

Pentucket Regional High School



Department of Athletics
Student-Athlete/Parent Handbook
2025-2026

Director of Athletics: Jon Amico
Athletic Trainer: Kate Castiglione
Strength and Conditioning Coach: Todd Cambio
Equipment Manager: Steve Derro

Table of Contents

- I. [Philosophy of Pentucket Athletics](#)
- II. [Interscholastic Sports Offered](#)
- III. [Governing Bodies](#)
- IV. [Coaching Philosophy](#)
- V. [Eligibility Rules and Guidelines](#)
- VI. [Captains](#)
- VII. [Banquets](#)
- VIII. [Conduct and Behavior Expectations](#)
- IX. [Tryouts, Cuts, Waivers, and Playing Time](#)
- X. [Pentucket Athletic Association \(PAA\)](#)
- XI. [Fundraising](#)
- XII. [Budgets and User Fees](#)
- XIII. [Uniforms](#)
- XIV. [Equipment](#)
- XV. [Transportation](#)
- XVI. [Student Managers](#)
- XVII. [Ticket Prices](#)
- XVIII. [Offseason Strength/Conditioning/Fitness Training](#)
- XIX. [MIAA Student Ambassadors Program](#)
- XX. [Student-Athlete Code](#)
- XXI. [Procedure for Requesting Additional Offerings](#)
- XXII. [Concussion Protocol](#)

I. Philosophy of Pentucket Athletics

The Pentucket Regional School District supports interscholastic athletics as an integral portion of our curriculum that focuses and stresses upon the true spirit of being a student-athlete. Tradition, loyalty, pride, community service, and teamwork combine to play an essential role in terms of what it means to be a Pentucket Panther. Athletics influences and advances the entire educational environment and fulfills a necessary and important function of creating and maintaining a culture that promotes and furthers the growth of positive self-esteem and mutual respect. We take pride in our athletic program at Pentucket and encourage students, faculty, staff, alumni, and friends throughout our district to be involved with all of our teams.

To participate in the Pentucket athletic program is a privilege and student-athletes are expected to maintain, at minimum, a specific standard in order to participate. While tryouts are open to any student who wishes to participate; students must be in good standing academically, and be good citizens. It should be understood that some of our athletic teams have a limited number of roster spots per team, while others are unlimited rosters. The Pentucket athletic program does not discriminate on the basis of race, color, gender, sexual orientation, religion or national origin. We enforce all school, league, and state rules, and we hold our student-athletes, coaches, and fans accountable to them.

The School Committee believes that students will benefit from the experiences in self-discipline and team effort made possible through participation in inter-school sports. Participation in interscholastic athletics will be subject to approval by the School Committee and will be in accordance with regulations and recommendations of the Massachusetts Interscholastic Athletic Association. At the high school level, interscholastic athletic competition will include a variety of sports. Students will be allowed to participate in individual sports on the basis of their abilities and desire. Additionally, intramural athletic activities may be offered as an outgrowth of class instruction in physical education. The School Committee is aware that team participation in athletic contests by members of the student body requires that "away games" be scheduled. It also recognizes that there is a need to regulate certain aspects of student participation in such contests. Therefore, the Superintendent will establish regulations to ensure the safety and well-being of students and staff members who participate in these activities.

LEGAL REFS.: M.G.L. 71:47; 71:54A 603 CMR 26.06

CROSS REFS.: AC, Nondiscrimination (and subcodes), High School Student Handbook Section VI Athletics, Subsection B - A Summary of Athletic Policy, 1. Eligibility Requirements.

Previous Adoption: None

New Adoption: June 4, 2019

Home-educated students with School Committee-approved educational programs may participate in all extra-curricular and athletic activities providing existing standards, as defined in our Student Handbook and Discipline Code, and, as applicable, MIAA conditions for the interscholastic competition are met.

Previous Adoption: None

New Adoption: June 4, 2019

II. Interscholastic Sports Offered

Fall: Cheering, Boys Cross Country, Girls Cross Country, Field Hockey, Football, Golf, Boys Soccer, Girls Soccer, Volleyball, Unified Basketball

Winter: Alpine Skiing (Co-Op), Boys Basketball, Girls Basketball, Boys Ice Hockey, Girls Ice Hockey (Co-Op), Boys Indoor Track, Girls Indoor Track, Boys Swimming (Co-Op), Girls Swimming (Co-Op), Wrestling

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

III. Governing Bodies

Role of the MIAA

Pentucket is a member in good standing with the Massachusetts Interscholastic Athletic Association. The mission of the MIAA is to “serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic athletics which will enrich the educational experiences of all participants.” With membership, the Principal and Athletic Department agree to abide by all rules and regulations set forth by the MIAA. One of the primary functions of the MIAA is to conduct post-season tournaments (playoffs) on the varsity level and we are subject to specific rules and regulations that govern each tournament.

Role of the Cape Ann League (CAL)

Pentucket enjoys a strong and mutually respectful relationship with the member schools of the Cape Ann League. The principals and athletic directors of each school work closely together and meet regularly (at least once per month). We all share a philosophy which encourages healthy competition and sportsmanship. The Cape Ann League has its own handbook which was created by the principals and athletic directors and is revised on a yearly basis to meet the needs of its student-athletes and member schools. The Cape Ann League comprises 12 schools in 2 divisions. Pentucket competes in the Kinney Division along with Newburyport, North Reading, Triton, Lynnfield and Essex Tech. The Baker Division includes: Amesbury, Ipswich, Georgetown, Manchester Essex, Hamilton Wenham, and Rockport. In most sports seasons, Pentucket will play Home & Away games against teams in the Kinney Division and a single “crossover” game against teams in the Baker Division. All of these games count to determine the winner of each division. The winner(s) of the Kinney & Baker divisions are CAL Champions. In instances of a tie, co-champions are declared. The CAL does not have a tie-breaker system in place.

IV. Coaching Philosophy

Role of the Coach

Pentucket coaches are an extension of the faculty and have a tremendous opportunity to influence our student-athletes. Just as teachers oversee their classrooms, coaches have similar responsibilities in that they are required to prepare, supervise, regulate, and guide student-athletes on the playing fields. Coaches must demonstrate leadership, discipline, cooperation and be able to build and foster positive relationships with their student-athletes. Coaches have numerous responsibilities; to the players on the team, their families, fellow coaches, the media, alumni, and the community. They are required to be at all practices and

competitions and be positive role models on and off the playing fields. The main goal for coaches is to provide opportunities for student-athletes to develop their capabilities to the fullest extent and always with their safety and well-being in mind. All coaches in the athletic department are evaluated at the conclusion of each season by the Athletic Director. At the end of the day, Pentucket coaches are expected to create opportunities for student-athletes to become better athletes, better human beings, and have fun.

Team expectations are continuously developed in conjunction with the athletic department and explained by coaches during each team's respective preseason informational meeting with student-athletes and parents.

V. Eligibility Rules and Guidelines

Eligibility to Participate in PRHS Athletics

Students wishing to participate in PRHS Athletics must be eligible to participate. This criteria includes:

- Physical Exam within the past 13 months
- Paid User Fee
- Full-time Student
- Academically Eligible (Pass 5 courses per quarter)

Academic Eligibility

Academic eligibility is determined at the end of each quarter. Students must pass the equivalent of five (5) major classes in any content area to be considered eligible to participate in sports and other extracurricular activities. Students found ineligible will be given written notification at the end of each quarter and prior to the start of the school year. See MIAA Rule 58.

1. All grades will be based on the previous quarter, and not on the cumulative grade. Exception: Only fall eligibility will be based on a cumulative grade from the previous school year (incoming 10th, 11th, 12th graders).
2. Academic eligibility of all students shall be considered official only on the date when report cards have been issued to all students.
3. Incomplete grades may not be counted toward eligibility until they are made up following school policy.
4. Transfer students are considered ineligible until cleared by the Athletic Director

Age and Grade Eligibility

A student is eligible for athletics for twelve (12) consecutive seasons beginning with entry into the ninth grade. There are three athletic seasons during each school year: fall, winter, and spring. Students who are 19 years old prior to September 1 of the school year are not eligible for high school athletics. Students who are 16 as of September 1 of their freshman year are not eligible for athletic participation until meeting with the Athletic director.

**Students who do not meet these age requirements are eligible for a waiver. Please see the Athletic Director for more information.*

Physical Examinations

Student-athletes must pass a physical examination each year before participation in any sport. This must be done prior to the first tryout or practice session. No student-athlete will be issued equipment or participate in organized practice, tryout, or scheduled contest until a current physical examination form signed by a physician has been given to the Athletic Trainer, Athletic Director or school nurse. In order for a physical examination to be considered current and valid, it must have occurred within the preceding thirteen (13) months or will otherwise be considered expired. Student-athletes whose physical examination expires during a season must submit a physical examination form certifying a new physical examination prior to the expiration date of their last physical examination in order to continue participation without interruption.

Registration, Parent/Guardian Permission & Medical History

A student-athlete must be registered with the Pentucket Athletic Department through Family ID prior to the first organized practice or tryout. Prior to participation, both the parent/guardian and student-athlete must take the online concussion training course at www.nfhs.org, complete online registration, and provide an up to date physical (within 13 months). All other information required for athletic participation must also be acknowledged and completed during registration.

Attendance Requirements

Pentucket student-athletes are expected to be in school every day, to be in every scheduled class on time, and ready to work to the best of their ability. Students may not participate in any extracurricular activities if they are tardy or absent from school. The school day begins at 7:35 am. Any student arriving after 7:35 am is considered tardy or absent from school and cannot participate unless excused by the Athletic Director or an administrator. Valid reasons for a student to be excused include doctor's appointments, funerals, college visits, etc. In order to be considered, valid documentation shall be presented by the student-athlete or parent for approval to the main office at the time of return.

Additionally, common sense should prevail. For example, if you have a dentist appointment at 11 am you should be in school before your appointment and return immediately afterwards. Similarly, if a student has an appointment at 9AM and it is a 1 hour long appointment, they are expected to return for the remainder of the day in order to be eligible.

Students who are dismissed from school for illness will not be allowed to participate in practices or games.

MIAA Good Citizen Rule (#63.1)

Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension. A suspended student is ineligible for practice or competition for at least the number of days (or partial days) equal to the number of days of the suspension.

MIAA 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.

A student-athlete is allowed to request a Bona Fide Waiver. These waivers are only allowed during the regular season. Please contact the Athletic Director ASAP when needing to obtain a waiver to avoid any suspensions from athletics.

- **First Offense:** Student-athlete is suspended for one (1) contest and shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule or in tournament play.
- **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.
- **Penalty Carry Over:** An unserved portion of the penalty for a violation toward the end of a season will carry over to the very next high school season in which the student is a legitimate participant. For example, a soccer player who violates the rule by missing the last high school match (regular season or tournament) would serve the required suspension (1 game if first offense) at the start of basketball season, if that student is a legitimate basketball participant.

VI. Captains

Captains are either selected by their teammates, appointed by the coach or a combination of each. Captains are held to a higher standard of leadership, responsibility, and sportsmanship. Captains are expected to lead by example. Captains are elected for one season only and the coach, Athletic Director, or Principal may remove a captain at any time for conduct which displays a lack of leadership or is detrimental to the team. In accordance with MIAA policies, Captain's practices in the pre-season are not condoned or sanctioned by the school and school facilities are not made available for them.

VII. Banquets

All Pentucket athletic banquets will be held on the MSHS campus.

- This on-campus banquet is the official banquet of that sports' celebration, and any other celebration is not school sponsored, and, therefore, will not be a location where coaching staff will be present or official PRHS awards will be distributed.
- Costs associated for each banquet (e.g. food, awards, gifts) should be kept to a minimum and approved by the Head Coach and Athletic Director.
- Varsity & Sub-varsity certificates, letters, pins, and CAL All-Star certificates will be provided by the school and distributed by the coaching staff.
- Trophies and other awards may be purchased and distributed by the individual teams at the banquet.
- Recipients of post-season awards are selected at the discretion of the coaching staff. All recipients must be members in good standing at the time of the banquet to receive recognition.
- Should an opportunity arise that takes a banquet off campus, all school rules still apply, and such an opportunity would require the approval of the Head Coach, Athletic Director, and Building Principal.
- Approved speakers at the banquet include student-athletes, coaches, the Athletic Director, a building administrator, and any other speaker approved by the Head Coach and Athletic Director.
- The focus of the Banquet is to be on the students and their accomplishments and, as such, the main speakers shall be the coaches and student-athletes.

- Presentations done by student-athletes shall be reviewed by the Head Coach prior to the banquet.

General Letter Criteria

With the exception of Indoor & Outdoor Track, all players who are listed on a Varsity roster will receive a Varsity letter. The criteria for earning a Varsity letter in Indoor & Outdoor Track is to earn 7 points or more for the season (1st place = 5 points, 2nd place = 3 points, 3rd place = 1 point). Any track athlete who qualifies for the Varsity CAL meet will earn a Varsity letter regardless of points scored.

Note: Coaches have discretion on Varsity letters with approval of the Athletic Director.

VIII. Conduct and Behavior Expectations

Behavior

Good sportsmanship is expected and demanded from our players & coaches and the same applies for fans at our games. Overzealous fans who display poor behavior at games is a detriment to our student-athletes and teams. Pentucket Regional High School expects all in attendance to display the highest level of sportsmanship.

- Spectators and fans are to treat opponents, game officials, and visiting fans with the utmost respect and class. Failure to do so will result in removal from the game and potential ban from future games/season.
- Fans are expected to cheer for Pentucket rather than against our opponent. Comments that are clearly directed toward opposing teams by using names, uniform numbers, or some other identifying remark, will result in immediate ejection from the game and possible exclusion from future contests.
- Fans must stay off the playing area at all times including before and after the event unless they have permission from the Head Coach and Athletic Director. Failure to do so will result in ejection and likely trespassing of the individual from all future events.
- Negative remarks towards game officials will not be tolerated. At no time should any fan be communicating with game officials. Failure to comply will result in ejection from the game and possible exclusion from future events.
- Noisemakers of any kind are also not permitted at any indoor games.
- Fans/Parents are also not permitted to be on the sidelines or behind team benches unless authorized by the Athletic Director.
- Fans/Parents are not permitted to interact with coaches prior to or immediately following a competition. If an individual would like to speak with the coach, that individual may do so by contacting the coach setting up a meeting.

Consequences for Poor Behavior

Any fan at a school function, including athletics, may receive the following consequences for their poor behavior which includes negative cheering, arguing with student-athletes, arguing with officials, cursing, etc.

- Removal from the event
- Ban from future events
- No Trespass Order (for a period of time... season or year(s))
- Charged and criminally prosecuted

Chain of Communication

Athletic involvement can be highly emotional and very time consuming. From time to time conflicts and issues between a student-athlete and their coach may arise. It is imperative that any conflict and/or issue be addressed 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. The expected chain of communication is:

- Meeting between student-athlete and coach
- Meeting between student-athlete, parent/guardian, and coach
- Meeting between student-athlete, parent/guardian, coach, and Athletic Director
- Meeting between student-athlete, parent/guardian, coach, Athletic Director, and principal
- Meeting between student-athlete, parent/guardian, coach, Athletic Director, principal, and superintendent

Please, ***do not approach a coach before, during, or after a practice or game.*** These particular times may be emotional for both the parent/guardian and coach and may not necessarily promote objective analysis or resolution. Please allow **24 hours** to pass before communication.

Appropriate concerns for discussions with coaches:

- The emotional and physical treatment of your student-athlete
- The health and well-being of your student-athlete with regards to injuries
- Advice from the coach to help facilitate your student-athlete's improvement
- Concerns about your student-athlete's behavior
- Concerns about your student-athlete's academic performance
- Advice regarding your student-athlete's post high school athletic/education opportunities

Coaches make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

Inappropriate concerns for discussion with coaches:

- Team strategy and play calling
- Playing time and role on the team
- Officiating
- The athletic performance of another student-athlete

Appropriate Use of Technology

Appropriate use of technology and social media will be monitored. Any comments made by student-athletes that are part of the Pentucket Athletic Program which are profane, obscene, offensive, sexually explicit, inappropriate or objectionable will not be tolerated. Anything that is

linked to a student-athlete's name (or team account) that is published on the internet should be respectful and of a positive nature. Due to the zero tolerance stance of this type of behavior this system occurs as follows:

First Offense - Parent/guardian and the student-athlete will be notified and a discussion will take place with both parties about the negative actions and the possibility of suspension from the team for disciplinary actions.

Second Offense - The parent/guardian and the student-athlete will be notified and a discussion will take place about the participants' removal from the team for disciplinary action.

Chemical Health Policy

MIAA Chemical Health Policy:

From the first day of fall practice to the last day of school or athletic competition, students shall not, regardless of the quantity use or consumption, possess, buy/sell or give away any beverage containing alcohol; any tobacco product (including E-cigarettes, vape pens or other similar products containing nicotine); marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer". It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor. This rule represents a minimum standard upon which schools may develop more stringent requirements, and Pentucket has done so and enforces this rule year round.

This MIAA statewide minimum standard 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. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again. If a violation of this rule occurs while the student is serving a school suspension (either in-house or out-of-school), the chemical health violation penalty period will not begin until the school suspension period has concluded. If on the other hand, the school suspension is directly related to the violation of the Chemical Health Rule, then the suspension and chemical health penalty will be served concurrently.

Minimum Penalty:

First Violation: When the principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For students, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal parts of an event will be truncated, i.e. all fractional parts of an event will be dropped when calculating the 25% of the season.

Second and subsequent Violations:

When the principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated, i.e. All fractional parts of an event will be dropped when calculating the 60% of the season.

Hazing Policy

Commonwealth of Massachusetts: Anti-Hazing Law

Chapter 269: Section 17. Hazing; organizing or participating; hazing defined

Whoever is a 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 or by imprisonment in a house of correction for not more than one year; or both such fine and imprisonment. The term "hazing"

as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the 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. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Chapter 269: Section 18. Failure to report hazing

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

Chapter 269: Section 19. Copy of Secs. 17 to 19; issuance to students and student groups, teams and organizations; report

Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations. Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the board of higher education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with the appropriate emphasis in the student handbook or similar means of communication the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.

Taunting Policy

MIAA Taunting Policy

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 identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.

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 skills, 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, standing over/straddling a tackled or fallen player, etc.

At all MIAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

Altercations

Student-athletes should be aware that MIAA regulations impose a one or two contest suspension for fighting during an athletic contest. A second offense resulting in a suspension from all athletic activities during that season for a period of one year from the date of second disqualification.

Student-athletes that are suspended are required to take a National Federation of High Schools (NFHS) on-line class “Sportsmanship It’s Up To You”. (Rule 72.8 in MIAA rulebook). 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 for one year from the date of the incident.

Locker Room Expectations

The locker rooms are school property and need to be treated as such. Any signs of hazing, harassment or horseplay will result in not only punishment for those student-athletes involved, but also possible removal of locker room access for the entire team. If a team cannot use the locker room appropriately, there will be no locker room and student-athletes will be forced to transport equipment and uniforms daily.

*Any conduct that is deemed detrimental to the team from the coach, Athletic Director or any administration personnel can lead to suspension, removal of captainship or removal from team.

IX. Tryouts, Cuts, Waivers, and Playing Time

Middle School Student Participation in High School Athletics

1. If, one week prior to the start of a high school athletic season, any “eligible sport” (listed below) does not have enough grade 9-12 student-athletes to either fill a Varsity, JV, or JV 2 team (if applicable), then the Athletic Director may allow 8th grade student-athletes to participate in that sport. Maximum team numbers are listed below by each sport.
2. A determination will be made for whether there will be 1, (Varsity only), 2 (V and JV), or 3 (V, JV1, and JV2) teams based upon student participation numbers and the Cape Ann League (CAL) numbers.
3. If there are 3 or more other schools in the CAL that have a JV2/Freshmen level for a sport, 7/8th may be used to create/fill that level. This should be carefully considered by

the Head Coach of the sport as to whether such a team would be beneficial to the student-athletes and program versus other options students may have to participate outside of HS athletics.

4. If levels can be filled by students in Grade 9-12, 7/8 grade students will not be eligible. It is not possible to know for certain how many students will appear on the first day of tryouts/practice (even with eligibility requirements). As such, the Athletic Director shall communicate with the coaches prior to the start of the season to review registration numbers and determine whether or not there will be a need for 7/8th grade students to participate. However, after the first day of tryouts/practice, if team numbers are met (as defined below) those students shall no longer be permitted to participate.
5. Student-athletes in grades 9-12 students are not to be cut in favor of filling a roster with 7/8th grade students. Additionally, if a level is only partially filled with 9-12 students, preference in filling remaining spots shall be to 8th grade students first, then 7th grade students.
6. 7th and 8th Grade students are eligible for only JV2 levels unless JV1 is the lowest level team filled. As stated in #5, 7/8th grade students may not supplant any 9-12th grade students in any team sport.
7. The Athletic Director (AD) is to follow the above guidance. The AD's supervisor, the principal, may bring to the Superintendent, or his/her designee, any recommendations for changes to the above guidance.

Eligible Sports - These are the sports in which 7/8th grade students may be eligible to participate

Fall

- Cheerleading
- Field Hockey
- Golf
- Soccer (Boys and GirlsS)
- Volleyball

Winter

- Basketball (Boys and Girls)
- Hockey (Boys and Girls)*
- Wrestling**

Spring

- Baseball
- Lacrosse (Boys and Girls)
- Softball
- Tennis (Boys and Girls)

Knowing that safety is of primary concern, it is the responsibility of the AD to converse with the coach in the rare circumstance when a 7th/8th grade student might be in a Varsity competition to ensure that the safety of that student will not be compromised given the nature of the competition/opponent any more so than any other student in grades 9-12.

***Hockey** - Due to the size difference between upperclassmen and middle school students, participation in games should not take place for students in grades 7 and 8. However, in rare circumstances, a Varsity team of another district may also have a team composed of middle school students, and the AD, after consultation with the Coach, may decide to allow the students to compete in that specific game. This process could also be followed for scrimmages. The MIAA allows 7/8th grade students to participate in HS Hockey.

**** Wrestling** - Due to the nature of the sport, it is understood that the MIAA identifies 14 different weight classes and, as such, it is disadvantageous to not fill each weight class. A 7th/8th grade student participating in any wrestling match shall not be in a match where s/he is competing against a student that is three grades above. The coach shall use common sense and shall be aware of the skill level of the opponent in determining whether the match is appropriate for the 7/8th grade student. In any scenario where a 7th/8th grade student might be competing in a Varsity match at <126 pounds, the Coach shall consult and receive approval from the AD. As in the case in all other sports, the MIAA allows 7/8th grade students to participate in HS Wrestling.

Team Size Limits

Fall

1. Soccer - 40 (2 levels); 55 (if 3 levels are an option)
2. Field Hockey - 35 (2 levels)
3. Golf - 20 (2 levels)
4. *Volleyball** - 30 (2 levels)*

Winter

1. Basketball - 32 (2 levels); 48 (if 3 levels are an option)
2. Boys Hockey (PRSD is not the host of Girls Hockey) - 25 (1 level); 40 (if 2 levels)
3. Wrestling - (no limits because of weight classes, though 7/8th shall not supplant a 9-12 athlete at the same weight class)

Spring

1. Baseball - 32 (2 levels); 45 (if 3 levels are an option)
2. Lacrosse - 25 (1 level); 40 (if 2 levels)
3. Softball - 30 (2 levels)
4. Tennis - 20 (2 levels)

Tryouts

All Pentucket student-athletes are encouraged to try out for any sport that is offered. Coaches will clearly communicate tryout times and dates, who is evaluating the tryout, and roughly how many student-athletes will be selected for each team. In some of our sports, cuts may be made depending on, but not limited to, the following reasons:

- Roster slots
- Facility restrictions
- Safety concerns
- Ability level
- Coach to student-athlete ratio

Coaches reserve the right to select the players for their teams. Cuts can be made in any sport, at any level (not just at the varsity level). Teams which have historically have made cuts are: boys & girls soccer, baseball, boys & girls basketball, girls tennis, field hockey, and golf. Selection on teams may also change so a student-athlete selected to a varsity team may at some point be moved to JV and vice versa. This can also change on a year to year basis.

In the event that a sport cannot fill its JV level, the Athletic Director may appeal to the CAL and MIAA for a waiver to allow middle school students to participate (sometimes just 8th graders). If a middle school student is participating, they may only compete at the lowest level offered.

Playing Time and Team Placement

There are many different ways to define success as it relates to a team sport; and individual playing time should not be one of them. If a student-athlete has a question about playing time, the student-athlete should discuss it with the head coach at a proper time and in a proper environment. Every student-athlete should keep in mind that they are a part of a team and everyone's role in a team sport is important regardless of how much someone plays in any particular game.

Being a member of a team at Pentucket Regional High School does not guarantee a certain amount of playing time, but there are some guidelines: Playing time is influenced by many factors, a great many of which are unique to the sport. **Some factors which help determine playing time include:**

1. Athletic ability in the sport
2. Attitude and work ethic
3. Attendance
4. Commitment to the team
5. Citizenship in school and in the community

There are many decisions made on a regular basis by members of the coaching staff. These include, which student-athletes should start a contest, who should play what position and the amount of playing time. These very difficult coaching decisions are made only by members of our coaching staff after weighing a considerable number of factors. The coach has sole responsibility for all playing time decisions.

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 winning. To reach this goal, the most competitive, skilled team members, as it relates to each individual team's philosophy, will get the most playing time. There are many ways to help a team be successful and it's each team member's responsibility to find a way to help the team reach its potential. 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 athlete should play. These decisions are made only by the coaching staff and are approached with the best interest of the team as the top priority.

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

Vacations: Every team member is expected to be present for all team practices and games. Because of scheduling parameters, many of our teams practice and play during scheduled school vacations. As coaches plan practices and prepare game lineups, it is important to know which student-athletes will be available. Students-athletes who plan to be absent for an extended period due to vacation or a planned extended absence, must discuss this situation with the coach prior to tryouts. All student-athletes should be aware that if they leave the team for a vacation or extended absence they run the risk of losing their position. There is no guarantee that the student-athlete who has left for a vacation or extended absence will continue to play in that exact position when they return.

X. Pentucket Athletic Association (PAA)

Pentucket Athletic Association (PAA)

The Pentucket Athletic Association (PAA) was founded in 1991 as a nonprofit volunteer parent organization that supports the athletic mission of the Pentucket Regional High School. All parents of current student-athletes are members of the PAA; there is no membership form or fee. The PAA promotes scholastic and athletic achievement to provide our student-athletes with positive, lifelong experiences. It supports the values that athletics provides, such as sportsmanship, team work, and sound work ethics. These are attributes that transcend athletics and will be invaluable to our students as they progress through life.

Each year, the PAA awards four (4) \$750 scholarships to graduating senior student-athletes. The PAA also allocates expenditures to individual teams to provide additional support outside of the Pentucket athletic department budget. Individual teams hold fundraising activities and all monies are kept in team booster accounts. In addition, the PAA assists booster groups with financial management of their funds. Together with the PAA, the parent representatives, booster group members, and coaches determine student and team needs and decide on how funds are spent.

PAA meetings are held seasonally at the high school the first Wednesday of the month at 7 pm in August, November, March, and May.

Any team purchase made by the PAA shall have the approval of the Head Coach of that respective sport and/or the Athletic Director.

XI. Fundraising

The Pentucket Athletic Department is fortunate and grateful to have so many parent volunteers who donate their time and efforts through the PAA. It is important to note that the purpose of any fundraising effort is used to support the teams, not fund them. Raising funds to help cut costs for an end of season banquet or team “swag” should be kept within limits.

Fundraisers are limited to 2 per team (one in season and one out of season).

The protocol for team fundraisers is as follows:

1. Coach approval
2. AD approval
3. Principal notified (principal can override if there is an issue)
4. Fundraiser must be supervised by a PRSD employee (e.g. Coach)

XII. Budgets and User Fees

It is the responsibility of the Pentucket Regional School District to adequately oversee and fund the high school's athletic programs. The district athletic budget covers costs such as transportation, coaches salaries, referee salaries, uniforms, equipment, league fees, etc.

The Pentucket Athletic Association's (PAA) responsibilities primarily revolve around fundraising for items that are not generally included in the district's athletic budget (year-end banquets, scholarships, senior gifts, etc.).

Partial funding for athletic teams is incorporated in the school budget, however, the Pentucket Regional School Committee, due to the extreme financial pressures and its desire to retain all teams possible, has reluctantly approved User Fees. User Fees are per season per student. User fee rates are published on the website prior to each season. All athletes must pay their User Fee prior to the first game of the season in which the student intends to participate. This fee is nonrefundable unless the student is injured or becomes academically ineligible (academic eligibility is described in the student handbook). It then will be prorated on the length of the student's participation. The fee is absolutely non-refundable if the student quits the team. The User Fee is refunded if the student is "cut" from the squad. Payment of the User Fee does not ensure playing time. The Superintendent or designee shall establish a method of identifying and providing scholarship aid for students who cannot afford to pay the full fee. A minimum contribution to the user fee will be required of all athletes. Participation in the athletic program is a privilege and may be suspended for disciplinary violations.

2025-2026 User Fee Schedule

\$1,600 Family Cap per year

Fall:

- Cross Country = \$250
- Cheerleading = \$250
- Field Hockey = \$400
- Volleyball = \$400
- Soccer = \$400
- Golf = \$400
- Football = \$450

Winter:

- Indoor Track = \$250
- Skiing = \$350
- Basketball = \$400
- Wrestling = \$400
- Swimming = \$500
- Ice Hockey = \$900

Spring:

- Track = \$250
- Baseball = \$400
- Softball = \$400
- Lacrosse = \$400
- Tennis = \$400

**** All payment plans and waivers must be approved by the Business Manager. Coaches do not have the authority to grant any waivers or payment plans. Please contact Suzanne Wallace (swallace@prsd.org) with any questions.**

XIII. Uniforms

The district's approved uniform rotates on a yearly basis and is as follows. Please note that given the nature of a sport/uniform, some parts of uniforms may need to be purchased more frequently/annually (Tennis, XC/Track, Golf, Wrestling).

2025-2026: Ice Hockey, Boys Basketball, Field Hockey, Soccer (Boys/Girls)

2026-2027: Cheering, Wrestling, Baseball, Softball, Girls Lacrosse

2027-2028: Volleyball, Girls Basketball, XC/Track, Golf

2028-2029: Football, Boys Lacrosse, Girls Tennis, Boys Tennis

XIV. Equipment

All Pentucket student-athletes are responsible for equipment issued to them (school equipment will not be issued until the user fee has been paid). Pentucket equipment is to only be used as directed by the coach and only at school sponsored events/games. Student-athletes will be assessed a fee for equipment damage or loss unless there are extenuating circumstances involved. Any lost equipment must be reported to the Head Coach and Equipment Manager immediately.

Athletes will not be issued athletic equipment, be allowed to participate in any sport, or receive banquet or award recognition if he/she owes athletic equipment.

XV. Transportation

Pentucket provides transportation for students participating in co-curricular or extracurricular activities. However, when transportation is not available, private vehicles may be permitted to transport students to or from school activities that fall within the academic day or extend the school day provided all of the following conditions are met:

- The activity has the approval of the Superintendent of Schools
- The owner of the vehicle being used in transporting students must file evidence with the Superintendent of personal liability insurance coverage on the vehicle in the amounts of \$100,00 - \$300,000 or more.
- The parents of students to be transported in this manner will be fully informed as to this means of transportation and will sign a statement to this effect.

XI. Student Managers

Pentucket teams value the help and support of a student manager. The team student manager is basically an extension of the coaching staff and team. Team managers are primarily used to help out with equipment issues, keep stats during games, running score clocks during practice drills, assists with pregame music, etc. Any student who would like to be considered as a team manager should contact either the head coach of the team or the Athletic Director.

XII. Ticket Prices

Ticket prices for home games at Pentucket (Football, Basketball, Ice Hockey) are sold at a General Admission price of \$7. During the MIAA tournament, the MIAA determines the price of admission for students and adults.

XIII. Offseason Strength/Conditioning/Fitness Training

The purpose of Pentucket's Wellness Center is to focus on our students' total health: Mental Health, Physical Health, and Strength & Conditioning. Our new multipurpose fitness room has a turf area for functional training, yoga, dance, and cardio. Strength & Fitness training in our state of the art weight room comes with 8-multifunctional racks, dumbbells, kettlebells, Keiser machines, airdyne bikes, treadmills, rowers, elliptical, and much more. Training may take place throughout the school year before school and after school starting at 2:30. Sessions are all

dependent on staff supervision and availability. Check with the Strength & Conditioning Coach or on the website for more details and accurate scheduling.

Similarly, offseason strength and conditioning may also be made available, and students wishing to participate should check with the Strength & Conditioning Coach or on the athletics website for more information.

XIX. MIAA Student Ambassador Program

Criteria

- Entering Sophomore, Junior or Senior year
- Active participation in interscholastic athletics and/or school activities
- Understanding of the importance of educational athletics and academics
- Commitment to the areas of community service, student leadership, sportsmanship and wellness
- Email access and timely correspondence

Opportunities

- Participate in three (3) MIAA Student Ambassador Huddles during the school year (typically in October, January, and May)
- Participate in Ambassador Service Challenges
- Work with fellow ambassadors in your school, district and across the state to develop action plans for future community service ideas
- Contribute to the MIAA "Building the Future" Educational Athletics Newsletter
- Serve as a liaison in your school with the student body, Principal and Athletic Director
- Participate in additional student leadership opportunities

Goals/Expectations

- Student Ambassadors will assume leadership roles in their schools and communities
- The MIAA Educational Athletics staff will be of service to Student Ambassadors and their schools
- The MIAA Educational Athletics staff will communicate with Student Ambassadors on various topics, including community service initiatives, events, volunteer opportunities, and student leadership opportunities
- Student Ambassadors and the MIAA Educational Athletics staff will establish an ongoing communication that will help develop future leaders

XX. Student-Athlete Code

The ideals, attitudes, and goals of the Pentucket Athletic Program are as follows:

1. **Academics:** Academics should be the main priority for all students. Strive for a scholarship, be a positive influence in each of your classes, and be cooperative with classmates and teachers! Athletes should not return to the academic wing of the building after games or practices.
2. **Sportsmanship** is to be practiced at all times. The Pentucket Athlete directly represents the community, school, and coaching staff. Proper conduct is expected at all times. Unsportsmanlike conduct will be treated under the rules of the sport, the MIAA rules as they apply to taunting and un-sportsman-like behavior, and the expectations as identified by the coach.
3. **Respect:** The Pentucket athlete must exhibit respect for him/herself, teammates, opponents, officials, and coaches. Team and School pride should always be first in importance.
4. **Class:** is an attitude. Strive for self-control, be a good loser and winner; have respect for your opponents, their school, and fans. Strive to be a role model for younger athletes and be willing to sacrifice for the betterment of the team.
5. **Physical Condition:**

- A. Practice healthy personal hygiene at all times. Proper conditioning, rest, diet and exercise should be the goals of every athlete as you strive for peak levels of performance.
 - B. A strong mind is as important as a strong body. Keep a positive focus on academic work and make proper decisions to maintain a healthy mental perspective.
6. **Practice Attendance:** is mandatory. Practices will not interfere with after-school academic support or make-up and will not begin before 2:45 PM. Employment should not interfere with practices, games, or training rules. In fairness to teammates and in cut sports, other candidates, vacations are not recognized excuses for absence and should not be planned in season. Athletes who have unexcused absences can expect to lose playing time, be suspended and/or dismissed from the team. In general, an athlete who misses consecutive days of practice should expect to make up the missed practice time before returning for competition (games). Example: If an athlete misses five (5) consecutive days of school due to illness or vacation, they should expect to practice for a week before playing in games. Cases will be monitored by coaches.
 7. **Officials:** should always be treated with respect by players, coaches, parents, and fans.
 8. **Travel Decor and Dress:** should meet the reasonable standards of appearance established by the coach.
 9. **Coaches:** establish strategies, team rules, and guidelines. Athletes should appreciate that they have the best interests of the team in mind. Athletes who join the athletic program agree to work under the direction of their coach. To ensure fairness and affordability any Pentucket coach wishing to establish an off-season camp must receive prior approval from the Superintendent and Athletic Director and have said camp administered under the District's Community and Adult Education Program.

XXI. Procedure for Requesting Additional Offerings

Should an individual or group wish to advocate for an additional offering the following the procedure must be adhered to:

1. The Athletic Director must be contacted as the first point of inquiry.
2. The proposed addition must not upset the balance of equality of offerings as stated in 34 CFR 106.41
3. The School Committee shall be the final authority on whether the proposed addition is accepted
4. The proposed addition, if accepted, shall be delayed, if necessary, pending approval of a budget in which the new addition is included. The budget prepared for the new offering shall include the coaches' stipend, any necessary equipment and materials, uniform cost, and travel cost.
5. The new coach shall be hired based upon the current District hiring procedure which includes an advertised posting and interview by the Athletic Director with final approval by the High School Principal and Superintendent. Any stipend shall be consistent with other District offerings and shall be included in the Pentucket Association of Teachers Contract.
6. The new addition shall have a fee attached using the same structure as already existing offerings.

XXII. Concussion Protocol

PENTUCKET REGIONAL HIGH SCHOOL CONCUSSION POLICY

Pentucket Regional High School has established the following Concussion Policy utilizing the latest in medical research to prevent and treat head injuries. Pentucket's Policy is in compliance with the

Commonwealth of Massachusetts General Laws Chapter 111: Head Injuries and Concussions in Extracurricular Athletic Activities. The new law, Chapter 166 of the Acts of 2010 states:

“If a student suffers a concussion as diagnosed by a medical professional, or is suspected to have suffered a concussion while participating in an extracurricular athletic activity, the student shall not return to the practice or competition during which the student suffered, or is suspected to have suffered, a concussion and shall not participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed physician, license, neuropsychologist, certified athletic trainer or other appropriate trained or licensed health care professional as determined by the department of public health, to the school’s Athletic Director.”

Head Injury Training Program:

As specified in the law, the Pentucket Regional High School Athletic Department shall require annual training in the prevention and recognition of a sports related head injury, including second impact syndrome, and keep documents of said training on file for the following persons:

- Athletic Director
- Coaches
- Certified Athletic Trainers
- School Nurses
- School Physicians
- Marching Band Directors
- Volunteer Coaches
- Students who participate in extracurricular athletic activities
- Parents of students who participate in extracurricular athletic activities

Evaluation Guidelines

- Any time a concussion is suspected during practices or games, the student-athlete will be removed from participation and not be allowed to return the same day. Parents will be notified so they may take the student-athlete to a medical provider for appropriate medical evaluation and treatment. All head injuries and suspected concussions will be reported to the PRHS certified athletic trainer and school nurse. The athletic will not be allowed to return to play without a note from the medical provider and only after completion of the ImPACT Concussion Management Program performed by the Pentucket certified athletic trainer as described below. Pentucket’s certified athletic trainer and/or the school nurse will notify the academic teachers and guidance counselors of the affected student-athlete and provide a form with guidelines for concussion accommodation plans.

ImPACT Concussion Management Program

In association with Northeast Rehabilitation Hospital, Pentucket student-athletes are utilizing the ImPACT Concussion Management Program. The computerized testing is administered by Pentucket’s Athletic Trainer. ImPACT is a state-of-the-art computer-based program developed to help clinicians evaluate recovery during a concussion. Pentucket strives to create a safer environment for all of our student-athletes through education, awareness, and clinical care.

All Athletic Directors, coaches, volunteer coaches, certified athletic trainers, school nurses, school physicians, marching band directors, student-athletes, and parents who are involved with Pentucket Regional High School athletes are responsible to follow the procedures and protocols associated with this.