

Academic Decathlon Math Team Model United nations Speech and Debate Science Bowl	Choral Jazz Band I/II Jazz Combo One Act Play Oak Hill Players Band	Civil Rights Team ECOS Interact Club Key Club Natural helpers Storm for a Cure	National Honor Society Student Council Yearbook Freshman Class Officers Sophomore Class Officers Junior Class Officers Senior Class Officers
<u>Fall Season</u> Cheering Cross-Country - Boys/Girls Football Golf Soccer - Boys/Girls Field Hockey Volleyball	<u>Winter Season</u> Basketball - Boys/Girls Cheering Ice Hockey - Boys/Girls Indoor Track - Boys/Girls Swimming - Boys/Girls Unified Basketball Wrestling	<u>Spring Season</u> Baseball Softball Lacrosse - Boys/Girls Outdoor Track - Boys/Girls Tennis - Boys/Girls	

SCARBOROUGH STUDENT ATHLETIC/ACTIVITY PROGRAM (AAP) GUIDELINES

The AAP guidelines have been developed to support and promote healthy, enriching, and safe activities for all students. These guidelines must be followed by any student that participates in MPA sanctioned sports and activities. Students must follow these guidelines as well as all school rules beginning with the first day of practice/try-outs/meetings and ending on the day on which the activity ends.

The AAP guidelines are in addition to other SHS guidelines as well as specific team rules. Administrators in partnership with coaches/advisors reserve the right to use their discretion and authority while dealing with each individual situation.

Please Note: These guidelines are subject to SHS administrative change. For the most up-to-date version of the AAP guidelines please refer to the school website.

When Scarborough High School competes with other programs and teams, our tradition has been to do so with honor, sportsmanship, and class. While we certainly always strive to win, we do so while showing honor and grace to the other communities that we compete with. Over the years our teams, clubs and activities have achieved numerous league, regional, state, and national recognitions as well as sportsmanship awards. We take great pride in our winning and successful traditions in all of our extracurricular activities. However, we never condone winning at all costs. We will always discourage any and all pressure that reinforces lack of commitment to academics, positive mental and physical health and/or negligence of good sportsmanship.

I. General Requirements

1. The on-line registration must be completed prior to active participation in athletics.
2. To start the athletic season physicals have to be valid through the last play-day of that sport season.
3. Students who owe obligations to the school (uniforms, other items from the previous season, etc.) will not be permitted to participate until those obligations are satisfied.
4. Students must pay the school activity fee associated with their sport/activity prior to participating in the first countable game/competition and/or performance. Please check the appropriate box in the Family ID registration program if financial support is needed.
5. Squad Selection/Cutting: It is our desire to have as many students as possible participate in the extracurricular program while at Scarborough. Our coaches/advisors try to keep as many students as they can without unbalancing the integrity of the activity. Safety, time, space, facilities, equipment, ability and other factors will be some of the considerations as to the most effective squad size for a particular activity. Choosing the members for extracurricular teams is the sole responsibility of the coach/advisor. When it is necessary for a coach/advisor to

cut a student from a team/club activity, they will inform each student and a reason(s) will be cited. A determination will be made on the first day of the season (first practice/try-out) for that sport as to whether “cuts” are necessary. Students involved in “cut” sports must participate in the try-out period. Students who do not participate in the try-out period forfeit their ability to participate in that sport for that season unless they receive prior approval from the Director of Athletics and Student Activities.

6. There will be no roster changes made after the first countable contest for that sport/activity.
7. Length of Sports Season: A sport season begins on the first day of practice for that sport. The season officially ends with the MPA State Championship date for that sport.
8. Hazing: Maine statute defines injurious hazing as “any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school”. Scarborough Public Schools believes that injurious hazing activities of any type, on or off school property, by any student, staff member, group, or organization affiliated with the schools, are inconsistent with the educational process and shall be prohibited. No student shall plan, encourage, or engage in hazing activities. Violators of this policy may be subject to disciplinary action, which may include suspension from school and/or extracurricular activities, expulsion, or other appropriate measures.
9. Transfer Rule: A student who transfers enrollment to another school without a corresponding change of residence by his/her parent(s) or legal guardian(s) may become eligible to participate in interscholastic activities if a “Transfer Waiver Approval Form” is properly filed with the MPA office. The form must be initiated by the receiving school with the student, parent/guardian, sending and receiving principals all certifying that the transfer was not primarily for athletic purposes. For further information please see “pg. 17, Section 4, Transfer Rule” at www.mpa.cc
10. Exchange Students: Exchange students do not pay tuition, must have a J-1 visa limited to one academic year and should be placed by a Council on Standards for International Educational Travel (CSIET) listed foreign exchange program. Schools must ensure that a student has not graduated from the home country’s equivalent of high school. If the student has graduated they will be limited to participation on the sub-varsity teams. For further information please see “pg. 45, Appendix X, Foreign Exchange and Foreign Students” at www.mpa.cc
11. A student with disabilities will have equal opportunities to participate in field trips and/or extracurricular activities if he or she meets the essential eligibility requirement. The school district will provide reasonable needed accommodations or related aids and services that will allow the student to participate in the particular field trip and/or extracurricular activity.

II. Academic Eligibility

The athletics/activities office will only honor those grades that are posted in PowerSchool at the established stored grade date. The athletics/activities office does not make changes or decisions about student grades. It is the responsibility of students and parents to know their academic standing prior to participation. Parents and students should monitor academic progress throughout the school year and can track this progress through the PowerSchool system, through established communication methods with teachers, and/or by communicating with student support services (Guidance Office). In order to participate in the athletic and student activity programs (AAP) including: practices, scrimmages, exhibition games, regular season games, tournaments, and/or other team/club activities, a student shall be considered in good academic standing.

A student is in good academic standing if he/she is meeting all of the following criteria:

1. Meets the eligibility rules established by the local school unit
2. Has not reached twenty (20) years of age
3. Has yet to fulfill eight full semesters at an approved secondary school or its equivalent
4. To be eligible to participate in athletics a student must be fully enrolled and academically active in school. A student must have passed the equivalent of 4 courses (*educational opportunities*) at the seasonal eligibility checkpoint. In the fourth quarter/second semester, a student must pass the equivalent of 4 courses (*educational opportunities*) and accumulate a minimum of 6 credits toward graduation in order to be eligible to participate in the following fall season.

Seasonal eligibility checkpoint:

<p>Fall: -4th Quarter; or -2nd semester of the previous school year</p>	<p>Winter: -1st quarter grades of current school year <i>*Please note: there is no semester grade available at this stage in the school year.</i></p>	<p>Spring -2nd quarter, or -1st semester grades to start season, and -3rd quarter grades to finish the season</p>
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Note: All incoming freshmen are academically eligible to play Fall sports.

5. Students found to be ineligible at the start of the season/activity will not be permitted to participate in that sport/activity. If the sport/activity includes an additional quarterly grading period then a student may become eligible to participate as long as that eligibility is determined prior to the first countable event for that sport/activity. In addition the sport/activity cannot have a try-out period in which students are “cut” from (not make) the team.
6. If the seasonal eligibility requirements includes an additional quarterly grading period and a student becomes ineligible to participate then they will no longer be able to continue participating in that sport/activity.
7. Summer school courses may be used for the purposes of regaining eligibility from the second semester of the previous school year.
8. Students with an “incomplete” in any number of classes in the most recent marking period and the incomplete effects their eligibility to participate will be allowed to practice but not compete in contests until those grades are made up and posted in powerschool. Students will only be given the designated amount of time, determined by the administration, to make up the grades.

*In all instances of interscholastic activities, all applicable Maine Principals Association and league regulations shall be met.

*Transfer students, Home-school students and/or Charter School students will have their eligibility status determined by the Principal and Director of Athletics and Student Activities in accordance with guidelines set forth by the Maine Principals’ Association. Transfer students follow a different set of rules related to participation.

** Student Athletes and their parents/guardians should be aware of the eligibility requirements for those who wish to continue competing in athletics at the collegiate level. It is recommended that student-athletes register with the NCAA Clearinghouse, through their website at <https://web3.ncaa.org/ecwr3/> as early as the student’s freshman year of high school. The NCAA requirements include: (a) completion of the 16 core courses, (b) a minimum G.P.A (grade point average); (c) and a specific SAT combined score or an ACT sum score depending on the division level. The NCAA requirements may change from year-to-year, we advise student-athletes and their parents/guardians to double check all information regularly at: <http://www.ncaa.org/student-athletes/future>*

III. Personal Conduct

Students are expected to comply with these rules. The Director of Athletics and Student Activities, and/or building Principal may choose to suspend/expel players from teams for noncompliance of the Scarborough High School behavior guidelines.

1. All students are to conduct themselves as positive representatives of their families, their school, and their community at all times.
2. Profanity or sudden outbursts of negative emotion will not be tolerated in any situation or setting.
3. Each student will be polite and courteous to team members, opponents, coaches, fans, and officials.
4. Proper attire, neat in appearance, is required for all contests, home and away.
5. Students are to meet, and strive to exceed, the behavioral standards defined in the Scarborough High School Student Handbook. Students who participate in AAP are reminded that disciplinary obligations must be met prior to participating in any activities. This includes practices, competitions, and trips.
6. While on the bus traveling to and from events:
 - a. Excessive noise is not permitted.

- b. Electronic devices with headphones are permissible at the coaches/advisors discretion.
 - c. All students are to remain seated while the bus is moving.
 - d. There is to be no trash or equipment left on the bus.
 - e. Students are not to change clothes on the bus.
 - f. Cleats are not to be worn on the bus.
7. Sportsmanlike conduct is expected of all participants and spectators. Inappropriate behaviors may result in suspension or dismissal from the team or removal from the event and possible prohibition from attendance at future events.
 8. Uniforms and equipment issued for a sport may be worn or used only during practice or competition. . For example, game shirts should not be given to anyone to wear on game days. The student will not be responsible for equipment or uniforms damaged during the normal course of practice or play. Students will be responsible for the financial cost for lost or damaged uniforms/equipment. Senior athletes may have graduation tickets and attire withheld until all uniforms/ equipment is turned in or the fee for replacement received.
 9. Students are not permitted to be in an unsupervised area at any time.
 10. Social Media:
 - Remember that the Internet is permanent
 - Avoid posting offensive or inappropriate language, pictures, videos or comments
 - Ensure content posted on these sites does not depict inappropriate or illegal activities
 - Don't post anything you wouldn't say in a public forum when representing Scarborough Public Schools or anything you wouldn't say to the media
 - Be in the right state of mind when you make a post - don't post when you're angry, upset, or your judgment is impaired in any way
 - Check your privacy settings. It is recommended that the strongest security settings be used for Facebook, and that student-athletes have "protected tweets" on Twitter, wherein only approved followers will be able to view tweets
 - Never post your home address, local address, phone number(s), birth date or other personal information. You could be a target of predators. For additional safety measures, it is recommended that student-athletes do not include their location in Facebook posts and tweets
 - Understand that anything posted online is available to anyone in the world - any content placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online, even if you limit access to your page
 - Ensure any information placed on the website(s) does not violate School Department, athletic department or student-athlete codes of conduct
 - Do not comment on athlete injuries, rosters, playbooks, officiating or any other team information that should be kept confidential
 - Student-athletes and members of programs are asked to refrain from discussing scrimmages on social media, whether in advance of the event or in regards to the outcome.

IV. Attendance/Practices/Meetings/Contests/Scheduled Events

1. Any discrepancy in attendance is the responsibility of students and parents. All discrepancies need to be taken care of on the same day and before the last bell with the attendance and safety coordinator. Attendance issues will not be considered after the last bell on that same day. Attendance policies will be enforced based on what is posted in PowerSchool at that time.
2. A student is expected to put their academic studies first. If a student needs to see a teacher or staff member for extra help, the student must provide the coach/advisor with a note from the teacher/staff member to verify their tardiness to the practice/event.
3. The student must be present in school for the full day in order to participate in any after-school athletics or activities that afternoon or evening. The student will not be permitted to participate that day if: (a) he/she is marked unexcused for any reason; (b) if the student is absent due to any personal illness and/or; (c) if he/she is dismissed during the school day due to illness. Scarborough Athletic/Activities Department recognizes four excusable reasons for student absence: (1) an appointment with a healthcare professional that must be made

during the regular school day (documentation may be requested), (2) observance of a recognized religious holiday when the observance is required during the school day, (3) a family emergency, at the discretion of the administration (4) a planned absence for a personal or educational purpose which has been approved in advance by school administration.

4. Parents/Guardians will arrange for transportation for the student promptly following the conclusion of practice. It is the expectation of Scarborough Public Schools that students travel to and from school-sanctioned activities on school provided transportation, when available. It should be a very rare occasion when parents need to transport their child home after a contest/event and if there is such an occasion then they must complete a transportation permission form and get approval prior to the contest/event. The transportation permission form is available through the Family ID registration system.
5. Buses will not wait for students beyond the designated departure time. Students arriving by other transportation without prior approval from the Athletic/Activities office may not be allowed to participate. Busses will not stop to pick-up a student who may be late, once the bus has left the parking lot area.
6. Absences - Each team member is expected to be present for all team practices/contests/events. The minimum standard for missing a practice/contest/event, unless it is one of the four excusable absences outlined in (#2) above, is that the student-athlete must practice as many days as he and/or she missed before participating in any contest/events. Coaches may impose additional consequences for unexcused absences from practices/games. Students who know that they will be absent from part or all of a scheduled practice/events for a period of time should notify/discuss their situation with the coach/advisor with as much advance notice as possible. This rule also applies to student-athletes who may be granted permission to start the season after the scheduled start date.
7. MPA Bona Fide Team Rule - A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.
8. MPA member schools, of which Scarborough is one, are required to limit all participation, play, or practice in a sport by all teams and individuals to the season to which the sport is assigned. This policy applies to all team and individual interscholastic competition grades 9 through 12 during the school year only and does not apply during the summer recess. In order to provide a window of personal time similar to the time available prior to the winter and spring sports seasons, summer recess is defined as the time period between the last day of the spring sport season to August 1 or fourteen (14) days prior to the beginning of the fall sport season, whichever occurs later. Booster Clubs are an extension of the athletic program and, therefore, are subject to the restrictions of the Sport Season Policy. It is understood that fundraising is exempt from this restriction for boosters and coaches but not athletes. The sport seasons shall be preceded by a practice period of a minimum of two weeks and a maximum of three weeks. During the practice period, teams may participate in clinics, scrimmages, round-robins, exhibition games, and invitational events. MPA sports committees will establish dates for last countable games and play-off tournament games.

V. Controlled Substances /Alcohol / Illegal Drugs

In order to promote the highest possible standards of learning, good citizenship, and the physical, social and emotional well-being of students, this policy is designed to: aid students in abstaining from the unlawful use of alcohol and drugs; provide for early intervention when use is detected; and, provide disciplinary action when necessary. Compliance with this policy is mandatory.

Prevention

The School Department will provide students with information and activities focused on abstaining from the use of alcohol and drugs. Such information and activities will address the legal, social and health consequences of drug and alcohol use and will provide information about effective techniques for resisting peer pressure to use illicit drugs and alcohol. The School Department will work in partnership with students, parents/guardians and local law enforcement officials to eliminate these risks for students.

Intervention

The School Department has a Substance Abuse Prevention Coordinator to provide non-clinical chemical health assessments, assist students in addressing their harmful involvement with chemicals and in continuing their educational program. Information will be provided, as appropriate, about drug and alcohol counseling and treatment, and programs that are available to students.

Rules and Sanctions

Students are prohibited from consuming, possessing, furnishing, selling, receiving, buying, manufacturing or being under the influence of prohibited substances before, during and after school hours, at school, in any school building, on any school premises, in any school-owned vehicle or in any other school-approved vehicle used to transport students to and from school or school activities, off school property at any school-sponsored or school-approved activity, event or function (such as a field trip or athletic event) where students are under the jurisdiction of the school unit, or at any time or place if the conduct directly interferes with the operation, discipline or welfare of the schools.

The term “prohibited substance” shall include, but not be limited to:

1. Alcohol;
2. Scheduled drugs (as defined in 17-A MRSA § 1101);
3. Controlled substances (as defined in the federal Controlled Substances Act, 21 USC § 812);
4. Any performance-enhancing substance listed on the Maine Department of Health and Human Services’ banned substances list and any other substance which is illegal in Maine or the use of which is illegal for minors;
5. Prescription drugs not prescribed for the student and/or not in compliance with the Board’s policy on administering medications to students (see Board policy JLCD);
6. Any substance which can affect or change a student’s mental, physical or behavior pattern, including but not limited to volatile materials such as glue, paint or aerosols (when possessed for the purpose of inhalation);
7. Paraphernalia - implements used for distribution or consumption of a prohibited substance; or
8. Any look-alike drug or substance that is described as or is purported to be a prohibited substance defined in this section.

Any violation of the terms of this policy shall constitute sufficient grounds for student discipline, including suspension or expulsion from school, at the appropriate discretion of the administration and the Board.

The School Resource Officer or other appropriate law enforcement authority shall also be notified of violations of this policy. Students who participate in athletics and co-curricular activities are subject to additional rules and sanctions.

1. First Offense

Students who are found in violation of this policy shall be held to the same standards as the discipline continuum. In addition, student-athletes may be required to practice for as many days as they have missed prior to participating in any contest. The student must participate appropriately in an Action Plan developed by the SHS Substance Abuse Counselor.

2. Second Offense

Students who are found in violation of this policy for the second time during a school year may be removed from participation in all athletics and student activities for a period of time as determined by the school administration.

VI. Awards - High School Athletics

- To be eligible for awards a student must be in good standing during the high school career in athletics and completed the full season in their sport. A Certificate of Participation is presented to each athlete who has participated but not earned a varsity letter in that sport. A varsity letter, certificate and distinctive pin is presented to athletes. Some athletic awards include the following:
 - A four-year letter plaque is presented to each athlete who earns a letter in one sport in each year of high school.
 - The Edward J. “Packy” McFarland Scholar Athlete Award – Is given to a senior who is the embodiment of the true student-athlete – someone who demonstrates great academic success, athletic talent and superior character. The award is accompanied by a monetary gift.
 - Richard P. Johnson Male and Female Athlete(s) of the Year - Is given to a senior male and female student who has exhibited the greatest athleticism in their time as a high school athlete
 - Student-athletes who participated in three sports for each of their four years in high school will also receive a plaque celebrating this outstanding achievement.
 - Varsity letters will be awarded to students in accordance with the established guidelines