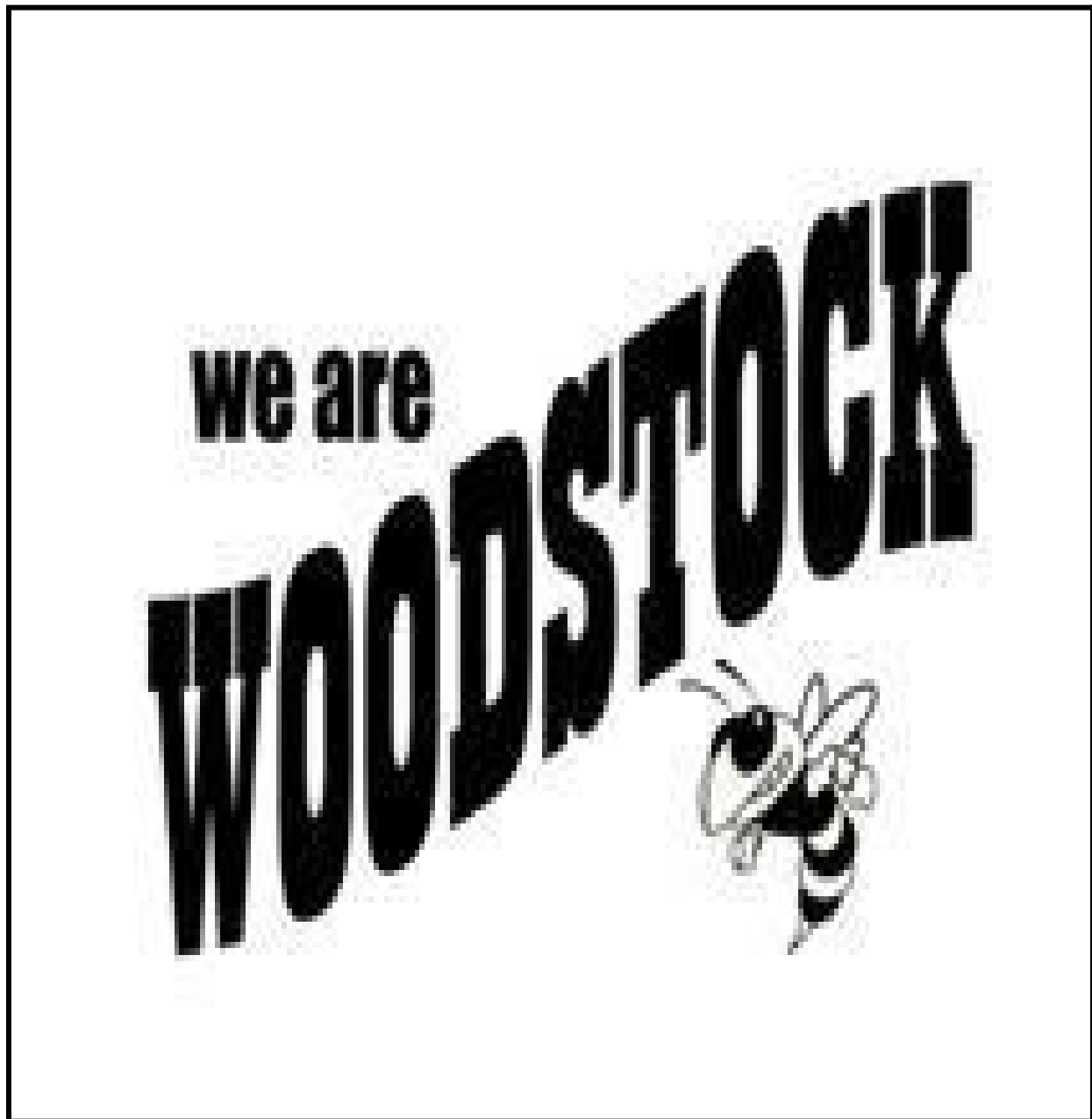




Student Activities Handbook

All students, parents, guardians, and coaches must read this handbook carefully AND check the box during registration acknowledging your understanding and adherence of its guidelines and expectations prior to participation in athletics and/or activities at WUHSMS.

Woodstock Union High School & Middle School

100 Amsden Way
Woodstock, VT 05091

Orion Binney, Athletic Director
802-457-1317, ext. 1044; orion.binney@mtnviews.org

Tom Emery, 7-12 SpEd Coordinator & MS Dean of Students
802-457-1317, ext. 1105; tom.emery@mtnviews.org

Hanna Veysey, Athletic Trainer
802-457-1317, ext. 1043; hanna.veysey@mtnviews.org

Athletics Page: <https://woodstockunionathletics.sportngin.com/>
Like us on Facebook! <https://www.facebook.com/WUHSMS/>

Hello Students and Families,

Welcome to the 2026-2027 academic year at Woodstock Union High School & Middle School!

We are very excited that you have chosen to participate in the great tradition our WUHSMS interscholastic athletics and co-curricular activities programs have to offer. Our coaches, administrators, advisors, and staff are all committed to offering the best possible athletic and co-curricular opportunities for your sons and daughters.

You are commended on your decision to be part of the athletics and activities family as a student, parent, and/or guardian. An important aspect of your participation is honoring that commitment. Middle school and high school athletics and activities are valuable components of education, and we hope that in choosing to become involved outside of the classroom that you find your experience here at Woodstock to be rewarding and enjoyable, and that you foster camaraderie through participation, competition, and getting involved in volunteer efforts.

This handbook is designed just for you to provide information about our athletics and activities clubs and programs. We ask that all families familiarize themselves with this valuable information so that you and your child(ren) understand, adhere to, and accept responsibility for our rules, policies, and procedures.

Lastly, we ask that all families take the commitment of being part of a program seriously so that we may continue to provide unique opportunities, strive for excellence, compete at the highest possible level, foster growth and model citizenship, and teach our students life skills that set them up for long-term success that far exceeds their time at Woodstock Union High School & Middle School.

We appreciate your commitment and efforts, and we look forward to a demanding and rewarding academic year that ultimately brings personal and program success. Good luck in your academic and athletic endeavors! If there are any questions or concerns, my door is always open, and my phone is always on!

We ARE Woodstock!

The Woodstock Mission Statement:



The Woodstock Union High School & Middle School Athletic Department is committed to creating an environment that fosters academic and athletic success, personal growth, and a sense of belonging for all students. We promote health and wellness, diversity, inclusivity, and building strong connections within our community.

The Woodstock Philosophy Statement:



Cultivate a culture of excellence that empowers our student-athletes to achieve their full potential academically, athletically, and personally. We aim to provide opportunities for growth and development through participation in athletics, while prioritizing the values of integrity, teamwork, and perseverance. We strive to build a community of learners and leaders who are committed to making a positive impact.

Woodstock Activities Phone Tree

Emergency Numbers:

- | | |
|------------------------------------|--------------|
| • Woodstock Fire Department | 911 |
| • Woodstock Police Department | 802-457-1420 |
| • State Police (Royalton Barracks) | 802-234-9933 |

School Contacts:

- | | |
|--|-------------------------|
| • Main Office | 802-457-1317 |
| • Orion Binney (Athletic Director) | 802-457-1317, ext. 1044 |
| • Lori Ann Adams (Assistant Principal) | 802-457-1317, ext. 1048 |
| • Hanna Veysey (Athletic Trainer) | 802-457-1317, ext. 1043 |
| • Aaron Cinquemani (Principal) | 802-457-1317, ext. 1049 |
| • Rachel Eggum (Nurse) | 802-457-1317, ext. 1217 |

Transportation:

- | | |
|------------------------|--------------|
| • Butler's Bus Service | 802-788-4322 |
|------------------------|--------------|

Media Outlets:

- | | |
|---------------------------------------|--------------|
| • Vermont Standard | 802-457-1313 |
| • Valley News (Sports Desk) | 603-727-3218 |
| • Rutland Herald | 802-747-6131 |
| • Burlington Free Press (Sports Desk) | 800-698-2255 |

CO-CURRICULAR PURPOSES & OBJECTIVES

1. Purposes
 - 1.1. To meet the needs of the students who have an interest in athletics, activities, and recreation.
 - 1.2. To foster a spirit which lends vitality to school life and often makes the education process more effective.
 - 1.3. To provide wholesome activities of recreational interest for the entire community.
2. Objectives
 - 2.1. To provide interscholastic athletic experience for a maximum number of students.
 - 2.2. To emphasize that putting forth maximum effort to win is more important than winning by demanding it and rewarding it.
 - 2.3. To acknowledge that the real value of sport to the student is in the enjoyment derived from the activity itself and from the associations developed among coaches and players in practices, as well as in games.
 - 2.4. To encourage fellowship, leadership and cooperation in a competitive atmosphere.
 - 2.5. To inspire a voluntary commitment to excellence in study, work, and play.

GENERAL EXPECTATIONS FOR PARTICIPATION IN WOODSTOCK ATHLETICS

1. Student must be enrolled as a full-time student
2. Student must be under 19 years of age before August 1st of their senior year.
3. Student must have completed registration on FamilyID
<https://woodstockunionathletics.sportngin.com/page/show/5201980-registration>
4. Student must have private/public health insurance on file with both the Athletic Department and Nursing Office

5. Student must have a current physical on file at Woodstock (updated every two years)
6. Student must be in compliance with any academic and/or disciplinary plans
7. All uniforms and equipment from previous seasons must be turned in prior to beginning another season.

ATTENDANCE

1. For a student to be eligible to participate in an extracurricular activity on a given day, they must be in attendance for the full school day, other than for documented reasons with prior exception and/or approval by an Administrator.
2. Students must be present for at least half of the school day in order to be eligible to participate in co-curricular events or activities. Prior approval for an absence is required or a Doctor's note excusing their tardiness. Students with Senior privileges who are not in attendance for their scheduled classes are considered absent for the day.
3. When a student anticipates an absence from school on the day of a scheduled activity, a coach should be notified by the student. The student must also seek approval to participate from the Assistant Principal. Funerals and college interviews are some reasons a student may be absent.
4. It is the responsibility of the Head Coach to check the attendance list every day. No student listed with an absent or unexcused tardiness shall participate in an activity that day unless there are extenuating circumstances approved by the Athletic Director or Assistant Principal.
5. Any student serving ISS (In-School Suspension) or OSS (Out-of-School Suspension) will not be allowed to participate in or attend any practices or events until the suspension is completed.
 - 5.1. A student must serve detention on the assigned day(s) whether or not it conflicts with any co-curricular practice or event.
6. Any question of eligibility to participate will be resolved by the Athletic Director.

HEALTH GUIDELINES

1. Physicals
 - 1.1. Co-Curricular Activities: It is the policy of WUHSMS to require a Physical Examination every two years for students engaged in co-curricular activities. Physicals are at the expense of each individual. Both the Athletic Department and Nursing Office have an available form for this purpose found [here](#).
 - 1.2. Evidence of the physical examination must be on file with the Athletic Department and the Nursing Office *prior to* the athlete's participation in practices or games.
 - 1.3. If you have had an injury or illness that has lasted longer than a week within the last six months, you will need a statement from your physician regarding your ability to participate.
2. Insurance
 - 2.1. All participants are required to furnish proof of health insurance *before* participating in any tryouts, practice sessions, or athletic contests. WUHSMS does not purchase insurance for its athletes. Each year, the school district does offer a school insurance program at a nominal fee to all students enrolled.
3. Health & Athletic Contract
 - 3.1. The Health & Athletic Contract must be completed by the participant and his or her parent/guardian prior to eligibility for practice and/or play.
4. Athletic Injuries
 - 4.1. If a student athlete receives medical care from a physician for any injury/illness that affects their athletic participation, a note must be provided to the athletic trainer and nurses office detailing the diagnosis, plan of care, and clearance to return to athletics.**
 - Once a participant is treated by a physician he or she must obtain the doctor's written permission in order to return to the activity.
 - 4.2. All injuries that occur while participating at WUHSMS must be reported to the student's coach, athletic trainer, school nurse, and Athletic Director. An incident report will be initiated.
 - 4.3. An athletic trainer (ATC) will be present at every home contest. An ATC will be available in the athletic training office Monday through Friday after school while there are sports in session.
 - 4.4. If there is an athletic injury at WUHS or any athletic facility on campus during practice or a game, the ATC is responsible for evaluating and deciding the plan of care for the athlete.
 - 4.5. If ATC is not present, refer to Emergency Action Plan for athletic injuries.
 - 4.6. It is the coach's responsibility to make the athletic trainer aware of an injury that occurred on and off campus so the ATC can make proper decisions on the athlete's care.

- 4.7. [WUHS Concussion Protocol](#)
- 5. Prescription Medications
 - 5.1. Allowed when used by the individual for whom they were prescribed in a manner and in the amount prescribed.
 - 5.2. Allowed with written notice to the School Nurses of such use.

NOTE: These forms are all accessible and completed via online registration under the FamilyID platform at <https://woodstockunionathletics.sportngin.com/page/show/5201980-registration>.

ACADEMIC STANDARDS

- 1. The co-curricular eligibility standards of WUHSMS apply to all students, grades 7-12.
- 2. A bona fide student is determined as one taking at least six (6) academic credits.
- 3. Academic Eligibility:
 - 3.1. A student deemed to be in poor academic standing is *ineligible for practices, games, meets, competitions, and/or performances*, and their academic standing will be reevaluated at the next eligibility assessment period (ie. the following Quarter).
 - 3.1.1. A student is considered in poor academic standing if there are two (2) or more unsatisfactory grades.
 - 3.2. If a student withdraws from or is failing a course and, at the same time, transfers to a new course in the same graduation cluster as the dropped course, the failing grade will not count provided the student passes the new course.
 - 3.3. If a student withdraws from or is failing a course and another course is not substituted, the failing grade will be considered a failing grade for that quarter.
 - 3.4. An incomplete grade in a course will be considered a failing grade unless excused.
 - 3.4.1. Excused incompletions must be made up within ten (10) school days.
 - 3.4.2. The Principal may grant additional time in extenuating circumstances.
 - 3.5. The eligibility of a student transferring to WUHSMS will be determined by the same process as a student already enrolled at WUHSMS.
 - 3.6. Students who are declared academically ineligible at the end of a checkpoint are subject to not receive postseason letters, awards, or certificates for that sport or activity unless the student works his or her way back into good academic standing prior to the next checkpoint.

- 3.7. Students who are declared academically ineligible at the end of a quarter or semester **will not** receive postseason letters, awards, or certificates for that sport or activity.
 - 3.7.1. In addition, students who are failing any courses at the end of a quarter or semester will be declared academically ineligible for participation in co-curricular activities, effective immediately, until the student works his or her way back into good academic standing.
- 3.8. If a student is declared academically ineligible at the end of a school year, they will remain ineligible heading into the following academic year (Fall season).

VPA ELIGIBILITY

VPA eligibility rules and activities policies apply to all activities, athletic and non-athletic, sanctioned or sponsored by the VPA. Waiver requests regarding undue hardships must be submitted through the school principal. The following are eligibility rules:

- 1. Transfer students
 - 1.1. Eligible at once
 - 1.2. Must be bona fide students in the school from which he or she transferred
 - 1.3. In compliance with academic and behavior expectations of the school
- 2. Age Requirements
 - 2.1. Must be under 19 years of age
 - 2.2. Exception is if a student whose 19th birthday occurs on or after August 1, is eligible for all activities in the ensuing school year.
- 3. Attendance & Competition Requirements
 - 3.1. Students have four (4) consecutive years (eight (8) semesters) of eligibility.
 - 3.2. Attendance of 30 days of any semester will be regarded as a semester.
 - 3.3. Participants at the high school level must have a minimum of ten (10) practice sessions before competing in a contest.
 - 3.4. Participants at the middle school level must have a minimum of six (6) practice sessions before competing in a contest.
- 4. Ejections

- 4.1. Any player or coach ejected from a game for unsportsmanlike conduct/flagrant foul will be automatically suspended from playing or attending the next two games.
 - 4.1.1. Taunting in all sports is a flagrant unsportsmanlike foul which will result in a game ejection.
 - 4.1.2. Judgment calls by officials ordering ejection shall be final.
 - 4.1.3. Suspension carries over to the next season if necessary.
 - 4.1.4. A second ejection will result in suspension for the remainder of the season.
 - 4.1.5. Any further actions may be determined by the Athletic Director.

For a complete list of VPA rules and regulations, go to www.vpaonline.org.

NCAA & COLLEGIATE ELIGIBILITY

Students may wish to participate in intercollegiate athletic activities upon completion of high school. In order to be academically eligible, the National Collegiate Athletic Association (NCAA) requires certain minimums on high school core courses, grades and SAT/ACT standardized test scores. It is the responsibility of the student to monitor his/her status with regard to meeting NCAA requirements. Any questions in this area may be directed to the Athletic Director and/or the Counseling Department. Visit www.ncaa.org or www.ncaaclearhouse.net for further information.

DISCIPLINE

A participant at WUHSMS must be in good disciplinary standing. The following acts are considered prohibited conduct:

1. Uses or possesses tobacco products, tobacco paraphernalia, tobacco substitutes (e.g. vaping electronic cigarettes/dabs), alcohol, or any illegal substance not specifically prescribed by a physician on or off school premises during any time of the day.
2. Falsifies a signature or any information on any co-curricular related form.
3. Any behavior deemed illegal by Administration and/or Law Enforcement:

- 3.1. A misdemeanor conviction or a misdemeanor charge resulting from a motor vehicle offense which did not involve personal injury or careless and negligent driving
- 3.2. A felony conviction or a felony charge for which probable cause has been determined
- 3.3. Vandalism or theft of property on school district grounds

If a participant is found to have committed any prohibited conduct, he or she will be subject to the following disciplinary action:

- 1. First Offense: No prior offense during the preceding two (2) calendar years.
 - 1.1. The participant will be suspended from participating in 20% of games during the regular season and/or postseason, depending on the time and timing of the offense.
 - 1.2. During the suspension period, the participant remains eligible for practices and will travel to all functions with the team, but is ineligible to participate in games.
 - 1.3. Unexcused absences of the participant during the suspension period will result in the window being extended by the number of days the participant is absent (i.e. two (2) unexcused absences will result in two (2) games being added to the suspension).
 - 1.4. Student must complete ten (10) hours of community service within the suspension period.
 - 1.5. Student must meet with Student Assistance Professional (SAP) at least four (4) times.
 - 1.5.1. The suspension will be extended until community service and SAP meetings are completed.
 - 1.5.2. Verification of community service and SAP meetings must be submitted to the Athletic Director and Assistant Principal.
- 2. Second Offense: Any offense within two (2) calendar years of the first offense.
 - 2.1. The participant will be suspended for one (1) calendar year.
 - 2.1.1. If a second offense occurs outside of the window of two (2) calendar years, consequence will be the result of a First Offense.
 - 2.2. During the suspension period, the participant is completely ineligible for all co-curricular activities.
 - 2.3. Student must complete forty (40) hours of community service within the suspension period.
 - 2.4. Student must meet with Student Assistance Professional (SAP) at least ten (10) times.
 - 2.4.1. The suspension will be extended until community service and SAP meetings are completed.
 - 2.4.2. Verification of community service and SAP meetings must be submitted to the Athletic Director and Dean of Students.
- 3. Third Offense: A third offense will result in expulsion from all co-curricular activities

It is the responsibility of the Head Coach to inform the Athletic Director of any known infraction. The Athletic Director will notify parent/guardian(s) of suspension.

ANTI-HAZING, HARASSMENT & BULLYING POLICY

“It is the policy of the State of Vermont that all Vermont educational institutions provide safe, orderly, civil, and positive learning environments. Harassment, hazing, and bullying have no place and will not be tolerated in Vermont schools. No Vermont student should feel threatened or be discriminated against while enrolled in a Vermont school (<https://legislature.vermont.gov/statutes/section/16/009/00570>).”

1. Definition

- 1.1. Hazing is illegal in accordance with and punishable by Vermont State Law, and is defined as a form of harassment, and in accordance with Vermont State law, the Vermont Principals’ Association and the Windsor Central Supervisory Union, will not be tolerated by officials of Woodstock Union High School & Middle School.
- 1.2. Hazing can also be defined as a “willful act, occurring on or off school grounds, directed against a player or prospective member of a school-sponsored team or group, that endangers the mental or physical health or safety of a player or prospective member for the purpose of initiation, admission into, or continued membership of any such team or group.”
- 1.3. Another definition is “any activity expected of someone joining a group that humiliates, degrades, abuses, or endangers, *regardless of the person’s willingness to participate.*”

2. Consequence

- 2.1. Determination of hazing will be completed by the Athletic Director, as will the consequences.
- 2.2. If any student is in violation of our Anti-Hazing, Harassment & Bullying Policy, consequences may range from individual suspension from participation in the co-curricular program for a period of time, to cancellation of an athletic schedule, depending on the magnitude of the incident and number of students involved.
- 2.3. If any official is in violation of our Anti-Hazing, Harassment & Bullying Policy, consequences may range from individual suspension to termination of employment.
- 2.4. Consequences for hazing violations brought to the attention of the Athletic Director after the season may be applied to and/or include subsequent probation for co-curricular activities participation.
- 2.5. Any party involved must know that in addition to any school penalties as outlined above, they could also face prosecution.

ATHLETE'S ROLE

Be committed to impacting your sport by improving yourself, your team, and the larger community.

Be committed to improving your health. Your athletic skills are limited by your physical, mental, and emotional health. Build a strong base in each of these areas prior to the start of the season. Maintain that base throughout the season.

To be a great athlete requires intentionality. Give your maximum effort in practice as well as in competition. Give your body the exercise, rest, nutrition, and hydration it needs to support all that you ask of it during your sports season.

Be coachable. Appreciate constructive criticism. It is feedback on your performance designed to help you improve.

Make team success your first priority. Take on the role the team needs. Be flexible.

Develop positive team traditions that uplift people and reinforce the intentional culture of your team.

Use your status and influence to improve the community. Athletes have the advantage of their work being highly visible to others. With that comes increased scrutiny and great responsibility. Manage yourself (grades, relationships, work, behavior, etc.) and seize opportunities to be a

positive leader - get involved in anti-bullying and anti-hazing efforts, support classmates' activities (other sports, academics, arts) and become involved in other areas of the school.

PARENT'S ROLE

Parents play a vital role in our athletic program. Parents should leave the officiating to the officials, the coaching to the coaches, and the playing to the players and focus on the life lessons young people take away from sports.

Parents should help athletes prepare for competition with proper rest, nutrition, hydration, and emotional support. Our training rules are an important first step in helping athletes achieve their potential, but you can go much further in providing a positive, healthy lifestyle. Talk to your child's coach for more information about proper preparation for competition.

Throughout the season, but especially after games, talk to your child to make sure they are taking away the appropriate life lessons from their experience. Winning and losing athletic contests are not inherently positive or negative experiences - use them as opportunities to build your child into the kind of person you want them to be.

Adversity in athletics provides your child the perfect opportunity to learn a number of important lessons. Give them the support they need to develop appropriate strategies so that they will be better equipped to handle real adversity in life.

An athletic contest is a classroom where young people are being tested in a very public way. Respect the situation and model positive sportsmanship.

During games cheer positively and loudly for your children and their teammates. There will be difficult moments during the competition and your presence on the sideline and your vocal support will give your child(ren) a boost to perform at their best. Allow your child freedom to do their job without micromanaging their work. It is confusing for an athlete to receive instruction from multiple sources during a contest.

Allow the officials to do their job without comments from you. This is their place of business. Spectators have no place interacting with officials other than to thank them for their time.

After a game, tell your child how much you love watching them play. Let the athlete steer any conversation about the experience by asking open-ended questions. If you have advice to share, ask them if they are ready for it and respect their answer.

Allow your child the freedom to become their own advocates. If there are athletic-related concerns, allow your child to speak with his or her coach first. These are one of the many life lessons we strive to teach our children. It will serve them well in life.

As parents of teenagers you already know how quickly time flies. Enjoy the remainder of your child's athletic career. Use it to grow closer and teach life lessons.

Don't forget that it takes several people to run a smooth gameday operation. Get involved in positive ways by volunteering to work as part of game day staff. This is one huge way to have a positive impact on your child(ren)'s overall athletic experience.

ANTICIPATED ATHLETIC TEAM OFFERINGS

Fall	Varsity	Junior Varsity	Middle School	Boys	Girls
Cross Country	X		X*	X	X
Field Hockey	X	X	X		X
Football	X**	X	X*	X	X
Golf	X			X	X
Mountain Biking	X		X	X	X
Soccer	X	X	X**	X	X
Alpine Ski	X			X	X
Basketball	X	X	X	X	X
Ice Hockey	X**			X	X
Nordic Ski	X			X	X

Snowboard	X			X	X
Baseball	X	X	X	X	X
Lacrosse	X**	X	X	X	X
Softball	X	X	X		X
Track & Field	X		X	X	X
Tennis	X			X	X

*Cooperative with Woodstock Recreation Department

** Accept Member-to-Member (M2M) agreements

Woodstock is a member of the following:

Vermont Principals' Association (VPA)

Southern Vermont League (SVL)

Vermont Hockey League (VHL)

Vermont Interscholastic Football League (VIFL)

CLUB & CO-CURRICULAR ACTIVITY OFFERINGS

These groups include, but are not limited to: Athletic Leadership Council, Earth Beat, Farm to School, Forensics/Debate, French Club, Senior and Intermediate Math Team, National Honor Society, Queer Straight Alliance, Safe School Ambassadors, Scholar's Bowl, Spanish Club, Student Council, Vermont Teen Leadership Safety Program, Jazz Band, Woodstock Newspaper (What's the Buzz), Yearbook, and Yoh Theatre.

For information about our co-curricular activities and groups contact the main office, the Athletic Director, or Dean of Students.

PARENT/GUARDIAN/FAMILY SUPPORTS & COMMUNICATION

Athletics and co-curricular activities will have some extremely rewarding times, and it will also have times where things may not always go the way you and/or your child had hoped. We recognize that the latter may be a situation where a parent or guardian finds it necessary to raise a concern, and we ask you to please adhere to our communication guidelines.

1. Parent Meetings
 - 1.1. Parent Meeting will occur at the beginning of each sport season

- 1.1.1. Parent Meetings are mandatory
 - 1.1.2. Ask questions at this meeting
 - 1.1.3. Physical Update Information
 - 1.1.4. If Parent/Guardian is unable to attend preseason meeting, they must follow up with Athletic Director and Coach prior to child's clearance for participation
2. Communication from Coaches
 - 2.1. Team/Program Philosophy
 - 2.2. Individual/Team Expectations
 - 2.3. Team Guidelines & Responsibilities
 - 2.4. Practice & Game Schedules
 - 2.5. Protocols & Procedures in the Event of Injury/Illness
 - 2.6. Behavior/Disciplinary Issues
3. Appropriate Concerns to Discuss with Coaches
 - 3.1. Treatment/Well-Being of your Child, Mentally, Emotionally and/or Physically
 - 3.2. Ways to Help Your Child Improve
 - 3.3. Concerns About Your Child's Behavior
 - 3.4. Ways to Support the Team/Volunteer for Game Day Tasks
4. Inappropriate Concerns to Discuss with Coaches
 - 4.1. Playing Time
 - 4.2. Team Strategy
 - 4.3. Play Calling
 - 4.4. Other Student-Athletes
5. Protocol for Registering Appropriate Concerns
 - 5.1. Player to Coach (Self-Advocacy)
 - 5.1.1. At WUHSMS, we strive to provide our students with tools, resources, and life skills to help prepare them for long-term success both in the classroom and in the playing arena.
 - 5.1.2. We ask that you allow your child(ren) the opportunity to grow by first directly communicating with his or her coach, allowing them to work through problems and find solutions on their own accord.
 - 5.2. Parent to Coach
 - 5.2.1. Should only occur if a problem persists.
 - 5.2.2. Reach out to coach via email as your primary contact, request a meeting with your child present.
 - 5.2.3. Please do not approach a coach during a practice or game.
 - 5.2.4. Please allow for 24 hours before presenting your concern to the coach.
 - 5.2.5. If a coach cannot be reached, email the Athletic Director and a meeting will be set up for you.
 - 5.3. Parent to Athletic Director
 - 5.3.1. This should be the last resort and final communication.

- 5.3.2. This should only occur if a meeting with the coach was unsatisfactory, or if the problem continues to persist.
- 5.3.3. Athletic Director should be reached via email as your primary contact.
- 5.3.4. Meeting will be with Athletic Director, Coach, Parent/Guardian and your child

6. Attendance

6.1. School Trips, Family Vacations, & Absences

- 6.1.1. Communication of any prior arranged School Trips, Family Vacations, and/or Absences with your Coach is mandatory for participants. This will help your Coach plan for the sports season.
- 6.1.2. One of the most important aspects of participation on a team is *commitment*. As such, we respectfully request that all students who choose to try out for our teams, along with their parents, be prepared to commit to the team for all practices and competitions for the duration of the season, including during school vacations.
- 6.1.3. When parents and student-athletes choose to take family vacations during a sports season, it must be understood that the time missed by the student may affect team performance and chemistry.
- 6.1.4. Students who miss practices or competitions due to school trips, vacations, or absences can (and likely will) have their playing time adjusted. This again, includes school scheduled vacations.
- 6.1.5. Regular season games can and most likely will be scheduled during school scheduled vacations (i.e. Winter Break, Spring Break). When scheduling a sports season, the Athletic Director will compose a schedule that least impacts class time to the best of his or her ability. School scheduled vacations and Saturdays are great days to schedule games. Therefore, we respectfully request that parents/guardians consider this when signing a child up to participate in a sport.

STUDENT INFORMATION

1. Tryouts

- 1.1. In some activities it may be necessary to reduce the number of participants to a manageable size, taking into account safety, fiscal resources, equipment, facilities, and coaching personnel.
- 1.2. It will be the responsibility of the Head Coach to make decisions concerning what the final number of participants will be.
- 1.3. The decisions reached will be consistent with the goals and objectives of the specific program.

2. Practice & Contest Policies

- 2.1. No mandatory practices will be held when school is dismissed early or canceled outright due to inclement weather
 - 2.2. Our primary concern will always be for the welfare and safety of students at all times.
 - 2.3. As a general rule, practices may be held Monday through Sunday, including on *scheduled* early dismissal days indicated on the district-approved school calendar.
 - 2.4. VPA guidelines state **practice must be only five days in a row, no exceptions will be made.**
 - 2.5. Cancellation of any practice session should give students ample time to alert parents/guardians and make suitable transportation arrangements.
3. Sub-Varsity Participation
 - 3.1. It is expected that members of the Junior Varsity and Middle School level teams may see action in each game as long as:
 - 3.1.1. They fulfill all of their academic and team responsibilities and expectations
 - 3.1.2. Their participation does not constitute a potential danger to their physical well-being or the well-being of others as determined by the coaching staff.
 - 3.2. *Equitable, not equal playing time*, is the expectation at these levels
 - 3.2.1. Increased focus on developing better athletes and better people, preparing them for the Varsity-level
 - 3.2.2. Decreased focus on competition and results of any contest
4. Uniforms & Equipment
 - 4.1. Students are responsible for all uniforms and equipment issued to them, including keeping them clean and in good condition, and returning them immediately at the end of a respective season.
 - 4.2. It is the responsibility of the Coach, per his or her contract, to ensure that all equipment issued is collected and in good condition at season's end.
 - 4.3. Students will be liable for lost or damaged equipment and will be charged as determined by the Coach or Athletic Director.
 - 4.4. Future participation in co-curricular activities will be reviewed.
 - 4.5. If uniforms, equipment, or its face value are not returned or reimbursed, the following will occur:
 - 4.5.1. Varsity pins and letters will not be awarded
 - 4.5.2. No play in next season's sport
 - 4.5.3. Senior cannot walk during graduation until all items are returned
5. Personal Property
 - 5.1. There is a need to secure all items considered valuable.
 - 5.2. All lockers should be locked at all times.
 - 5.3. If necessary, valuables should be secured with individual coaches.
 - 5.4. It is not the school's responsibility if items are misplaced, lost, or stolen.

6. Postseason Criteria
 - 6.1. If a team qualifies for postseason play, it is the decision of the Athletic Director for that team to participate.
7. Dismissal From a Team, Club or Organization
 - 7.1. Any student dismissed from a team, club or organization by a rule violation or as a result of a coach's or advisor's decision for reasons including, but not limited to, academics, training rules, hazing, harassment, bullying, or any other disciplinary situation, *will not* be permitted to join another co-curricular activity during the same season.
 - 7.2. No student-athlete may quit a team and join another in the same season once a team roster has been established without first discussing with his or her current coach and his or her potential coach.
 - 7.2.1. If a student wishes to quit a team and join another team in the same season, both coaches must be in agreement and the team the student wishes to join must still be in the team selection process.
 - 7.2.2. If you are cut from a team due to tryouts, you may switch to another team with prior approval from the Athletic Director.

AWARDS

The recognition for successful participation in a sport is important to the participants, the school, and the community.

1. Awards Criteria
 - 1.1. Varsity
 - 1.1.1. All participants will receive a certificate of participation
 - 1.1.2. A member who participates in 80% of practices and contest of the respective season may be awarded the appropriate letter, pin or medal
 - 1.1.3. Awards are based on the recommendation of the Head Coach
 - 1.2. Sub-Varsity
 - 1.2.1. All participants will receive a certificate of participation
 - 1.2.2. Any other awards are based on the recommendation of the Head Coach

TWO-SPORT POLICY

Students may not participate in more than one sport per season without permission from the Athletic Director AND the two coaches involved.

LOYALTY CLAUSE

Per Article III, Section III, Part B Non-School Competition, adopted 6/6/14 by the Vermont Principals' Association Activity Standards Committee, any member of a school team is a student-athlete who is regularly present for, and actively participates in all team tryouts, practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team or club in any practices, competitions, tournaments, showcases, combines, or any other athletic events. Whenever a conflict arises between the high school team and out-of-school team on the same day, the participant **MUST** honor his or her commitment to the school-sanctioned team. Priority must at **ALL** times be given to the school-sanctioned team, including practices and contests. It is expressly understood that permission shall not be granted on a regular basis and shall only be granted in extraordinary circumstances by the Athletic Director via waiver process only.

TRANSPORTATION

1. Conduct
 - 1.1. Students must follow the same behavior expectations that exist within the school.
2. Travel
 - 2.1. Athletes are to travel to and from all events in school-designated transportation unless prior arrangements have been made.
 - 2.1.1. Requests *must* be made in *writing only*, in advance.
 - 2.1.2. Requests *must* be submitted to AND approved by the Athletic Director.
 - 2.1.2.1. There are no guarantees that a request will be honored.
 - 2.1.3. If a request is honored, a student can be dropped off to a parent or legal guardian at a designated location on the route.
 - 2.1.3.1. Must be submitted to and approved by the Athletic Director *prior* to leaving school.
 - 2.2. Students *cannot* drive their cars to a secondary pickup location to be picked up by the bus en route to or from any event.
 - 2.3. There are several sports that often have Varsity and Sub-Varsity teams travel together to compete (i.e. same start times or doubleheaders).

- 2.3.1. In the event that there is a Varsity game scheduled, but no Sub-Varsity game, students on the Sub-Varsity team ***must*** remain in school for the entirety of the school day; they will not be granted permission for early dismissal, ***NO EXCEPTIONS.***
 - 2.3.2. If a student violates this procedure, there will be a consequence determined by the Athletic Director.
 - 2.4. Students *cannot* drive themselves to any away event.
3. Discipline
 - 3.1. There may be circumstances that could result in immediate suspension from the bus.
 - 3.1.1. Such disciplinary action will be taken at the discretion of the appropriate school administrator.
 - 3.1.2. A meeting between the Head Coach and Dean of Students will occur before the student may ride a game bus again.

Emergency Action Plans For All Activities

Nearest Phone:

- Football Field - Coaches' Office
- Union Arena - Office (Right of main entrance)
- Dailey (HS) Gymnasium - Athletic Director's Office, Training Room or Coaches' Office
- Auditorium - Right of stage
- Varsity Soccer & Boys Lacrosse Field - Cafeteria
- Field Hockey & Softball Field - Union Arena Office or On the River (Hotel)
- Lower Fields - Coaches' Office

Nearest AED Device:

- Main Entrance near trophy case

- Outside Dailey (HS) Gymnasium
- Union Arena Lobby

Each season the Athletic Director and Athletic Trainer will train and review emergency action plans with each Coach and 2-3 athletes (team captains) from each team.

In the event of an emergency:

1. The Advisor, Coach, Athletic Trainer, or Site Administrator will decide if the injury requires EMS. That person will remain with the injured student/individual while someone else as designated will go to call EMS at the nearest accessible phone.
NOTE: Always consider the potential for a spinal injury before the individual is moved.
2. Depending on the situation, the Advisor, Coach, or a designee may accompany the student to the hospital. The person going with the student should bring the Emergency Information Paper if they have that with them.
3. The Advisor, Coach, or designee will notify the student's parents and the appropriate paperwork should then be completed immediately.
4. Away Events: The host school should have their own emergency plan in place.
NOTE: Not all schools have Medical Personnel/Athletic Trainer on staff. It is the adults' responsibility to care for an individual who was injured. Be sure to make a mental note of your surroundings and phone access at each visiting site.

NOTE: All students, coaches, parents, and/or guardians are expected to read this digest carefully. Your signatures on the participation consent form during registration will confirm you have read and understood the information contained in this digest.