

**NANTUCKET
PUBLIC SCHOOLS
ATHLETICS**

WHALERS

**2019-2020
ATHLETIC HANDBOOK
FOR STUDENT-ATHLETES
AND PARENTS**

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INTRODUCTION

Welcome to the athletic program at the Nantucket Public Schools. The information contained in this handbook will help to answer many of your questions about interscholastic athletics at Nantucket High School. This handbook contains information regarding the rules and regulations that govern the athletic program at the Nantucket Public Schools.

For student-athletes, this guide will help you understand what you can expect as well as what is expected of you while participating in interscholastic athletics at the Nantucket Public Schools. For parents, this guide will help you understand the school's athletic policies. If your questions and concerns are not answered within this handbook, please feel free to contact the Athletic Director for a more specific answer.

PHILOSOPHY

Nantucket Public School considers participation in athletics to be an integral part of the overall educational experience. Athletics provides opportunities for physical, mental, emotional, and social development. The competition of athletics is viewed as a valuable experience because it challenges each student-athlete to strive for excellence, helps each student-athlete discover their physical limits, and requires each student-athlete to work cooperatively as a member of a team. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of all contests.

MISSION

The athletic program at the Nantucket Public Schools dynamically supports the academic mission of the school. The Nantucket Public School sets high expectations for its coaches and student-athletes. The athletic program at the Nantucket Public Schools will promote interscholastic athletics that provide lifelong learning experiences to student-athletes while enhancing their achievement of educational goals. Our goal is to teach the values of teamwork, pride, respect, commitment, good work ethics, sportsmanship and development of the proper winning attitude. It is our hope that through our athletic program participating student athletes will adopt these guidelines and develop a positive winning attitude that will carry over into all aspects of their lives.

OBJECTIVES

- To provide the opportunity for student-athletes to develop wholeness through learning experiences that contributes to their physical, mental, emotional, and social growth.
- To provide each student-athlete with the opportunity to develop their individual skill and potential.
- To provide the opportunity for each student-athlete to learn how to function as a member of a team.
- To develop the qualities of good sportsmanship, respect, responsibility, and moral integrity within each student-athlete.
- To develop an appreciation of the value of physical fitness and conditioning within each student-athlete.
- To teach the student-athlete to accept victory or defeat in a gracious manner.
- To teach the student-athlete the value of hard work and commitment.
- To provide opportunities for growth and development through athletic competition that will contribute to a successful adult life for each student-athlete.
- To develop school spirit within each student-athlete.

GOVERNING BODIES

Massachusetts Interscholastic Athletic Association (MIAA)

Nantucket High School is a member in good standing of the MIAA. With membership the Principal agrees that his/her school will abide by all rules and regulations of the MIAA.

Nantucket High School and Cyrus Pierce Middle School

Additional rules and regulations are set by the Nantucket School Committee and the building Principals. Under MIAA guidelines, local communities are allowed to set additional rules and regulations provided they are more restrictive than those stipulated by the MIAA.

MIAA RULES AND REGULATIONS

All Nantucket High School athletic teams must follow the rules and regulations as printed in the current MIAA handbook. The complete handbook is available on the MIAA website. The following is a condensed version of some of the more common rules and regulations affecting student-athletes and parents.

Rule 45: Loyalty to the High School Team: Bona Fide Team Members

A bona fide team member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Any student who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation. See rule 96 for additional tournament restriction. Rule 96.1 states: Any student who violates this standard becomes ineligible for the MIAA tournament(s) in that sport for that season. Note: A coach cannot excuse a team member from practice or a contest so that he/she may compete with a non-school team.

Rule 48: Sportsmanship: Taunting

- 48.1 Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin, or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.
- 48.2 Athletic participants may wear sun glare black only under the eyes.
- 48.3 In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to all existing MIAA Disqualification Rules. A review of the MIAA taunting policy and a warning shall be given to both teams by game officials prior to each contest.
- 48.4 At all MIAA contest sites and tournament venues, contest managers may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

Rule 51: Student Eligibility: Baseline Eligibility

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's Principal (i.e. the Principal must have the authority to suspend the student from classes), and under the supervision of that school Principal (i.e. the Principal must have control and knowledge of the student's daily attendance and achievement).

Rule 56: Student Eligibility: Physical Examination/Medical Coverage

- 56.1 All students must pass a physical examination within thirteen months of the start of each season. Students who meet this criteria at the start of the season will remain eligible for that season. Physical examinations must be performed by a duly registered Physician, Physician's Assistant, or Nurse Practitioner. A student in violation shall be suspended for the number of contests in which he/she participated without a proper physical.

Rule 58: Student Eligibility: Academic Requirements

- 58.4 Academic eligibility of all students shall be considered as official and determining only on the published date when the report cards for that ranking period are to be issued to the parents of all students within a particular class.
- 58.5 Incomplete grades may not be counted toward eligibility.
- 58.6 A student who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility.
- 58.7 A student cannot count for eligibility any subject taken during the summer, unless that subject has been previously pursued and failed.

Rule 59: Student Eligibility: Time Allowed for Participation after First Entering Grade Nine

- 59.1 A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering grade nine. This limitation shall apply without regard to actual participation or attempt to practice or participate.

Rule 60: Student Eligibility: Age

A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that his/her 19th birthday occurs on or after September 1 of that year. For freshman competition, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the 16th birthday occurs on or after September 1 of that year.

Rule 62: Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

62.1 During the season of practice or play, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. **Note: Nantucket High School has expanded MIAA Rule 62.1 to encompass the entire school year, seven days a week, twenty-four hours a day.**

This MIAA statewide minimum 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 in violation of this rule 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.

Penalty for First Violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalty for Second and Subsequent Violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

1st Offense	
# of Events - Season	# of Events - Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5
2nd Offense	
# of Events - Season	# of Events - Penalty
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20 or over	12

Rule 63: Good Citizen

Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension.

NANTUCKET PUBLIC SCHOOL RULES AND REGULATIONS

Nantucket Public School Handbook for Students and Parents

All student athletes and parents should read and fully understand the Nantucket High School and Cyrus Pierce Middle School Student/ Parent Handbook with particular attention to sections covering the following:

1. Academic standards for participation in NHS Athletics.
2. Penalties for student athletes who are late to school.
3. Penalties for students who are absent from school.
4. NHS substance abuse policies.

The complete Nantucket School Parent and Student Handbook can be found by visiting the School website at www.npsk.org or you can obtain a copy from the front office at the either School.

Academic Achievement

At the Nantucket Public Schools, student-athletes are expected and encouraged to maintain the highest level of academic achievement possible. All student-athletes and parents need to understand and acknowledge that academics take a priority over athletics and all other extracurricular activities.

Academic Eligibility

All student-athletes must have a passing grade in seven (7) out of seven (7) Carnegie units from the previous high school year in order to be eligible to participate in athletics or extracurricular activities during the first quarter of the new school year.

Any class grade of below 60 (65 at the middle school level) represents a failing grade for that class. During the school year any student-athlete failing one (1) or more classes from the previous marking period (quarter) will be considered academically ineligible for **game** participation on any NPS athletic team. The student-athlete is eligible for and, encouraged to, continue to practice with their athletic team through any period of academic ineligibility. A student-athlete can regain **game** eligibility at the end of any marking period (report card issued) if they achieve a status of no failing grades.

Please note that, at the recommendation of the Athletic Director, the School Principal can approve to have a student-athlete who is found to be academically ineligible placed on an Athletic Academic Probation Plan which will allow for the student-athlete provisional eligibility to participate under a signed Athletic Academic Probation Contract.

Academic Rules for Student Athletes

1. Practice starting times will be schedule no earlier than forty (40) minutes after the end of the school day to allow student athletes time for study, extra help and make up of any missed assignments.
2. Coaches should be informed by student-athletes, in advance, when practice time will be missed due to academic obligations.
3. Student- athletes who report late to practice do to academic reasons will not be penalized or punished.
4. Student athletes who report late to practice do to academic reasons are required to bring a note from the faculty member they have been working with.
5. It is the responsibility of the student athlete to make up any missed class assignments within a period of one (1) calendar week or period granted by the teacher (which ever is greater). Failure to make up missed assignments within the allowed time period will cause the student athlete to loose their athletic travel privilege until those missed assignments are made up.
6. Teachers and/or coaches may place a student-athletes on an academic progress report plan when it becomes known that a student-athlete is performing poorly in the classroom. The student-athlete will be responsible for a weekly progress report form from the teacher to the athletic director and coach.
7. Student-athletes who have been given notice of a failing grade in a class and do not within a time period assigned by the teacher bring that grade to a passing level will forfeit the privilege of early dismissal from that class for athletic travel at the discretion of the teacher and athletic director

The Golden Rules

1. Coaches are responsible for making all decisions regarding their particular sport.
2. Final decisions are the responsibility of the head coach.
3. Any student-athlete who has a problem, question, or comment should bring it to one of their coaches. Your coaches will listen.
4. All student-athletes will be expected to always show respect for their coaches, teammates, opposing coaches and players, and officials.
5. When a coach, teammate, and/or official is speaking, all student-athletes should listen.
6. All student-athletes will be expected to take pride in themselves, their teammates, their school and their community.
7. All student-athletes will put the good of the team above their own personal goals or desires.
8. All student-athletes will be expected to always give their very best effort.

Attendance – School

Students arriving to school unexcused tardy past 7:59am will not be allowed to participate in after school school activities, including athletics (practices and games). In the case of a last day of the week occurrence, this precludes the student from all athletic activities until the following school day.

If a student misses more than half of any class the student will be treated as absent from that class, and thus loses eligibility to participate in co-curricular activities for that day, including athletics.

Attendance – Team Practice

1. Student-athletes are expected to be present at all team practices.
2. Student-athletes are excused from practices for illness, injury, academic help sessions, family obligations and emergencies, or religious reasons.
3. Unexcused absences from practices will be handled as follows:
 - A. The first unexcused absence results in a warning.
 - B. The second unexcused absence results in a one (1) game suspension.
 - C. The third unexcused absence results in a two (2) game suspension.
 - D. The fourth unexcused absence results in a suspension for the season.
4. The head coach of each sport is responsible for setting up and notifying all participating student-athletes of the practice schedule as far in advance as possible.
5. Any schedule conflicts should be brought to the attention of the head coach immediately.
6. If you are going to be late for a practice; a.) notify the coach in advance if possible and b.) report to the head coach when you arrive at practice.
7. If you are going to miss a practice; a.) notify the coach in advance if possible and b.) report to the head coach when you arrive at your next practice.

Attendance – Team Games

1. Student-athletes are expected to be present at all team scrimmages and games.
2. Student-athletes are excused from games for illness, injury, academic obligations, family obligations and emergencies, or religious reasons.
3. Unexcused absences from games will be handled as follows:
 - A. The first unexcused absence results in a one (1) game suspension.
 - B. The second unexcused absence results in a two (2) game suspension.
 - C. The third unexcused absence results in a suspension for the season.
4. The head coach of each sport is responsible notifying all participating student athletes of the game schedule.
5. We do our best to play all games on their scheduled dates. Weather and other conflicts may cause the postponement and reschedule of some games. All student athletes will be notified of any game re-schedule as soon as they are confirmed by the athletic director. All team game schedules can be found on line at www.schedulestar.com. All postponements and reschedules will be posted on this site.
6. Any game schedule conflicts should be brought to the attention of the head coach

immediately.

Practice Time

On school days, practice sessions may not start before forty (40) minutes after the end of the school day (3:00 pm on the normal school day). Total practice time will average two hours in length but will vary from sport to sport at the discretion of the coach. Weekend and vacation practice sessions vary by sport and should be expected at the varsity level. Interscholastic athletics demands much more commitment than a club or recreational activity. Student-athletes should be fully aware of the time commitment prior to trying out for a team.

Playing Time

Perhaps the most emotional part of a student-athlete's involvement in high school athletics centers around playing time. It is the responsibility of the coach to decide starting line-ups, position assignments, and playing time distribution. These coaching decisions are made only by the coach and are approached very seriously after having observed the student-athletes in practice sessions, scrimmages, and games. Participating student athletes are not guaranteed playing time.

Levels

At the junior varsity level, the coach will make a strong effort to provide all team members a fair amount of playing time. At this level, the coach is teaching the offensive and defensive philosophy of the program along with the skills necessary to progress to the varsity level.

At the varsity level, our teams are competing against opponents at the highest possible level of competition. In order to be successful, there are many instances when the major burden of the contest will be carried by the most highly skilled players.

Captains

It is expected that team captains will be leaders on their team and they must be ready to assume duties as outlined by their coach. They are expected to be fully aware of team rules and student-athlete responsibilities. Captains are expected to communicate with the coach, team, and Athletic Director in the event of any problems that may affect the team or its members. Captains may be elected by their team or appointed by the coach. Captains may be relieved of their position for violation of team, school, or MIAA rules.

Captain's Practices

Captain's practices are not in any way sanctioned, encouraged, recognized, or condoned in any sport by the MIAA or Nantucket High School.

Cleats

At no time should cleats be worn in the building. Injury can occur from slipping on the tiled surface, as well as causing damage to the flooring. Please make sure that dirt and grass are removed from cleats and all other equipment before entering the school building.

Communication

Communication between coaches, student-athletes, and parents is critical to the overall success of the athletic program at Nantucket High School. The following outline should help to facilitate effective communication between everyone involved with the athletic program at Nantucket High School.

Communication Student-Athletes and Parents Should Expect from the Coach

- 1 Philosophy of the coach
- 2 Expectations the coach has for his/her student-athletes
- 3 Locations and times of all practices and contests
- 4 Team requirements, i.e., practices, equipment, conditioning, etc.
- 5 Injury procedures
- 6 Disciplinary decisions

Communication Coaches Should Expect from Student-Athletes and Parents

- 1 Concerns expressed directly to the coach
- 2 Warning of any schedule conflicts in advance
- 3 Notification of any injury or illness

Issues that are Appropriate to Discuss with Coaches

- 1 The treatment of your child
- 2 Ways to help your child improve
- 3 Concerns about your child's behavior

Issues that are NOT Appropriate to Discuss with Coaches

- 1 Playing time
- 2 Team strategy and play calling
- 3 Other student-athletes

There are situations that may require a conference between the coach, student-athlete, and parent(s). When a conference is necessary, the following procedure should be followed to help promote a resolution to the situation.

Conference Procedure

- 1 E-mail or call the coach to schedule an appointment.
- 2 If the coach cannot be reached, e-mail or call the Athletic Director for assistance.
- 3 Do not confront a coach before, during, or after a practice or game.

If the conference does not yield a satisfactory resolution, e-mail or call the Athletic Director to schedule an appointment. The Athletic Director will listen to the concerns of both parties and then attempt to mediate a resolution. Student-athletes and parents must be confident that the voicing of a concern, using the proper forum and procedure, is not only free from penalty or retribution, but is strongly encouraged.

Forms

Prior to participation in athletics for each new season, student-athletes must complete and submit all forms required by Nantucket High School. All forms are available from the athletic director and the high school main office. The following forms are required of all participating student athletes:

1. Student-athlete sign-up information
2. Parent and student consent form
3. Health history form.
4. User fee agreement
5. Student-athlete/parent commitment form.
6. Doctor's physical form

Hazing

Any conduct or method of initiation into any student organization or team, which willfully or recklessly endangers the physical or mental health of any student or person is not allowed. Such conduct is a crime under chapter 536 of the laws of the Commonwealth of Massachusetts and will not be tolerated. Student-athletes and/or coaches found in violation will be dismissed from participation in athletics at Nantucket High School. It is the responsibility of all coaches to inform team members of the hazing law.

Injuries

All injuries must be reported to the student-athlete's coach. After an injury, an injury report form must be completed and placed on file.

Physical Education

All student-athletes are required to participate in regularly scheduled physical education classes. Student-athletes that are medically excused from physical education class will not be allowed to participate in practices or games of any athletic team on that day.

Profanity

Student-athletes will refrain from the use of profanity at all times while participating in athletics at Nantucket High School.

Facilities

Student-athletes are expected to respect the locker rooms, gymnasiums, fitness center, and other general areas of use by the student athlete. We expect all student-athletes to take pride in the athletic facilities by using trash receptacles and keeping the facilities clean and in good condition.

Student-athletes will not be granted access to any athletic facilities without supervision by a school staff member. Student-athletes may not use the gymnasiums, fitness center, or locker rooms at any time unless there is a staff member present.

At the conclusion of the school day, student-athletes should bring all items that they will need the next day into the athletic locker room of the school. Student-athletes will not have access to the main school building after practices, games, or on non-school days.

Equipment/Uniform Responsibility

1. Student-athletes have an obligation and responsibility for all athletic equipment issued to them.
2. The student-athlete is responsible for the proper care of equipment from the date of issue to the date of return.
3. Equipment and uniforms should be stored in a locked locker at all times when not in use.
4. If a student-athlete loses school equipment or fails to return the assigned equipment in satisfactory condition, then he/she is subject to the following penalties:
 - A. Participation in any other NHS athletics team will be denied until the missing equipment is returned or replacement cost received.
 - B. The student athlete's diploma will be held by the school until any missing equipment is returned or replacement cost received.
 - C. If a student-athlete leaves a team during the season, for any reason, it is his/her responsibility to return all school equipment immediately.

School Discipline Obligations

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice or game. Student-athletes cannot expect nor request, disciplinary action to be postponed or cancelled for any athletic related reason. Nantucket High School reserves the right to remove a student-athlete from a team for excessive disciplinary issues and may reinstate the student-athlete upon sufficient evidence of improvement.

School Vacations

Due to scheduling parameters, many of our teams practice and play during school vacation periods. Any planned extended absences should be discussed with the coach prior to tryouts.

Security of Personal Belongings

All personal belongings should be locked in a locker during athletic participation. Nantucket High School cannot be responsible for the personal belongings of student-athletes.

Sportsmanship

Nantucket High School expects all parties at a contest to display an exemplary level of sportsmanship before, during, and after a competition. Coaches, student-athletes, and spectators are expected to treat opponents, game officials, and visiting spectators with total respect. Nantucket High School reserves the right to warn, censure, place on probation, or suspend any coach, student-athlete, or spectator determined to be acting in a manner contrary to the standards of good sportsmanship.

Transportation

1. A bus will be provided to transport student athletes from the school to either the Steamship, Hyline or airport for travel. Only seniors are permitted the privilege of driving their cars from the School to these transportation locations. All other student-athletes are required to travel by bus.
2. Student athletes may receive an early dismissal from school for athletic travel. Rules for early dismissal are as follows:
 - A..Student athletes are responsible for reminding teachers of required early dismissal.
 - B. Student athletes are responsible making up any and all missed class assignments within one (1) calendar week.
 - C. Student athletes who do not make up assignments within the one (1) week period will not be eligible for athletic travel until all assignments have been made up.
 - D. Student athletes who are failing a class will not be allowed the privilege of early dismissal from that class for athletic travel.

Team Rules and Regulations

At the start of each season, coaches may issue a separate set of team rules and regulations to their team. It is required that these rules and regulations be in written form and distributed to all team members prior to the start of the season. Team rules will require approval from the Athletic Director.

Participation and Tryouts

1. Student-athletes should understand that participation in athletics is a privilege.
2. Prior to the tryout period, the coach will provide an explanation of his/her expectations. It is the student-athletes responsibility to demonstrate that he/she can meet those expectations.
3. An unlimited participation policy will be used whenever possible. There are factors which necessitate the size of a team to be limited in order to maintain a high level of safety, coaching effectiveness, playing and practice time.
4. The following will be considered reasons to limit the size of a team
 - A. Safety factors.
 - B. Available time and facilities.
 - C. Exceptionally large turn outs for a particular sport.
5. Travel teams will be limited to budget and academic restraints.
6. Student athletes for all sports will be evaluated in the following manner:
 - A. Their attitude.
 - B. Their effort.
 - C. Their participation.
 - D. Their ability.

Suspension from Team

Any student-athlete who violates athletic (MIAA/school/team) rules and regulations is subject to suspension from the team. The coach and/or the athletic director shall determine if a violation of the athletic rules and regulations has occurred. In all cases, infractions should be reported to the Athletic Director. The length of suspension, unless specified by the MIAA, will be left to the discretion of the coach and Athletic Director, with the approval of the Principal.

If disciplinary action is taken, a student-athlete has the right to have his/her case reviewed upon request. The review committee will consist of the coach, the Athletic Director, and the Principal or his/her designee. The final decision on these matters rests with the Principal.

Varsity Letter Requirements

In order to be eligible for a varsity letter, a student-athlete must complete a full season of participation on a varsity team as a member in good standing. The varsity coach's recommendation is required for the awarding of all varsity letters. All varsity letter winners will receive recognition at end-of-season awards events.

GOOD LUCK TO EVERYONE INVOLVED IN NANTUCKET HIGH SCHOOL ATHLETICS!

GO WHALERS!

2017-2018
NANTUCKET HIGH SCHOOL ATHLETICS
LETTER OF COMMITMENT

We the undersigned acknowledge and agree that we have read , reviewed and understand the documentation of schedules, guidelines, rules and regulations for participation in the Nantucket High School Athletics Program.

We further acknowledge and agree to follow and abide by these same schedules, guidelines, rules and regulations to the best of our abilities as a participating member of this program.

Student Athlete (signature) _____ Date _____

(print name) _____

Parent/Guardian (signature) _____ Date _____

(print name) _____

A winning attitude is something we hope to develop in each of our participating student athletes through this athletic program, but more importantly, a positive winning attitude is the key to leading a happy and successful life.