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**SKOWHEGAN AREA HIGH SCHOOL  
PHILOSOPHY  
ATHLETIC CODE AND CONTRACT**

Philosophy:

The Athletic Department is dedicated to interscholastic athletics as a vital component of a Skowhegan Area High School education. Athletics will be a positive learning experience for our student athletes if they can recognize that they may achieve their highest personal and athletic potential only by embracing a lifestyle dedicated to personal excellence, determination, integrity and self-discipline. In addition, selection to a team is both an honor and a privilege, and as such, carries responsibilities commensurate with leadership roles. As leaders, and as very visible representatives of Skowhegan Area High School and its teams, athletes have the obligation to represent themselves in an exemplary manner.

We would have our athletes recognized for the good which they accomplish and made aware of the results of their actions which would be detrimental to themselves or those they represent. All athletes must realize that the decisions they make and the consequences which result are part of the learning of responsibility. Dishonesty, unsportsmanlike behavior, use of controlled substances, or conduct unbecoming a student-athlete cannot and will not be tolerated in any Skowhegan Area High School athlete. This written policy will be administered fairly but strictly.

**SECTION I**

**SPECIAL GUIDELINES FOR STUDENT ATHLETES**

A. Members of a team recognize that they have the following responsibilities:

1. They are official representatives of Skowhegan Area High School.
2. They represent their families, their friends, and the district.
3. They are expected to be leaders in promoting good school citizenship.
4. Their actions in and out of school build student respect and contribute to school spirit. This responsibility expressly states that proper respect be given to the administration, teachers, coaches, officials, fellow athletes and the student body. Evidence to the contrary will result in disciplinary action.

**The following steps will be taken in disciplinary referrals:**

1. Students and other parties involved are interviewed by the Athletic Director.
2. AD will conference with the Principal.
3. Parents, athlete, & other involved parties who may be interviewed will be notified of suspected infractions of the athletic code.
4. After consulting with all necessary parties and gathering all relevant facts and information, the Athletic Director will notify the athlete of the final decision.
5. Parents are notified of the final decision.
6. Decisions may be appealed to the Principal.

- B. **ATTENDANCE:** In order to participate in a contest or a practice, athletes must be in attendance at school for the entire day (or the last day preceding the contest or practice if it is scheduled on a non-school day). Being in attendance is defined as being present and appropriately participating in all assigned classes and study halls. A doctor's/dentist appointment, funeral, family emergency, or other emergency situations would be exempt from this provision if okayed by the Athletic Director. Athletes who are habitually tardy during the season may be subject to further disciplinary action.
- C. **PRACTICE ATTENDANCE:** Athletes must notify the coach prior to practice if lateness or absence is anticipated for a practice session. Academic assistance from a teacher is an acceptable reason for being late to practice. Athletes who miss practice the day before a contest shall not compete in the contest unless excused by the coach. Coaches may excuse athletes from practice with specific requests.
- D. **EQUIPMENT:** Athletes will be issued the best possible equipment. Each athlete will assume responsibility for this equipment and will be assessed for any lost or damaged items. Equipment issued shall be worn only when participating in any athletic contest, practice, or when authorized by a coach. No equipment shall be taken without the consent of the coach or Athletic Director. Athletes who owe money or equipment from a previous sport may not try out for a new sport until the equipment is paid for or returned.
- E. **CHANGING SPORTS:** An athlete will be allowed to change from one sport to another by mutual consent of the coaches involved. Special cases will be administered by the Athletic Director.
- F. **TRANSPORTATION:** All athletes are required to travel to and from all away contests or practices with the team in the school-provided transportation. The following is a list of exceptions to this provision:

1. Permission to return home with parents after an away contest may be granted provided that a note is presented by the parents to the coach after the contest.
  2. Permission to return home with adults other than the student's parents may be granted if a note from the student's parents is pre-approved by the athletic director & given to the coach, and provided that the adult(s) responsible for taking the student home speaks to the coach after the contest.
  3. Further exceptions may be made in emergency cases with the approval of both the parents and school administration.
- G. **DRESS:** For all school sponsored trips, athletes should wear appropriate clothing as designated by the coach.
- H. **LANGUAGE:** Vulgar language used by student-athletes, team personnel, or coaches will not be tolerated and is just cause for reprimand.
- I. **SCHOOL SUSPENSION:** Athletes suspended from school shall not be allowed to practice or participate in contests while on suspension and may be subject to further disciplinary action by the athletic department.
- J. **CONDUCT:** Since we expect good role modeling of our athletes, any conduct unbecoming a student-athlete including any illegal activity may be subject to disciplinary action.
- K. **TIMELINE:** These rules will be in effect from the day of the sport's first team meeting until after the awards banquet. This policy will continue to be in effect between seasons for athletes participating in two or more consecutive sports.
- M. **CURFEWS:** Curfews established in writing and given to the athletes with consequences will be left to the discretion of individual coaches.
- N. **ADDITIONAL RULES:** All team members will abide by any additional training regulations as set forth by the coach. Each athlete will be given a written copy of these rules.

**SECTION II**

**SUBSTANCE ABUSE**

The RSU 54/MSAD 54 School District realizes the value of athletic participation as a positive alternative to substance use. It is, therefore, the policy of the District that students participating in all athletic teams sign and abide by rules, which prohibit violations of the Board's substance abuse policy (see sections I and II of the Student Substance Abuse Policy) at any time or place during the season\*.

\* The season is defined as that period of time from the first team meeting/practice to the last banquet when awards are presented.

- A. Students may not possess, use, be under the influence of, buy, or furnish to others the following substances: alcohol, tobacco (all forms), prohibited substances, look-a-like drugs, and prescription drugs.
- B. Violation of rule A during the student's high school career shall result in the following consequences:

**First Offense**

1. Meeting with the assigned administrator/s and student to verify incident.
2. Inform parent or guardian of the incident.
3. Suspend student from athletics for 20% of the season.
  - During the administrative suspension, no participation in all practices, contests, and team functions.
  - The 20 % suspension will be defined as 20% of Maine Principals' Association (M.P.A.) countable games. Students will not be allowed to participate in pre-season scrimmages or other MPA non-countable games such as holiday tournaments. Athletes will be required to practice and travel with the team during this suspension but shall be out of uniform. This suspension will begin immediately after the ineligibility is determined.
4. Require the student participate in an approved diversion program. Failure to comply with the required diversion program will result in further suspension from all athletics and co-curricular activities until successful completion. The student cannot earn a symbolic award in the season for which the suspension occurs.
5. The season ending banquet will be considered a countable event for serving the 20% suspension.
6. If all conditions are satisfactorily met, the student may return to his/her athletic participation on the day following the suspension.

7. If the suspension occurs at the end of the season, the student will need to fulfill the above requirements before being allowed to participate in another athletic and/or co-curricular season. However, a student will be allowed to tryout for the next activity.

### **Second Offense (This is cumulative throughout the high school career)**

1. Meeting with the assigned administrator/s and student to verify incident.
2. Inform parent or guardian of the incident.
3. Suspend student from athletics for 20% of the season.
  - During the administrative suspension, no participation in all practices, contests, and team functions.
  - The 20 % suspension will be defined as 20% of Maine Principals' Association (M.P.A.) countable games. Students will not be allowed to participate in pre-season scrimmages or other MPA non-countable games such as holiday tournaments. Athletes will be required to practice and travel with the team during this suspension but shall be out of uniform. This suspension will begin immediately after the ineligibility is determined.
4. It will be the responsibility of the student and his or her legal guardian/guardians to obtain an evaluation from a licensed substance abuse counselor. Based upon the counselor's recommendation, the student may be able to return to his/her athletic participation. The student will be suspended from all athletic and/or co-curricular activities for one calendar year from date of offense unless the student and a legal guardian/s agree to an evaluation from a licensed substance abuse counselor.
5. The student cannot earn a symbolic award in the season for which the suspension occurs.
6. The season ending banquet will be considered a countable event for serving the 20% suspension.
7. If the suspension occurs at the end of the season, the student will need to fulfill the above requirements before being allowed to participate in another athletic and/or co-curricular season. However, a student will be allowed to tryout for the next activity.

### **Third Offense**

1. Meeting with assigned administrator/s to verify incident.
2. Inform parent or guardian of the incident.
3. Suspension of student from athletics and co-curricular activities for one calendar year from date of offense.

4. It will be the responsibility of the student and his or her legal guardian/guardians to obtain an evaluation from a licensed substance abuse counselor. Based upon the counselor's recommendation, the student may be able to return to his/her athletic or co-curricular participation after serving the year long suspension.

### **SECTION III**

#### **GENERAL RULES**

- A. **PHYSICAL:** Before any student may participate in tryouts for a sport at SAHS, a physical exam must be on file.
  1. If athletes obtain physicals by their own physician, a dated statement of health must be forwarded to the nurse or A.D. at the school to be included in the school health record. All physicals are good for **three** years only.
  2. All new students to the district will be expected to obtain a physical exam before being allowed to participate in sports at the high school.
- B. **Injury and Illness:** All coaches will be responsible for reporting, in writing (accident report form), all injuries and illnesses to the Athletic Director. The Athletic Director will report all injuries and illnesses requiring medical attention to the Superintendent's Office. Any student/athlete with a serious injury or illness needing ongoing medical attention will have to complete a return to play form before participating in any sport. In less serious cases coaches must consult with the trainer to determine the appropriateness of a return to play.
- C. **Insurance:** Students who are candidates for inter-scholastic sports teams must provide proof of medical insurance prior to the tryouts of the sport.

RSU 54/MSAD 54 does not carry comprehensive student accident insurance. Students and parents must know that any student coverage purchased from any insurance plan suggested by the District is not intended to act as a primary health insurance policy for student athletes. Parents are advised to study the limits of any such policy to determine whether or not this insurance provides adequate protection in case of injury.

D. **Eligibility:**

1. Students must be regularly enrolled in a minimum of five credits, they must be passing in a minimum of five credits, and they must be passing all core courses required for graduation at the end of the applicable ranking period (quarter grade) in order to be eligible for competition during the following ranking period (required core courses total 14 credits and are the following: English – 4.0 credits, Social Studies (Geography, US History, US Government) – 3.0 credits, Math – 2.0 credits, Science – 2.0 credits, Physical Education – 1.0 credit, Health – 0.5 credit, Fine Arts – 1.0 credit, Computer Literacy – 0.5 credit). Pass/fail courses such as Computer Aide, Phys. Ed. Aide, Independent Study, Study Skills, etc. do not count towards filling this requirement.

A. **Ineligible Athletes:** Ineligible athletes are allowed to practice, but they will miss all pre-season scrimmages and the first 20% of regular season contests after the ineligibility is determined. The following is a breakdown of 20% of contests for all SAHS sports: **Football – 2 games; Soccer – 3 games; Field Hockey – 3 games; Cross-Country – 1 meet; Golf – 3 matches; Cheering (Fall) – 2 football games; Cheering (winter) – 4 basketball games & 1 competition; Basketball – 4 games; Alpine Skiing – 3 meets; Nordic Skiing – 2 meets; Indoor Track – 1 meet; Wrestling – 3 meets; Swim – 3 meets; Ice Hockey – 4 games; Softball – 4 games; Baseball – 4 games; Tennis – 3 matches; Track – 2 meets.**

B. **To regain eligibility the student-athlete must:**

1. **go through the monitoring process**

- a. the Athletic Director will assign the student a monitor
- b. the student will meet with the monitor twice per week
- c. the student will give a completed progress report each Friday to the monitor
- d. at the end of the ineligibility period the A.D., monitor, coach, and student-athlete will meet

2. **be passing five credits**

C. Athletes who are not eligible at the end of the first time period are ineligible for another 20% of contests. Athletes who are not eligible at the end of the second time period will be dismissed from the team.

2. Students are eligible for eight consecutive semesters after first enrolling in high school as a freshman.
3. Students become ineligible on their twentieth birthday or upon graduation from high school.

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**Student/Parent Pledge**

I, the undersigned have read and understand fully the Athletic Code and agree to abide by it.

**Player's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Sport** \_\_\_\_\_

**Grade** \_\_\_\_\_

I, as a parent of \_\_\_\_\_, have read the rules and policies set forth for athletic participation by the Skowhegan Area High School athletic code and support my son or daughter's participation under these conditions. I will do my part in seeing that he/she follows these rules and regulations. I further realize that practicing and playing a sport can be a dangerous activity involving many risks of injury. Because of the risk of injury inherent in participation, I also give permission to the attending physician to give first aid and emergency treatment to my son or daughter should he or she require such assistance.

**Parent's or Guardian's Signature** \_\_\_\_\_