



DARTMOUTH
HIGH
SCHOOL

ATHLETIC HANDBOOK
2015 - 2016

ATHLETIC HANDBOOK

Superintendent ... Dr. Bonny Gifford
Principal, DHS ... Mr. John Gould
Athletic Director ... Mr. Jeff Caron
Trainer ... TBD
Assistant Trainer ... TBD
School Physician ... Dr. David Clarke

HEAD COACHES

Fall

Cheerleaders – Rebecca Braga
Cross Country – Hilary Sousa
Field Hockey – Beth Arguin
Football – Richard White
Golf - Michael Frates
Girls Soccer - Mark Poirier
Boys Soccer – Josh Silva
Volleyball – Rachel Lassey

Winter

Boys Basketball – Jeff Caron
Girls Basketball – Scott Richards
Cheerleaders – Rebecca Braga
Ice Hockey - Mike Cappello
Boys Winter Track – TBD
Girls Winter Track – Jeff Reed

Spring

Baseball – Mike Frates
Softball – Beth Arguin
Boys Tennis – Don York
Girls Tennis - Steve Charest
Boys Spring Track – Caitlin McCarron
Girls Spring Track – TBD
Sailing – TBD
Girls Lacrosse – TBD
Boys Lacrosse – Peter Crane

PHILOSOPHY OF ATHLETICS AT DARTMOUTH HIGH SCHOOL

The philosophy of athletics at Dartmouth High School is to teach our student-athletes the proper values:

1. To understand that academic success will always be the #1 priority.
2. To appreciate the importance of striving to become the best student as well as athlete.
3. To be derived from competing in an interscholastic contest. These values are patience, courage, integrity, and inner strength.
4. To handle victory in an appropriate manner and to cope with adversity, when unsuccessful.
5. To develop awareness of team work, sportsmanship, and unselfishness as the goal of interscholastic athletics.

Dartmouth High School is extremely proud of our school mascot. Our Indian Logo represents Pride, Dignity, and Respect. We take great pride in representing Native Americans by treating all athletes, coaches, officials and fans with the dignity and respect they deserve.

Administrative Guidelines

Use of Dartmouth “Indians” Athletic Symbol

(Updated 3/7 – Applicable K-12 staff/students)

“Massasoit and Wamsutta sold to William Bradford, Captain Myles Standish, Thomas Southworth, John Winslow, John Cooke and their associates....., that land called Dartmouth.

March 7, 1652 deed agreement

In recognition of the Native American Heritage of the Southcoast of Massachusetts and out of respect for the Apponagansett-Wampanoag people-the original settlers of this area, the Dartmouth School Committee has adopted the *Dartmouth Indians* logo as the symbol of the Dartmouth High School sports teams.



This symbol shall be used to signify PRIDE, DIGNITY and RESPECT, characteristics of the Apponagansett-Wampanoag people.

It is also recognized that at all times this logo shall be used in a respectful, non-derogatory manner. This recognition shall include prohibitions on Native American headdresses/costumes, “tomahawk chop” rallying gestures and/or any other activities or characterizations that would portray the Dartmouth Indians in a stereo-typical, negative manner.

Furthermore, the Dartmouth Schools in preserving the integrity and respect for the *Dartmouth Indians* logo, shall be responsible for educating Dartmouth students on the history and important role that the Apponagansett-Wampanoag part of the Eastern Woodland Native Americans played in the history of Dartmouth.

TABLE OF CONTENTS

Absences.....6

Academic Eligibility.....6

Age Requirement.....7

Bona Fide Team Player.....7

Captains.....7

Chemical Health.....7

College Visits.....7

Disciplinary Action7

Equipment.....8

Fighting.....8

Guidelines for Parent/Coach Communication.....5

Hazing.....8

Head Injury & Concussion.....8

Jewelry.....8

Physicals.....8

Physical Education Requirements.....8

Social Websites.....9

School Attendance and Tardiness.....9

School Insurance.....9

Suspension/RAP Room & Saturday School.....9

Team Awards and Varsity Letters.....9

Transportation.....10

User Fees.....10

GUIDELINES FOR PARENT/COACH COMMUNICATION

Policy for Parents of Student-Athletes in contacting a D.H.S. Athletic Coach.

There are situations that may require a meeting between the coach and parent. This is to be encouraged. It is important that both parties have a clear understanding of each other's position.

- ◇ The first contact should be between the student-athlete and the coach. The athletic experience at DHS provides the opportunity for young people to develop communication skills with adults and those in positions of authority. The student-athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of each other's roles, responsibilities and perspectives. If that doesn't work, the parent of the student-athlete should set up a meeting involving the student-athlete, parent and coach.
- ◇ Parents should not try to approach a coach about an issue after a game, when emotions could still be high. Call the coach and make an appointment.
- ◇ If parents want to pursue an issue beyond that, they should inform the coach and call the athletic department to set up a meeting with the student-athlete, parent, coach, and director of athletics.

It is understood that there are some issues that parents of student-athletes should contact the coach about. These could include:

1. The treatment of your child mentally or physically.
2. Concerns about your child's academic progress.
3. Ways to help your child to improve individually and as a team member
4. Concerns about your child's behavior.

There are also some issues that will remain under the coaches' judgment and/or discretion.

These could include:

1. Playing time
2. Team Strategy
3. Other student-athletes

Other issues may be brought to the attention of the Director of Athletics

ATHLETIC POLICIES & REGULATIONS

Dartmouth High School is a member in good standing of the Massachusetts Interscholastic Athletic Association (MIAA) and must abide by their rules and regulations. Any rule not covered by the Dartmouth High School Handbook or the Dartmouth High School Athletic policies will revert back to the policies of the MIAA (www.miaa.net)

Absences

Commitment to the team is a major component of the educational athletic program at Dartmouth High School. This should be taken into consideration by every student athlete before trying out for any team. Commitment includes the belief that every team member will make every effort to be present for all team practices and games. This includes weekends and during scheduled school vacations due to various scheduling parameters.

Students who need to be absent during the season are required to speak with their coach ahead of time. This is the student's responsibility. This may be done after a student tries out for a team but in all cases before the first game/event. The Athletic Director will be notified (by the coach) of any extended absences. These planned absences may include pre-arranged college visits, school sponsored trips, family vacations or other "once in a lifetime" events. While such absences shall be allowed and excused, it should be understood that they may have a detrimental effect on the team and are discouraged.

Individual arrangements/needs for planned absences will be addressed on a case by case basis. Coaches will work with students on developing a shared plan for the student's conditioning and plans for the athletes return. In general, a student may expect to sit out the equivalent number of games/events that they missed as a result of their absence. In all cases, when an athlete is excused for a trip, a vacation or extended absence, they will have to continue to compete for their position upon their return. As noted previously, decisions regarding playing time, team strategy and/or circumstances involving other student athletes, remains with the coach exercising their judgment and discretion.

Unexcused and/or chronic absences from practices or games will affect a student's place on the team and may result in suspension or exclusion from continued participation and team membership.

Academic Eligibility

A student failing and/or having an NCA in two (2) or more courses at the time of the last report card is ineligible to participate in any co-curricular activity, athletic team or after school music activity until the next successful report card. A student receiving an Incomplete or an NC in two (2) or more courses is ineligible to participate in any co-curricular activity, athletic contest or after-school music activity. A student must secure during the last marking period preceding the contest (e.g. second quarter marks and not semester grades determine third quarter eligibility) a passing grade, and full credit, in the equivalent of four traditional yearlong major English courses. To be eligible for the fall marking period, students are required to have passed and received full credit for the previous academic year the equivalent of four traditional yearlong major English courses. At the end of the 2nd semester, eligibility for the following year (fall) is determined by the **final grade** for the course being taken, not just the 4th marking period. Nine week course eligibility is **ALWAYS** determined by the **final grade** for the course. A student failing and/or having an NCA in two (2) or more courses at the end of the school year will be ineligible in the fall until the next successful report card.

1. The academic eligibility of all students shall be considered as official and determined only on the date when report cards for that marking period have been issued.
 - a) A student who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility in more than two courses.
2. A student cannot count for eligibility any subject taken during summer vacation unless that subject has previously been pursued and failed.

Age Requirement

A student shall be under 19 years of age, but may compete during the remainder of the school year, provided his/her 19th birthday occurs on or after September 1 of that year. For grade nine (9) competitions a player shall be under 16 years of age. However, he/she may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year.

Bona Fide Team Player

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. First Offense: Student athlete is suspended for 25% of the season. Second Offense: Student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.

Captains

Captains of all teams at Dartmouth High School have a great responsibility in leading their teams in a most appropriate and sportsmanlike manner. Coaches of each team determine the process of selecting their captains. This process is always done in a most equitable and just manner.

Chemical Health

Student-Athletes cannot be in possession of, use or consume alcohol or drugs including tobacco products in any form.

Students exhibiting signs of alcohol use will be subject to breathalyzer testing. Refusal to take the breathalyzer test when behavior/physical symptoms cause suspicion will result in consequences for violating the alcohol use policy being enforced. Being in possession of or under the influence of any of the above mentioned substances during any part of the school year will have consequences, even if a student athlete is not participating in a sport at the time of the infraction. (This does not include the summer.) The definition of school year is from the first day of practice for any sport until the last day of school. Ex: If a violation occurs in the fall and a student is not participating in a fall sport that student will be suspended for the first 25% of the contests in the next sports season that the student participates in. If a student-athlete is in possession of, uses or consumes alcohol or drugs including tobacco products in any form while participating in a sport the athlete will be removed from his/her team for the remainder of that sports season. In addition, per the MIAA, if there is less than 25% of the season remaining when the violation occurs, the balance of the penalty shall be carried forward to the next season the student-athlete participates in. During the carry over period the athlete will be permitted to try-out and practice with the team. The parent/guardian of the student-athlete will be notified by the Athletic Director if violations of any of these rules occur.

College Visits

As stated in the student handbook student-athletes may miss a practice or game for a documented college visit. The student-athlete must fulfill all of the requirements of a documented college visit as stated in the student handbook. Religious Obligations; There is no penalty for any student athlete who misses a practice or game due to a religious obligation. Student-Athletes should notify the coach prior to the day of the religious obligation.

Disciplinary Action

Unexcused and/or chronic absences from practices or games will affect a student's place on the team and may result in suspension or exclusion from continued participation and team membership.

Equipment

Students are responsible for all equipment that is issued to them. Students must return equipment at the end of each season. If equipment is not returned, a letter will be sent home reminding parents and students of equipment that is owed to Dartmouth High School. If the equipment is lost or misplaced, the equipment must be paid for. If payment in full of lost or misplaced equipment is not received by Dartmouth High School the following consequences will result:

- Seniors will not be able to receive their caps and gowns for graduation;
- Underclassmen will not receive equipment for their next sport season.

Fighting

Any student- athlete who is involved in an altercation or fight during an athletic event will be subject to the same penalties as written in the Dartmouth High School Policies for fighting.

Hazing

Dartmouth High School forbids hazing of any kind. This also pertains to athletic teams. We abide by the Massachusetts General Laws, Chapter 269-§17, which defines hazing and the punishment involved. Dartmouth High School authorities will act accordingly in all hazing matters

Head Injury & Concussions

Dartmouth High School abides by the Massachusetts General Laws, Chapter 111, which establishes procedures for persons involved in the prevention, training, management and return to activity decisions regarding students who incur head injuries while involved in extracurricular athletic activities.

Jewelry

Student athletes may not wear any kind of jewelry while practicing or during an athletic event. This is to prevent any injuries to both the wearer as a result of athletic competition and to another athlete during the same contest. Wearing some sort of protection over any jewelry will not be acceptable since this area could be hit, rubbed against or grabbed during athletic competition. Students will not be allowed to compete if they refuse to remove these dangerous implements which could cause injury to themselves and others. Violation to this regulation could result in suspension from the team.

Physicals

All students must pass a physical examination within thirteen months of the start of each season. Students who meet this criterion at the start of the season will remain eligible for that season. Physical examinations must be performed by a duly registered Licensed Physician, Physician's Assistant or Nurse Practitioner. The Sports Medicine Committee recommended physical examination form is in the MIAA White Book (available on DHS/Athletics website).

Physical Education Requirements

Any student medically excused from Physical Education class will not be allowed to practice or compete in any sport during that excused time frame.

All Dartmouth High School athletes will show respect toward coaches, officials, teammates, opponents, and spectators. Athletes will demonstrate an attitude which is conducive to the concept of teamwork and team unity. Failure to comply with this rule could result in the exclusion of the athlete from a team for the season. The exclusion of the athlete would occur with the agreement of the coach, athletic director, and principal that the above rules have been violated.

NOTE: Students, who violate one of the training rules, if given permission by their coach, will be given the option to stay on the team for practice only. They cannot participate in games and will not receive a letter or certificate. They must be there regularly or not at all.

Social Websites

Student/Athletes may be held accountable for inappropriate language/behavior and or violations posted on websites. This includes use of illegal substances, derogatory pictures/language regarding other towns/schools etc. Discipline may range from a warning, up to and including removal from a team, depending on the infraction.

School Attendance and Tardiness

Students who are tardy to school must be signed in prior to the end of block 2 in order to participate in athletic practices or games that day. Students that are dismissed from school must return and sign in prior to the end of school to be eligible to participate in athletic practices or games that day. If they do not think they will return before the end of school they must obtain a note from the principal or their designee and present the note to their coach. Those based on extenuating circumstances, such as illness, and unavoidable necessity, will be reviewed by the team coach and athletic director.

School Insurance Information

Every student who participates in athletics at Dartmouth High School should take out the school insurance at a cost of \$8.00. This will cover the student for all school functions, except for varsity and junior varsity football, which is paid for by the School. This is a non-duplicating insurance, which means that it will pay for all bills that your own medical insurance does not cover. The school insurance agent is ACE American Insurance Company, Harrisburg, PA. Please read brochure carefully for further coverage information when your son/daughter brings it home during the first week of school.

In the event of an accident, it is imperative that all claim forms be submitted to the Athletic Office, within 30 days of the accident. Please advise injured athletes to report to the athletic department as soon as possible to fill out these claim forms.

Suspension/RAP Room & Saturday School

Students will not be permitted to participate in any practice and/or compete on any day that they are assigned to RAP Room/Saturday School or out of school suspension.

Team Awards and Varsity Letters

Athletes will be expected to compete in any and all scheduled events including post season events. Failing to comply with this rule will result in the forfeiture of all team awards including the appropriate letter or certificate.

To obtain a varsity letter at Dartmouth High School, a student-athlete must have participated in 1/3 of the varsity athletic contests. A senior may obtain a varsity letter on the recommendation of the head coach, even if he/she has not participated in the required number for underclassmen. One chenille letter will be given to a varsity letter winner, along with appropriate insignia for each sport in which a varsity letter has been earned. An appropriate certificate will be given to each varsity, junior varsity and freshman participant, who complete the season in good standing.

Transportation

Any student athlete that misses a bus scheduled to transport athletes to an athletic event is not permitted to drive themselves to the scheduled athletic event. A parent or legal guardian of the individual athlete is the only person who may drive the athlete to the athletic event. A student who misses the bus may not be transported by the parent or legal guardian of another athlete. The parent or legal guardian must personally see the coach after driving their son/daughter to the athletic contest. The coach of the athlete, who missed the bus will have the final decision as to if the athlete will compete that day based on the season the athlete missed the bus.

Transportation to off campus locations for home practices and games is the responsibility of the athletes and their parents. Please be aware of the junior operator license laws. It is the parent's responsibility to know who is transporting their child. This would involve the Golf team in the fall, Ice Hockey in the winter, and Sailing in the spring. Student-athletes will return home after an away event on the bus that brought them to the event unless they return with their own parent or legal guardian. The parent or legal guardian must speak with the coach prior to the student-athlete being permitted to leave the athletic event. At no time will a student-athlete be permitted to leave an away athletic event with anyone other than their own parent or legal guardian.

User Fees

All members of interscholastic teams for Dartmouth High School will be assessed a \$50.00 participation fee for each season, not to exceed \$125.00 per athlete for the school year, and not to exceed \$250.00 per family per school year.

User fees will be due before trying out for a team.

User fees should be paid online by visiting our Athletic Department webpage.

*Checks may be made payable to: **Town of Dartmouth/Athletics** and mailed to 8 Bush Street, 02748*

No cash will be accepted.

If a student does not make a team or leaves the team voluntarily prior to the first scheduled game the fee will be refunded. Any student who must leave a team after the first game his/her situation will be reviewed on a case by case basis. Any student who voluntarily leaves a team after the first scheduled game or is removed from the team for disciplinary or eligibility reasons will not be granted a refund.

The payment of a fee does not provide a student with any special consideration or entitlement with respect to playing time. Rather, fees collected in this manner are designed to help offset program expenses. Students who qualify for free or reduced lunches are entitled to a scholarship and the fee will be waived. Any family that may be facing financial difficulties may have the fee waived by contacting the athletic office and setting up a meeting with the Athletic Director. NO student-athlete will be deprived of participating in athletics at Dartmouth High School due to a financial hardship.