

# 2019 Athletic Handbook for Students and Parents

Mill River UHS

Athletic Department

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A Note to All Our Student Athletes & Parents,

Interscholastic athletics provides an opportunity for students to participate in the total educational experience. What you do to succeed in sports reflects what you need to succeed in life. Sportsmanship and respect are both components of character. Respect is given not just for success or failure but for effort, attitude and how you treat others. People see and judge the school community by the students and parents that represent it, wherever they may be. This handbook is written to help you better understand and appreciate the purpose and goals of the athletic programs at Mill River UHS. If you are uncertain about anything, please feel free to ask us. Good luck to all the athletes this season!

## 2019-2020 Athletic Programs

<b><u>Fall</u></b>	<b><u>Winter</u></b>	<b><u>Spring</u></b>
Varsity Cross Country	Varsity Boys Basketball	Varsity Baseball
MS Cross Country	JV Boys Basketball	JV Baseball
HS Fall Cheerleading	MS Boys Basketball	MS Baseball
MS Fall Cheerleading	Varsity Girls Basketball	Varsity Softball
Varsity Football	JV Girls Basketball	JV Softball
JV Football	MS Girls Basketball	MS Softball
MS Football	Varsity Wrestling	Varsity Unified Basketball
Varsity Girls Soccer	JV Wrestling	Varsity Track & Field
JV Girls Soccer	MS Wrestling	JV Track & Field
MS Girls Soccer	Varsity Cheerleading	MS Track & Field
Varsity Boys Soccer	MS Cheerleading	Club Ultimate Frisbee
JV Boys Soccer	Varsity Snowboarding	
MS Boys Soccer	Varsity Alpine Skiing	

HS Golf		
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## **Athletic Philosophy**

Interscholastic athletics are a vital part of our secondary school education program. They provide a unique opportunity for students to achieve their full potential as athletes and as a person, in a setting which is both demanding and rewarding. Athletes are encouraged to excel and to win, but the principle of good sportsmanship must prevail at all times.

## **Prerequisites for Athletes**

### *Physical Examination*

A physical examination is required every two years. The form is available from the athletic director or the school nurse. It is the responsibility of the athlete to complete and return it to the athletic director. A copy will be kept at school.

### *Permission Form & Accident/Health Insurance*

Each student participating in a sport must, along with their parent or guardian, read the Athletic Handbook and sign off on that online when registering to participate each season. Any Mill River student participating in an athletic activity must have accident insurance. If you do not have personal insurance, insurance is available at the school through an independent insurance company. Insurance forms are given to students at the beginning of the academic year.

### *Registration ONLINE:*

Mill River uses an online registration system for athletics. Please visit our millriverschool.org webpage and find the link for registration.

<http://millriverschools.org/mru/sports/>

<https://www.formreleaf.com/>

## **ATTENDANCE POLICY / CHECK-IN AND CHECK-OUT**

Class attendance and participation are critical elements of the educational process and have a direct impact on academic achievement. School personnel shall notify parents and take all necessary steps to encourage student attendance and prevent excessive absences. While grading will not be solely determined by attendance, it should be expected that excessive absences can and will be detrimental to a student's ability to achieve proficiency or mastery in any given subject. Students with excused absences due to documented chronic health problems may be exempted from this policy. In order to be considered in attendance, a student must be present in the school for the school day or at a place other than the school with the approval of the appropriate school official for the purpose of attendance or a school activity such as field trips, work-based learning opportunities, internships, musical festivals, athletic events, or similar approved activities. The responsibility for school attendance will be that of the home. Parents and students are expected to cooperate with teachers and administrators to ensure regular attendance. To achieve an efficient and workable program regarding student attendance, the following procedures will be implemented: Students checking in after 8:15 AM will be coded as unexcused unless documentation of a lawful excuse is submitted: (Illness or injury, death in the immediate family, medical or dental appointments, court or administrative proceedings, religious

observation). Unexcused late students will not be eligible to participate in after school activities. A student must present valid documentation of a professional appointment (example: Doctors, dentist, lawyer, court)

### **Athletic Eligibility 2019-2020**

Understanding that athletics plays a key role in the student experience for many MRUHS learners, it is critical that we maintain a high set of standards with fair expectations for academic progress while our student athletes represent the MRUHS community.

At the end of each semester (January and June), the Director of Athletics will review the academic progress of each student athlete participating in a sport for the current and upcoming seasons. Based on academic progress, a determination will be made regarding the standing of each student athlete. Measures will be taken to ensure each student athlete is given the proper opportunity to show satisfactory academic progress.

#### **Fall**

Sports Eligibility to be determined based on previous school year's second semester (final grades for the previous school year). Students may be placed on academic probation if it is determined that they are falling significantly behind during the first marking period.

#### **Winter / Spring Sports**

Eligibility to be determined based on first semester grades. Students may be placed on academic probation if it is determined that they are falling significantly behind prior to the second semester.

#### **In order to be eligible, the following criteria must be met**

Students must be passing /reported as progressing toward proficiency in at least 6 of 8 classes at the end of the semester. Students need to maintain a 2 in all classes. If a student falls below a 2, they will be put on academic probation. If a student has 2 classes below a 1.5 that student athlete will be removed from the team for the rest of that season. Students who are not in good academic standing may be placed on academic probation, allowing them to participate in team practices, but disqualifying them from competition until it is determined by the Director of Athletics and the principal and classroom teacher that the student is back in good standing.

#### **Rules and Regulations for Athletics**

Mill River UHS believes it is important for students to maintain a healthy mind and body. Below you will find the consequences for violating these rules. (In season athletes....24/7 policy)

- 1st violation (use/possession./under influence) Evaluation Suspended for 20% of games e.g. soccer=3 May still practice, travel, etc.
- 2nd violation in "school" year DONE with co-curricular activities for the year

MRU School Board Policy PREVENTION OF HARASSMENT, HAZING AND BULLYING OF STUDENTS

<http://millriverschools.org/documents/mruusd/F20%20Hazing,%20Harassment%20and%20Bullying%20of%20Students.pdf>

## **Traveling to and from MRU Games**

All athletes are expected to travel with the team both to and from away games. Exceptions may be requested by a parent by contacting the Athletic Director with a written note that needs to be approved .

## **Mill River Parent/Coach Communication Plan**

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as the players on the squad.
3. Locations and times of practices.
4. Team requirements, i.e., practices, special equipment, out of season conditioning.
5. Discipline that may result in the denial of your child's participation.

Communication Coaches expect from parents and athletes:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well ahead of time.

As your child becomes involved in the programs at Mill River, they will experience some of the most rewarding times of their lives. It is important to understand that they also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically.
2. Ways the parent(s) can help your child improve.
3. Concerns about your child's behavior.

## **Parent/Coach Communication Plan**

If you have a concern to discuss with a coach, the procedure you should follow:

1. Call to setup an appointment.
2. The Mill River UHS number is 775-3451.
3. If the coach cannot be reached, call the Athletic Director, Kim Maniery, at 775-3451 ext. 222. A meeting will be set-up for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and the coach. Meetings of this nature do not promote a resolution.

## **Playing Time**

The individual's ability, attitude, and the team situation determine playing time at the varsity level. At the 7th/8th grade level, every effort will be made to ensure each athlete participates in every event. It is expected that members of the JV level team will see action in each game as long as they fulfill all of their team's responsibilities and expectations, and that their participating does not constitute a potential danger to their physical well being as determined by the coaching staff.

## **Uniforms and Equipment**

Students are responsible for all uniforms and equipment issued to them. They are responsible for keeping them clean and in good repair and returning them at the end of the respective season. They will be liable for lost and damaged items and will be charged as determined by the Director of Athletics. For all students, future participation in co-curricular (athletic, non-athletic, etc...), will be denied, and seniors will not be allowed to participate in senior activities (Prom, Graduation, etc..), if uniforms, equipment, or its face value are not returned or reimbursed.

### **Awards Criteria & End of Season Awards Nights**

The recognition for successful participation in an activity is important to the participants, the school, and the community. End of season sports awards will take place within each team. Dates and locations of banquets will be posted prior for those interested in attending.

1. All sub-varsity and varsity participants will receive a certificate of participation. A participant who is a member of a varsity level activity for the entire duration of the respective season may be awarded the appropriate varsity letter or pin if a varsity letter has already been received for that sport.

### **Change of Sport Policy**

No athlete may quit or be suspended from a sport and try out for another after the season has begun (first practice, last game, dates set by VPA), without mutual consent of both coaches, and the approval of the Athletic Director.

### **Vermont Principal Association Information**

- Pairings posted
- Rankings posted
- Sports Information and Rules posted

<https://vpaonline.org/athletics/>

### **Tryout Policy Procedure**

1. Choosing the members of the various athletic teams is the responsibility of the coach.
2. Before tryouts begin, coaches will provide the team information to all candidates and parents of the team at a preseason meeting. Such information shall include:
  - Length of tryout period—a minimum of five days.
  - Objectives used to select the members of the team.
  - Approximate number of team members that will be selected and criteria involved in selection—positions needed , etc.
  - Distribution of practice and game schedule. The coach will explain the commitment necessary to join the team.
  - Clear notification that tryouts are based on performance during the selection period. Tryouts are not based on summer participation or coaching camps the athletes participated in previous to selections.
3. Sub-varsity coaches will follow the criteria for selection that have been established for the particular sport. Head coaches will be involved in sub-varsity selections to aid these coaches.
4. When lowering numbers on teams becomes a necessity, a coach will provide the following opportunities for each player:
  - Lists or rosters of team membership will not be posted. Each coach will meet with each candidate individually to discuss strengths, weaknesses, and squad membership or reason for non-membership.

- Coach will discuss options or alternatives for those individuals who do not make the team. Such alternatives could include participation in a team support position.

**Cut Policy**

7th/8th Grade – Cuts will occur only if absolutely necessary and only after a conversation with the Athletic Director and Principal about alternatives. Junior Varsity– all efforts will be made to retain a reasonable number of players, however, cuts may occur. Varsity– cuts are more likely in some sports.

**Concussion Information**

Mill River Union has developed this protocol to address the issue of the identification and management of concussions for students who participate in school sports. Act 68 was passed into law in 2013 and requires that schools have an action plan.

A safe return to activity protocol is important for all athletes following any injury, but it is essential after a concussion. The goal of this concussion protocol is to ensure that concussed athletes are identified, treated and referred appropriately for return to learn and return to play. Consistent use of concussion management protocol will ensure that the athlete receives appropriate follow-up and/or academic accommodations in order to make certain that the athlete is fully recovered properly before returning to full athletic play activity.

This protocol will be reviewed annually by Matt Howland, ATC, the MRU athletic trainer. Changes and modifications will be reviewed and written notification will be provided to athletic department staff, coaches and other appropriate school personnel.

All coaches’ are required to certify concussion management training annually. Parents and athletes must be educated about concussions annually. The written documentation of coaches annual training shall be kept in the coaches personnel file and the student/parents in the student file and be tracked by Kim Maniery, Athletic Director.

**Recognition of Concussion**

<b><u>Signs (observed by others)</u></b>	<b><u>Symptoms (reported by athlete)</u></b>
Forgets plays	
Appears dazed or stunned	Headache
Exhibits confusion	Fatigue
Unsure about game, score, opponent	Nausea or vomiting
Moves clumsily	Double vision, blurry vision
Balance problems	Sensitive to light or noise
Personality change	Feels sluggish
Responds slowing to questions	Feels “foggy”

Forgets events after the hit	Problems concentrating
Loss of consciousness (not required)	Problems remembering

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion must be removed from competition or practice and will not be allowed to train or compete with a school athletic team until the athlete has been examined by and received written permission to participate in athletic activities from a health care provider. (per Act 68, approved by the VT Legislature in 2013)

Both the Head Coach and the school Athletic Trainer have been designated as individuals who can make the initial decision to remove a student athlete from play when it is suspected the athlete may have suffered a concussion. The trainer will be used whenever he is present at an activity.

The school must notify parents/guardians within 24 hours if student sustains a concussion. The head coach or the school ATC is the individual assigned to inform parents/guardians that their student/child may have sustained a concussion.

### **Return to Learn Protocol (RTL)**

The following steps are required before the student can return to academic activity. The student is required to complete the RTL protocol and be symptom free for 24 hours before beginning the RTP protocol.

1. The return to play plan should start only when you have been without any symptoms for 24 hours.
2. It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step.
3. Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve or Tylenol.)
4. This program should be supervised by an athletic trainer, school nurse or health care professional trained in management of concussion.

**Step 1:** Aerobic conditioning—Walking, swimming or stationary cycling

**Step 2:** Sports specific drills—Skating drills in hockey, running drills in soccer/ basketball.

**Step 3:** Non-contact training drills—include more complex training drills (passing in soccer/hockey/basketball. Running specific pattern plays).

**Step 4:** Full contact practice.

**Step 5:** Full clearance for return to play.

**Matt Howland, ATC** is the individual who makes the final decision regarding the student's return to athletic activity. **Matt can be contacted at 802-236-4117.**