Danvers High School



Student Athlete Handbook

Introduction

This handbook describes the athletic policies and procedures that will assist in maintaining a high standard of excellence in our athletics program. Specifically, the purpose of the coaches handbook is:

- To create unity in dealing with each coach and sport
- To insure that all coaches understand the proper procedures to follow
- To insure that everyone - student-athlete, coach, administration, school committee and parents are informed and understand the Athletic Department's policies and goals

Policies and statements in this manual will be reviewed annually. Additions, changes and deletions will be made as necessary. To keep the manual up to date and meaningful, coaches are encouraged to make recommendations for changes; bearing in mind that only the school committee may establish official policies.

Note from the Athletic Director:

The Danvers Interscholastic Athletic Program is an integral part of the total educational offerings and student activities at this school. While the name of the school is enhanced whenever its representatives excel, by far those who actually participate on our teams derive the greatest rewards and satisfactions.

When student athletes enter and represent Danvers High School, there are certain things they may expect from us. In turn, there are certain things we expect of them. We pledge ourselves to honoring the dignity of each person regardless of race, creed, or religion, to taking a personal interest in them as individuals, to helping them resolve, whenever possible personal problems and to assisting in achieving educational goals and aspirations.

In our school, the head coach in each sport has the prerogative of setting most training rules and standards of behavior and discipline for the squad. This entails a clear understanding of what is expected by the player and the coach in terms of appearance and conduct. The administration fully intends to back the coach in carrying out the policies governing that sport, as long as they do not conflict with school policy.

We believe that a student's association with the athletic program is voluntary. However, in addition to the rules and regulations governing all students, we also assume that students willingly undertake certain obligations of self-discipline, and team discipline that transcend those of the student not included in athletics. Only the individual student athlete can weigh the merits of the benefits as opposed to the added responsibilities. But in fairness to teammates and coaches, it should be an early choice and one by which the athlete is willing to abide.

In regard to scheduling, we play schools with similar academic and athletic philosophies. Most are from our immediate region and conference. When an individual becomes a member of a school team, we assume willingness on his/her part to participate in all scheduled contests. If a personal or moral reservation about such competition exists, then a decision must be made BEFORE teammates become dependent upon him/her as an integral part of the team.

When representatives from other schools visit Danvers, we expect to treat them with courtesy and hospitality afforded to all guests. When we in turn are guests of other schools, we expect our representatives to conduct themselves accordingly.

Danvers wishes to excel in athletics just as we desire to excel in all activities and functions conducted in

the name of the school. Within the limitations of the objectives of similar schools in our conference, the official rules and regulations that govern our athletic programs, and our financial ability, we are determined to do our best to field aggressive, well-coached teams composed of young men and women who represent our school with pride, enthusiasm, and loyalty.

We hope our school will deserve this loyalty. We also hope your academic and athletic experiences here will yield satisfactions and rewards that will continue to enrich your life, long after you have left Danvers High School.

Sincerely,

Drew Betts
Athletic Director

Danvers High School Mission Statement

Danvers Public Schools is a dynamic community of independent learners dedicated to respect, responsibility, creativity and the pursuit of academic, and personal excellence.

Co-Curricular Activities and Athletics Eligibility

Danvers High School affords students the maximum opportunity for personal / social management and growth by offering a wide variety of co-curricular activities that provide for individual differences, interests, and abilities of its students. Students are encouraged to work hard so that they may take advantage of such offerings as active participants in any number of the clubs, organizations, performance groups, sports, and memberships available to them.

Attendance Eligibility

Students must be in attendance during the school day in order to be eligible to participate in athletics. Students that arrive at school after 8:30am will not be eligible to participate that day. Student athletes dismissed from school must be dismissed for an excused reason. Attendance records of students participating will be reviewed on a case-by-case basis as necessary. Academic achievement and behavioral standards will be used as tools by which eligibility for participation in all co-curricular and interscholastic athletic activities will be determined. Eligibility standards will be the same for all student participants whether club, organization, or athletics.

Academic Eligibility

All incoming freshmen are automatically eligible for all co-curricular activities and interscholastic sports for the first term.

I. In order to be eligible for the fall marking period, upperclassmen are required to:

- ➢ Tier 1 Academic probation (in line with current DHS approach)
- ➢ Tier 1 Academic ineligibility (in line with MIAA standard)

Tier 1 is academic probation and uses our current eligibility criteria. A student whose grades meet the following will not be on probation.

- 70 or above in two out of five core courses
- 65 or above in all remaining courses (core and electives)

They will remain eligible for game play as along as they complete an probationary plan that includes:

-meeting/call with the student, family and an administrator

-regular academic progress reports

-weekly meetings with teachers

Tier 2 is academic ineligibility. This tier utilizes the MIAA standard and results in a student athlete being ineligible game play. They may remain with the team and practice. A student athlete is ineligible for game play if they do not maintain the following:

- 65 (Passing) or above in all four core courses. The MIAA states, a student must secure during the last marking period preceding the contest, a passing grade and full credit in the equivalent of four traditional year-long major courses.

Behavior Eligibility

Similarly, the behavior record of all participating students will be reviewed on a case-by-case basis as necessary by the principal, assistant principal, and/or athletic director to determine if there is a need to suspend a student from continued participation in an activity for any period of time deemed appropriate by the administration. Thus, it is incumbent upon students who participate in activities to be positive role models at school and in the community. Student participants who fail to abide by the discipline code at Danvers High School will be notified of any suspension in participation by their advisor/coach or the administration.

Guidelines for Travel

Students are expected to travel with their group/team to and from all school-sponsored activities and contests. In cases where a student participant needs to be released to the custody of a parent / guardian for transportation purposes, an exception will be made if the advisor/coach is presented with a dated written note or upon notification by the parent/ guardian in person.

Guidelines for Behavior at other Schools' Events

Danvers High School students represent both the school community and the community of Danvers. The school is proud of all of its students and respects each and every one of them. The school asks that high school students respect the school, community, and its reputation. As students participate in or view activities sponsored by local schools and athletic conferences, they are expected to conduct themselves in a manner that is becoming of the student body, the school, and the community of Danvers. Students are expected to follow all rules enforced at Danvers High School, at host schools, and at neutral sites where activities are held. Failure to do so will result in the intervention of the Danvers High School

administration with disciplinary action. Any student attending an NEC or MIAA athletic event is subject to rules and regulations of their school, the MIAA, and the Northeastern Conference.

Chemical Health Eligibility

From the earliest fall practice/meeting date, to the conclusion of the academic year or final athletic/co-curricular event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, JUUL products and all similar devices); marijuana (including synthetic); steroids; or any controlled substance. This policy includes products such as "NA or near beer," inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over- the-counter medications and substances used for the purposes of altering one's mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

If a student is at a party in the presence of alcohol, constructive possession guidelines will be in effect. That is, a student having knowledge of the presence of alcohol, drugs or other controlled substances and has knowingly placed themselves in proximity to a person or location where illegal use or possession of the above substances are present (ie: students attending a party where alcohol is being served to minors or being in a vehicle where drugs or alcohol are present).

If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

Minimum Penalties:

- First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling twenty-five percent (25%) of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated (i.e. All fractional parts of an event will be dropped when calculating the twenty-five percent (25%) of the season).
- Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling sixty percent (60%) of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. All decimal part of an event will be truncated (i.e. All fractional part of an event will be dropped when calculating the sixty percent (60%) of the season).

  If the second (2nd) or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in activities after a minimum of forty percent (40%) of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated (i.e. All fractional parts of an event will be dropped when calculating the forty percent (40%) of the season).

TEAM CAPTAIN VIOLATION

The Northeastern Conference voted on a policy for team captains on August 27, 1998. The policy states:

If a team captain violates the MIAA Drug and Alcohol Policy or the school district's drug and alcohol policy at any time during the calendar year after being elected team captain, that player will lose his/her captaincy.

Danvers Public Schools Concussion Policy

Danvers Public Schools is committed to ensuring the health and safety of our students. The following concussion policy utilizes the latest in medical research to prevent and treat head injuries. It is in compliance with MIAA policy and with the Commonwealth of Massachusetts General Laws Chapter 111: Head Injuries and Concussions in Extracurricular Athletic Activities.

The Director of Athletics and Wellness shall be the person responsible for the implementation of these policies and protocols.

As specified by the law, the Danvers Public Schools shall require annual training in the prevention and recognition of a sports-related and/or extra-curricular activities head injury, including second impact syndrome, and keep documentation of said training on file for the following persons:

- Coaches
- Certified athletic trainers
- Volunteers
- School physicians
- School nurses
- Athletic directors
- Extra-curricular activities advisors
- Marching band directors
- Parents of students who participate in extracurricular athletic activities
- Students who participate in extracurricular athletic activities

Coaches, trainers and volunteers will be given instruction to teach form, techniques and skills that minimize sports-related head injury.

Documentation of a student's history of head injuries, including concussions, is kept on file each athletic season with the completion of the Head Injury and Concussion form for each athlete.

Documentation of an annual physical examination of students participating in extracurricular athletic activities consistent with 105 CMR 200.00 is kept in the student's health record, which is on file in the Danvers High School Athletic Office.

The pre-participation information required on the Department of Public Health form concerning head injuries and concussions is included in Danvers High School's parental consent form required of each student and kept on file in the Athletic Office.

The Danvers Public Schools Concussion Policy shall be published in the Danvers High School Handbook, the Holten-Richmond Middle School Handbook for parents and students and in the Danvers High School Student Athlete Guide.

Concussion Evaluation Guidelines

- Any time a concussion is suspected during practices or games, the student-athlete will be

removed from participation and will not be allowed to return the same day.

- Parents will be notified so the parent may take the student to a medical provider for appropriate medical evaluation and treatment. All head injuries and suspected concussions will be reported to the school nurse, coach and the certified athletic trainer on staff.
- Evaluation and clearance by the athletic trainer and or the family's medical provider will be required.
- The athlete will not return to play without the note from the medical provider and only after completion of the Return to Play Protocol followed by the athletic trainer.
- The Return to Play Protocol is a step-wide progression consistent with the Consensus Statement from the Third (3rd) International Conference on Concussion in Sports, November 2008.
- The school nurse and/or the athletic trainer will notify the academic teachers of the affected student athlete and provide a form with guidelines for concussion accommodation plans.
- Parents at no time may override the doctor or trainer decision relative to when an athlete may return to play.

All coaches, volunteers, trainers, etc. who are involved with Danvers High School extracurricular activities are responsible to follow the procedures and protocols associated with this policy. Failure to do so will result in penalties including, but not limited to, personal sanctions.

Physical Examinations Eligibility and Obligations

Each student-athlete is required to have a physical examination annually to be able to participate in sports. This is the policy of the Danvers School Committee and the Massachusetts Interscholastic Athletic Association (MIAA). All physical exams are valid for exactly 13 months from the exam date. Once expired, the student-athlete is ineligible to participate until a new, updated physical examination is on file with the athletic department. The athletic department will not accept doctors notes in lieu of an actual in person physical examination with the doctor. The physical exam provided must include the student's full name, the date of the in person physical exam, and clearance from the doctor to participate in sports. The athletic department does accept sport specific physicals from Urgent Care facilities and CVS Minute Clinics if you cannot get a timely appointment at your physician's office.

All proper physical forms, permission forms, and activity fees (obligations) must be submitted by the designated registration cut off date. A student-athlete who has not completed the required obligations by the cut off date will not be eligible to participate. All enrolled families will receive an email when the registration opens ahead of each sports season and that email will include the cut off date.

Coaches will not collect fees, permission slips or physicals (obligations). Everything must be submitted directly to the high school athletic office. The registration process is completely online and can be accessed through the Danvers High School Athletics website. Physical exams should be uploaded to the students registration account and payments can be made online via eFunds or by check payable to Danvers Public Schools.

No student-athlete will be allowed to participate in any school sport (tryouts/practice or game) or to receive equipment or uniform until all obligations are cleared by the athletic department.

No current physical = NO CLEARANCE
No online registration = NO CLEARANCE
No activity fee = NO CLEARANCE
No Clearance = NO PARTICIPATION WITHOUT EXCEPTION

Coaches will be given rosters of students who have been cleared for participation and will only allow the students on the clearance roster to participate.

MIAA Rule 19 and Rule 6

A student may practice and play only once in any day - but this may include double sessions when school is not in session (Rule 19). Therefore, a student may not participate in any practice or contest of non-school teams if a practice or contest has been held for their high school team on that day. This applies to athletes at all levels - varsity, JV, and freshman. Athletes on all teams must comply with the bona fide team rule. Bona fide members of a school team are precluded from missing a high school practice or competition in order to compete with an out-of-school team (Rule 6).

Violations of the above rules (19 and 6) will result in the ineligibility for two (2) high school contests or two (2) weeks, whichever is greater on the first (1st) offense, and forty-five (45) days of high school eligibility on the second (2nd) offense. Bona Fide Team Member Waiver forms must be completed and signed off on well in advance of the anticipated absence. Coaches will communicate any concerns or follow up from this waiver if approved.

Communication of Concerns

Any student athlete that has concerns about health and safety are encouraged to communicate with any trusted adult at Danvers Public Schools. Safety of student athletes will always be the Athletic Departments top concern.

Complaint Procedure

The athletic department strongly believes issues and complaints are best resolved as close to the source as possible and that the coaching staff should be given the opportunity to consider the issues and attempt to resolve a problem prior to involvement by the Athletic Director, Principal or Superintendent. All issues should be dealt with appropriately and timely. If a parent or student athlete has a concern with an assistant Coach they should bring their concern to the Head Coach. The proper channeling of complaints is as follows:

1. Head Coach or Assistant Coach
2. Athletic Director
3. Principal
4. Superintendent

Fall Sports:

Football, Football Cheerleading, Field Hockey, Boys Soccer, Girls Soccer, Cross Country, Golf, Volleyball, Unified Basketball

Winter Sports:

Boys Ice Hockey, Girls Ice Hockey, Boys Basketball, Girls Basketball, Basketball Cheerleading, Wrestling, Coed Swimming, Gymnastics, Boys Indoor Track, Girls Indoor Track

Spring Sports:

Boys Lacrosse, Girls Lacrosse, Boys Tennis, Girls Tennis, Boys Outdoor Track, Girls Outdoor Track, Softball, Baseball

Sportsman-like conduct at all activities sponsored by Danvers High School is an important factor in winning the respect of other schools and the community at large. We encourage our students to:

1. Attend as many athletic events as possible and support all our teams.
2. Be a good sport and never "boo" or offend an opposing team or official.
3. Show respect for the visiting school and other spectators.
4. When attending away games, be a good guest and observe the rules of the host school.

Student-Athlete Code of Conduct

Message to the Student-Athlete

Danvers High School has a long history and tradition of athletic excellence. This tradition was built off of dedication, commitment and hard work by a countless number of people. As a Danvers High School Student-Athlete you must continue to strive to uphold this high standard of excellence.

Once you have become a member of a team, you have made a choice to uphold certain standards expected of athletes in this community:

- The use of vulgar or profane/hateful language or derogatory terms is unacceptable.
- Exhibit appropriate behavior at all times.
- Be positive role models within the school and the community.

Your participation in athletics is a privilege and should be treated as such. Any time you wear the blue and white, you are representing yourself, your family, your school and all those that have worn these colors before you. Students, staff, parents, and the community will closely observe your conduct.

The expectations outlined in this handbook are designed and intended as a guide to successful participation. As a student-athlete, you will be expected to understand and abide by these rules and your team's rules. It is your responsibility to follow them to their fullest.

- RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to develop strength of character and positive values and behaviors. You owe it to yourself to get the greatest possible benefit from your high school experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, help to prepare you for your life as an adult.

- RESPONSIBILITIES TO YOUR SCHOOL: Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can make positive contributions to school spirit and community pride. In addition, you are a role model for younger student-athletes. These students

look up to you and dream of being as successful as we hope you to be. Be sure the example you set is a positive one.

- RESPONSIBILITIES TO OTHERS: As a team member you also bear a heavy responsibility to your family. When you know that you have lived up to all of your commitments, that you have practiced with great enthusiasm and that you have played the game to the best of your ability, you maintain your self-respect and earn the respect of those around you.

Sportsmanship

As a student-athlete and as parents, you can help us establish an outstanding reputation for good sportsmanship. We must all work hard in conducting ourselves in a commendable manner. Good sportsmanship is encouraged and expected from our student-athletes, fans and spectators at all times during athletic events. Failure to exhibit good sportsmanship may result in removal from the event and/or future events.

Always observe the following guidelines for good sportsmanship:

- The good name of our school is more important than any contest won by unfair play.
- Be supportive of all athletes, coaches, and officials before, during, and after all contests.
- Accept decisions of officials without dispute.
- Recognize and show appreciation for the fine play of your opponent.
- Be proud of our school's reputation and work hard to protect it.
- Cheer for your team, not against the opponent. Refrain from calling out any players by name or number.
- Refrain from using profanity and derogatory terms in relation to race, religion, sexual orientation, and/or gender expression.
- There is a “zero tolerance” policy for taunting from student-athletes or spectators.
- Do not allow others' negative sportsmanship to become an excuse to do the same.

Code of Conduct

- Be fully prepared and on time for practices, games, and team meetings.
- Clean up all trash and equipment following practices and games.
- Refrain from any activity that could be considered bullying, harassment, hazing and/or intimidation.
- Be careful and respectful when using the internet and social media outlets.
    - There will be no tolerance for any harmful or disparaging actions on social media towards teammates, coaches, or opposing teams.
- Be civil and courteous guests at other schools during away competition.

Bullying, Taunting and Hazing in Athletics

Bullying - Use of force, threat or coercion to abuse, intimidate, or dominate others. Often repeated and habitual.

Hazing - The practice of rituals involving harassment, abuse, or humiliation used as a way of initiating a person into a group.

Taunting - To provoke or challenge with insulting remarks.

Combating Bullying, Taunting and Hazing:

- Coaches are asked to address hazing, bullying and taunting with their teams early in the season and throughout the season.
- Coaches, staff and administrators work to create an environment where student-athletes are encouraged to speak up if they witness any of these behaviors.
- Witnesses of hazing and bullying are obligated to report it.

Massachusetts Hazing Law

The term "hazing" as used in this section and in sections eighteen and nineteen (18 & 19) of chapter 269 of Massachusetts General Laws, 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, exposed to weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects the student or other person to extreme mental stress, including, extended deprivation of sleep or rest or extended isolation.

Section 18: Whoever knows that another person is the victim of hazing as identified in section seventeen (17) and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than five hundred (500) dollars.

Section 19: Each secondary school and each public and private school or college shall issue to every group or organization under its authority or operating on or in conjunction with its campus or school and to every member, plebe, pledge, or applicant for membership in such group or organization, a copy of this section and sections seventeen and eighteen (17 & 18). An officer of each group or organization, and each individual receiving a copy of said sections seventeen and eighteen shall sign an acknowledgement stating that such group, organization or individual has received a copy of said sections seventeen and eighteen (17 & 18).

Each secondary school and each public or private school or college, 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 institution has complied with the provisions of this section and also certifying that such institution has adopted a disciplinary policy with regard to the organizers and participants of hazing. The Board of Regents and in the case of secondary schools, 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 institutions which fail to make such report.