

MISSION STATEMENT FOR ATHLETICS

Athletics at Winchester High School play an integral part in the school program. Students have the opportunity to participate in a wide variety of activities that will enhance their educational experience. The sports program is committed to the physical, emotional, social, and mental development of all who participate.

To be eligible to participate in athletics at Winchester High School, students must meet academic and physical standards described in this guide.

Athletic Program Objectives

- To provide opportunities for physical, mental, and emotional growth.
- To develop confidence and self-esteem.
- To develop and improve time management skills.
- To develop and understand the concepts of individual and team play.
- To develop a sense of commitment, loyalty, cooperation, and fairness.
- To learn that good sportsmanship means winning and losing with grace and dignity.
- To learn to make decisions under pressure.
- To foster town pride.

Participation in sports is a privilege.

Student-Athletes are expected to exhibit the highest level of conduct on and off the field. They must show respect for everyone they come in contact with, including teammates, game officials, opponents, and spectators.

Massachusetts Interscholastic Athletic Association - The Massachusetts Interscholastic Athletic Association (hereafter referred to as the MIAA) is the governing body of Athletics within the State of Massachusetts. Its Board of Directors is made up of Principals from various districts throughout the state. The Board of Directors and its various subcommittees establish policy for all member schools.

Winchester High School is a member of the MIAA and is therefore governed by Association rules and regulations. Additional policies, rules, and regulations are set by the Winchester School Committee. Under MIAA guidelines local communities are allowed to set their own policy, rules, and regulations as long as they are more restrictive than those stipulated by the MIAA. The MIAA organizes and establishes the guidelines for all post-season tournaments. All schools throughout the Commonwealth are responsible to govern themselves under the rules set forth by the MIAA.

The MIAA does not sanction or sponsor any sub-varsity tournament competition.

Middlesex League - Winchester High School is proud to be a member of the Middlesex League. The league is governed by the MIAA and its own constitution. The league schedules most games played by Winchester High School, at all levels of competition. Some non-league games are also scheduled. A few

teams at Winchester HS compete in other leagues due to the majority of schools in the Middlesex League not sponsoring these specific sports.

The Middlesex League is made up of two divisions:

The Liberty Division (Large School): Arlington, Belmont, Lexington, Reading, Winchester, and Woburn.

The Freedom Division (Small School): Burlington, Melrose, Stoneham, Wakefield, Watertown, and Wilmington.

The Winchester Athletic Program

Fall

Cheering	Field Hockey	Boys Soccer	Girls Volleyball	Boys Cross Country
Football	Girls Soccer	Golf	Girls Cross Country	Girls Swimming

Winter

Gymnastics	Boys Ice Hockey	Boys Swimming	Girls Alpine Ski	Boys Alpine Ski	Girls Ice Hockey
Wrestling	Girls Nordic Ski	Boys Nordic Ski	Boys Indoor Track	Girls Indoor Track	
Boys Basketball	Girls Basketball	Unified Bowling			

Spring

Baseball	Sailing	Girls Tennis	Boys Volleyball	Boys Lacrosse	Softball	Boys Track & Field
Girls Ultimate Frisbee	Boys Ultimate Frisbee	Girls Lacrosse	Boys Tennis	Girls Track & Field		
Unified Basketball						

Rules and Regulations for all Athletes - Winchester High School student-athletes are bound by MIAA rules for Interscholastic Athletics. Although a coach may have additional rules, the following rules are to apply to all athletes participating in the athletic program at Winchester High School.

ArbiterSports Online Registration - All potential student-athletes must be registered for their sport online each season through ArbiterSports by a parent/guardian. This process serves as a consent form, as well as providing the school with necessary information. The link to ArbiterSports may be found in the Athletics section on the school website.

Physical Examination – Student-Athletes must have a current and valid physical examination on file with the Athletic Office before participation in any sport, including pre-season. A physical exam is valid for 13 months from the date of the actual exam.

User Fee - The fee approved by the School Committee for the current school year is \$400.00 per student per sport with a family cap of \$1450.00 per year. Check or money order should be made payable to the Winchester Scholastic Athletic Fund. Payment can also be made online through our website. User fees are due a week after the start of each sport season.

No student will be denied the opportunity to play due to financial hardship. In cases of family financial hardship, a fee waiver may be granted by the high school. To apply for a waiver, please email the Director of Athletics directly at marria@winchesterps.org

If the user fee is not in or the waiver request email has not been sent by the deadline, team uniform will not be issued until that is completed.

Athletics Concussion Policy and Student Athlete Responsibilities

ATHLETIC CONCUSSION POLICY

The School Committee voted on an Athletics Concussion Policy. The first paragraph of the policy outlines the requirements and individuals affected by the policy.

The purpose of this policy is to provide information and standardized 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 including, but not limited to, interscholastic sports, in order to protect their health and safety as required by Massachusetts law and regulations. The requirements of the law apply to all public middle and high schools, however configured, serving grades six through high school graduation. In addition to any training required by law, the following persons shall complete one of the head injury safety training programs approved by the Massachusetts Department of Public Health (DPH) as found on its website: coaches; certified athletic trainers; trainers; volunteers; school and team physicians; school nurses; athletic directors; directors responsible for a school marching band; employees or volunteers; and students who participate in an extracurricular activity and their parents.

“Extracurricular Athletic Activity” means an organized school sponsored athletic activity generally occurring outside of school instructional hours under the direction of a coach, athletic director or marching band leader including, but not limited to, Alpine and Nordic skiing, baseball, basketball, cheerleading, cross country, track, field hockey, football, golf, gymnastics, ice hockey, lacrosse, marching band, soccer, softball, swimming and diving, tennis, track (indoor and outdoor), ultimate Frisbee, volleyball, and wrestling. All interscholastic athletics are deemed to be extracurricular athletic activities.

Winchester High School Concussion Policy

1. Parents/Guardians must give a full report of prior Head Injury for their student when registering for a sport through ArbiterSports.
2. Parent/Guardians and Student-Athlete must complete the NFHS Concussion in Sports Course and confirm their course completion when registering through ArbiterSports.
3. Potential student-athletes must complete Baseline Concussion Testing before participation. Baseline Tests are valid for two years. (Baseline Testing is optional for the following sports: Golf, Cross Country, Swim, Indoor Track, Tennis, Track & Field, Unified Bowling and Unified Basketball.)
4. Once a suspected concussion occurs, the Athletic Trainer should be notified immediately. The Athletic Trainer will work with parents/guardians and school staff on next steps.
5. Student-Athletes suspected of suffering a concussion must be evaluated by a doctor. This can be an MD/DO/PA/NP. The [Massachusetts Post Sports-Related Head Injury Medical Clearance](#) and

Authorization Form must be filled out by the provider and returned to the school (both to the Athletic Office & Nurse's Office).

6. Student-Athletes can return to participation when: a note from a doctor is turned in clearing them to start physical activity, post-test results meet or exceed baseline measure of concussion testing, clearance is given by the athletic trainer, and the school's return to play protocol is completed. (Return to Play is determined by the trainer on a case by case basis.)

7. Winchester High School has the final say on medical clearance.

Academic Eligibility - All student-athletes must meet all school and MIAA eligibility requirements.

a. A student must secure, during the most recently completed marking period for each sport, a passing grade equivalent to four major subjects; which carry Carnegie Units totaling the equivalent of four 1-year major English courses (20 Credits). Freshmen are exempt from this requirement for the Fall season only. To be eligible for the fall marking period, students are required to have passed and received full credits for the previous academic year, the equivalent of four traditional year-long major English courses.

b. A student cannot at any time represent a school unless that student is taking courses which would provide course credits (aka Carnegie Units) equivalent to four 1-year major English courses.

c. Academic Eligibility - If a student receives two or more failing grades in any course, they will be ineligible to participate in athletics. The MIAA academic eligibility standard will be reverted back to in any cases where their rule becomes more stringent due to course load.

d. Incomplete grades may not be counted toward eligibility.

e. A student who repeats work for which he/she has once received credit cannot count that subject a second time for eligibility.

f. For eligibility purposes, a student cannot count points obtained in a subject taken during the summer vacation unless that subject has been previously pursued and failed.

g. Students may go out for non-cut sports as soon as eligible, subject to the approval of the Head Coach of the sport in question and the Athletic Director.

h. Students who are 19 years old prior to September 1 of their senior year are not eligible for high school athletics.

i. Students are eligible for athletics for 12 consecutive seasons beginning with their entry into the ninth grade.

Athletic Responsibility - Winchester High School student-athletes are expected and encouraged to maintain the highest possible level of academic achievement possible. Extra help sessions and make-up work are expected to be completed as soon as possible. On a practice day, student-athletes should stay after school to complete work whenever necessary. Students should inform coaches in advance when practice time will be missed due to academic obligations. Once the obligations are completed, student-athletes are expected to report to practice as soon as possible. Students are expected to provide a note from their teacher to their coach explaining their tardiness.

Students arriving late to practice due to make-up work or extra help with a note will not suffer an athletic team penalty. On game days, if time allows, students should ask their classroom teacher if make-up work or extra help may be postponed to a practice day. A classroom teacher may or may not grant a postponement. Teachers should be able to contact coaches through the Athletic Director. Teachers will receive a copy of team rosters as close to the beginning of a season as possible.

School Discipline or Detention – A student-athlete with a school discipline obligation or detention is expected to fulfill the discipline obligation before reporting to practice and/or a game. Students cannot expect, and should not request discipline action to be postponed or canceled for any athletic reason. A student-athlete may be removed from a team for excessive disciplinary problems. The student-athlete may be reinstated upon sufficient evidence of improvement. It is expected that student-athletes at Winchester High School be model citizens both in and out of school.

School Suspensions - Any student-athlete suspended from school may not practice, play, or be with the team on the day(s) in which he/she is serving the suspension.

Attendance Requirement for Interscholastic Athletics - In order to participate in a sport, a student-athlete must attend all scheduled classes, including academic blocks on the day that the practice, scrimmage, or game is to be held. Tardiness or dismissals will only be accepted under extenuating circumstances and must be cleared through the administration and athletic office the day of the tardiness or dismissal. If a student-athlete cuts a class or leaves the building unannounced, he/she will be ineligible to participate in that day's practice or game. Under no circumstance will a student-athlete be allowed to miss a school detention for an athletic practice.

If the practice, scrimmage, or game is held on a weekend or a holiday, the above statements will hold true for the school day preceding the weekend or holiday. If a student-athlete must miss school for a portion of, or the entire day due to extenuating circumstances such as a college interview that cannot be scheduled on a weekend, or a prolonged orthodontist appointment, clearance must be given by the Principal or Athletic Director in advance of the day to be missed, in order for the student-athlete to practice or play in a game. A student-athlete may be removed from a team for any school/class cuts or truancy. He/she may be reinstated upon sufficient evidence of improvement.

Physical Education – A student-athlete excused from a physical education class due to illness, may not participate in a practice, scrimmage, or game for that day.

Student/Family Vacations - A student-athlete playing at the varsity level must make a commitment to the team. Varsity team members are required to participate in all athletic events. Varsity team members may not be awarded letters or the student may be removed from the team for not participating during school vacations.

Sub-varsity team members must inform their coach of anticipated vacations prior to the start of the season.

Winchester High School has no control over varsity athletic events being scheduled during regularly scheduled school vacations. These events are controlled by the dates of the MIAA State Tournaments, the Middlesex League, and games per week allowed by MIAA rules.

Daily Commitment – It is expected that student-athletes make a daily commitment of two to three hours, five or six days a week. At the sub-varsity level, some teams might not practice or play on

weekends. The preparation times before and after practice and games may bring the total time to three hours. All coaches expect their team members to be present at all team related activities. A coach may suspend or remove a student from the team for an unexcused absence or absences. All student-athletes are excused from team activities for illness, injury, pre-scheduled academic assistance, family emergencies or religious holiday observance reasons. Prior notification is required for any absence to be considered excused. Vacations of any kind are not excusable.

Tryouts - There are some teams that students must try out for and risk being cut. During the tryout period the coach will provide an explanation of his/her expectations. It is then the student's responsibility to demonstrate to the coach that he/she can meet them.

Students cut from one team are encouraged to go out for another team if there is space on that team. Students who are cut will be informed as to the reason for being cut.

Transportation - Winchester High School provides transportation to away games. All team members are required to travel to and from all away events on transportation provided by the Athletic Department. Exceptions to this policy must be requested in writing, to the Athletic Director, by a student-athlete's parent prior to the event. Under no circumstances will students be allowed to transport themselves or ride with other students to or from away games. Any venue that a team practices at will be treated like a home venue.

Student-Athletes are expected to conduct themselves in a proper manner on all bus trips. Yelling at passing cars, obscene gesturing, unruly conduct, or other forms of inappropriate behavior will not be tolerated.

Equipment - All student-athletes are responsible for the equipment issued to them during the course of the season. Equipment must be returned at the end of the season, and prior to the next season or graduation. Student-athletes failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to meet the current replacement cost. In the event that the equipment is found and/or returned after payment, a refund will be given.

- Parents will be notified by coach and/or the Athletic Director of collection for payment for equipment not returned.

- A student-athlete will be denied participation on any Winchester High School athletic team until equipment has been returned or paid for.

- A senior student-athlete who has failed to return equipment or failed to pay for lost items may have their high school diploma withheld.

Sportsmanship - Sportsmanship is a number one priority at Winchester High School. The Athletic Department expects all parties present at an event to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials, and visiting spectators with respect.

All athletic events are conducted in accordance with the rules and regulations of the MIAA, the NCAA or the National Federation. Any form of taunting of officials or players will not be tolerated at any Winchester High School athletic event. Likewise, profanity, objectionable cheers, or gestures have no place at an athletic event.

The MIAA reserves the right to warn, censure, place on probation, or suspend up to one calendar year any player, team, coach, game or school official or school determined to be acting in a manner contrary to the standards of good sportsmanship. Winchester High School in turn, reserves the right to impose the same penalties on any Winchester student-athlete, team, spectator or coach displaying poor sportsmanship at any athletic event, home or away.

No one is to bring an open container into any Middlesex League venue.

Fighting – Student-Athletes should be aware that MIAA regulations invoke a one game suspension for fighting, with a second offense resulting in a suspension from all athletic activities during that season for a period of one year from the date of his/her second disqualification.

A student-athlete who physically assaults an official shall be expelled from the activity immediately and banned from further participation in all sports for one year from the date of the offense. A student-athlete who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in that sport season for one year from the date of the incident. (Fighting does not apply to this section unless warranted in the judgment of the game official.)

Taunting - Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters.

Examples of taunting include but are not limited to: trash talk, defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skill efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including in the face confrontation by one player to another and standing over/straddling a tackled or fallen player.

In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to existing MIAA expulsion rules. Game officials shall give a warning to both teams prior to the contest.

At any MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators are subject to ejection.

Hazing - Massachusetts State Law Chapter 536 Sections 16-19 ~ Hazing is defined as any conduct or method of initiation into any student organization which willfully or recklessly endangers the physical or mental health of any student or person. Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practicable.

Section 17. Whoever is the principal organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than three thousand dollars (\$3,000) or by imprisonment in a house of correction for not more than one year, or by both such fine and imprisonment.

Hazing is defined as any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endanger the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of 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 such 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 defined in section seventeen and is at the scene of such a crime shall, to the extent that such a person can do so without danger or peril to himself or others, report such a crime to an appropriate law enforcement official as soon as reasonably practicable. A fine of not more than one thousand dollars shall punish whoever fails to report such a crime.

WHS Chemical Health Policy

From the time a student is enrolled at Winchester High School to the end of their eligibility:

A student shall not, regardless of quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. (Note: This rule is in effect seven days a week, twenty-four hours a day all year, including summer and school vacations.)

(Tobacco Product: Any product containing, made, or derived from tobacco or nicotine that is intended for human consumption, whether smoked, chewed, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means including, but not limited to: cigarettes, cigars, little cigars, chewing tobacco, pipe tobacco, snuff, or electronic cigarettes, electronic cigars, electronic pipes, vape pens, electronic hookah, or other similar products, regardless of nicotine content, that rely on vaporization or aerosolization. "Tobacco product" includes any component or part of a tobacco product. "Tobacco product" does not include any product that has been approved by the United States Food and Drug Administration either as a tobacco use cessation product or for other medical purposes, and which is being marketed and sold or prescribed solely for the approved purpose.)

School Sponsored Athletics/MIAA teams: When the Principal, or their designee confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for 25% of their athletic season, enroll in the school sponsored substance abuse program and write a letter of reflection that must be submitted to the substance abuse program educator. All previous conditions must be met before being allowed to participate in a game/event.

Based on the decision of the Principal or their designee, the student may continue to practice. While serving the suspension, the student is not allowed in game uniform and their presence at the competition site will be determined by the principal.

Second and Subsequent Athletic Violations: When the Principal confirms, following an opportunity for the student to be heard, that a second or subsequent violations have occurred, the student shall lose eligibility for the next 60% of the athletic season.

Penalties shall be cumulative over each student's high school career. The student must attend the school sponsored substance abuse program each time a violation has occurred and write a letter of reflection each time a violation has occurred. If the student is a team captain of any sport they will lose that status and not be reinstated at any time. If the penalty period has not been completed during the season in which the violation occurred, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

"In the Presence Of" Policy: Regardless of the quantity or intent, when the Principal or their designee confirms, following an opportunity for the student to be heard, that said student was found to be "In the presence of" but not "in use or in possession of" any of the chemical health policy violating substances, it will be considered a violation of the "In the Presence Of" policy. A student who is found to be present at a home or in a vehicle, without a directly related responsible adult family member, where this policy is being violated will be considered to be violating the "In the Presence Of" policy. Any student who is found to be in violation of the "In the Presence Of" policy and who is participating in any school sponsored athletic, extracurricular club or activity must perform 20 hours of community service, that must be pre-approved by the high school administration. In addition, said student must participate in the school sponsored substance abuse program and write a letter of reflection that will be submitted to the substance abuse program educator. The student may only continue to participate in their school sponsored activity at the decision of the Principal, or their designee.

Should second and subsequent violations occur, the minimum penalties will be re-enforced. Additional community service hours may be added to the minimum of 20 hours at the decision of the Principal or designee.

Note: The timeline for all penalty based community service hours to be completed will be determined solely by the Principal, or their designee, with input from the offending student. Failure to complete the community service hours may affect the students future participation in any school sponsored extracurricular activity, club, athletic team, school sponsored event or graduation.

Note: This rule is in effect seven days a week, twenty-four hours a day all year, including summer and school vacations.

Coaches will be informed of the penalty as soon as the report is complete in the Athletic Office. Violation of this rule could affect a student's chance of making a team or their status as a team member.

Memorandum of Understanding

MEMORANDUM OF UNDERSTANDING
BETWEEN WINCHESTER PUBLIC SCHOOLS
AND WINCHESTER POLICE DEPARTMENT

I. GENERAL PRINCIPLES

The WINCHESTER PUBLIC SCHOOLS and the WINCHESTER POLICE DEPARTMENT agree to coordinate their efforts and share information in order to prevent violence involving the students of the WINCHESTER

PUBLIC SCHOOLS, to prevent the use, abuse and distribution of alcohol and other controlled substances involving the students of WINCHESTER PUBLIC SCHOOLS and to promote a safe and nurturing environment in the school community.

We agree to respond effectively and cooperatively for everyone's protection to incidents of student delinquency, truancy and criminal behavior. The joint effort of cooperative response will focus on incidents that take place on school property, at school sponsored events, and at other locations in which students of the WINCHESTER PUBLIC SCHOOLS are involved or affected.

We also agree to keep all information disclosed pursuant to G.L. c. 12 § 32; G.L. c. 71 § 37H1/2; G.L. c. 71 § 37L; 603 CMR 23: and 20 U.S.C. § 1232g, from public dissemination in accordance with state and federal law.

This agreement is entered into pursuant to the Laws of the Commonwealth of Massachusetts and pertains to issues of violence, attempted violence or threatened violence, the use, abuse and/or distribution of alcohol or other drugs, or other incidents that would require a law enforcement response to a school, during any school sponsored activity (on or off school grounds), or involving students of the WINCHESTER PUBLIC SCHOOLS. It is to be read in conjunction with any and all policies, procedures and reporting requirements set forth in the WINCHESTER PUBLIC SCHOOLS student handbook.

It is agreed and understood that it is the sole prerogative of school officials to impose discipline for infractions of school rules and policies not amounting to criminal or delinquent conduct. See the school handbook for specific policies and procedures in this regard.

*For more information please contact the Superintendent's Office

Nutritional Needs of Athletes - It is essential that all student-athletes are educated regarding their nutritional needs and the consequences that may result from poor nutrition and eating disorders.

Eating disorders are serious conditions, which compromise one's health and well-being. If you are concerned about your eating behaviors it is essential that you seek professional medical assistance. Talk to your coach, the athletic trainer, guidance counselor, school psychologist, clinical counselor, or nurse. They are there to help you. Take advantage of their expertise.

A student-athlete who practices or plays in a high school game during the day should spend the evening eating a nutritional dinner, studying to maintain good grades and going to bed at a reasonable hour. Proper diet and rest are essential for maintaining good academic and athletic performance.

WHS Bona Fide Team Member Rule

Bonafide members of a WHS team are precluded from missing a high school practice or competition in order to participate in any non-school athletic activity/event. Students cannot be given special treatment (late arrival, early dismissal) for non-school athletic activities/events.

First Offense: Student-athlete is suspended for 1 game. 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. If ineligible, cannot be in uniform. Attendance at an event to be determined by the High School Principal.

A student-athlete must be a Team Member for 50% of the regular season schedule for that sport to participate in any MIAA Tournament competition (team member: any student-athlete who attends practices or games for his/her sport teams – e.g. Freshman basketball player moved to JV and then Varsity).

Waivers can be filed for this rule, but must be agreed to by the Principal, Athletic Director, and Head Coach.

Season Limits - Each season must not begin before the MIAA set guidelines and must end with the completion of the regular season schedule except for the teams or individuals completing their participation in MIAA Tournaments.

Fall – Begins the second Monday preceding Labor Day (Football & Golf start the Friday before that.)

Winter – Begins the Monday after Thanksgiving

Spring – Begins the 3rd Monday in March

Transfer Students

Students that transfer from another high school are ineligible under the following conditions:

- A. They participated at the varsity level in a sport in which they intend to play at Winchester High School.
- B. The parents of transferred students do not change addresses.
- C. Student transferred after the start of the practice during that sport season.
- D. Until an MIAA Form 200 has been completed and approved.

A waiver request is available for transfer students with special circumstances. The parents of all transfer students who intend to participate in athletics should contact the Athletic Director immediately upon considering a transfer to Winchester High School.

Foreign Exchange Students - Foreign exchange students are eligible under the following conditions:

- A. Only if they are in a C.S.I.E.T. (The Council on Standards for International Education Travel) approved program and they meet all other eligibility requirements. A list of all C.S.I.E.T. approved programs may be obtained in the Guidance Office.
- B. Their parents move to the U.S. and establish residence in Winchester.
- C. All parents hosting a foreign exchange student should contact the Athletic Director as soon as they know that the student coming to this country is interested in participating in an athletic program. Under present I.N.S. Regulations, students must now pay tuition.

Postponed Contests - Throughout the school year, events may have to be postponed due to factors such as inclement weather. In most situations, the home team makes the decision to postpone. By Middlesex League rule, games are to be made up on the next available open date on both school schedules, including weekends, whenever practical. Decisions to postpone games are made about 1:00 PM for afternoon events. On non-school days and for evening contests, postponements are made approximately

two to three hours prior to the event. To check the status, or for directions to any event, go to the school website.

Athletic Trainer and Training Room - The training room serves to help student-athletes receive the best possible care. Winchester High School is extremely fortunate to have a highly qualified and skilled trainer as a member of our athletic staff.

On school days the training room is open from approximately 3:12 until the conclusion of the last practice session or home game. During weekends, or on days when school is not in session, the trainer will be on duty only for practices, games, or scrimmages.

At certain times of the day the trainer is extremely busy and the training room crowded. During these times only student-athletes who need treatment or taping should be present.

Training services will be granted on a first come, first served basis on practice days. On game days, student-athletes will be treated in an order that will allow bus and/or game commitments to be met.

In the event of an athletic injury at a home game either the trainer, an emergency medical technician, or a doctor is in immediate care. At an away game, the host school's medical personnel are responsible if the Winchester High School trainer is not present.

After an injury, a student may not return to competition without clearance by the trainer. This may also include written permission from a doctor.

Communication and Conflict Resolution - Athletic involvement can be highly emotional and very time consuming. From time to time, conflicts and issues between a student-athlete and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as directly as possible so that it can be resolved promptly. Every effort should be made to resolve all issues at the lowest possible level:

1. Student-Athlete contacts coach

2. Parent of Student-athlete contacts coach. In order for the discussion between student or parent and coach to be productive, the following times to approach a coach should be avoided:

- Either prior to or immediately following a game
- During a practice session
- During a time when other teammates are present
- When it is apparent that there will not be sufficient time to allow for a complete discussion

3. Student-athlete or parent contacts Athletic Director

· The Athletic Director will inform the coach that this meeting will take place. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled with all parties in an attempt to reach a satisfactory resolution.

4. Student and/or Parent contacts Principal

· The Athletic Director should be informed that this contact will be made.

Administrative Chain of Command

1. Winchester School Committee: The governing body for Winchester High School. It sets all policy within the school district relative to athletics.
2. Superintendent of Schools: Administers school policy established by the school committee.
3. High School Principal: The official representative of the school and is directly responsible for the total conduct of all athletic activities. The Principal is the official school representative in matters dealing with the MIAA and Middlesex League. He/she ensures that all MIAA guidelines and policies are followed. The Principal is responsible for any official action taken by the school.
4. Athletic Director: The Athletic Director is directly responsible to the Principal. He/she is responsible for the supervision and administration of the entire interscholastic athletic program. The Athletic Director provides the leadership necessary for the daily operation of the Athletic Department. The Athletic Director is responsible for carrying out and enforcing all Winchester High School, Middlesex League, and MIAA rules and guidelines. He/she is responsible for the direct supervision and evaluation of all coaches.
5. Head Coach: The Head Coach is responsible to the Athletic Director, and is responsible for the total operation of his/her respective sports program.
6. Assistant Coach: The Assistant Coach is directly responsible to the Head Coach.

Awards

The criteria for winning a varsity letter is determined by the Head Coach and the requirements will be explained at the beginning of the season.

A student-athlete will be awarded one varsity chenille letter the first time lettering in a sport. He/she will be awarded a sport specific pin the first time that he/she letters in a specific sport for attachment to the letter. For every additional letter that is earned, a metal bar will be awarded for attachment to the letter. Participation certificates will be awarded to each varsity player that has not lettered, as well as all sub-varsity athletes that finish in good standing.

Student-Athletes that are selected as Middlesex League All-Stars will receive an all-star certificate.

Playing Time - There are many benefits to be gained by participation in athletics at the high school level. Student-Athletes learn discipline, how to perform under stress, teamwork, sacrifice, commitment, effort, accountability, sportsmanship, confidence, leadership and to play within the rules. Although there are many measures of success in the minds of each student-athlete, perhaps the most emotional is "playing time" during games. If a student-athlete has a question about the amount of playing time he/she is getting, he/she should be encouraged to discuss it with the coach. Being a member of a team at Winchester High School does not guarantee an amount of playing time, but there are some guidelines:

Freshman and Junior Varsity Teams

This is the developmental level where athletes learn skills and strategies to prepare them for varsity competition. The coaching staff will make an effort to play all team members for as much time as is practical. There are many factors that govern an individual playing time. Some of the most important are: attendance at practice, effort, attitude, commitment, and athletic skill. This is the level for

student-athletes to show their potential and demonstrate to the coaching staff that they are ready for varsity level competition.

Varsity Teams

This level of competition has the same factors and guidelines as the sub-varsity teams. However, there is one additional major factor. The varsity teams compete against opponents at the highest possible level. There is a greater emphasis on successful performance. To reach this goal, the most competitive, skilled team members will get the most playing time. However, teams cannot be successful without committed substitutes. These athletes have to be ready to step up when needed, and practice hard to help make the team as competitive as they can be. They should constantly strive to move up to the “starting” role. There are many decisions made by the coaching staff during the course of a season. These include which student-athletes should be starters, who should play what position, and how long each student-athlete should play. These decisions, often difficult to make, are made only by the coaching staff, and are approached with the best interest of the team as the top priority.

Team Captains - It is a coach’s decision how team captains are chosen. They may be elected by the team or appointed by the coach prior to the first regularly scheduled event. Captains may also be appointed on a game-by-game basis. It is expected that team captains be leaders of their team. Captains are expected to assist the coaching staff by promoting team rules, and communicating with coaches about problems that arise that could affect the team. Captains of a team will be relieved of their position for violating team, athletic department, school, or MIAA rules.

College/Career Guidance - One of the most important decisions facing high school athletes is what to do after high school. The Winchester High School coaches can assist their players with this extremely important decision. Coaches can answer questions, contact schools and/or coaches, send videotapes, if available, and write letters of recommendation. If a student-athlete has the desire to compete at the collegiate level it is very important to be knowledgeable about the up-to-date National Collegiate Athletic Association (NCAA) regulations. Copies of the latest regulations can be obtained at the Athletic Director’s office or from the Guidance Department. Student-athletes are strongly encouraged to schedule college visitations in a way that does not conflict with current athletic schedules.

Equipment Bag Policy - Any student-athlete bringing equipment to school should not leave equipment in the Main Office or in any corridor. Coaches will instruct athletes where equipment should be stored during the school day.

Unsupervised Use of School Facilities – Students may not use the weight room or any other school facility without adult supervision. No student should be in the building unsupervised.