

NCAHS ATHLETIC HANDBOOK 2024-25

Welcome to the Norfolk County Agricultural High School Athletic Program. The material presented in this booklet has been compiled to better acquaint you and your family with some of the policies, practices and regulations that govern the athletic program at Norfolk County Agricultural High School. Please keep this booklet handy and refer to it when questions and/or concerns about your student's athletic experience. If your questions or concerns are not answered within this booklet, we encourage you to contact the Athletic Director's office at school. As a staff, our responsibility is to ensure the safety, integrity and enjoyment of the privilege to be part of high school athletics. We thank you for your support and interests in our athletic programs. We hope this information can be useful to you and your student.

Thank you,

Athletic Department
508-668-0268 EXT 12206
www.norfolkaggie.org/departments/athletics

PHILOSOPHY

The Interscholastic Athletic Program at Norfolk County Agricultural High School is committed to the Mission Statement of NCAHS. Our goals are to help all of our students to achieve academic excellence to the level of their ability; to foster a community of lifelong learners; to equip students to meet the challenges of a changing world; and to encourage our students to develop responsibility to themselves and their community. Athletics provide an opportunity to extend the values and ideals developed in the classroom and constantly strive towards the development of a well rounded individual.

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship and basic physical/health qualifications. Participation in the program, therefore, is a privilege earned by students who meet and maintain these standards.

As a member of the NCAHS Athletic Program, students are expected to demonstrate proper respect for all coaches, teammates, officials, spectators and equipment. Student-athletes are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of their team and school.

GOVERNING BODIES

The NCAHS Athletic Department is a member of the **Massachusetts Interscholastic Athletic Association (MIAA)** and is therefore governed by association rules and regulations. Additional policies, regulations and rules are set by the NCAHS Administration and Board of Trustees. Under MIAA guidelines, local communities are allowed to set their own policy, rules and/or regulations as long as they are more restrictive than stipulated by the MIAA. Rules governing individual sports vary depending on the sport. Copies of the complete set of MIAA Rules and Regulations are available online at www.miaa.net or in the Athletic Director's Office.

One of the primary functions of the MIAA is to sponsor and conduct postseason tournaments leading to the determination of geographical district and state champions. When our varsity teams qualify for and enter such tournaments, we are completely subject to specific rules and regulations that govern each tournament, as set by the MIAA. The MIAA is a member of the National Federation of State High School Associations and is bound by their set of rules, policies and regulations.

MAYFLOWER CONFERENCE

NCAHS is a very proud member of The Mayflower Athletic Conference (MAC). The MAC is an alliance of comprehensive and vocational high schools providing quality student activities. MAC programs are an extension of the classroom and provide students with an opportunity to develop teamwork and leadership skills and to learn the importance of sportsmanship, ethics and integrity, and to become better citizens. More than 6000 students participate in MAC programs. For further information on the league, please visit www.mayflowerathletics.org.

SELECTED RULES, REGULATIONS, POLICIES AND PRACTICE

Tryouts

Participation in athletics is a privilege; students try out voluntarily and roster spots are assigned based on coaches selection. Spots on rosters are guaranteed. During the tryout period the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that they can meet them. Students cut from one team may find opportunity with a non-cut sport providing there is space on that team. Students cut from a team may request an explanation from the coach as to the reasons for the cut. If a student does not attend tryouts, it's the coaches discretion to allow or not allow a tryout during team practices.

Daily Team Attendance

It is extremely important that a coach be notified if a student is not going to be present at a practice or game. All coaches expect their athletes to be present at all team related activities and may suspend a team member from contests for absences. Students are excused from team activities for illness, injury, academic, family or religious reasons but prior notification and approval whenever possible is strongly recommended. It is the responsibility of the student athlete to email coaches if they are not able to attend or participate for any reason.

School/Family Vacations, Extended Absences

Student athletes who take school sponsored or family vacations during the scheduled season will not be penalized. However it must be understood that time away from practice and games will impact one's ability to return to competition. Student athletes will be evaluated upon their return, if participation in a game or practice may be considered a health or safety concern, the Head Coach will not allow them to compete. This is to make certain they are not putting the student athlete at risk for injury or that they are a detriment to the team. If the student athlete takes any other type of vacation, the student athlete will be suspended for two weeks or four games whichever is less. Any issues or problems arising from this policy should be addressed to the Director of Athletics or Coaches.

Athletic Calendar

Duration of Season

Fall Season: Practices may start as early as the second Thursday preceding Labor Day

Winter Season: Practices may not begin before the first Monday after the Thanksgiving holiday.

Spring Season: Practices may not begin before the third Monday in March. Depending on the circumstances there may be games during holidays, vacations, weekends, late nights during school nights, and more. All athletic schedules are posted on the school website and updated frequently.

STANDARDS FOR PARTICIPATION

In addition to being willing to make the above commitment, a student must be declared eligible for participation

by the Principal or his/her designee according to the standards listed in this section:

Physical Examination

A student must have on file in the Nurse's office written proof of a current physical examination, signed by a physician. In order for an exam to be considered current and valid, it must be dated within thirteen months of the beginning date of the current athletic season. It is strongly recommended that an annual examination be scheduled between June 15 and August 20 of each school year. An exam administered during this period of time will cover a student for the complete school year. The physical exam is due on or before the starting date of the specific sport season and/or tryout. This must be uploaded before submitting this application in the online sign-up process. Please contact the Nurse with any questions.

MIAA Athletic Eligibility Rules

MIAA student eligibility requirements for participation in high school athletics are quite involved. The MIAA regulations have been condensed **considerably** here in an attempt to highlight the most important rules and regulations. If the following information does not answer specific questions, or there is a concern, please contact the NCAHS Athletic Director's office. To view the MIAA handbook, visit <https://miaa.net/wp-content/uploads/2022/04/MIAA-Handbook-21-23revised.pdf>.

Academic Eligibility

Students must secure during the last marking period preceding the contest (e.g. second term grades and not semester grades determine eligibility for third term) a passing grade in the **equivalent** of four major subjects for a total of twenty credits. Athletic eligibility for the fall sports season will be based on the final average of four major courses for a total of twenty credits. The academic eligibility of all students is officially established as the date of issue of the report cards for that term. Incomplete grades do not count toward eligibility. A student who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility. A student cannot at any time represent a school unless that student is taking courses, which provide credits equivalent to four major courses.

Age

A student must be less than 19 years of age prior to September 1 of the current school year.

Time Allowed for Participation

A student shall be eligible for interscholastic competition for no more than 12 consecutive athletic seasons beyond the eighth grade.

Membership in School

A student shall be enrolled in the MIAA member secondary school for a minimum of two months (exclusive of summer vacation) and have been issued a report card preceding the contest.

Transfer Students

The rules governing transfer students entering NCAHS from another high school are governed by the MIAA. Information regarding the athletic eligibility of all students transferring to NCAHS should be requested from the Athletic Director's Office.

Academic Achievement

At NCAHS student-athletes are expected and encouraged to maintain the highest level of scholastic achievement possible. They are also expected to maintain the highest level of citizenship. The Principal reserves the right to remove a student from a team for poor academic performance or inappropriate behavior and may reinstate the

student upon sufficient evidence of improvement.

In order to be eligible to participate in athletics, students may not fail more than one course from the previous marking term. Students in grades 11 and 12 will not be eligible if they fail ANY TERM in their vocational program. They may remain eligible if they pass the next term. Fall eligibility will be determined by the final grades, as well as the last term grade of the previous year.

Status for eligibility will be determined when grades have been finalized for the marking period. In addition, students who earn **more than twenty-five demerits** during the season will be removed from the team.

School Discipline Obligations

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The athletic department reserves the right to remove a student from a team or playing surface for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement. It is expected that Norfolk Aggie athletes be model citizens both in and out of school; they should set an example for all students. The Athletic Director and/or Administration can determine any penalty deemed necessary or at their discretion.

Sportsmanship for Student-Athletes

Respect for the sport in which the NCAHS student-athlete participates also demands respect for the opponents. Student-athletes participating in MIAA sponsored events are expected to treat opponents with respect. There can be absolutely no tolerance for trash-talking, taunting, or baiting of opponents. NCAHS student-athletes must appreciate and understand that they are perhaps the most visible representatives of their school. In addition, their behavior is observed and emulated by many who are younger. NCAHS student-athletes must honor the responsibility which accompanies the privilege of representing their school by behaving with dignity and class on and off the field/court. **If any student in any sport, willfully, flagrantly, or maliciously attempts to injure an opponent, he/she shall not participate in any sport season for one year from the date of the incident.**

The MIAA reserves the right to “warn, censure, place on probation, or suspend up to one calendar year any player, team, coach, game official, school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship”. At any point the Athletic Director, Administration, and/or Coaches can remove a player from team play for any reason regarding behavior.

NCAHS in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our home contests.

Daily Attendance

All students must be in attendance for the entire school day in order to participate in practice or play in a game that day. Exceptions may be made, such as college visits, family emergencies, funerals, etc. Students must arrive by 11:00AM ET each school day for classes. These all require a note and must be cleared by the Dean of Students who will notify the Director of Athletics in advance, whenever possible. If a student athlete is dismissed by the School Nurse due to illness; he/she is ineligible to participate in athletics that day. If a contest is scheduled on a weekend day or over a school vacation, the student must be in attendance the preceding Friday in order to participate.

Physical Education

All students are required to participate in their regularly scheduled Physical Education classes. Students being medically excused from Physical Education may not participate in their team practice or game for that day. All

medical excuses must be in writing by a physician and sent to the Nurse and/or Athletic Director.

Transportation To and From Contests

The school provides bus transportation, or a suitable substitute, to most “away” contests. All team members are expected to travel to these contests using the school provided transportation for student safety reasons. Exceptions to this policy must be requested in an email 24 hours prior to a game, to the Athletics Director, by a student’s parent/guardian prior to the contest. Reasonable requests will be honored.

The use of transportation is a privilege. Inappropriate behavior on buses will result in disciplinary action including team suspension and possible dismissal from the team. All school policies, procedures, rules and regulations are in effect any time a student is on a NCAHS school bus. Any student who does not follow the rules or policies with transportation can suffer penalties from Administrators or Athletic Director at their discretion.

Late Busses

NCAHS provides three late buses for all students participating in an athletic event. Students must sign up in order to access Lat Bus Transportation. If circumstances change and a student no longer needs the late bus they registered for, they must contact the Athletic Director to inform them of the change in need. Each bus has a limited number of set stops that may be altered annually. A list is provided below. Late bus times will be posted on the school website daily and posted on gym bulletin boards.

There is no late bus for students for away games, weekends, holidays, playoffs, and/ or late game nights.

Under those circumstances, the students must coordinate transportation for themselves. They will wait with the coaches until all rides are accompanied.

All students must sign up by 8:00AM every Monday to sign up for this service. A link will be emailed to all families and posted on school websites. If students do not sign up, they will not be allowed on the bus. All students taking the late bus cannot leave campus for any reason and must be at the front of Kemp hall 10 minutes before the scheduled departure time.

After teacher or team events conclude, students are to be at the front entrance or room 3101 of Kemp. If students fail to follow school rules on the late bus or no show after signing up, they can be subject to suspension from the service. If travel plans change for any reasons, students must email the Athletic Director.

Late bus sign up-

<https://docs.google.com/forms/d/1YkxAvsVqGT2OE0kYGyA54m2J4FJl-zIts nusqh qkRsM/edit>

Late bus routes- <https://docs.google.com/document/d/1LZIt ds v43-nDviJ3NB JF7fMca Pun-W-I/edit>

Transportation Information

If you are looking for more detailed information on daily bus activities please, call the sports line or find it online at www.norfolkaggie.org

Bus Company

Holmes Bus Service
22 Myrtle Street
Norfolk, MA 02056-1316
(508)528-4550

Return from Injury

Any time a student athlete visits the emergency room or a doctor due to potential injury, that student will not be allowed to return to participation in practice or a game unless the doctor which they visited or their primary care physician provides documentation stating they are safe to return to said sport or activity.

Students will be allowed to return to participation only after they are cleared through the guidelines set forth by the Director of Athletics.

MIAA RULE #45 – Loyalty to the High School Team: “BONA FIDE TEAM MEMBER RULE”

A bona fide member of the school team is a student who is regularly present for, and actively participates in, all team practices and competitions. Bona Fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with an out-of-school team. Any student who violates this standard would be ineligible for 25% of the scheduled season contests. If a second offense should occur the student would be suspended for an additional 25% of the scheduled season contests, and would be ineligible for MIAA postseason tournament play.

MIAA RULE #62 - Student Eligibility: CHEMICAL HEALTH/ALCOHOL/DRUGS/TOBACCO

62. Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco *62.1 From the earliest full practice date, to the conclusion of the academic year or final athletic event (whichever is latest)*, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; 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 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.

Minimum PENALTIES:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part 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 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. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional parts of an event will be dropped when calculating the 40% of the season. Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student’s next season of actual participation, which may affect the eligibility status of the student during the next academic year.

62.2 During practice or competition, a coach shall not use any tobacco product.

62.3 Steroid Use - Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes, and the seriousness of the problem has been well documented. A recent study indicates that over 3% of high school seniors have tried steroids in their lifetime (NIDA, 2004). High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes. Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most “get-rich-quick” schemes, steroid use has serious short and long term consequences. Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids. Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

NCAHS Athletic Department and the MIAA wishes to inform both athletes and parents that during the season of practice or play, a student shall not, regardless of quantity, location or time, use or consume, possess, buy/sell or give away any beverage containing alcohol, marijuana, steroids, or any controlled substance. Any report by an outside agency will be dealt with appropriately.

- a The Drug and Alcohol Abuse Policy #5132 Section IV-1, calls for an immediate three-to-five day suspension from school for the first offense.
- b. A student who has been dismissed from a particular team will forfeit his/her rights to any and all awards* that might have been forthcoming from participation in that sport. (*Examples of such forfeiture would be the school's award letters, all-star status, and any nominations on his/her behalf to the league or state selection committees).
- c. The student who violates the above mentioned policy will forfeit any and all of his/her user fees.
- d. For any repeat offense of the policy, a recommendation will be made to the NCAHS Administration that the student be barred from participation in all sports activities for one year beginning from the date of the repeat offense.
- e. That during the season of practice or play, a student shall not, regardless of quantity, location, or time use, possess, buy/sell, or give away any tobacco products. Violation of this policy will result in the punishment set forth by the MIAA.

SCHOOL ISSUED ATHLETIC EQUIPMENT/UNIFORMS

Students have an obligation and responsibility for all equipment issued to them for its proper care and retention from the date of issue to the date of return. All uniforms and equipment will be collected by your coaches after your final team contest.

Students failing to turn in all issued equipment, uniforms, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment or uniforms. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment or uniform is found and/or returned after payment, a refund will be made. All parents and students will sign a uniform agreement prior to team sign ups.

Any lost or damaged uniform garment owned by the school will result in a \$100 fee per piece that must be paid to the school before the student is eligible to participate in a future season.

Discipline from school officials can result in holding of transcripts or diplomas, suspension from school or events, suspension from trying out for future sport seasons, fines, etc.

LOCKER ROOMS AND FACILITIES

Student Lockers

Once team rosters are set, if not before, each team member will be issued an athletic locker. Students are expected to lock all personal items and team equipment in their own locker at all times. Students should never give their locker combination to anyone else. Experience has shown that most losses are due to lockers left open or unlocked. On road trips, when lockers are not available, it is highly recommended that students leave valuables at home or give them to parents for safekeeping at the game site. Large amounts of cash should never be carried or left at the school. Anything left out on the floor could result in being disposed of by staff.

No student is allowed to be unsupervised in locker rooms before/after practices. All food and beverages are also to be not allowed into the locker room areas.

To ensure safety, all non-team members are not allowed into the locker rooms at all times, which includes parents, family, friends, and anyone else not affiliated with the school or team.

Building and Facility Access

At the conclusion of each school day, student-athletes should bring all items that they need until the next school day to the locker room area. For safety reasons students are not allowed access to other areas of the building after practice, games, or on non school days. No students will be allowed access to any of our athletic facilities without proper supervision by a school staff member.

Use of Internet and Social Media

The Athletic Department expects safe and responsible behavior with regard to the use of electronic and social media. We expect our student athletes and families to represent themselves and the school positively while respecting others, especially as set forth within the school handbook. We highly recommend our students avoid inappropriate use of public websites such as Facebook, Twitter, Instagram, Snap Chat, TikTok, etc. Any image, photo, video, message, or conversation that implicates a student athlete in a violation of the NCAHS Code of Conduct will be investigated by the administration and may be subject to consequences, including but not limited to: suspension from practices and/or contests, loss of captaincy, dismissal from team(s).

HAZING

Massachusetts State Law - Chapter 269, Sections 17-18

Chapter 269, Section 17 *Crime of Hazing, Definition, Penalty*

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 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. Added by St. 1985, c.536; amended by St. 1987, c.665.

Chapter 269, Section 18 *Duty 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. Added by St. 1985, c. 536; amended by St. 1987, c. 665.

Chapter 269, Section 19 *Statutes to be Provided to Student Groups; Compliance Statement and Discipline Policy Required*

Each institution of secondary education and each public and private institution of postsecondary 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; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and section seventeen and eighteen to unaffiliated student groups, team 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 regents of higher education and in the case of secondary institutions, the board of 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 appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents 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. Added by St. 1985, c.536; amended by St. 1987, c.665. Section 18. 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 five hundred dollars.

COACHING EXPECTATIONS

At NCAHS, relationships are built on mutual respect. The coaches are professionals who are aware of and committed to upholding the responsibilities, policies and regulations of the MIAA, the Mayflower Conference and NCAHS. Each student must be treated as an individual, yet as a part of the team. Rules and regulations must be uniformly and fairly enforced at all times. In most instances, during the season of play a student-athlete spends more time daily under the direct supervision and guidance of his/her coach than any other adult. This time spent should be enjoyable, educational, positive and worthwhile; the influence that a coach may have with each individual team member is enormous. As recommended by the MIAA, we encourage participation in varied activities under different teacher/coach role models. Athletes and their families can expect the following from members of the NCAHS coaching staff:

Time Commitment

Practice and game schedules and other time commitments, consistent with the guidelines mentioned previously in this booklet, will be made known to all team members.

Team Rules

Team rules and regulations, in addition to the ones stated in this booklet, will be well defined, discussed and enforced with all team members. Self-discipline of all student-athletes will be encouraged. Penalties for rule violations will also be well defined and applied fairly and consistently. All coaches can add rules for their personal team at their discretion.

Individual Success

The coach will provide an opportunity for each athlete to succeed to the best of his/her abilities.

Social and Emotional Growth

The coach will attempt to assist each athlete to grow socially and emotionally.

Team Spirit

The coach will attempt to instill and promote team spirit and cohesiveness.

Athletic Performance

Individual performance by an athlete will be critiqued by a coach at the appropriate time. Each athlete will be encouraged to work towards his/her full potential and to develop a positive self-image.

Skill Development

Each athlete will be taught the rules and the skills of the game with the goal of developing maximum proficiency in the specific sport area.

Approachability

The coach will be available to all of his/her athletes. Team members are encouraged to approach the coach about any topic that they wish. Students should make every attempt, if a matter is of a personal nature, to approach the coach privately and when there is sufficient time for worthwhile discussion.

Competitiveness

According to the MIAA philosophy, “winning contests, rather than losing them, is a laudable goal”, but “it should not supersede the primary priorities of high school sports programs” NCAHS coaches do and should play to win, as all involved enjoy winning rather than losing, but they also know that “preparing students to succeed rather than merely to win games” is more important. “Win or lose, students should learn lessons of a lasting and positive nature”.

Evaluations of Coaches

Each coach employed by NCAHS is formally evaluated on his/her performance at the conclusion of the athletic season. The head coach evaluates each of his/her assistant coaches and the Director of Athletics and Principal evaluate each head coach.

“PLAYING TIME”

There are many benefits to be gained by participation in athletics at the high school level. Young people learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being and striving towards excellence. Although there are many measures of success in the minds of each participant, perhaps the most emotional is “playing time” during contests. If a student has questions as to his/her “playing time” he/she is encouraged to discuss it with the coach. At NCAHS, being a member of a team does not guarantee an equitable amount of “playing time”. However, there are guidelines for this all important topic. With high school sports being ultra competitive, no student is guaranteed to play after being chosen for any team at our school. At the high school level, it is the students responsibility to earn playing time. We encourage all students to make the first point of contact with the coach, in regards to questions about playing time or coaching decisions. Players can be moved from either Sub-Varsity to the Varsity level or Varsity to Sub-Varsity, at any time that the coaches deem it to be necessary or in the best interest of the student.

Sub-Varsity Teams

At the sub-varsity level (junior varsity, freshman, and middle school), members of the coaching staff will make a strong effort to play all team members for as much time as is practical. There are many factors that govern an individual’s playing time but perhaps the most important are: practice attendance, effort, attitude, and commitment. Another factor that must always be considered is athletic skill. If these factors are present at the sub-varsity levels, students may expect to enjoy their share of “playing time”.

Varsity Teams

At the varsity level, the guidelines for the coaching staff are similar with one other additional major factor. The varsity teams want to compete against opponents at the highest possible level. Players, coaches, parents and staff members all want the NCAHS varsity teams to be successful on the field, court, etc. To reach that goal, teams must compete to win as many contests as possible. In order to do this, there are many instances when the major burden of the contest will be carried by the most competitive, and most skilled team members; however, teams cannot be successful without committed substitutes. These athletes have to be ready at all times to step forward and shoulder the burden when needed. They have to practice as hard as they can to help make the teams as competitive as they can be. They also have to constantly strive to move up to a “starting” role.

As stated before, athletic involvement is highly emotional and very time consuming. Because of this, conflicts and issues between a student and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately, and as directly as possible with the coach so that it can be resolved promptly. The Director of Athletics or the Principal may be contacted at any time.

In order for the contact to be as productive as possible, times that athletes or parents should avoid are:

- Either prior to or immediately following a contest.
- During an active practice session, locker room, or player bench.
- During a time when other students are present or when it would be readily visible to others that a discussion is taking place.

- A time when it is apparent that there is not sufficient time for a complete discussion.

Perhaps the best solution is your child to ask the coach 24 hours after the incident either in person or email. If still not successful, a parent can email school officials to schedule an appointment could be made to discuss the issue.

TEAM CAPTAINS

It is a coaching decision as to how many team captains are selected. They may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be elected or appointed on a game-by game basis.

It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student responsibilities. Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Director of Athletics during the school year to discuss the athletic program.

Captains of teams may be relieved of their position for violation of team, Athletic Department or school rules.

Concussion Policy

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

The Athletic Director of Norfolk County Agricultural High School shall be the person responsible for the implementation of these policies and protocols. As specified in the law, the Norfolk County Agricultural 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 documentation of said training on file for the following persons:

- Coaches
- Certified athletic trainers
- Volunteers
- School nurses
- Athletic Directors
- Parents of a student who participates in an extracurricular athletic activity
- Students who participate in an extracurricular athletic activity

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

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

Documentation of an annual physical examination of students participating in extracurricular athletic activities consistent with 105 CMR 200.000 is kept in the student's health record which is on file in the school nurse's office.

Evaluation Guidelines

- Any time a concussion is suspected during practices or games, the student-athlete will be removed from participation and will not be allowed to return the same day.
- Parents will be notified so the parent may take the student to a medical provider for appropriate medical evaluation and treatment. All head injuries and suspected concussions will be reported to the school nurse.
- Evaluation and clearance by the family's medical provider will be required
- The athlete will not return to play without the note from the medical provider and only after completion of the Return to Play Protocol.
- The Return to Play Protocol is a stepwise progression consistent with the Consensus Statement from the 3rd International Conference on Concussion in Sport, November 2008 (See below "Concussion Return to Sport Protocol")
- The school nurse will notify the academic teachers of the affected student athlete and provide a form with guidelines for concussion accommodation plans.

Concussion Return to Sport Protocol

These recommendations from the Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport, (Zurich 2008) provide guidance for a gradual return-to-play protocol **after the athlete is symptom-free at rest:**

- **Day 1:** light aerobic exercise (walking, swimming , or stationary cycling) keeping exercise heart rate less than 70% of maximum predicted heart rate. No resistance training
- **Day 2:** sport-specific exercise, any activities that incorporate sport-specific skills. No head impact activities.
- **Day 3:** non-contact training drills
- **Day 4:** full contact practice, participate in normal practice activities
- **Day 5:** return to competition

If any concussion symptoms return during any of the above activities, the athlete should return to the previous level, after resting for 24 hours.

Links

Late bus sign up-

<https://docs.google.com/forms/d/1YkxAvsVqGT2OE0kYGyA54m2J4FJl-zIts nusqh qkRsM/edit>

Late bus routes- <https://docs.google.com/document/d/1LZIt dsv43-nDviJ3NB JF7fMcaPun-W-I/edit>

Norfolk Aggie Athletics-

<https://www.norfolkaggie.org/departments/athletics>

MIAA-

<https://miaa.net/miaa-handbook/>

Mayflower Athletic Conference-

www.mayflowerathletics.org

MA Vocational Athletic Director Association (MVADA)-

<https://mvada.org/directory/>

Communication Process

All students are to only contact coaches or staff members via school email.

All families and students are to be invited to each team's google classroom.

Any change of schedule or message will be sent out through google classroom and school email to families and players.

Contact information

Chris O'Donnell- Athletic Director- Codonnell@norfolkaggie.org- EXT 12206

Robin VanRotz- Principal- RVanrotz@norfolkaggie.org

Heidi Hiltz- Nurse- HHiltz@norfolkaggie.org

Holmes Bus Service- 508-528-4550