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## **Nantucket High School**

10 Surfside Road  
Nantucket, MA 02554  
508-228-7280

# **Welcome to Whaler Athletics!**

Welcome to the Nantucket Public Schools Athletic Program! At Nantucket Public Schools we believe that co-curricular and extracurricular activities play an important role in the academic and physical development of every student. We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship, and promote the development of good character and other important life skills.

The Nantucket Public School Coaches Handbook is designed to provide coaches with information pertaining to MIAA and Nantucket Public Schools standards, policies, procedures and coaching responsibilities. All Nantucket Public School coaches are required to read the Nantucket Public School Coaches Handbook and to utilize the Nantucket Public School Coaches Handbook as the guide for performing their duties as a coach contracted by the Nantucket Public School Athletic Department.

The Nantucket Public School Student-Athlete Handbook is designed to guide student-athletes and parents as to what they can expect when participating in the Nantucket Public School Athletic Program, as well as what will be expected of them as participants in the Nantucket Public School Athletic Program. All Nantucket Public School coaches are required to read, understand and guide their student-athletes according to the guidelines as defined in the Nantucket Public School Student-Athlete Handbook.

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## INTRODUCTION

### Our Vision

We create a dynamic and inclusive learning environment where all students have opportunities to participate in a diverse sports program within the Nantucket Public Schools system. Through high-quality athletic programs and coaching, we foster integrity and instill school pride in student-athletes by teaching the values of sportsmanship and a strong work ethic while focusing on safety, respect, and development of the whole child. #WhalerPride

### Our Mission

The Athletic Program at the Nantucket Public Schools dynamically supports the academic mission of the school. The Nantucket Public School sets high expectations for its coaches and student-athletes. The Athletic Program at the Nantucket Public Schools will promote interscholastic athletics that provide lifelong learning experiences to student-athletes while enhancing their achievement of educational goals. Our goal is to teach the values of teamwork, pride, respect, commitment, good work ethic, sportsmanship and development of the proper winning attitude. It is our hope that through our athletic program participating student athletes will adopt these guidelines and develop a positive winning attitude that will carry over into all aspects of their lives.

### Our Philosophy

Nantucket Public Schools consider participation in athletics to be an integral part of the overall educational experience. Athletics provides opportunities for physical, mental, emotional, and social development. The competition of athletics is viewed as a valuable experience because it challenges each student-athlete to strive for excellence, helps each student-athlete discover their physical limits, and requires each student-athlete to work cooperatively as a member of a team. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of all contests.

### Our Team

- Dr. Elizabeth Hallett - Superintendent of Schools
- Mandy Vasil - Nantucket High School Principal
- Jennifer Psaradelis - Nantucket High School Assistant Principal
- Tracy Mailloux - Nantucket High School Middle School Assistant Principal
- Michael Horton - Cyrus Peirce Middle School Principal
- Adriene Lombardi - Cyrus Peirce Middle School Assistant Principal
- Travis Lombardi - Director of Athletics
- Matthew Hunt LAT, ATC - Assistant Athletic Director
- Tyler Konopka LAT, ATC - Athletic Trainer
- Dr. Timothy Lepore - NPS School Physician

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## Our Objectives

To provide the opportunity for student-athletes to:

- Develop wholeness through learning experiences that contribute to their physical, mental, emotional and social well-being
- Develop their individual skill and potential as athletes and people

To offer an attractive program for the student-athlete:

- Provide the student-athlete with an enjoyable and rewarding experience.
- Make player safety and welfare our highest priority.

To give quality instruction in the fundamentals of each sport offered:

- Specific athletic skills and strategies.
- Sportsmanship, ethical conduct and fair play.

To be an integral part of the secondary school curriculum:

- Inspiring all athletes to give their highest effort in the classroom, as well as, on the playing field.
- To stress the importance of self-discipline in both the classroom, the community and on the field.
- Teach our athletes that dignity, self-worth and self-esteem are achieved through hard work.
- To create a positive school climate that is enhanced when student-athletes and the remaining student population work together as a team to represent their school in interscholastic competition.
- Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a vehicle for the development of interest in curricular school programs and for post secondary educational opportunities.

To make the athletic program a source of both school and community pride:

- Help each athlete to interact positively with faculty, community and fellow students.
- Make the team a positive influence on all who come in contact with it.
- To demonstrate the social competence of operating within a set of rules, thus gaining a respect for the rights of others, and an understanding that penalties follow rule violations.

## NPS Coaches Code of Conduct

The Nantucket Public Schools fully endorses, promotes, and strives to follow the MIAA Coaches Code of Ethics as defined below. All NPS Coaches must read, understand and embrace these same philosophies.

The Nantucket Public Schools view all interscholastic athletic coaches as educators and teachers first. Each and every coach must be aware and take responsibility for the tremendous influence that they will have in the education of each participating student athlete. All NPS coaches are highly visible role models for our students and student-athletes.

All NPS coaches are also recognized representatives of our school in and outside of our community. As such, the conduct of all NPS coaches must at all times, both on and off the field of play and / or playing courts, be of the highest standard as to proper behavior, proper appearance, display of respect for others, display of good sportsmanship, and modeling of proper values.

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All NPS coaches shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and under no circumstances should authorize or approve of any use by a student-athlete. It should be noted that all NPS coaches are mandated to report any and all knowledge of the use of the same by a student-athlete to the school administration.

## **PRODUCT & PROCESS**

### **General Information**

- All coaches are appointed for a term of one year upon the nomination and recommendation of the Athletic Director to the Principal and Superintendent. Final appointment approval and hiring rests with the Superintendent. In accordance with Education Reform, athletic coaching contracts, as covered by the NTA Collective Bargaining Agreement, are for one year in duration. Contracts will be signed at least two weeks prior to the beginning of the sport season. It is the Athletic Director's responsibility to recommend continuation of a contract from year to year.
- All Nantucket Public Schools coaches must meet the approved CORI check.
- All coaches are responsible for adhering to all Nantucket Public Schools' policies, procedures, and practice the directives of the Athletic Director, Principal and/or Superintendent.
- Coaching salaries shall be fixed by the official wage scale approved by the School Committee for coaching responsibilities as delineated in the current NTA Collective Bargaining Agreement as Exhibit C. Booster Clubs may not pay a coaching stipend. However, the Booster Club may reimburse the Nantucket Public Schools for a coach's stipend. All stipend coaches or assistant coaches must be recommended by the Athletic Director and approved by the Principal and Superintendent.
- Post season evaluations of coaches shall be the responsibility of the Athletic Director. A conference shall be scheduled in which the coach's evaluation will be collectively reviewed. At this conference any matters of concern or continuation of contracts for the following year will be discussed.
- Volunteer coaches are coaches who volunteer without pay (receive no compensation from the school district or the boosters club). All volunteer coaches must be recommended by the Head Coach and the Athletic Director and approved by the Principal and the Superintendent. All coaches must have an approved CORI check. No volunteer is to work with any student-athlete(s) until approved and a CORI check is on file. In addition, volunteer assistants and parent volunteers must have an approved CORI check before they are allowed to chaperone buses with students or athletes. No individual can serve as a volunteer to provide direct or indirect service to students unless authorized by the Superintendent.
- The MIAA Code of Conduct shall be the standard for all coaching behavior.
- The coach shall refrain from imposing his/her personal religious beliefs through any activity. Religious ceremonies of any kind, including prayer before contests are a matter of individual conscience. The coach, as an agent of the school, should refrain from any leadership in a specific religious activity or prayer. In all cases, the individual moral rights of each individual student will be respected.

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- MIAA Rule #33 indicates that all coaches' first serving as an interscholastic coach after July 1, 2005 must complete an MIAA sponsored or approved coaches education course of study. The approved course will consist of the NFHS Coaches' Principles Course (must be passed prior to coaching a second year) and the NFHS Sports First Aid course (must be passed prior to coaching a third year). First Aid is offered as an online course. Coaches hired prior to July 1, 2005 yet first serving as an interscholastic athletic coach after August 1, 1998 must complete an MIAA sponsored or approved coaches' education course within one year in order to coach for a second year. Any teacher certified prior to August 1, 1998, as well as coaches who began their coaching prior to that date are not bound by this requirement.
  - The following protocol will be utilized for coaches who do not follow the expectations and guidelines as set forth by the Coaching Handbook:
    - A documented verbal warning will be issued by the athletic director.
    - A written warning to be placed in the coach's file and a conference with the Athletic Director and/or Principal will be held.
    - Suspension from the team as determined by the Athletic Director and/or Principal.
    - Dismissal from the coaching assignment.

In the event this protocol is to be utilized, the behavior of the coach will determine what consequence he/she will receive. In addition, the coach will receive due process in order to determine the appropriate disciplinary consequence. In the event that dismissal occurs, the Superintendent will determine the stipend for the coach.

## Head Coaches

You are responsible for all coaches and levels within your sport, as well as the duties listed below. Delegation of responsibility to your assistants is encouraged, however you are the person in charge at all times. Be certain that all responsibilities/duties are carried out.

### Professional Expertise

- Instructs athletes in fundamental skills, training, and strategies necessary to achieve success.
- Has knowledge of game rules and MIAA/C&I League regulations and implements these rules on a consistent basis.
- Follows all NPS Athletic Handbook Policies (Coaches and Student) and instructs staff and athletes in accordance with these policies.

### Personal Behavior

- Students will receive instruction and guidance that will lead to positive values, acceptable behavior, and self-discipline.
- Coach will exhibit responsible conduct both in and out of the competitive area.

### School Relationships

- Promotes professional growth by encouraging staff attendance at clinics and conferences.
- Assigns staff specific duties, supervises the assignments, and completes proper evaluation at end of season.
- Supports all school programs.

### Community/Parent Relationships

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- Is responsible for good public relations with media, booster clubs, parents and officials.
  - Consistently releases positive information to the media on a regular basis.
  - Promotes positive sportsmanship among parents, players and fans at all times.

#### Fiscal Responsibilities

- Responsible for all equipment collection and the documentation of any misplaced equipment.
- Responsible for assigning official staff positions (paid vs volunteer) and communicating that with staff.

#### Other Responsibilities

- Monitors and supervises athletic locker rooms before and after practice and games.
- Secures all doors, windows, and gates before leaving the facility.
- Develops, in each athlete, a respect for school property and its care.

## Assistant Coaches

You share with the Head Coach many of these duties, and some of these duties may be delegated solely to you. Make sure that you carry out all duties assigned, remembering that loyalty, cooperation and support are essential to any successful program. Assist your head coach at all times. Your concerns or complaints should be discussed privately with the head coach first. If there is no resolution then take the concern to the AD.

## Communication

Communication between coaches, student-athletes, and parents is critical to the overall success of the athletic program at the Nantucket Public Schools. Team communication apps such as 'Remind', 'Team Snap', 'Team App', 'Heja', 'Teamer', etc. are preferred over text messaging. The following outline should be used as a guide to facilitate effective communication between everyone involved with the athletic program at Nantucket High School.

#### Communication Student-Athletes and Parents Should Expect from the Coach

- The philosophy of the coach.
- The expectations the coach has for his/her student-athletes.
- The locations and times of all practices and contests.
- The travel plan and schedule away contests.
- Team requirements, i.e., practices, equipment, conditioning, etc.
- Immediate notification regarding any Injury.
- Direct communication regarding any disciplinary decisions and/or suspensions.

#### Communication Coaches Should Expect from Student-Athletes and Parents

- Notification of any prior injury or illness regarding the student-athlete.
- Notification of any schedule conflicts well in advance.
- Direct communication of any questions and/or concerns.

#### Issues that are Appropriate to Discuss with Coaches

- The treatment of your child.

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- Means and methods by which a parent can help their child improve.
  - Any concerns regarding a child's behavior.

#### Issues that are NOT Appropriate to Discuss with Coaches

- Team positional play and/or the playing time of a student-athlete.
- The coaches team strategy and play calling.
- Other student-athletes.

Direct communication between the coach and the student-athlete is the preferable method for answering questions and resolving problems with regards to any student-athlete. It is our hope that this form of communication will create an opportunity for our student-athletes to learn and develop communication skills to deal with authority figures in an open, honest and respectful fashion.

#### Coach / Parent Communication

There may be situations where a coach and/or parent need to communicate with or without the student-athlete present. When a coach/parent deems that a conference is necessary the following procedure should be followed to help promote a resolution to the situation.

#### Coach / Parent Conference Procedure

- The coach and/or parent should contact the parent and/or coach (preferably by E-mail or phone) to request and schedule a meeting date and time.
- If the coach and/or parent has difficulty contacting the parent and/or coach, the coach and/or parent should contact the Athletic Director for assistance in scheduling a meeting.
- Coaches and/or parents should not confront a parent and/or coach before, during, or after a practice or game for any purpose other than to schedule a meeting date and time.
- Coaches and/or parents are asked to be respectful in addressing parents and/or coaches.

If the scheduled conference between the coach, parent and student-athlete does not yield a satisfactory resolution, the coach and/or parent should contact the Athletic Director to schedule an appointment. The Athletic Director will schedule a collective meeting of all parties. The Athletic Director will listen to the concerns of all parties and then attempt to mediate a resolution.

If the scheduled conference between the coach, parent, student-athlete, and the Athletic Director does not yield a satisfactory resolution, the coach and/or parent should contact the building Principal to schedule an appointment. The building Principal will schedule a collective meeting of all parties. The building Principal will listen to the concerns of all parties and then attempt to mediate a resolution.

Student-athletes and parents must be confident that the voicing of a concern, using the proper forum and procedure, is not only free from penalty or retribution, but is strongly encouraged.

## ONBOARDING TASKLIST

### Prior to your season

- ☐ [NFHS Fundamentals of Coaching Course](#)

Must be completed by all coaches each year



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- ☐ [NFHS Concussion in Sports Course](#)  
Must be completed by all coaches each year
  - ☐ First Aid / CPR / AED Certification  
Must be completed by all coaches
  - ☐ Town employee paperwork - Allison Rice - arice@nantucket-ma.gov  
Must be completed by all paid coaches
  - ☐ Pre-Season meeting with Athletic Director
  - ☐ Pre-Season meeting with your staff
  - ☐ Inventory uniforms and program equipment
  - ☐ Civil Rights & Title IX training  
Must be completed by all coaches
  - ☐ Mandated Reporter Training

## During your Season

- ☐ Supervision of all athletes within your program
- ☐ Keep your game, practice and storage spaces secure and organized
- ☐ Notify Athletic Director of all game results and any incidents necessary to report
- ☐ Email Athletic Director all travel lists at least 24 hours prior to an away game
- ☐ Maintain all behavioral and academic standards in line with the school

## After your Season

- ☐ Uniform collection
- ☐ Inventory uniforms and program equipment
- ☐ End of season meeting with Athletic Director

## Head Coach Duties & Responsibilities

- Plan, organize and supervise all team meetings, functions, and practices.
- Compile and submit complete team rosters to the Athletic Director at least one week in advance of the first regular season game.
- Maintain daily attendance records to be provided at the request of the Athletic Director.
- Work with the Athletic Office to maintain proper inventories for any/all uniforms and equipment.
- Submit proper equipment inventories to the Athletic Office at the conclusion of each season.
- Submit all requests for purchase of any new equipment and uniforms to the Athletic Director at the conclusion of each season.
- Responsibility for and supervision of all team members; ( 1 ) in the locker rooms for practice, home games and away games; ( 2 ) during all practice sessions; ( 3 ) during game and scrimmage competitions both home and away; and ( 4 ) during any and all team travel.
- Responsibility for the proper care of team locker rooms and any / all facilities. Follow and enforce the locker room policies that have been established.
- Assist the Athletic Department in the storage of all equipment in a safe and proper fashion.

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- Responsibility for communicating with the Athletic Office regarding weather cancellations / postponements for any team events including games, practices, etc.
  - Helping with pre-game preparation of field / gym; including adhering to the Music Policy for team pre-game warm ups.
  - Reporting game results to media including but not limited to The Inquirer and Mirror, the Cape Cod Times, Nantucket Current, the Boston Herald and the Boston Globe.
  - Scheduling and conducting a pre-season coaches meeting for the parents of participating student-athletes. These meetings should focus on and include the coaches expectations and policies, game schedules, practice schedules, communication expectations for parents, team travel procedures, etc.
  - Responsibility for communicating with the Athletic Director regarding any student-athlete that may be interested in playing collegiate athletics.
  - Responsibility for adhering to the 2:20 to 2:50 “Academic Extra Help Time”.
  - Following the Parent & Coach Communication protocol as defined in this handbook.
  - Following the proper procedures for injuries and accidents as defined in this handbook.
  - Attending all pre-season and postseason league coaches meetings.
  - Informing the Athletic Director about any concerns or problems that the coach may have with regards to a student-athlete, an assistant coach, a parent, an official or the athletic program.
  - Maintaining and bringing a stocked medical kit to all practices and games. The head coach is responsible for communicating with the school’s Athletic Trainer for the purpose of restocking of the medical kit and/or needed medical supplies.
  - Completing of the end of the season report, including equipment and uniform inventories, and turning all required paperwork into the athletic department in a legible fashion and timely manner.
  - Other duties as assigned by the Athletic Director and / or school principal.

## **Assistant Coach Duties & Responsibilities**

- Assist the head coach with all duties and responsibilities listed above.
- Assist the head coach with any other duties as assigned by the head coach.

## **RESOURCES**

### **Student-Athlete Handbook**

[Find our Student-Athlete Handbook here](#)

### **Severe Weather Information**

[Lightning/Thunder](#)

[Heat](#)

[Cold](#)

### **Emergency Action Plan**

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[Find our Emergency Action Plan here](#)

## Ferry Line Information

Ferry Schedules/Contact:

[Hyline Cruises](#)

Nantucket Terminal - 33 Straight Wharf, Nantucket, MA 02554 / (508) 228-3949

Hyannis Terminal- 220 Ocean Street, Hyannis, MA 02601 / (508) 778-2600

[Steamship Authority](#)

Nantucket Terminal - 1 Steamboat Wharf, Nantucket, MA 02554 / (508) 228-0262

Hyannis Terminal - 69 South Street, Hyannis, MA 02601 / (508) 771-4000

Woods Hole Terminal - 1 Crowdry Road, Woods Hole, MA 02543 / (508) 548-3788

Vineyard Haven (MV) Terminal - Union Street & Water Street, Vineyard Haven, MA 02568 (508) 693-0367

Oak Bluffs (MV) Terminal - 1 Seaview Ave, Oak Bluffs, MA 02557 / (508) 693-0125

## Concussions

[Information sheet for athletes/families](#)

[Return to play progression](#)

[State legislation](#)

## Bona Fide Team Member Rule

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. Athletes cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

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.

## Substance Abuse

During the season of practice or play, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. **Note: Nantucket High School has expanded MIAA Rule 62.1 to encompass the entire school year, seven days a week, twenty-four hours a day.**

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This MIAA statewide minimum is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard.

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.

Penalty for First Violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalty for Second and Subsequent Violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

## Social Media

Instagram - @NHSWhalers

Twitter - @NHSWhalers

YouTube - @NantucketAthletics

Inquire & Mirror Sports - @InkySports

Nantucket Current Sports - @NantucketCurrentSports

Nantucket Booster Club - @ACKBoosterClub

Nantucket Sports Connection - @ACKSportsConnection

## Contact Information

- Mandy Vasil - Nantucket High School Principal - [vasilm@npsk.org](mailto:vasilm@npsk.org)
- Jennifer Psaradelis - Nantucket High School Assistant Principal - [psaradelisj@npsk.org](mailto:psaradelisj@npsk.org)
- Tracy Mailloux - Nantucket High School Assistant Principal - [maillouxtr@npsk.org](mailto:maillouxtr@npsk.org)
- Michael Horton - Cyrus Peirce Middle School Principal - [hortonm@npsk.org](mailto:hortonm@npsk.org)
- Adriene Lombardi - Cyrus Peirce Middle School Assistant Principal - [lombardia@npsk.org](mailto:lombardia@npsk.org)
- Chip Clunie - NPS Director of Facilities and Grounds - [cluniec@npsk.org](mailto:cluniec@npsk.org)
- Travis Lombardi - Director of Athletics - [lombardit@npsk.org](mailto:lombardit@npsk.org)
- Matthew Hunt - Assistant Athletic Director - [huntm@npsk.org](mailto:huntm@npsk.org) - (617) 980-3195
- Tyler Konopka - Athletic Trainer - [konopkat@npsk.org](mailto:konopkat@npsk.org) - (203) 927-7340

Updated: 1/26/2024 1:50pm

Matthew Hunt