



Athletics Handbook



Inspiring every student to excel in academics, service, and life

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South Shore Charter Public School

Inspiring every student to excel in academics, service, and life

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Mission Statement

The Mission of the South Shore Charter School Athletic Department is to provide learning experiences that contribute to the physical, social, emotional and academic growth of all students in grades 6-12.

The South Shore Charter School Athletic Department will:

- Strive for excellence, while developing positive traits that will last throughout the student athlete's life.
- Develop student athlete's physical fitness, accountability, citizenship, sportsmanship, leadership, work ethic, discipline, teamwork, dedication, emotional well-being.
- Enhance the student athlete's feeling of self, commitment, and cooperation.
- Offer competitive athletics that encourages any and all students to participate.
- Reflect the values of SSCPS in order to address the needs of the entire student population.
- Follow all rules and guidelines set forth by the Massachusetts Charter School Athletics Organization (MCSAO)

MCSAO Mission Statement

The mission of the Massachusetts Charter Athletic Organization (MCSAO) is to oversee the regulation, organization and promotion of its member schools interscholastic athletic programs. MCSAO provides opportunities for charter/pilot/Horace Mann School student/athletes to compete at a high level and uses that competition to teach the fundamental values of teamwork, discipline, sacrifice, and sportsmanship. This will contribute to the students' overall educational experience and development as individuals. MCSAO is committed to education our youth for a rewarding future and will work in partnership with local communities to establish and maintain charter school interscholastic athletic program.

Preface

The material outlined in this guide defines some of the policies and procedures for all students participating in the South Shore Charter Athletic Program. It is intended to provide you with a better understanding of the athletic department's philosophy, goals and policies. Please refer to it during the course of the school year to help answer any questions you may have concerning your son's/daughters athletic experience.

Also, please show your support by regularly attending your child's athletic contests. This will greatly enhance their self-esteem and the overall educational experience that athletic competition has to offer.

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I. Fundamental Information

a) **Program Goals**

- 1) To enable as many students as possible to experience the benefits of athletic competition and team membership.
- 2) To develop appropriate attitudes toward competition, sportsmanship and self-discipline.
- 3) To develop and acquire athletic skills.
- 4) To improve physical conditioning as a requisite for good health.

Participation in SSCPS Athletics is a privilege. All student/athletes are expected to provide leadership for other members of the student body and to act in an exemplary manner.

b) **Commitment to the Program**

All students are expected to attend all daily practices and team meetings unless the coach excuses them **before** the scheduled practice. Some practices are held on Saturdays and during vacations. It is expected that all team members arrive and be picked up on time and work to the best of their ability.

If a student-athlete accumulates 3 unexcused absences from events for their current team, they are *removed from the team*. In order to excuse an absence from an athletic event, the student-athlete must inform the Athletic Director, or their coach, prior to that event. If a student-athlete is removed from the team by a coach, they are to act as no more than a spectator for the remainder of the season.

c) **Transportation**

SSCPS provides bus/van transportation to most of their away contests. In the event a bus is not available, private transportation may be needed. These vehicles will be driven by responsible adults (parents of athletes or coaches). There will be transportation provided to practices and home games occurring directly after school. All students should be riding on the bus. Please be aware that these practice/game sites are removed from the South Shore Charter Public School campus and that parents held responsible for picking-up their children on time. The athletic department and coaches are only responsible for athletes on their team, and not siblings.

Parents are expected to arrive at the pick-up spot within 15 minutes of practice concluding. In the event that a parent is going to arrive late, the coach should be contacted before the beginning of practice. If a student athlete is not picked up within 15 minutes of practice, a

home game and the arrival back to school from an away game without proper notification to the coach, the following consequences will occur:

- 1st occurrence - Warning
- 2nd occurrence - Loss of playing time
- 3rd occurrence - Game Suspension
- 4th occurrence - Multiple game suspension and possible removal from the team

Decisions will be based upon the discretion of the Head Coach and the Athletic Director

II. Athletic Offerings

The SSCPS Athletic Program is divided into three seasons and is comprised of the following activities:

Fall Season

H.S Boys Soccer (9th-12th)
H.S Girls Soccer (9th-12th)
Boys Cross Country (6th-12th)
Girls Cross Country (6th-12th)
Middle School Soccer (6th-8th)
Girls Volleyball (9th-12th)

Winter Season

H.S. Boys Basketball (9th-12th)
H.S. Girls Basketball (9th-12th)
Middle School Basketball (6th-8th)

Spring Season

Baseball (7th-12th)
Softball (7th -12th)
Boys Track (9th-12th)
Girls Track (9th-12th)
Middle School Track (6th-8th)

Fall Athletics

The mandatory informational meeting is held in the first week of September. The regular season ends on the last day in October. Any makeup games or tournaments are scheduled during the first two weeks of November.

Winter Athletics

Tryouts/practices begin the first week of December and the regular season concludes the first weekend in March. The mandatory informational meeting will be held in early December or late November. Any makeup games or tournaments are scheduled during the second week of March.

Spring Athletics

Practice begins the last week of March. The season ends on the first week of June. Any makeup games or tournaments are scheduled during the first two weeks in June. The mandatory spring information meeting will take place in mid to late March.

III. Governance of High School Athletics

South Shore Charter Public School is a member of the Massachusetts Charter School Athletic Organization (MCSAO). Established in May of 2005, the MCSAO is a legislative body which governs and promotes all charter school athletic programs.

IV. Participation Guidelines

Any candidate for an athletic team must meet the following eligibility requirements. All registration must be completed before the start of each season. Student athletes will not be eligible to participate until forms have been completed.

a) Permission to Play/Athletic Fee

Submit a completed/signed Parent/Guardian Permission Form to the athletic office prior to the first tryout or season practice. Every season students are required pay a \$75.00 athletic fee to help fund the operating of the athletic department. If a family cannot pay the fee due to financial hardship, the Athletic Director should be contacted.

b) Physical Examination

Pass a physical examination performed by a registered physician within one year prior to participation. Physical examinations are good for one year from the date of examination and must be renewed before they expire if participation is to continue. **An updated copy must be kept on file in the school nurse's office prior to the first practice.**

c) SSCPS Concussion Policy

As stated in the SSCPS Student Handbook, South Shore Charter Public School seeks to prevent concussion and provide a safe return to activities for all students after an injury. In order to effectively and consistently manage injuries, the school abides by the following procedures that have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care and necessary academic assistance, and are fully recovered prior to returning to athletic activity. Coaches at South Shore Charter Public School are expected to be current with best practices in their sport that reduce the likelihood of head injury and are prohibited from teaching or promoting dangerous practices. The Athletic Director and coaches will enforce rules prohibiting dangerous moves and encourage students to follow the rules of play and practice good sportsmanship at all times.

South Shore Charter Public School has designated its 7-12 Principal and Athletic Director to oversee the implementation of these policies and protocols. In addition, the 7-12 Principal will be responsible for:

1. Supporting and enforcing the protocols, documentation, training, and reporting outlined in this policy;
2. Supervising and reviewing that all documentation is in place;
3. Reviewing, updating, and implementing the policy every two years and including updates in annual training and in the student handbook.

Training Requirement:

The Commonwealth of Massachusetts requires annual safety training on sports-related concussion including second impact syndrome for coaches, volunteers, school nurses, athletic directors, the parents or guardians of children who participate in an extracurricular athletic activities, and student athletes. At South Shore Charter

Public School, school personnel are required to complete free, online training or attend a training event approved by the Department of Public Health. Online training must be completed through the National

Federation of High Schools, the Center for Disease Control or other DPH approved site. For student athletes and their parents this training can be provided in the regular pre-season meetings where written materials are also available. Attendance will be taken at these meetings and the attendance roster serves as verification of training. If parents or students are unable to attend this training, they must complete one of the approved online trainings and submit a certificate of completion to the athletic director. Alternatively, parents may review MDPH-approved written materials provided by the athletic department and sign a verification form stating that they have read and understood these materials.

Required Forms: In addition to the permission to play and player/parent agreement form, the following forms must be completed by student athletes and parents prior to the start of the season:

- Pre-Participation Form
- Parent Concussion Training
- *Release form for IMPACT testing

*SSCPS provides free IMPACT testing for all athletes in contact sports in order to help in the diagnosis and recovery in the event of a concussion. These tests are not mandatory but highly recommended upon parent approval.

d) **Chapter 766**

Any student who is currently receiving special education services under Chapter 766 and who has an Individual Education Program (IEP) can be declared eligible if all of their requirements satisfactorily meets the Special Education Directors approval.

e) **Student Handbook and Athletic Handbook**

All student/athletes/spectators, first and foremost, are subject to school rules and regulations governing student behavior as cited in the SSCPS Student Handbook. Violations of school rules resulting in suspension (in/out of school) from school will automatically preclude student involvement in athletic activities until the student is officially readmitted to school. Student/athletes will receive additional consequences as outlined in Section V – Academic and Disciplinary Eligibility for any/all infractions incurred .

f) **Attendance**

Students will not be allowed to participate in any athletic contest on the same day they are absent from school unless the absence has been approved in advance by a school administrator. Students must be in attendance in school for at least a half day to be eligible to participate in an athletic event. If a contest is scheduled for a weekend, the student must be in school on Friday for at least half of the day.

g) **Age**

High School - Students must be 18 years of age or under prior to September 1st but may compete during the remainder of the school year provided his/her 19th birthday falls on or after September 1st of that school year. Middle School – Students must be under 16 prior to March 31st.

h) **Injuries**

If any injury or illness should occur during the season which requires medical attention, the student must submit written approval from the attending physician to the nurses office prior to returning to athletic participation. This rule also applies to any student who was injured or ill prior to the start of that season but would be joining that team after the start of that season.

Any student that misses a minimum of one class period due to seeing the nurse, will need approval of the school nurse and the student athletes parent/guardian in order to participate in athletics that day.

i) **Amateur Status**

All students must be of amateur status. An amateur is defined as an athlete/participant who competes for the intrinsic value of the game and at no time, under any circumstances accepts money or compensation for his/her efforts involving the activity in question.

j) **Equipment and Responsibilities**

Students are responsible for the care and maintenance of all athletic equipment and uniforms issued to them. They will be charged replacement value for any equipment or uniform that is lost, stolen or damaged.

All equipment and uniforms must be returned within one week of the season close. Students may wear their uniforms only at times specified in team regulations. Any unreturned uniforms will result in an invoice sent home and the student deemed ineligible to participate in the athletic program until the uniform is returned.

k) **Alcohol/Tobacco/Drugs**

During the course of the school year, students are prohibited from using, consuming, possessing, purchasing, giving away or being in the presence of any beverage containing alcohol, tobacco products, marijuana, steroids or controlled substances. Possession of a legally prescribed drug by the student's physician for a specific purpose is not a violation.

l) **Opioid Use**

Because of the risk of injury and the subsequent need for pain management, student athletes may be at risk for opioid misuse. Massachusetts Department of Public Health (DPH) has developed educational materials to partner with schools across the state in sharing key information and resources with students, parents and school personnel. Recent legislation in Massachusetts requires that parents, guardians, and other adults in a middle and high school extracurricular athlete's life such as school nurses, Athletic Directors, coaches and athletic trainers, receive educational materials on the dangers of opioid use and misuse. The educational information, in written form, will be distributed to student athletes prior to the beginning of their extracurricular athletic seasons.

m) **Steroid Use**

Use of Anabolic Androgenic Steroids is strictly prohibited. It has been proven that steroid use has serious short and long-term effects. We encourage all our coaches to take a proactive approach in educating students about the harmful effects of steroid use.

n) **Fraudulent Documentation**

Any student, parent or coach who knowingly falsifies any official document(s) or participates under an assumed name will be immediately suspended from further competition for one year from the date of the infraction.

o) **Hazing**

Hazing is considered a crime in Massachusetts. The Mass General Law is defined in CH. 269,s. 17 as: "Any conduct or method of initiation into any student organization, **whether on private or public 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 weather forced consumption of 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 deprivation of sleep or rest or extended isolation. **Consent to such treatment does not make Hazing legal.**

V. Academic and Disciplinary Eligibility

Student in Good Standing Policy

As stated in the SSCPS Student Handbook, a student is considered ineligible if they are not in "Good Standing". An SSCPS student is considered to be in "Good Standing" unless any of the following are true of the student:

- Has more than one failing grade from the previous quarter or term in the present school year.
- Did not complete his or her Exhibition of Mastery for the previous semester. (This restriction is lifted when the student satisfactorily completes their EOM.)
- Has been suspended within the previous 15 school days.

The process by which the Principal may decide to waive "Not in Good Standing" consequences is: a written appeal by the student containing the student's statement of the events that led to the loss of "Good Standing" and grounds for the appeal. The Principal will meet with the student within five (5) days and render a decision within two (2) days following the meeting. All decisions may be appealed to the Executive Director.

Disciplinary Eligibility for Student Athletes

Disciplinary responsibilities are also a student's first priority and take precedence over any athletic event. The following policy has been implemented to deal with student/athlete disciplinary issues that may occur during the school year.

Student athletes are often looked up to as role models by other, especially younger, students. They are encouraged to set for themselves the highest academic standards and standards of conduct. Disciplinary write ups will not be tolerated. The following are consequences for write ups that occur in season;

- The first write up will result in loss of playing time, and possible suspension.
- The second write up will result in automatic suspension of a minimum of one athletic contest.
- The third write up will result in immediate removal from the team.

All disciplinary actions before put in place will be decided upon at the discretion of the coach, athletic director, dean of students and principal.

VI. Sportsmanship

SSCPS places a high value on good sportsmanship from its players, coaches and fans. Sportsmanship is the ability to treat everyone involved in an athletic contest with fairness, generosity, respect and courtesy.

Please help us promote goodwill and fair play by being a positive role model and setting a good example so that others may follow. Attending SSCPS athletic contests is a privilege. Please remember that these contests involve young people, not professional athletes, who are trying to represent themselves and their school to the best of their ability. The price of admission does not entitle anyone to jeer, criticize or downgrade players, coaches or officials. SSCPS reserves the right to warn, censure, place on probation or suspend for up to one calendar year any player, coach, school official, spectator or team deemed to be acting in a manner contrary to the standards of good sportsmanship previously mentioned.

VII. Tryouts/Policy on Cuts

Students may try out for any sport that is offered at SSCPS providing they have met all the participation guidelines and academic eligibility standards. During the tryout period, each coach will describe their **expectations** for making the team. Athletes must demonstrate their ability to meet these **expectations**.

For some sports, because of the large numbers of prospective athletes trying out, students may be cut from squads. In those situations, coaches will have the prerogative of selecting team members. If a student does not make a team, they may contact the coach personally for an explanation. Once a student has been selected for a team, they will not be allowed to quit to join another SSCPS team. We try to accommodate as many athletes as the sport allows. If a student is not selected for a team, they should explore participation in another sport.

VIII. Team Selection

The coach and coaching staff for each sport has the sole responsibility for selecting players, deciding the appropriate level of play and determine the amount of playing time each student receives. Coaches decide who will play based upon their assessment of an athlete's level of commitment, attitude and skill. This means that no student athlete is guaranteed to play in athletic competitions. Coaches will be making selections in accordance to the policies of the Athletic Department.

Every season is a new season and the roster is open to all those who tryout. There are no guarantees that athletes will maintain their status from season to season due to prior affiliations.

IX. Selection of Team Captains

Coaches will decide on how team captains are selected. They may be voted on by the team, appointed by the coach or selected on a game to game basis. Team captains are expected to be leaders and readily assume duties appointed to them by the coach. They should have a complete understanding of all team rules and student/athlete responsibilities.

Captains should be able to communicate with their teammates in a positive manner thus fostering teamwork and cohesiveness. Captains may be relieved of their position for violations of team, department or school rules.

X. Coaching at SSCPS

At SSCPS, we expect our coaches to present themselves in a manner which will earn them the respect of their players, opponents, officials and the South Shore community. We want our coaches to model the standards of behavior and sportsmanship that we expect from our students. They should be effective communicators, knowledgeable of their sport, organized and be able to motivate their players to compete at the highest level possible. The coach is the key contact person during your child's athletic experience.

Any questions or messages regarding schedules, games, equipment, team rules or unavoidable lateness or absences should all be directed to the coach. It is our belief that communication is your greatest ally for creating a more positive athletic experience for your child.

XI. Conflict Resolution

Athletic participation is highly charged, emotional and time consuming experience. When conflicts arise, please follow the established protocol.

a) Step 1 Student to Coach Contact

As soon as possible, the student should approach the coach and request a meeting at some point outside of the normal practice schedule in which the issue at hand can be brought forward. This can be done over the phone or by leaving a note in the Athletic Director's mailbox.

b) Step 2 Student-Athletic Director Contact

If a satisfactory resolution is not reached through Student to Coach Contact, the student should then meet with the Athletic Director. The coach should be informed that this meeting is to take place. If

this discussion does not meet with satisfactory results, a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution.

c) Step 3 Parent-Coach-Athletic Director Contact

Parents should contact the coach first and if necessary, the Athletic Director in an attempt to reach a satisfactory resolution.

d) Step 4 Student-Parent-Administration Contact

If there is still no satisfactory resolution, the student or parent should contact the Head of School. The Athletic Director should be informed that this contact is going to be made.

It is very important that all students and parents know that all concerns or issues raised will be addressed. There are no guarantees that all parties will agree with all resolutions or findings. However, by respectfully communicating differing perspectives, a productive relationship can be established which can lead to clearer understandings in the future.

XII. Fundraising

To ensure the continual development of the Athletics Department all student athletes and coaches will be expected to participate in fund raising events for their team. Fund raising events must be approved by the Athletic Department and SSCPS prior to the event. Any fundraising ideas can be submitted to the Assistant Athletic Department for approval. The department's goal is for every team to facilitate a fund raiser each season.