

OLD COLONY

Regional Vocational Technical High School

476 North Avenue, Rochester, MA 02770



Athletic Handbook

Table of Contents

Absences	8
Academic Eligibility	11
Age	12
Athletic Shoes	13
Care of Equipment	12
College/Career Guidance	18
Commitment	6
Criteria for Earning a Letter	20
Daily Team Attendance	8
Directions To Away Games	13
Governing Bodies.....	6
Hazing.....	18
Insurance	7
Locker Room and Facilities	14
Mayflower League.....	6
Medical Exams/Parental Permission Forms	11
Message to Athletes	23
Message to Parents	21
MIAA Bona Fide Team Member Rule.....	7
MIAA Chemical Health Rule Regarding Alcohol, Tobacco, and Drugs...	17
MIAA Loyalty to High School Team Rule.....	7
Objectives.....	5
Offenses Calling for Suspension.....	17
Philosophy	4
Playing Time.....	14
School Discipline Obligations.....	16
School/Family Vacation, Extended Absences.....	6
Security of Personal Belongings.....	14
Sportsmanship	18
Team Apparel.....	13
Team Captains	16
Team Rules and Regulations.....	12
Time Allowed For Participation.....	12
Trainer and Training Room	13
Transportation Policy.....	14
Tryouts.....	7
Varsity Teams.....	15
Vision.....	5
Weight Room	13

Together
Everyone
Accomplish
More

PHILOSOPHY OF ATHLETICS FOR OLD COLONY

Old Colony Regional Vocational Technical High School will strive to provide our students with the finest Athletic Program possible. The athletic facilities, equipment, uniforms, and coaching must be of the highest caliber.

Regardless of number, we will try to involve as many students as possible, both male and female.

Every experience, practice, or game should be instructional and enjoyable. Discipline, fair play, good sportsmanship, and conduct must be of prime concern for all coaches.

Welcome and thank you for your participation in Old Colony Regional Vocational Technical High School Athletics.

We believe the following information will help answer many of your questions regarding interscholastic athletics at Old Colony. This booklet contains information regarding policies, practices and regulations that govern the athletic program at Old Colony.

Please keep this booklet and refer to it whenever you have a question regarding your child's athletic experience. If you feel that your questions or concerns are not answered in this booklet, contact the school's Athletic Director's office, 508-763-8011 ext. 143

Vision

To provide learning experiences through athletics that will enable our students to be better prepared to meet and successfully handle future challenges and responsibilities.

Objectives

Due to the infinite number of individual differences in abilities and interest, the athletic program is comprehensive. All students who show an interest in the program will be encouraged to participate. The emphasis at each level is:

- Varsity - VERY COMPETITIVE/INSTRUCTIONAL
- Junior Varsity - COMPETITIVE/INSTRUCTIONAL
- Freshman - INSTRUCTIONAL

At the varsity level the coach will use sound judgment in deciding who should participate in game situations. At the junior varsity and freshman levels, the goal is to develop each athlete to his/her fullest potential and to provide opportunities for him/her to test his/her skills through interscholastic competition.

In accordance with the philosophy, the athletic department's major objectives are:

- To foster, through teamwork, a positive attitude toward life.
- To encourage winning, but not winning at all cost.
- To encourage respect for the rights and abilities of others.
- To improve skills and confidence.
- To encourage communication with team and individual athletes.
- To develop character, team spirit, sportsmanship and a sense of fair play.

Our program is committed to both our male and female athletics in funding, scheduling, equipment and support. No athlete will be excluded or discriminated against on the basis of sex, race, color, religion, sexual orientation, national origin or disability. Our program's direction and effort should be viewed as an investment in our students, dividends of which are to be shared by all.

Governing Bodies

The Massachusetts Interscholastic Athletic Association

Old Colony is a member in good standing of the MIAA. With membership, the Principal and Athletic Department agree to abide by all rules and regulations of the MIAA. One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When varsity teams qualify for and enter such tournaments, we are subject to specific rules and regulations that govern each tournament, as set by the MIAA.

The MIAA does not sponsor or sanction any sub-varsity tournament competition.

Mayflower League

Old Colony Regional Vocational Technical High School is proud to be a member of the Mayflower Interscholastic League. The Mayflower League is governed by its constitution and the MIAA.

Commitment

When trying out for a team and after being selected to be a member of a team, Old Colony Regional Vocational Technical High School students are expected to attend all practices and games of that team. Practices will average two hours in duration. Weekend practice sessions vary by sport and should be expected. Teams frequently practice and compete during the school vacation periods. Interscholastic athletics demand much more commitment than a club or recreational activity. Students and parents should be aware of the time commitment prior to trying out for the team.

School/Family Vacations, Extended Absences

Every team member is expected to be present for all team practices and games. Because of scheduling parameters, many of our teams practice and/or play during scheduled vacations. Students who plan to be absent for an extended period of time due to vacation or a planned extended absence should discuss this situation with the coach prior to trying out for the team. The coach's discretion will be used in determining the consequences for such extended absences.

MIAA Bona Fide Team Member Rule

A Bona Fide team member 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 participate with a non-school team. A coach does not have the right to excuse a team member from a practice or a game so he/she may play or practice for another team. The Principal of the school may request a waiver of this rule in special circumstances. Violation of this rule results in the expulsion of the athlete from the team, and the forfeiture of all team contests.

MIAA Loyalty to High School Team Rule

Under the current MIAA guidelines, a student may practice or compete for his/her school team and a club team on the same day. Athletes must remain loyal to their high school team first and foremost; see Bona Fide team member rule.

Insurance

1. An injured athlete should report all injuries no matter how minor to his/her coach.
2. The coach will fill out the appropriate forms and submit them to the main office. The school will mail insurance forms to the student-athletes' parents.
3. Equipment Issue - Squad members are absolutely responsible for equipment issued to them and must return equipment promptly upon the coach's request. All equipment must be accounted for before an athlete is eligible for a letter and further participation in athletics. Uniforms are to be worn for regular school contests only.

Tryouts

Participation in athletics is a privilege; students try out voluntarily and on some of our teams, risk not making the team. 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 he/she can meet these expectations. Students not making the team are encouraged to try out for another team if there is space on that team. Students who do not make the team will be informed as to the reasons for not making the team. After tryouts begin no athlete may voluntarily leave one team and try out for another without the consent of the Athletic Director.

Fall Season - Tryout date varies pending the start of school, Labor Day, and which sport you choose.

Winter Season - Tryouts begin the Monday immediately following the Thanksgiving Break

Spring Season - Tryouts begin the third Monday in March

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 a game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present at all team-related activities. Suspension or dismissal from a team may take place as a result of such absences. Students are excused from team activities for illness, injury, academic, family emergencies, or religious reasons. Prior notification is strongly recommended and expected. It is also expected that all student-athletes will participate in their physical education classes. If a student-athlete is unable to participate in physical education due to illness or injury, they are not eligible to participate in athletics on that given day or days.

Absences

1. Any student who is absent from school must:
 - have a parent/guardian call in the absence by 11:00 a.m. on the day of the absence 508-763-8011 ext.125
 - provide a note explaining the absence upon his/her return to school
2. All absence notes must:
 - be brought to the Administrative Assistant's Office between 7:30 a.m. and 7:40 a.m.
 - include a parent's/guardian's home and work telephone number.
3. Failure to bring a note upon the student's return will result in an administrative detention.
4. Students who are absent five (5) or more consecutive days due to illness must bring in a doctor's note to be readmitted to school.

Excused Absences

1. An excused absence means:

- death of relative/bereavement leave
- court appointment verified by court papers, summons, and subpoena
- religious observance
- license permit appointment verified by documentation
- family vacation (Refer to *Family Vacation Days* section)
- college visits
- related and academic classwork, tests, and quizzes may be made up. A student must contact all instructors within three (3) days of returning to school to schedule all make-up work assignments

2. The school administration will ultimately determine whether or not any absence is to be classified as excused

3. A student must present a doctor's note for the day(s) of the absence(s). Specifically:

- a doctor's note must be presented to the Administrative Assistant upon the student's return to school
- a medical note must indicate dates
- appointment cards are not acceptable

Unexcused Absences

1. An unexcused absence means:

- student will receive a zero for the day in shop
- Related and academic classwork, tests, and quizzes may be made up. A student must contact all instructors within three (3) days of returning to school to schedule all makeup work assignments.

2. The school administration will ultimately determine whether or not any absence is to be classified as unexcused.

Absences For A Term

1. A student who exceeds:

- three (3) unexcused absences in shop
- three (3) unexcused absences in academic or related classes within one (1) term will receive a grade of no higher than 60% for that term.

2. A student who exceeds:

- six (6) absences in an academic or related class that meets two (2) times per day within one (1) term will receive a grade no higher than 60% for that term.

Tardiness And Dismissals

1. In an academic and related class:

- three (3) incomplete classes equals one (1) unexcused absence
- an incomplete class is any tardy or dismissal that falls within a class period

2. In Shop:

- three (3) tardies or dismissals equals one (1) unexcused absence

Absences For The Year

1. Upon attaining six (6) absences in one (1) school year (excluding School Approved Absences), a parent/guardian conference will be held with the Assistant Superintendent/Principal, the Administrative Assistant and the student's guidance counselor. This is a mandatory meeting!
2. A student who exceeds nine (9) absences in shop (excluding School Approved Absences), in a school year will fail for the year.

Medical Exams/Parental Permission Forms

All students who plan to participate in athletics must have written proof of a current physical examination signed by a physician. In order for an examination to be considered current, it must be dated within 13 months of any athletic involvement. It is strongly recommended that an annual examination be scheduled between June and August for each school year. Such an exam would cover a student for the entire school year. Medical questionnaire forms are available in the Athletic Director's Office and Nurse's Office.

Parental Permission Forms, which contain important emergency and insurance information, must also be completed and signed by the athlete and parents.

Athletes will not be allowed to participate without the completion of the Medical Exam and Parental Permission Forms.

Academic Eligibility

The eligibility to participate in extracurricular activities is determined by a student's grades in shop and academics. At the end of the first and second trimesters, students' report cards will be checked by their advisor. If a student is not meeting the eligibility requirement, he/she will not be allowed to participate for the following trimester. At the end of the school year, the cumulative average for the year will be used to determine eligibility for the fall. (Note: Both the Student Council and National Honor Society have their own constitution and eligibility requirements.)

A student must be passing shop to be academically eligible. In addition, a student must be passing sufficient courses in their academic cycle to accumulate the equivalent of 13.5 credits out of the possible 18.5 credits.

5.0 credit courses: English, Related Courses (with only one grade) and Math

2.5 credit courses: Math, Social Studies, Science, Business, Spanish, Study Skills Support and Related Courses (where two grades are given).

1.0 credit courses: Physical Education and Health

Students wishing to run for any office in any organization, interested in serving on an advisory council, or acting as a school representative in any program, must complete a nomination form available from the advisor. This form will include the recommendation of at least two teachers.

Time Allowed For Participation

A student has four consecutive years of participation from the day he/she enters grade nine. This means twelve consecutive athletic seasons of eligibility. A fifth year student is ineligible to compete in his/her fifth year even if he/she has not played in one of the previous years. Any extenuating circumstance regarding participation should be brought to the attention of the Athletic Director.

Age

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

Team Rules And Regulations

At the start of each season, a coach, with the approval of the Athletic Director, shall issue a set of team rules and regulations to his/her team.

Care of Equipment

Students have an obligation and responsibility for all equipment issued to them. Each student is responsible for the proper care and retention of the equipment from the date of issue to the date of return. Equipment should be stored in a locked locker at all times when not in use. Experience has shown that most losses are due to lockers left open, unlocked, or equipment left unattended.

If a student loses school equipment or fails to return the same, he/she is responsible to meet the current replacement cost of the equipment. Payment is required prior to the next season of athletic involvement or graduation, whichever comes first. No student will be allowed to try out for another sport until all outstanding equipment has been returned or paid for.

If an athlete leaves a team during the season due to injury, academic difficulties, discipline problems, or chooses not to participate any longer, it is his/her responsibility to return all school equipment immediately.

Team Apparel

The athletic department will provide the necessary equipment and uniforms for each team member. Mouth guards are required for many sports and highly recommended for all athletes, and are available from the athletic department free of charge. Some teams choose to purchase additional team apparel such as hats, T-shirts, jackets, or warm-ups in order to promote team spirit. All such orders, including slogans, must be approved in advance by the Principal or Athletic Director.

Directions To Away Contests

The Athletic Director's Office has directions to away games, which students may get prior to the contest, directions are also given on the Mayflower League website.

Athletic Shoes

At no time should shoes with cleated soles be worn in the building. Serious injury can occur from slipping on tiled surfaces, as well as possible damage to the facility.

Weight Room

The Old Colony weight room is available to all students whenever it is supervised by a staff member. Students will not be allowed to participate without the completion of the Medical Exam and Parental Permission Forms.

Trainer And Training Room

Old Colony has a licensed athletic trainer on site to evaluate and treat injuries as they occur. The trainer provides medical coverage for athletic contests and practices. On school days the trainer is available from 2:30 p.m. until his/her duties and responsibilities are completed. On the weekends, the trainer will be on site for home contests. In the event of an injury, the trainer will evaluate and recommend the direction of care. If a visit to a hospital or a physician is necessary, a written medical note by the M.D. releasing the student-athlete from treatment or return to participation is mandatory. Athletes may come anytime after school for evaluation and treatment by the trainer.

Locker Room and Facilities

Student-athletes are expected to respect the locker facilities, showers, and general areas of the athletic wing. We expect our student athletes to take pride in the facilities by disposing of trash in the proper receptacles and keeping the locker room clean and in good condition.

Security of Personal Belongings

Any personal belongings should be locked in a locker while the student-athlete is trying out, practicing, or playing.

All students must have a lock for their athletic lockers and never leave their locker unlocked or open while at practice, a game or in the shower.

Playing Time

Perhaps the most emotional part of a student-athlete's involvement in high school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding. Factors such as attendance, attitude, commitment, and athletic skill enter into the decision.

At the junior varsity level the emphasis is instructional/competitive and at the varsity level the emphasis is very competitive/instructional.

Transportation Policy

Regulations For School Bus Use For All Students

While On The Bus:

1. Keep hands and head inside the bus.
2. Opening and closing windows is not permitted except by the driver.
3. Assist in keeping the bus safe and sanitary, (do not throw things around).
4. No shouting or unnecessary confusion.
5. Treat bus equipment well. Damage to equipment will be paid for by the offender.
6. Riders should never tamper with the bus or any of its equipment.

7. Keep books, packages, coats and all other objects out of the aisle.
8. Do not leave or change your seat while the bus is in motion.
9. Do not throw anything out of the bus windows.
10. Horse play is never permitted on the bus.
11. Riders are expected to be courteous to fellow students, the bus driver and passersby.
12. There must be absolute quiet when approaching a railroad crossing stop.
13. In case of a road emergency, students are to remain on the bus unless requested to leave by the bus driver.
14. Smoking is never allowed on the bus.
15. Sit where you are told.
16. Students shall have written permission to leave the bus other than at home or at school.
17. Students who refuse to obey promptly the directions of a driver or refuse to obey regulations, forfeit their right to ride the bus.

Varsity Teams

At the varsity level, we look for our teams to compete against opponents at the highest possible level. This is the highest level of interscholastic competition, and players, coaches, parents, and staff members want Old Colony Regional Vocational Technical High School's varsity teams to be successful on the field of play. As long as the score is being kept, Old Colony Regional Vocational Technical High School should attempt to win as many games as possible. In order to accomplish this, there are many instances when the major burden of the contest will be carried by the most competitive, skilled team members. However, teams cannot and will not be successful without committed substitute players. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these athletes whose hard work in practice every day prepares the team for the upcoming contest.

The coach should do everything possible to give these athletes playing time that includes quality minutes.

Success should never be measured in wins and losses, but in the performance of the athletes. If our athletes perform to the best of their abilities, they will always be successful no matter what the final score might be.

Team Captains

It is the coach's decision as to how team captains are selected or as to whether or not the team will have a captain, co-captains or tri-captains. They may be elected by the team, appointed by the coach, 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. 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 Athletic Director during the school year to discuss the athletic program. Captains of teams may be relieved of their duties for violation of team or school rules.

School Discipline Obligations

Student-athletes at Old Colony Regional Vocational Technical High School are representing themselves, their family, team, school, and community at all times. Therefore, athletes will be held accountable for their actions on and off the field of play.

A student-athlete with a school disciplinary obligation must fulfill the disciplinary obligation before reporting to a practice and/or game. Student-athletes cannot expect and should not request, disciplinary action to be postponed or cancelled for any athletic reason. The athletic department reserves the right to remove a student-athlete from a team for excessive disciplinary problems. The student-athlete may be reinstated upon sufficient evidence of improvement.

All coaches are to use their discretion, but should remain within the following guidelines in handling problems involving their athletes.

There should be a cooperative effort between the coach, athletic director, and school administration if the situation deems it necessary. When disciplinary action must be taken, the priority will be to act in the best interest of the athlete(s) involved, while maintaining the integrity of the athletic program's philosophy and objectives. This discipline system will aid the coach in encouraging and enforcing positive attitudes and performances.

Offenses Calling For Suspension

1. Failure to remain academically eligible
2. Continued use of profanity
3. Violation of chemical health rules
4. Disrespect or Disobedience
5. Unexcused absence from a practice or a game
6. Any action of a serious or flagrant nature
7. Violation of school rules
8. Conduct unbecoming an athlete representative of
Old Colony Regional Vocational Technical High School

MIAA Chemical Health Rule Regarding Alcohol, Tobacco and Drugs

During the season of practice or play, a student shall not, regardless of the quantity, use or 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 legally defined drug specifically prescribed for the student athlete's own use by his/her physician. This rule represents only a minimum standard upon which schools may develop more stringent requirements. (Note: This rule during the athletic season is in effect seven days a week, twenty-four hours per day.) Old Colony has established a strong rapport with all District Police Departments for the purpose of working to prevent substance abuse among our student-athletes. 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. If a student is in violation of this rule and is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

College/Career Guidance

One of the most important decisions facing high school student-athletes is what to do with their lives after high school. The members of the Old Colony Regional Vocational Technical High School athletic staff are willing and eager to assist student-athletes with this very important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send video tapes if available, and write letters of recommendation. They may also be able to guide students to a more knowledgeable resource that can help with decisions. If a student-athlete's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations.

Sportsmanship

Old Colony Regional Vocational Technical High School expects all parties at all contests to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat opponents, game officials, and visiting spectators with respect. They are guests at our school and are to be treated as such.

The MIAA reserves the right to "warn, censure, place on probation, or suspend for up to one calendar year any player, team coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship. "Old Colony in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

Hazing

Massachusetts General Laws - Chapter 269

C. 269, S. 17, Crime of Hazing: Definition: Penalty

Whoever is the principle 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 not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student

or other person 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.

C. 269, S.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

C. 269, S.19. Hazing Statutes to Be Provided: Statement of Compliance and Discipline Policy Required

Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an, institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated-student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team, or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team or organization has received a copy of this section and 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, 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.

M.I.A.A. State Tournament

Upon completion of the regular season, teams may qualify to participate in the MIAA State Tournament based on the win/loss record.

Massachusetts State Vocational Tournament

Upon completion of the regular season, teams may qualify to participate in Massachusetts State Vocational Tournament based on the win/loss record. Teams entered will play other vocational schools in the state.

Criteria for Earning a Letter/Certificate and Other Awards to Students Participating in Interscholastic Sports at Old Colony.

1. Students must have played in 75% of all games and 50% of each game (exception injury) in order to be eligible for a letter.
 - A. In some sports a member may not play in every game yet deserves a letter - (for example) pitcher in baseball/softball.
2. After a student qualifies for his/her first letter he/she will be given a letter and pin indicating what sport he/she lettered in, along with a gold bar indicating a year as a varsity letter winner. Only one letter will be issued in the four years at Old Colony.

3. Each successive year that a student letters in a sport he/she will receive a gold bar indicating a varsity letter winner.
 - a) Example - A freshman who letters in a sport and plays throughout his/her four years at Old Colony and letters every year will have a letter, a pin of the sport and 4 goldbars. He/she could possibly have this in three sports.
4. Student managers will receive a letter and a pin of the sport, indicating varsity manager for a given year.
5. Freshmen will receive a certificate indicating a freshman team member.
6. Student managers are also eligible to receive a letter under the same rule as above.

Message To Parents

Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to all children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's program.

Communication You Should Expect from the Coach

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

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Notification of any scheduled conflicts well in advance
3. Specific concerns with regards to a coach's philosophy and/or expectations

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches take their profession seriously. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches

1. Playing time at the varsity level
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These meetings are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Call the Athletic Department (508) 763 8011 ex. 143 to set up an appointment.
2. If the coach cannot be reached, speak to the Athletic Director. A return call from the coach will be arranged, or a meeting set up for you.

3. DO NOT CALL A COACH AT HOME!!!! (Unless the coach has made his/her home phone available to parents and athletes). A coach's time with family is severely limited during the season. The family's privacy should be respected.
4. DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. These can be emotional times for both the parent and the coach. Meetings under these circumstances do not promote resolution.

If the Meeting Did Not Provide Satisfactory Resolution

1. Call and set up an appointment with the Athletic Director.
2. The Athletic Director will listen carefully to your concerns and mediate a resolution between you and the coach.

REMEMBER: Your concerns are important to us. Never hesitate to follow the above procedures to make those concerns known. Together we can work to improve our athletic programs.

Message To Athletes

To all of the fine young men and women representing Old Colony Athletics, congratulations! We are very proud of the tradition and accomplishments of our athletes, on an individual and team basis, and on and off the field of play. We ask that you represent yourselves, your team, school, and community with pride and respect at all times.