sport. For example, rules are as stipulated by the National Collegiate Athletic Association (with MIAA modification) for football, by the National Federation of State High School Associations for basketball and by the Sporting News Rules of Baseball for baseball. Copies of the complete set of MIAA rules and regulations are available at www.miaa.net. Sports such as sailing and cheerleading are not governed by the MIAA. Sailing is a member of NESSA and Cheerleading a member of MSSADA.

One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When our varsity teams qualify for and enter such tournaments, we are completely subject to the specific rules and regulations that govern each tournament as set by the MIAA. Tournament qualification, divisional placement and geographical district criteria are sport specific.

Some of our teams may qualify for regional tournaments beyond the MIAA tournaments that are sponsored and conducted by the combined state associations that make up the region of competition. Some of our varsity teams may host and/or play in seasonal tournaments that are sponsored by local school districts or other qualified agencies. MIAA regulations specify that such tournaments be sanctioned by the Association and be conducted totally under their policies, rules and regulations. The MIAA does not sanction or sponsor any sub-varsity tournament competition.

The MIAA is a member of the National Federation of State High School Associations and is bound by their set of rules, policies and regulations.

THE CAPE & ISLANDS LEAGUE

Nauset Regional High School is a member of the 14 school league known as the Cape & Islands League. The league is made up of two divisions – the Atlantic Division (large) and the Lighthouse Division (small). Nauset competes in the Atlantic Division in all sports. The league is governed by the MIAA and its own constitution. Most of our game schedules, at all levels, are set by the league. Varsity schedules within the league play each other home and away each season, with the exception of Football, who plays a league opponent once each season. We also schedule non-league contests, either home or away, to complete our schedule. JV and freshman compete against most of the schools that the varsity competes against.

NAUSET WARRIORS SPORTS LIST

FALL SPORTS: *Starting Date: Football – August 19th. All other sports – August 22nd*

Boys Soccer: Varsity, JV

Girls Soccer: Varsity, JV

Football: Varsity, JV/Freshman

Field Hockey: Varsity, JV

Boys Golf: Varsity, JV

Girls Volleyball: Varsity, JV & Freshman

Football Cheerleading

Boys & Girls Cross Country

WINTER SPORTS: *Starting Date: November 28th*

Boys Basketball: Varsity, JV & Freshman

Girls Basketball: Varsity, JV & Freshman

Basketball Cheerleading

Boys & Girls Swimming & Diving

Boys Ice Hockey: Varsity, JV

Girls Ice Hockey: Varsity (Cooperative team with Monomoy & Cape Cod Tech)

Wrestling: Varsity, JV

Boys & Girls Indoor Track

SPRING SPORTS: *Starting Date: March 20th*

Baseball: Varsity, JV

Softball: Varsity, JV

Boys Lacrosse: Varsity, JV

Girls Lacrosse: Varsity, JV

Boys Tennis: Varsity

Girls Tennis: Varsity

Boys & Girls Outdoor Track & Field

Co-ed Sailing: Varsity

Girls Golf: Varsity

Boys & Girls Unified Track & Field

LEVELS OF PLAY - GOALS

The common goals of the athletic program at the VARSITY LEVEL of play are for athletes to:

- Develop their physical, emotional, social and mental skills.
- Develop respect for authority, teammates, opponents and themselves.
- Develop pride in themselves, their team, school and community.
- Develop leadership qualities.
- Learn to work as a team member towards the attainment of common goals.
- Develop team responsibility and dedication.
- Learn rules of particular sport.
- Develop skills necessary to play a particular sport.
- Have fun.
- Ensure that all athletes are placed on a team level that will allow them to succeed to the best of their ability.
- There is a possibility that some students may be cut following tryouts.
- Develop skills and knowledge to their highest level
- Allow talented athletes the chance to excel and prepare them for future competition. Compete for League, Sectional and State Championships.
- Expect all members to be role models for younger students.

Goals of JUNIOR VARSITY/FRESHMEN LEVEL teams are to:

- Further develop the skills and knowledge of the sport.
- Increase the intensity of the competition.
- Prepare for the next level of competition in that sport.
- JV place more emphasis on winning than at the freshman level.
- Give participants playing time based upon practice attendance, work ethic, attitude, commitment to the team and athletic skill.
- It is a possibility that some students may be cut following tryouts.

PLEASE NOTE: When freshmen have demonstrated an advanced level of ability, they may be placed on a junior varsity or varsity level team after discussion among the athlete, coach and parent. The Director of Athletics will be notified.

PLAYING TIME

Playing time is influenced by many factors, a great many of which are unique to the sport. Five factors which will help determine playing time are:

- Athletic ability in the sport
- Attitude and work ethic
- Attendance
- Commitment to the team
- Citizenship in school and in the community

There are many decisions made on a regular basis by members of our coaching staff. These include: which athletes should start a contest, which should play what position and the amount of playing time. These very difficult coaching decisions are made only by members of our coaching staff after weighing a considerable number of factors. The coaching staff has sole responsibility for all playing time decisions.

COMMITMENT

The Nauset Regional High School Athletic Program is based upon the philosophy of "Warrior Pride". Each member of our athletic teams, freshman, Junior Varsity and Varsity **MUST**:

1. Commit to be present at all team activities including tryouts, practices, meetings and contests with other schools.
2. Dedicate themselves to becoming an excellent team member and school citizen.
3. Strive to continually improve as an athlete.
4. Demonstrate pride in team performance and in him/herself as a member of that team.

Realizing that these 4 qualities are necessary to achieve "Warrior Pride", we expect a high level of commitment from all of our student athletes within the broad context of their lives as Nauset students. DAILY When trying out for a team, and after being selected to be a member of a team at Nauset Regional High School, students are expected to make at least a 5 to 6 day, 2 to 3 hours daily commitment to the team each week. Practices will consist of an average of 2 hours of team activity per day, usually between the hours of 3:15pm and 7:00pm. The preparation times before and after practices or games bring the total time to 3 hours.

At the Varsity and JV Level, weekend and/or evening practices and games are common. Students should expect regular involvement during these times. Because many of our teams share facilities and/or use facilities off campus, practice and game hours may vary considerably. Contact the coach or the athletic office for more specific information concerning practice and game times.

TRY OUTS/CUTS Participation in athletics is a privilege; students try out voluntarily and, for some teams, risk being cut. During the try out period, the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet them. Students cut from one team are encouraged to try out for another team if there is space on that team. Students who are cut from a team will be informed individually by the coach. No cuts will be made from any freshman team until after the second day of school, for the fall season. After tryouts begin, no athlete may voluntarily leave one team and try out for another without the consent of both coaches involved and the Director of Athletics.

VACATION AND EXTENDED ABSENCE POLICY

Varsity and Junior Varsity Teams: Families of student athletes should understand that all three regularly scheduled school vacations in December, February and April, are in the heart of our athletic seasons and the athletic program continues to operate.

THERE ARE PRACTICES AND CONTESTS SCHEDULED. Although extended absences from team functions either during school vacation periods or while school is in session are discouraged, the Athletic Department recognizes the fact that certain circumstances do require them. Students who are planning to be absent from team activities for an extended period of time due to family trips, religious obligations, or college visitations (as examples) are expected to inform their coach regarding the absence as soon as plans are made. If an athlete misses one game or more than one practice, under such circumstances, he/she is required to earn their position back upon return. Although prior notification of a planned absence is mandatory, such notification does not eliminate the consequence.

****VACATION RULE****

Athletes who miss consecutive practices or games due to vacations, family trips, etc. will be ineligible for participation until they make up the number of games missed and half of the practices missed during their absence. School sanctioned trips and scheduled college visits/tours are considered excused absences. Exceptions to this rule can only be approved by the Director of Athletics prior to the anticipated absence.

Freshman Teams During school vacation periods all freshman teams will not be scheduled for contests against other schools. Practices may (coaching decision) be held for students who are not on extended absences as defined in the Varsity and Junior Varsity Section above. All available team members are expected to attend team practices. All efforts will be made by the Athletic Department not to schedule any contests against other schools until sufficient practice time has been allowed upon school reopening at the conclusion of the vacation period. Once contests resume, all team members are eligible to compete.

DAILY TEAM ATTENDANCE

It is extremely important that a coach be notified if a student is not going to be present at a practice or game if the student is not absent from school that day. The coaches in our program expect their athletes to be present at all team related activities and may suspend a team member from contests for absences. While students are “excused” from team activities for illness, injury, academic, family or religious reasons, prior notification is strongly recommended and expected.

STANDARDS FOR PARTICIPATION

In addition to being willing to make the above commitment, every student must be declared eligible by the Director of Athletics according to the standards listed in this section.

Physical Examination

A student must have on file in the nurse's office written proof of a current physical. In order for an exam to be considered current and valid, it must be dated within thirteen months of the date of any athletic involvement. It is strongly recommended that an annual examination be scheduled between June 15th and August 20th of each school year. An exam administered during this period of time will cover a student for the complete school year. Please ask the physician to mail a signed copy of the completed exam to the athletic office at the high school or to deliver it personally.

Athlete Registration

All students must register for their sport (each season) online through FamilyID.

Health Insurance

Every student athlete must be enrolled in an HMO or similar health insurance plan. Information on personal insurance coverage is requested on the seasonal registration form.

MIAA ATHLETIC ELIGIBILITY RULES

MIAA student eligibility requirements for participation in high school athletics are quite involved. The MIAA regulations have been condensed considerably here in an attempt to highlight the most important rules and regulations. As with all MIAA rules, there is a waiver process. Waivers of MIAA rules must be initiated by the school principal. If the information below does not answer specific questions, or there is a concern that a waiver might be necessary, please contact the Athletic Office.

Enrollment in Courses/Scholastic Achievement

Eligibility

1. Students must meet various requirements to be eligible for extracurricular activities (these are school activities that do NOT receive and academic grade) such as athletics, cheerleading, debate, driver education etc.
2. Students may not be failing more than one course during the quarter in question (one full credit at the end of the year) "I" counts as an "F" until made-up.
3. Quarter grades are used for the first three quarters, but FINAL GRADES for the year are used to determine eligibility for the fall season.

Age

A student must be less than 19 years of age prior to September 1st of the current school year.

Time Allowed for Participation

A student has 4 consecutive years of eligibility from the date he/she enters the 9th Grade. This means 12 consecutive athletic seasons are a maximum. Therefore, a 5th year high school student is usually ineligible for interscholastic competition.

Transfers to Nauset Regional High School

The rules governing transfer students entering Nauset Regional High School from another high school are quite involved. Information regarding the athletic eligibility of all students transferring to Nauset Regional High School should be requested from the Athletic Office.

IN SEASON ELIGIBILITY

At Nauset Regional High School student athletes are expected and encouraged to maintain the highest level of scholastic achievement possible. They are also expected to maintain the highest level of citizenship. To promote these goals the following policies are in effect:

Academic Achievement

Scholastic "extra help" sessions and make-up work are expected to be completed as soon as possible. On a practice day, students should stay after school to complete work whenever necessary. Coaches should be informed by students, in advance if possible, when practice time will be missed due to academic obligations. Once the obligations are completed, students are expected to report to practice on that day as soon as possible. If advance notification was not given to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practices due to make up work or extra help will not receive any athletic team penalty. The Athletic Department reserves the right to remove a student from a team for poor academic performance and may reinstate the student upon sufficient evidence of improvement. Reinstatement cannot be granted if MIAA scholastic eligibility requirements are not met.

School Discipline Obligations

A student athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The Athletic Department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement. It is expected that our athletes be model citizens both in and out of school; they should set an example for all students.

Daily Attendance, Class Cuts

Regular school attendance is required of all athletes. A student that is absent for an entire school day, is not permitted to participate in a practice or game that same day. Athletes absent from school any part of the day of a game or practice shall not participate without the written excuse of a parent or physician and the full sanction of the Director of Athletics. All athletes are expected to attend school the day following any contest played on a day or night which is followed by a school day. A student who has been suspended from school shall not participate in practice or games during the period of suspension. Athletes who arrive later than 10:00 am on practice or game days must have written permission and approval from the Director of Athletics to participate that day. Athletes that go home through the clinic due to illness are not permitted to participate in athletics that day. Athletes that get dismissed during the school day are not permitted to participate in athletics that day. Students are expected to attend all scheduled periods during the school day. The Athletic Department will make every possible attempt to check daily class and school attendance. *Exceptions such as doctor's appointments or college visits must be cleared by the Director of Athletics or Assistant Principal in advance whenever possible.* The Athletic Department reserves the right to remove a student from a team for excessive cuts or truancy and may reinstate the student upon sufficient evidence of improvement.

TRANSPORTATION TO AND FROM CONTESTS

The school provides bus transportation or a suitable substitute to most "away" contests. All team members are expected to travel to these contests using the school-provided transportation. Exceptions to this policy must be requested in writing to the Director of Athletics by a student's parent prior to the contest. Reasonable requests will be honored. A coach may allow students to ride home from a contest with their parents provided personal contact at the game site is made between the parent and coach. Students will not be allowed to ride to and from contests with other students. Non- team members may occasionally be allowed to ride team transportation if room exists, the coach in charge has given approval and prior written parent permission has been given to the Director of Athletics. In the event that a student engages in a dangerous activity on the athletic bus, the student may not be permitted to ride the athletic bus for the remaining season. If the season is over, the student may not be able to ride the bus during the student's next season. Transportation to and from athletic events will be the responsibility of the parent/guardian and must be approved by the Director of Athletics.

DIRECTIONS TO AWAY CONTESTS

The Athletic Department has compiled copies of directions to many of our opponents for use by our coaches... There are two other good sources to get directions. Go to the MIAA web site: www.miaa.net. On the home page, go to: LOOK UP MEMBER SCHOOLS, then click on DIRECTIONS. Another source would be at www.highschoolsports.net. Access the Nauset schedule you are looking for and click on OPPONENT for directions.

SCHOOL ATHLETIC EQUIPMENT

Students have an obligation and responsibility for all equipment issued to them and for its proper care and retention from the date of issue to the date of return. Students failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment is found and/or returned after payment, a refund will be issued.

LOCKER ROOMS AND FACILITIES

Student Lockers

Once team rosters are set, if not before, each team member will be issued an athletic locker. If a locker is not issued, students should request one from the coach or Director of Athletics. Students are expected to lock all personal items and team equipment in their own locker at all times. Students should never give their locker combination to anyone else. Experience has shown that most losses are due to lockers left open or unlocked. On road trips, when lockers are not available, it is highly recommended that students leave valuables at home or give them to parents or a member of the coaching staff for safekeeping at the game site. Large amounts of cash should never be carried or left at the school.

Care of Facilities

Students are expected to treat all facilities, both home and away, with proper care. Nauset Regional High School has some of the best facilities in the area, and only proper care and respect will keep them this way. Vandalism is cause for dismissal from a team and further disciplinary action by the school administration.

Building and Facility Access

At the conclusion of each school day, student athletes should bring all items that they need until the next school day to the locker room area. For safety reasons, students are not allowed access to other areas of the building after practice, games or on non-school days. No students will be allowed access to any of our inside facilities without proper supervision by a school staff member. There will be no activities conducted before school; after school activities permitted only.

Athletic Shoes

Athletes are never allowed to wear cleats inside the buildings of Nauset Regional High School. Serious injury can occur from slipping on cement or tiled surfaces and it causes damage to the floors.

ATHLETIC TRAINING POLICIES

Nauset Regional High School is extremely fortunate to have a full time athletic trainer as a member of the athletic department staff. On school days, the athletic trainer's hours around 12pm until the conclusion of the last practice session or home contest. During weekends or on days when school is not in session, the athletic trainer is required to be on site only for games, or competitions. Occasionally, the athletic trainer will be on site for the "non-school" day practice sessions or scrimmages if advance notice is given and schedule permits it.

Due to the number of teams and student-athletes participating during the fall and spring athletic seasons, patients will be treated in the following order:

1. Away games or competitions
2. Off site practices
3. On site practices
4. On site games or competitions
5. New injury evaluations and rehabilitation

In the event of an athletic injury, the athletic trainer and/or physician on site is in immediate control, this includes away games or competitions. If an athletic trainer or physician is not present at away competitions, the coach assumes responsibility of care with in the realm of their knowledge.

If a student athlete is seen by a physician for any condition, illness, or injury a written statement from the physician must be given to the athletic trainer prior to the student athlete returning to activity. This includes injuries and illnesses that the athletic trainer is not directly involved in.

MIAA DRUG AND ALCOHOL POLICY

As a member of the MIAA, Nauset Regional High School strictly enforces the below listed Rule:

1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as "NA or near beer," inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter

medications and substances used for the purposes of altering one's mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by their doctor. This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

Minimum PENALTIES: (also see Rule 32.8 – Ineligible Students)

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close and the student would face no consequence.

Prior to any chemical health violation a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.

NAUSET RHS DRUG/ALCOHOL/WEAPONS POLICY

Major Disciplinary Infractions

In addition to an initial suspension (of 10 days) for serious offenses such as, but not limited to, drugs, weapons and alcohol, the principal may extend a suspension or expel a student. The following serve as guidelines:

Drugs/Alcohol: 1st offense – up to 25 days suspension (5 day can be reduced for some type of treatment);

2nd offense – 90 day suspension and/or expulsion.

Weapon: 1st offense – up to 90 day suspension to expulsion; 2nd offense – expulsion.

Intent to Distribute: 1st offense – up to 90 day suspension to expulsion; 2nd offense – expulsion.

Harm done by a Weapon or Object Used as a Weapon: 1st offense – up to 90 day suspension to expulsion.

Note: These are for the student's entire career in the Nauset Regional Schools, grades 6-12.

Office detention

Office detention is assigned by an administrator and is held Monday through Thursday. Students are expected to serve detentions on the day assigned (other commitments and work will not be accepted as a valid reason to miss detention). Failure to serve detention may result in suspension. Note: Those in extracurricular activities who fail to serve detention are not allowed to participate, practice, play or compete until the detention obligation is completed. Also those in extracurricular activities who exhibit unsuitable conduct may be suspended or removed from all extracurricular activities.

Suspensions

During a suspension all privileges and participation in all other school activities and extracurricular activities such as sports, drama, and field trips are suspended. Students are responsible for class material covered during a suspension. Homework and long-term assignments due during the suspension will receive full credit if received on the first day of return to class. Missed tests and quizzes must be made up within one week following the suspension and will receive full credit. The teacher has the option of allowing the student to complete missed lab assignments or to assign another comparable assignment for full credit. It is the responsibility of the student to make all arrangements for completing missed work. A parental conference with the school administration is required, each time a student is suspended, prior to the student being readmitted to school. Students are not allowed on campus during a suspension for any reason (this will result in additional suspension time). Suspensions will not be postponed for any reason.

TEAM CAPTAINS

It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student athlete responsibilities. Captains are expected to communicate with their coach and team in the event of any problems that may affect the team or its members. Captains are expected to be a spokesperson for the team to the officials of the contest being played. Captains may be asked to meet with the Director of Athletics during the school year to discuss the athletic program. Captains of teams may be relieved of their position for violation of team, department or school rules. Discussion between the coach and Director of Athletics must take place before an athlete is dismissed as a Team Captain.

What is the Captain selection process? Any member of the team has the right to “apply” for the position of Captain. This is to be done in the form of a written application stating the reason the athlete wants to be a captain, any prior leadership experience, and how the athlete perceives themselves as a captain. A copy of this application will be given to the coach and Director of Athletics. All applications will be reviewed by coach and Director of Athletics. After selecting the best candidates, the applicants will be interviewed by the coach. In some cases, a viable candidate may not appear and “game captains” could be a solution.

This process may be initiated a few weeks after the conclusion of a season or wait until the beginning of the next season with selection done by first regular scheduled game.

CAPTAIN'S PRACTICE

According to the MIAA Rule Book, "a captain's practice usually means that the team's captain(s) are organizing and conducting out-of-season practice for that sport without coaching supervision." These practices are designed by students to allow team candidates to "get in shape" for the upcoming season. They are not organized, attended or sponsored by members of our coaching staff. Since members of our coaching staff are not permitted to be involved with these practices, they are NOT MANDATORY, attendance is NOT MONITORED by a coach, and they are NOT part of our athletic program.

COLLEGE/CAREER GUIDANCE

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Nauset Regional High School Athletic Staff are willing and eager to assist all of their students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send video tapes, if available, and write letters of recommendation. They will guide students to more knowledgeable resources that can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever changing N.C.A.A. (National Collegiate Athletic Association) regulations. The High School Guidance Department also has a wealth of information and experience on this topic

MIAA TOURNAMENT PARTICIPATION/BONA FIDE TEAM MEMBERS

Participation in any Meet or Tournament sponsored by the MIAA is limited to students of institutional member schools which have registered that sport with the Association during the summer membership renewal process.

Rule 45 of the July 1, 2005 MIAA Handbook states: "A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Any student who violates this standard is ineligible for 25% of the season immediately upon confirmation of the violation. See Rule 96 for additional tournament restrictions.

POSTPONED CONTESTS

Many contests throughout the school year are postponed due to factors such as inclement weather. In most instances it is the "home" school that calls for a postponement. Games are to be made-up on the best available open date on both schools' schedules, including weekends, whenever practical.

Decisions on postponements are made as late in the day as is practical for proper notification of all interested parties. On school days, the most common time is about 1 pm for afternoon contests. If there are any questions as to the status of a contest, the Athletic Office welcomes calls, but please contact us after 1 pm. On non-school days, and for evening contests, postponements are made approximately 2 to 3 hours prior to the contest. Please delay calls in these instances until 2 hours before the scheduled contest. Normally, you may call for game status information up until the scheduled time of the contest. You may also check our web site at highschoolsports.net for up to the minute information.

It is sometimes necessary because of scheduling conflicts to cancel rather than postpone Sub-Varsity contests. Cancellations of Varsity contests, because of League standings and/or Tournament qualification regulations, are extremely rare.

SPORTSMANSHIP

Nauset Regional High School expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches and spectators should treat opponents, game officials and visiting spectators with respect. The MIAA reserves the right to "warn, censure, place on probation or suspend up to 1 calendar year any player, team, coach, games or school official or school determined to be acting in a manner contrary to the standards of good sportsmanship." Nauset Regional High School in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

INTENT TO INJURE RULE

The Massachusetts Interscholastic Athletic Associations Rule Number 56.8 states "any student in any sport" (in the opinion of the game official) "who willfully, flagrantly or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in any sport season for 1 year from the date of the incident. "Fighting" does not apply to this section unless warranted in the judgment of the game official.

HAZING

The Massachusetts Hazing Law is quoted below. Hazing in any form is unacceptable. If you have any concern that your child is involved in a hazing incident, we strongly encourage you to call the Coach, the Director of Athletics, or the Principal immediately.

Massachusetts State Law - Chapter 536, Sections 17, 18

Section 17. Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Section 18. Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

ATHLETE/COACH RELATIONSHIPS

Participation in athletics should be an enjoyable experience for all parties involved; student, coach and parent. There is no doubt that participation tends to be emotionally charged and dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic competition is extremely positive and complements the educational experience enjoyed by students at Nauset Regional High School. Occasionally conflicts between coaches and students 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 Nauset Regional High School students. The chain of command regarding these issues should be:

- 1) Athlete meets with coach
- 2) If not resolved, parents & athlete meet with coach
- 3) If still not resolved, parents, athlete meet with coach & Director of Athletics
- 4) If still not resolved, parents, athlete meet with coach, Director of Athletics and Principal.

The majority of these issues will be solved at the athlete/coach level which fosters a communication based on honesty and trust.

The following section of this booklet deals with what families may expect from the coaching staff, and what to do if conflicts and/or problems present themselves.

COACHING EXPECTATIONS

At Nauset Regional High School, athletes should expect to be treated with respect and to be treated fairly by their coaches. The coaches are professionals who are aware of and committed to upholding the responsibilities they have to follow the policies and regulations of the MIAA, the Atlantic Coast League and Nauset Regional High School. Each student must be treated as an individual, yet as a part of the team. Rules and regulations must be uniformly and fairly enforced at all times. In most instances, during the season of play a student athlete spends more time daily under the direct supervision and guidance of his/her coach than any other adult. This time spent should be enjoyable, educational, positive and worthwhile; the influence that a coach may have with each individual team member is enormous.

As recommended by the MIAA, we encourage participation in varied activities under different teacher/coach role models. In addition to competing and winning, we focus our attention upon goals that will develop students into contributing members of society. Athletes and their families can expect the following to be communicated and fostered by members of the Nauset Regional High School coaching staff:

Time Commitment
Team Rules
Individual Success
Social and Emotional Growth
Team Spirit
Athletic Performance
Skill Development
Approachability
Competitiveness

Miscellaneous

Athletes are expected to conduct themselves in and out of school as to bring no discredit to the athlete, his/her parents, school, or team. The athlete will assume responsibility for all issued equipment and clothing, and will be assessed for any lost or damaged items. All equipment must be turned in no later than one week after the last contest. No school equipment or clothing will be used or worn except when participating in a practice, game, or other designated school function. An athlete who has been injured and treated by a doctor will not be permitted to practice or play until he/she submits a written note from that doctor concerning the status of the injury. All team members will abide by any additional training regulations as set forth by the coach with the approval of the Director of Athletics. Coaches shall have the right to take disciplinary action pertaining to any problem that may arise that has not already been reviewed in this handbook. However, if dismissal is considered, the coach must seek prior approval from the Director of Athletics before such a penalty is imposed. In cases of disagreement between the Director of Athletics and coach, the school Principal will be asked to hear the dispute. The decision of the school Principal will be final. Students will be told of the infraction and subsequent penalty.

Athletic Awards

To earn a Varsity Letter Award, the student must:

1. Have competed in half of the periods of a varsity sport or have competed and scored team points in half of the meets.

And/Or

2. Have finished the season as a member in good standing as determined by the coach of that sport.

A Varsity Letter Award will also be awarded to a senior student athlete who has been a varsity team member but has not earned a varsity letter through competition.