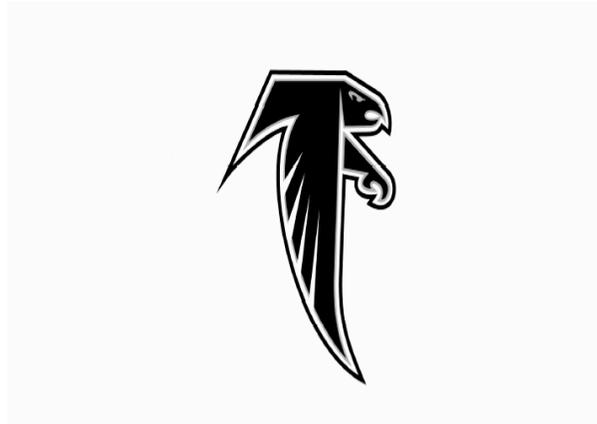


*Cambridge Rindge & Latin School*



**Athletic Department**

**Handbook**

**2012-2013**

# *Table of Contents*

<b>Introduction</b>	<b>2</b>
<b>Athletic Department Philosophy</b>	<b>2</b>
<b>Program Goals</b>	<b>2</b>
<b>Games and Practices Sessions</b>	<b>2</b>
<b>Team Tryouts/Selection</b>	<b>3</b>
<b>Dismissal from Team</b>	<b>3</b>
<b>School Insurance/Injuries</b>	<b>3</b>
<b>Athletic Participation Warning</b>	<b>3</b>
<b>Class Attendance Policy</b>	<b>3</b>
<b>School Equipment Responsibilities</b>	<b>3</b>
<b>Hazing</b>	<b>4</b>
<b>ACADEMIC REQUIREMENTS FOR ATHLETICS AT CRLS</b>	<b>5</b>
<b>Academic Probation - PROBATIONARY CRITERIA</b>	<b>5</b>
<b>Progress Reports</b>	<b>6</b>
<b>Homework Center</b>	<b>6</b>
<b>Eligibility Rules</b>	<b>6</b>
<b>Concussion Information</b>	<b>6-7</b>
<b>Injuries-Use of Training Room</b>	<b>7</b>
<b>ImPact Concussion Testing</b>	<b>7</b>
<b>Additional Athletic Rules</b>	<b>7</b>
<b>Chemical Health Rule</b>	<b>8</b>
<b>PARENT/COACH COMMUNICATION GUIDE</b>	<b>8</b>
<b>Athletic Director's Statement</b>	<b>8</b>
<b>Communication from the Coaching Staff</b>	<b>8</b>
<b>Communication coaches expect from parents</b>	<b>8</b>
<b>Issues Not Appropriate to Discuss with the Coach</b>	<b>8</b>
<b>Appropriate Concerns for Discussion</b>	<b>8</b>
<b>For concerns regarding discussion with the coach, the following procedures should be followed: (District Policy)</b>	<b>9</b>
<b>STUDENT EXPECTATIONS</b>	<b>9</b>
<b>The Six Pillars of Character</b>	<b>9</b>
<b>Student- Athlete Code of Conduct</b>	<b>10</b>
<b>Coaches Code of Ethics</b>	<b>11</b>
<b>Parent/Guardian Code of Conduct</b>	<b>11</b>
<b>GREATER BOSTON LEAGUE SPECTATOR EXPECTATIONS</b>	<b>11</b>
<b>SPORTSMANSHIP: CONSEQUENCES FOR VIOLATIONS OF ATHLETICS CODE OF CONDUCT</b>	<b>12</b>
<b>Step by Step to College Athletics</b>	<b>13</b>
<b>NCAA CLEARINGHOUSE</b>	<b>14</b>
<b>Student/Parent Sign-Off</b>	<b>15</b>

## Introduction

The following information defines the interscholastic athletic regulations and procedures for all students participating in our High School Programs. The Athletic Department hopes this provides you with a better understanding of our philosophy, goals, and guidelines.

Participating in high school athletics may seem to some an overwhelming undertaking, however, it is one of the most memorable and rewarding experiences that students and their families can have in a lifetime. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this commitment.

### Athletic Department Philosophy

Athletics are an important component of an educational institution and bases its philosophy upon the following ideas:

- The highest standards of sportsmanship will be demonstrated by players, coaches, parents, and spectators. This will result in building an atmosphere that supports student athletes and their families and serves as a model of fair play to all involved. This will ensure that both winning and losing will be placed in their proper perspective.
- Winning isn't everything, nor is it the only thing. Student athletes must learn that there are other objectives than just beating their opponents. However, to participate without striving to win is to be a dishonest competitor. Students can and will experience the success that comes from giving his or her best effort.
- Representing one's school may also be a way to learn responsibility and build a favorable self-image. Athletics provides a feeling of belonging to a group that is a positive influence on a student's life.

### Program Goals

The common goals of the athletic program at Cambridge Rindge and Latin School are for athletes to:

- Develop their physical, emotional, social and mental skills
- Develop appropriate attitudes/values as well as respect for teammates, opponents, authority and themselves
- Have fun
- Develop leadership qualities
- Learn to work and function as a team member toward common goals
- Develop pride in themselves, their team, school and community to foster school spirit.
- To allow as many students as possible to participate and share the experience and benefits derived from team membership.
- To compete successfully with Greater Boston League and non-league opponents

### Game/Practice Sessions

- Student athletes have made a commitment to be at **ALL** practice sessions, contests and team meetings. Any team member who must be late, or miss practice, games, or meetings **must** confer with their coach **prior** to the absence. Absences may jeopardize retaining a position on the team. This includes extended trips during vacation. (Clarification: If student athlete is away from team for extended time, then he/she must make up time missed before being allowed to participate in interscholastic play. For example, if student misses 3 practice days then he/she must make up 3 practice days before being allowed to participate in a game.)
- Practices are held daily for approximately 2 ½ hours, or as appropriate to the activity. Some practices may be held on weekends.
- If school has been canceled because of inclement weather, all athletic events will be canceled.
- **College Visits:** If a student-athlete visits a college during a vacation, he/she must provide documentation from the college that he/she was in attendance

### Team Tryouts/Selection

- During the tryout period, each coach will provide an explanation of his/her expectations. It is the duty of the student to demonstrate to the coach that he/she can fulfill these expectations.
- If a student is not selected for a team, they may contact the coach personally for an explanation.
- Students that are not selected are encouraged to explore other sport opportunities.
- 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. **Players concerns should be addressed first between the player and the coach. If a**

**significant resolution is not resolved, parents should plan a meeting with the coach. If a resolution is not reached between the athlete, parent and coach, the matter may be presented to the Athletic Director.**

### **Dismissal from Team**

It is the coaches' prerogative to dismiss students from the team if/when they fail to participate, disrupt the practice or contest experience of others, break team rules, compromise safety or violate school rules. Coaches should communicate with parents when problems occur and need to give a verbal warning about dismissal if such action is foreseeable.

### **NOTE:**

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, (Varsity, Junior Varsity, and Freshman), most beneficial to the development and progress of each player. It should be understood that playing time could be limited by the strategy of the game and certain other conditions.

### **School Insurance/Injuries**

The school provides secondary health insurance coverage for all student/athletes injured during the season. The insurance plan takes up where family insurance, if any, leaves off. **All claims must be picked up and filled with the Athletic Trainer within 30 days of injury.** This is a policy provision- Do not forfeit by incomplete information or delay. Be aware, as with most insurance policies, there are limits to the coverage.

### **Athletic Participation Warning**

Although most athletic injuries are usually minor, serious injury, including permanent paralysis or death, may occur.

## **CAMBRIDGE RINDGE & LATIN SCHOOL ATHLETIC RULES & REGULATIONS**

Participation in CRLS Athletics is a privilege and may be taken away from a student-athlete for violation of any of the following policies and rules.

### **Class Attendance Policy**

**Any student-athlete absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice. A Friday absence counts towards Saturday or Sunday participation. A student must be in attendance at school prior to 9:30AM and be present for at least 4 hours of the school day or they will be considered absent for athletic eligibility purposes. The only exception to this rule will be if a student-athlete receives written permission from the Principal or small learning community Dean of Students to attend a school sponsored field trip or visit a perspective college.**

**Students who display a pattern of excessive or inappropriate dismissals, regardless of length, will similarly be withheld from practice and / or games. Students, who skip classes, do not participate appropriately in class or do not fulfill their detention responsibilities will also be ruled ineligible for participation.**

### **School Equipment Responsibilities**

Students are responsible for, and are expected to maintain proper care of all equipment issued to them. Each item must be returned at the completion of the season. Students are responsible for payment of any items lost, stolen or damaged. Each item not returned will be assessed at a rate comparable to the current replacement cost. If a student does not return equipment at the end of the season, they will not be able to participate in the next season until equipment is returned or payment is made. Report Cards and/ or diplomas may be held for those who do not either return or pay for lost/damaged equipment.

## Hazing

### MASSACHUSETTS GENERAL LAWS

#### CHAPTER 269

#### CRIMES AGAINST PUBLIC PEACE

#### **CH. 269, S. 17. CRIME OF HAZING; DEFINITION; PENALTY**

Whoever is a principal organizer or participant in the crime 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 students 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. Added by St. 1985, c.536; amended by St. 1987 c.665.

#### **CH.269, S.18. DUTY TO REPORT HAZING**

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 a crime shall be punished by a fine of not more than one thousand dollars. Added by St. 1985, c.536; amended by St. 1987, c.655.

#### **CH. 269 S. 19. HAZING STATUES TO BE PROVIDED; STATEMENT OF COMPLIANCE AND DISCIPLINE POLICY REQUIRED**

Each institution of secondary education and public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen: provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary schools, the board of education, certifying that such institutions has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institutions has adopted a disciplinary policy with regard to the organizer and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution, which fails to make such report. Added by St. 1985, c.536; amended by St. 1987, c.665.

# ACADEMIC REQUIREMENTS FOR ATHLETICS AT CRLS

## Massachusetts Interscholastic Athletic Association Rules

### ACADEMIC ELIGIBILITY

The MIAA academic eligibility standards are designed to ensure that a student is fully enrolled in school and actively engaged in his/her academic life on a consistent basis throughout the school year. While the MIAA standards are used as a baseline for eligibility, individual school districts are permitted to develop their own standards for participation. CRLS has adopted the following requirements for student athletic participation\*:

- **Students must have at least a 70 GPA**
- **Students must pass 3 of their 4 classes and earn the appropriate credits (or be on track to earn credits)**
- **Student athletes enrolled in physical education classes must receive a passing grade.**
- **Student athletes enrolled in an English class must receive a passing grade.**

To be eligible for the **fall athletic season**, students are required to have passed four major subjects the previous year and have a fourth quarter GPA of 70 or above from the previous year. To remain eligible for the fall season, the student is required to maintain a 70 GPA in the first marking period.

To be eligible for the **winter athletic season**, students are required to have a 70 GPA in the first marking period and continue to remain eligible through second marking period by maintaining a 70 GPA.

To be eligible for the **spring athletic season**, students are required to have a 70 GPA in the second marking period and continue to remain eligible through third marking period by maintaining a 70 GPA.

The academic eligibility of all students shall be considered as official only on the date when report cards for that marking period have been issued to parents.

Any student athlete who falls below the academic eligibility standards may be eligible for an appeal following a probationary period.

### Academic Probation - PROBATIONARY CRITERIA

For a student to have the opportunity to appeal the following must be met:

- A GPA between the range of 67.5-69.49
- 95% school and class attendance (absence/tardiness)
- No class cutting
- Documented attendance at Tutoring/homework center
- 2 weeks of completed progress reports that show appropriate progress\*

\*ALL homework assignments, tests, quizzes and projects must be completed and submitted on time.

A student that falls below the established CRLS academic eligibility standards for athletic participation will be allowed a probationary period commencing the day that report cards are issued. This will consist of a two week period of time in which the student will not participate in interscholastic contests or practices **and** will be **required** to attend tutoring/homework center. All homework assignments, projects, tests and quizzes must be completed on time and submitted to appropriate staff and faculty. Additionally during this probationary period, the student **must** complete a weekly progress report and submit it to the Athletic Director. Following this probationary period a review of the student will take place that may lead to an appeal hearing in regard to restoring athletic eligibility. Following the successful completion of the probationary period, the appeal process will be heard by the Principal and the Athletic Director.

## **Progress Reports**

ALL student athletes are required to complete progress reports on a bi-monthly basis and submit to coaches in a timely manner. (Some student athletes may be asked to submit on a weekly basis.)

If student athlete does NOT turn in progress report he/she will NOT be permitted to play in next game. Coach will CAREFULLY check progress reports and communicate with the Principal and Deans of Students (via email) any unsatisfactory progress or behavioral concerns of team members. Coaches will also email Staff members as needed to assist in student achievement.

## **Homework Center**

Returning student athletes that have less than a 73 GPA will be required to attend homework center in the evening. Contracts clearly defining responsibilities will be signed by student athlete, parent/guardian, coach, and Dean of Students.

All student athletes in danger of failing and/or not making satisfactory progress are required to attend homework centers.

## **Eligibility Rules**

### **Mandatory**

- Form#1-A signed and dated parent consent form
- Form#2- A physical exam signed by a medical practitioner will be valid up to thirteen months after the date signed by the physician. Consequences for a forged document may involve the authorities as well as suspension/dismissal from program.
- Form#3 Pre-Participation Head Injury/Concussion Reporting Form (State Requirement)
- Sports Related Head Injury and Concussion Awareness Course Certificate
- Impact Concussion Test- will be administered by Athletic Trainers before the first contest before a student-athlete can participate in an athletic event.
- Form#4- A signed and dated Handbook form

## **Sports-Related Head Injury & Concussions**

All schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules are required, by state law, to have their student-athletes and their parents/guardians, coaches, athletic directors, school nurses, and physicians learn about the consequences of head injuries and concussions through training programs and written materials. The law requires that athletes and their parents/guardians inform their coaches about prior head injuries at the beginning of the season. If a student-athlete becomes unconscious during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for "return to play." More specifically, regulations promulgated under the state law provide, in pertinent part, that "[a]ny student, who during a practice or competition, sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, shall be removed from the practice or competition immediately and may not return to the practice or competition that day." 105 C.M.R. 201.010(A). Additionally, the regulations provide that a "student shall not return to practice or competition unless and until the student provides medical clearance and authorization" in accordance with the requirements of state law and regulations. 105 C.M.R. 201.010(B).

Parents/guardians and students who plan to participate in any athletic program at Cambridge Rindge and Latin School ("CRLS") must also take a free on-line course. Two free on-line courses are available and contain all the information required by the law. The first is available through the National Federation of High School Coaches. You will need to click the "order here" button and complete a brief information form to register. At the end of the course, you will receive a completion receipt. The entire course, including registration, can be completed in less than 30 minutes.

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

The second on-line course is available through the Centers for Disease Control and Prevention at:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

A concussion is an alteration of mental status resulting from the brain being jolted inside of the skull due to a blow to the head or body. It is one of the most complicated injuries faced by medical professionals as the signs and symptoms are not always straightforward and the effects and severity of the injury can be difficult to determine. Among the symptoms associated with concussion are: headache, dizziness, confusion, amnesia, nausea, and disorientation. Loss of consciousness occurs in less than ten percent of all injuries and is not an indicator of concussion severity. Following an injury, the athlete may also experience other difficulties such as sensitivity to light and sound, forgetfulness, fatigue and emotional changes such as anxiety or depression.

Most athletes who sustain a concussion can fully recover as long as the brain has had time to heal before sustaining another hit; however, relying only on an athlete's self-report of symptoms to determine injury recovery is inadequate as many student athletes are not aware of the signs and symptoms of injury, the severity concussive injuries pose or they may feel pressure from coaches, parents/guardians, teammates or others to return to play as quickly as possible. One or more of these factors will likely result in under-diagnosing the injury and a premature return to play. Research has shown that young concussed athletes who return to play

before their brain has healed are highly vulnerable to more prolonged post-concussion syndrome or, in rare cases, a catastrophic neurological injury known as Second Impact Syndrome. Therefore, the Cambridge Public Schools encourages the following care when an athlete sustains a concussion in a school-sponsored sporting event:

1. When any injury occurs, the injured athlete should promptly report the injury to the athletic trainer, coach and school nurse.
2. When any injury occurs, including a head injury or suspected concussion, or signs or symptoms of a concussion are exhibited or there is a loss of consciousness, the parent/guardian is notified and the injured athlete should visit the local hospital emergency room or review his/her condition with his/her primary care physician to ensure there is not a need for emergency medical care.
3. **Communication is vital.** Subsequently a care team consisting of the injured athlete's primary care physician and parents/guardians along with the Cambridge Public Schools' athletic trainer, school nurse, teachers, head coach and athletic director should monitor the symptoms of injury.
4. Engage the injured athlete in a battery of tests that include a combination of self-report symptoms, balance and neuro-cognitive testing. The combined assessment will provide a more sensitive and objective evaluation of the effects of the concussion that will help better determine when it is safe for the athlete to return to play.
5. The injured athlete will not be allowed to return to play or practice until a certified licensed athletic trainer from CRLS has authorized his/her return to play.

### **Injuries-Use of Training Room**

**All injuries must be reported to the Athletic Trainer. The Athletic Trainer is the one best qualified to deal with injuries; he/she must also keep a written account of injuries for insurance purposes when an athlete sees a doctor. If seen by a doctor, the athletic trainers will need a note for the athlete to return to play. All doctors' notes should be given to the Athletic Trainer as a matter of record keeping.**

**The training room is for everyone's safe use and convenience, and is the direct responsibility of the Athletic Trainer.**

### **ImPact Concussion Testing**

**All students participating in sports at CRLS will be required to take a pre-season neuro-cognitive screening test called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing). The test is intended to provide an indication of memory, concentration, and reaction time. The initial test is a baseline sample. A score is recorded when the athletes' brain is healthy or uninjured.**

**If a student athlete sustains a head injury, a post trauma test will be administered. The post-injury test is compared to the original baseline test. A student athlete will not be permitted to participate in any practice or any games until the scores have reached baseline, the student remains symptom free and other guidelines for a safe return to play are achieved. ImPact is only one tool we use to provide a safe return to play for our athletes.**

**Even where the student has equivalent pre and post-injury scores on the ImPACT, the School may limit participation in athletics in a manner it deems appropriate for the student athlete. However, a student may return to full participation if cleared by a licensed medical doctor.**

### **Additional Important Rules**

- Switching sports is not allowed after the first contest.
- A student-athlete is limited to 12 consecutive sports seasons beyond 8<sup>th</sup> grade.
- An athlete is ineligible if he/she has turned 19 before September 1<sup>st</sup> of the school year.
- A player "thrown out" of a game shall miss the next game(s) depending on the sport (baseball, hockey and soccer are two games)
- A player "thrown out" of two games during the same season is disqualified for one full year.
- Striking or assaulting an official, results in disqualification for one full year.
- Bonafide members of a school team are precluded from missing a high school practice or game in order to practice or compete with an out-of-school team. Violations will result in suspension for 25% of the season for the first offense and suspension for 25% of the season AND ineligibility for tournament participation on the second offense.

### **Chemical Health Rule**

- 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 or consume, possess, buy/sell or give away any beverage containing alcohol: any tobacco product, marijuana; steroids; or any controlled substance. 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 his/her doctor. (See WWW. MIAA.net for details)

- Penalties shall be cumulative each academic year. 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 student's eligibility status of the student during the next academic year. This includes missing time due to injury or academic issues.

## **ADDITIONAL SCHOOL POLICIES MAY BE FOUND IN THE CRLS HANDBOOK.**

### **PARENT/COACH COMMUNICATION GUIDE**

#### **Together, Building Better Programs for the Pursuit of Excellence**

##### **Athletic Director's Statement**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

##### **Communication from the Coaching Staff**

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all players on the squad.
3. Locations and times of practices and contests.
4. Team requirements; i.e. practices, special equipment, out-of-season activities.
5. Discipline that may result in the denial of your child's participation.

##### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.

It is sometimes very difficult to accept your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. These items must be left to the discretion of the coach.

##### **Issues Not Appropriate to Discuss with the Coach**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes

As your child becomes involved in the programs offered by the Cambridge School District, he/she will experience some of the most rewarding moments of their lives. It is important to understand there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

##### **Appropriate Concerns for Discussion**

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

There are situations, which may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

##### **For concerns regarding discussion with the coach, the following procedures should be followed: (District Policy)**

1. Player should meet with coach.
2. If a significant resolution is not resolved, parents and athlete should plan a meeting with the coach.
3. If a resolution is not reached between the athlete, parent and coach, the matter may be presented to the Athletic Director.
4. Please do not approach a coach before or after a contest or practice. These can be emotional times for both parents and the coaching staff. Meetings of this nature do not promote resolution.

Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information listed makes both your child's and your experience with the Cambridge School District athletic programs less stressful and more enjoyable.

## **STUDENT EXPECTATIONS**

### **EXPECTATIONS of YOU as an ATHLETE**

Individual and team success in sports results from *commitment*. The athletes that are able to make such commitments reflect their maturity as to family, friends, school, and team. **As an athlete, I commit myself...**

- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of *commitment* and hard work.
- To maintain my health and fitness levels by following the training rules as prescribed by the Athletic Department and coach.
- To reflect the knowledge that a *commitment* to victory is nothing without the *Commitment* to hard work in practice.
- To attend every practice unless excused by my coach.
- To understand that my future as a responsible adult and citizen relates to my academic and my athletic activities.
- To find the time to satisfy my family relationships and responsibilities.
- To be a positive influence by expressing my feelings and ideas intelligently and appropriately.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to others.
- To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, mutual respect and **strong character**.

## **THE SIX PILLARS OF CHARACTER**

### ***TRUSTWORTHINESS***

**Be honest • don't deceive, cheat or steal • be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends and country**

### ***RESPECT***

**Treat others with respect; follow the Golden Rule • be tolerant of differences • Use good manners, not bad language • be considerate of the feelings of others • don't threaten, hit or hurt anyone • Deal peacefully with anger, insults and disagreements**

### ***RESPONSIBILITY***

**Do what you are supposed to do • Persevere: keep on trying! • Always do your best • Use self-control • be self-disciplined • Think before you act — consider the consequences • be accountable for your choices**

### ***FAIRNESS***

**Play by the rules • Take turns and share • be open-minded; listen to others • don't take advantage of others • don't blame others carelessly**

### ***CARING***

**Be kind • be compassionate and show you care • Express gratitude • Forgive others • Help people in need**

### ***CITIZENSHIP***

**Do your share to make your school and community better • Cooperate • Stay informed; vote • be a good neighbor • Obey laws and rules • Respect authority • Protect the environment**

## **Student- Athlete Code of Conduct**

Cambridge Rindge and Latin have a duty to assure that their athletic programs impart important life skills and promote the development of good character. At all practices and athletic contests, coaches, players and parents are expected to emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

- Be prompt to practices and games
- Be gracious in victory and accept defeat with dignity

- Be respectful to others - No profanity, obscene cheers or gestures, negative signs, artificial noise makers, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations or other actions that would demean individuals or the sport.
- Exercise self-control – no fighting or excessive displays of anger or frustration
- Promote healthy life-style encouraging good nutrition and rest
- Be open-minded, willing to listen and learn
- Encourage team work on and off the field/court
- Honor the spirit and letter of rules of the sport – avoid improper gamesmanship techniques that violate the highest traditions of sportsmanship
- Abusive or foul language will not be tolerated.
- Players will display respect for opponents and officials at all times.
- Larceny Policy: Any individual who is found in possession of another individual's personal property will be prosecuted to the fullest extent of the law. They will also forfeit their privilege to participate on any CRLS Athletic team for at least one full year. Participation on a CRLS athletic team after the one-year suspension would be contingent upon the outcome of a hearing comprised of CRLS and Cambridge Athletics staff and student-athletes.
- **Team members will travel to and from all away games on transportation provide by CRLS. Other means of transportation (i.e. student or parent driving) is prohibited.**
- Students are not to leave away game sites for any reason.
- All injuries should be reported to the coach and athletic trainer.
- Positive cheering only. Spectators should not shout coaching comments – leave coaching to the coaches

### The Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the NFCA Board of Directors.

- **The coach** shall be aware that he or she has 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.
- **The coach** shall uphold the honor and dignity of the profession. 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 and moral conduct.
- **The coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse.
- **The coach** shall avoid the use of alcohol and tobacco products when in contact with players.
- **The coach** shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- **The coach** shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- **The coach** shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- **The coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- **Before and after contests**, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.
- **A coach** shall not exert pressure on faculty members to give student-athletes special consideration.
- **A coach** shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

### Parent/Guardian Code of Conduct

- Support their student-athlete's effort toward success.
- Work to promote a positive environment that is conducive to the development of the student-athlete.
- Become familiar with, and review the rules and regulations with their student-athlete.
- Communicate any concerns in a timely manner, according to district protocol.

- Treat all coaching personnel with courtesy and respect, and insist their student-athlete do the same.
- Do not approach a coach before or after a contest or practice.

### **GREATER BOSTON LEAGUE SPECTATOR EXPECTATIONS**

#### **Be a FAN . . . . Not a fanatic!!**

- Attending a high school event is not a right, but rather a privilege.
- Cheer for your team, rather than belittling the opposition. All cheers should be positive at all times. Do not verbally assault or abuse players, coaches, other spectators or officials.
- Obey and respect faculty supervisors who are responsible for providing a safe and friendly venue. Respect the integrity and judgment of game officials.
- Negative chants are prohibited. Examples include use of players name and/or number in a negative way, cursing, or any form of taunting.
- Booing of cheerleaders is not allowed.
- Noisemakers, inappropriate signs, newspapers, etc., are not allowed.
- Stay off the playing area at all times.
- Respect school property. Do not damage bleachers, school equipment or any part of the facility.
- The use of alcohol, tobacco products, and drugs are strictly forbidden.
- Removing your hat and remain standing for the entire National Anthem.

## **SPORTSMANSHIP: CONSEQUENCES FOR VIOLATIONS OF ATHLETICS CODE OF CONDUCT**

Sportsmanship is highly emphasized and positive behavior is expected by students, athletes, parents, guardians, and fans at all Cambridge Rindge and Latin School sponsored events. We strongly encourage family members and students to share in our athlete's experience by attending games and demonstrating positive and constructive support. CRLS events will not tolerate any inappropriate behavior or unsportsmanlike conduct. Spectators must demonstrate positive behavior or that spectator may be asked to leave by an official, school personnel, administrator, or police officer. If the person resists leaving, the police will charge the person accordingly.

- A spectator who is removed from an event will forfeit his/her privilege of attending future contests – either home or away. If removed from a game, the spectator may have an opportunity to meet with the athletic director to try to resolve the issue. If the spectator shows up at future contests without resolving the issue, he/she may be charged with trespassing.
- **Parents/Spectators who fail to abide by the Parent Code of Conduct guidelines will be:** Sent a letter concerning the violations from the Athletic Office. If the inappropriate behavior continues, the parent/spectator will be banned from 20 percent of future contests. Continue failure to adhere to conduct guidelines may result in being banned from all contests for the remainder of the season. Intolerable behavior may result in banishment from high schools athletic events.
- Players, coaches and/or fans may be ejected from a contest for inappropriate behavior. For extreme or repeated violations for the code of conduct, parents and/or fans may be asked by the coach or AD not to attend future contests.
- If an athlete acts inappropriately (see guidelines presented in the Athlete's Code of Conduct), the coach is expected to take disciplinary action. This may include suspension for the remainder of the game or longer. Consequences for such behavior should be outlined in team rules and expectations and discussed prior to competitive season.
- If a coach acts inappropriately (see guidelines presented in the Coaches Code of Ethics), the coach will be dealt with by the Administrator. Consequences may range from verbal reprimand, to written reprimand, to suspension, to dismissal.
- Coaches are expected to set strong examples and should model expected behavior at all times!!
- For student-athlete's violations of code of conduct during games or practices: playing time may be reduced or student-athlete may be referred to Dean of Students and disciplined according to Cambridge Rindge and Latin school procedures
- In addition to the above, coaches agree to abide by the MIAA/ NFHS Code of Ethics during games or practices

## **Step by Step to College Athletics**

The intent here is to provide for parents and students a guide for reaching athletic goals in college.

### **MIDDLE SCHOOL**

- Provide students with as much opportunity to play as many different sports as possible. Students should explore sports that are interesting and exciting to them. Students at this age are discovering their likes and dislikes in a lot of different areas. Those who develop a high level of skill later on do so because they spend a lot of time playing their sport. Students who discover a sport that they grow to love are willing to spend the time practicing it.
- Sharpen skills. Attend camps and clinics that High School Coaches work. Play against the best competition possible. Play on your own.
- Begin to work on speed, strength, agility, and endurance.
- Goals:
  - Make the team in 7th grade.
  - Start on the team in 8th grade.

### **FRESHMEN**

- Adjust to the High School Schedule. Learn how to budget your time. Parents students and guidance counselors should work together to make sure that the student is placed in the appropriate level of class.
- Adjust to the level of competitiveness and intensity of High School athletics. Learn what it is to play hard at the High School level.
- Understand that there are specific core courses that colleges look at when determining Grade Point Average (GPA). They are available from your counselor. Courses that are taken freshmen year count toward the GPA. Obviously, the better the student's academic performance the more colleges they will have an opportunity to enter. Know what your average is in all courses at all times.
- Goals:
  - Make the team.
  - Start on the freshmen team.
  - Begin strength and conditioning program that includes weight lifting, speed and agility.
- Improve your skills in the off-season by playing your sport on your own, with other teams and by attending sports camps.

### **SOPHOMORE YEAR**

- Goals:
  - Starter on the JV team.
  - Sub on the varsity.
- Continue to improve your skills in the off-season. Attend camps where college coaches work.

### **JUNIOR YEAR**

- Goals:
  - Starter on the Varsity.
  - Receive some league recognition (honorable mention, All Scholastic)
- Take the PSAT.
- In September read the information on the [ncaa.org](http://ncaa.org) web site. The site contains forms, and other information that would be beneficial to students and families.
- Register with the [NCAA Eligibility Center](http://NCAA Eligibility Center) on line.
- Assemble an athletic portfolio. List accomplishments, statistics, PSAT/SAT Scores, list indicators of strength and speed.
- Contact colleges in which you are interested (they can't contact you).

- Take SAT in the spring.
- Attend camps and clinics where college coaches work.
- Make college visits.

### **SENIOR YEAR**

- Goals:
  - Receive high league recognition (All League, All Scholastic)
  - Receive State recognition.
- Ask your coach if they would call or write college coaches on your behalf.
- Work with your guidance counselors to complete the application process.

### **NCAA CLEARINGHOUSE**

The NCAA Clearinghouse is an agency established in 1993 to certify a student-athlete's eligibility for college athletic participation. The Clearinghouse must certify a student-athlete planning to participate in a Division I or Division II college program.

Forms and information are available in the Guidance Office. It is best for potential college athletes to register through the Clearinghouse during the junior year after grades have been posted on transcripts by the Guidance Department.

Additional information regarding the NCAA Clearinghouse can be obtained at the following Web sites:

**[www.ncaa.org](http://www.ncaa.org)**

**[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)**

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# Cambridge Rindge and Latin School Athletic Handbook

## Sign-Off



***Please only print out this page and turn the form into the athletic department.***

## ***Parent and Student Athletic Rules and Regulation Agreement***

I, \_\_\_\_\_ have chosen to participate in Athletics' at Cambridge Rindge & Latin High School. I have read and understand the athletic handbook and MIAA rules and regulations. I also understand and agree to the consequences for violation of these rules and regulations.

<b>Student Name (Print)</b>	<b>Date</b>	<b>Student Signature</b>
<b>(Team)</b>		

As the **parent/guardian** of \_\_\_\_\_, I have read and understand the CRLS athletic handbook and MIAA rules and regulations. I also understand and agree to the consequences if my child violates a rule or regulation.

\_\_\_\_\_  
***Parent/Guardian Name (Print) Date Parent/Guardian Signature***

**Due by July 16<sup>th</sup> for Fall Athletes!**