

Montachusett Regional Vocational School

Student /Athletic Handbook

2022/2023

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WELCOME TO THE

MONTY TECH ATHLETIC PROGRAM

You are about to become a part of the Monty Tech Regional Vocational Technical High School Athletic Program. For nearly fifty years, Monty Tech athletes have performed with dedication, skill, intensity and desire, and they have given this athletic program a rich history of success. Our athletes have performed well at the high school level, with a substantial number competing at the collegiate level as well.

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

Keep this booklet and refer to it whenever you have a question regarding your athletic experience. If you feel that your questions are not answered in this booklet, contact your coach first. He or she will be able to be more specific with an answer. If your concern has not been addressed, you should contact the Athletic Director. Please do not let your questions or concerns go unanswered, or depend upon answers from people who are not empowered to give them.

We look forward to your association with the athletic program at Monty Tech. Thank you, in advance, for your help and cooperation.

David Reid
Athletic Director

PHILOSOPHY

The purpose of athletics is to provide the opportunity for each individual to develop as a total human being through learning experiences which will contribute to each individual's physical, mental, social, and emotional growth. Athletics has an integral role in the entire educational process.

The competitive interscholastic program is a voluntary program designed to meet the needs and interests of the highly motivated student athlete who has sufficient ability and is capable of making a total commitment to maximum development of skills and strategies. Whenever and wherever possible and feasible, the student will be encouraged to participate in, and be retained on the high school varsity and sub-varsity teams in order to provide an opportunity to accrue some of the educational experiences derived from interscholastic athletic competition. Such involvement should provide an opportunity for growth, development, and improvement of physical skills and mental understanding of each sport.

Our athletic program expects our student/athletes to participate and compete with "poise and class". This is a very important part of the instruction that takes place at each practice session and game.

Tryouts are open to all students, providing they are in good standing academically, are good school citizens, and are physically fit to participate. Participation in the program is a privilege, which students earn by maintaining these standards.

INFORMATION THAT WILL HELP MONTY TECH ATHLETES AND THEIR FAMILIES

This material should assist you with the operation of our interscholastic athletic program. We welcome you to our athletic program, and it is our hope that your participation will be a most rewarding experience.

We are concerned with the educational development of boys and girls through athletics by having a properly controlled, well organized sports program that meets the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further the educational maturity of all participants.

The rewards from athletics are many, but it requires commitment. Students who elect to participate in athletics are voluntarily making a choice of self-discipline. This is the reason we place such stress on good training habits. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When you become a member of one of our teams, you can expect us to provide appropriate equipment and facilities, well-trained coaches, equalized contests with skilled officials, and supervised transportation to contests.

Specific policies are necessary for a well-organized athletic program. It is the role of Monty Tech's Athletic Department to enforce rules that govern the spirit of competition.

The importance of enforcement of all regulations in this handbook should be apparent. A firm and fair policy of enforcement is necessary. School administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in

maintaining a sound program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and to the orderly conduct of sports. The welfare of the students is our major consideration. What happens to them is of primary importance.

TO THE PARENTS:

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 students. 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 communication 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 you as parents.
3. Locations and times of all practices and contests.
4. Team requirements, such as: practices, special equipment, time limits on arrival before contests, and pickup after contest, and 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 schedule conflicts **well in advance.**

COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT/ATHLETE.

1. Any communication from coaches concerning practices, contests, events.
2. Times to be picked up from practice or a contest.

As your student/athlete becomes involved in the programs at Monty Tech, he/she will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student/athlete wishes. At these times, discussion with the coach is encouraged.

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other students/athletes
5. Compensation for coaching staff.

There are situations that may require a conference between the coach and the parent. These are to be 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 utilized to help promote a resolution to the issue of concern.

1. Call or email the Athletic Department to set up an appointment with the coach and the Athletic Director.
2. A return call from the coach will be arranged, or a meeting set up for you.
3. DO NOT CALL A COACH AT HOME!! A coach's time with their family is severely limited during the season. The family's privacy should be respected.
4. PLEASE 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.
5. Concerns expressed with the coach will not affect the status of the player.

RESPONSIBILITIES OF A MONTY TECH ATHLETE

Being a member of a Monty Tech athletic team is the fulfillment of an ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities. A great athletic tradition is not built overnight. It takes the hard work of many people over many years.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school and our communities. Such a tradition is worthy of the best efforts of all concerned.

Hopefully, you will be able to contribute to future accomplishments. When you wear the colors of your school, we assume that you not only understand our traditions but also are willing to assume the responsibilities that go with them.

Responsibilities to yourself:

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible benefit from your high school experiences. Your studies and your participation in other extra-curricular activities, as well as sports, prepare you for your life as an adult.

Responsibilities to your school:

Monty Tech cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on an athletic team. The student body and the general public know your identity. You are on the stage under full spotlight. Others judge you and our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Monty Tech proud by the way you conduct yourself in all situations.

Responsibilities to others:

As a squad member, you also bear a heavy responsibility to your home. When you know in your heart that you have lived up to all the training rules, that you have practiced to the best of your ability every day, and that you have played the game “all out”, then you can keep your self respect and your family can be justly proud of you. The younger students in our school district are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

REQUIREMENTS FOR PARTICIPATION

Remember that as an athlete you are not eligible to participate in any sport until the following conditions have been satisfied:

1. Annual physical examination must be passed and on file in the school nurse’s office.
2. All state and local eligibility requirements must be met.
3. All equipment and monies owed to an athletic department must be returned.

GROOMING AND DRESSING POLICIES

A member of an athletic team is expected to be well groomed. Appearance, expression, and action always influence people’s opinions of athletes, the team, and the school. An athlete must uphold standards expected by members of the communities. Only uniforms issued by the Athletic Department are permitted to be worn for contests. Presentable dress by the athlete is expected at all assemblies, banquets, and team trips.

TRAINING RULES AND REGULATIONS

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules, which include restrictions on tobacco, alcohol, and drugs. Medical research clearly substantiates the fact that use of tobacco, alcohol and any type of mood modifying substances produce harmful effects on the human body.

The administration and coaches of Monty Tech are convinced that athletics and the use of these substances are not compatible. It is also a fact that when students have a strong interest in participating in athletics, their desire to use these substances is greatly reduced. Therefore tobacco, alcohol, and drugs are not allowed on or off the field.

Athletes must be willing to “pay a price” in order to be a competitor. A big part of this price is to follow a simple set of training rules that will be fully explained by each individual coach on the first day of practice. Coaches will have some latitude in forming rules for each of their teams.

SCHOOL/FAMILY VACATION, 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 school vacations. Student/athletes, who plan to be absent for an extended period of time due to vacation or a planned extended absence, must discuss this situation with the coach prior to trying out for the team.

MIAA BONA FIDE TEAM MEMBER RULE

A “bona fide team member” of the school team is a student who is consistently present for, and actively participates in, all high team practices and 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 activity/event in any sport recognized by the MIAA. This would include AAU or similar private leagues

First offense: Student/athlete is suspended 1 contest and shall not participate in the next scheduled interscholastic competition that is part of the regular season schedule or in tournament play.

Second offense: Student/athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation. (MIAA RULE 96.)

A coach does not have the right to excuse a team member from practice so he/she may practice or play for another team. The Principal may request a waiver of this rule, only in special circumstances. This must be done a month in advance of the missed practice/game

TRYOUTS

Participation in athletics is a privilege given to those students who meet all requirements set by the MIAA and Monty Tech. Students try out voluntarily and, for some teams, risk being dismissed. During the try out period, the coach will provide explanation of his/her expectations. It is the student’s responsibility to demonstrate to the coach that he/she can meet these expectations. Students dismissed from a team are encouraged to try out for another team, if there is space on that team and the final roster for that team has not been made. Students who are dismissed from a team will be informed as to the reasons for the decision by the coach, if required by the parents.

After tryouts begin, no athlete may leave one team (voluntarily or due to dismissal by the coach) and try out for another team without the consent of both coaches involved and the Athletic Director.

CHEMICAL HEALTH RULE

There is a specific policy regarding the use of alcoholic beverages and mood modifying substances and tobacco that must be followed by all teams: (The following is an excerpt from MIAA Rule #62). The Monty Tech Chemical Health Rule starts once an athlete signs-up for their first sport season. It is a 365 day, 24 hour/day rule. They are covered by this rule until they graduate, decide never to play a sport at Monty Tech, or transfer to another school. The penalty for violating the **Chemical Health Rule** will follow them upon their transfer.

A student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled). And misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state.

It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

Minimum PENALTIES:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension, the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal.

All decimal parts of an event will be truncated. i.e. All fractional parts of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If, after the second or subsequent violations, the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the

program throughout that penalty period. The high school principal collaboration with a Chemical Dependency Program or Treatment Program must certify that the student is attending or has been issued a certificate of completion.

If the student does not complete the program, the penalty reverts back to 60% of the season.

All decimal parts of an event will be truncated. i.e. All fractional parts of an event will be dropped when calculating the 40% of the season. Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, 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. This may affect the eligibility status of the student during the next academic year. (e.g. A student plays only football: he violates the rule in winter and/or the spring of the same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

Prior to any chemical health violation a student's request for, and enrollment in, a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.

The Athletic Director can be contacted to explain the number of games that will be missed.

Steroid Use: Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes and the seriousness of the problem has been well documented. High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

The issue goes beyond protecting the integrity of your sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical concerns.

Regulations:

1. Practices begin immediately after school. (some may be at a later time, depending on gym availability)
2. Enter and exit the locker rooms through the hallway doors, not through the gymnasium.
3. The gymnasium is only to be used by athletes after school hours, when scheduled by a coach, and with the proper supervision of a faculty member.
4. Do not rely upon the late buses to provide transportation home after games. Check the athletic bus schedule posted weekly in the locker room and hallways.
5. Students may not take part in any practice or athletic contest on any day in which he or she is absent from school, or fails to report to school before 11 a.m., unless permission is granted by the Dean of Students.
6. All practices must be attended unless excused by the coach prior to the absence.
7. The Athletic Director can answer all questions regarding athletic eligibility.

Dress for all games:

- a. Ties and/or dress jackets or appropriate team wear are required for boys.
- b. Dress slacks must be worn by boys (no jeans or work pants).
- c. Blouse and dress slacks, or blouse and skirt, dress, or appropriate team wear for girls.

- d. Penalty for not dressing properly-athlete will not play in the game.

*No hats are to be worn inside any school building.

-Pants must be worn properly

-All shoes or sneakers should be laced

Leaving a Team/Quitting:

Quitting is an intolerable habit to acquire. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Talk with your immediate school coach.
2. Report your situation to the athletic director.
3. Check in all equipment issued to you.

If an athlete wishes to change sports during a season, he/she must receive approval of both coaches concerned and the Athletic Director. Once any contests for that season have begun, no transfer is permitted.

Equipment:

School equipment checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation

Missing Practice

An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason is not acceptable. Sudden illness or some emergency would be good reason for missing a practice or game.

Travel

All athletes must travel to and from out-of-town athletic contests in transportation provided by Monty Tech's athletic department. Athletes will remain with their squad and under the supervision of the coach when attending away contests. All regular school bus rules will be followed on these trips. In emergency situations, an athlete may return home with a parent following a contest, provided permission has been granted by the coach in charge. An athlete is never to be transported by a fellow student.

College Recruitment Policy

In the event a college recruiter should contact an athlete personally, he/she has an obligation to work through his/her coach and the Athletic Department. Inform your coach of such a contact as soon as possible. College recruitment information is available at the athletic office.

Conflicts in Extra-Curricular Activities

An individual who attempts to participate in too many extra-curricular activities may be in a position of conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to this end, will attempt to schedule events in a manner so as to minimize conflicts.

However, students have the responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities in which conflicts are bound to happen. It also means notifying the faculty sponsors involved immediately when a conflict does arise. In many cases this notification should be made even before tryouts occur.

Each coach has the prerogative to request his players to restrain from any outside competition once they are selected for the squad if he/she deems it in the best interests of the team. Also, it must be pointed out that the Massachusetts Interscholastic Athletic Association has specific rules prohibiting the participation in more than one athletic event on the same day. Any needed clarification of these rules can be obtained from the athletic office.

Academic Performance

Students choosing to participate in athletics should keep in mind that academic achievement should be their main priority. Frequently, the most successful athletes are those who perform well academically in the classroom and are instrumental in promoting a positive learning environment at Monty Tech.

Summary of Monty Tech Eligibility Rules

Any student on academic probation is not eligible to participate in interscholastic sports. Students will be placed on academic probation for one or more of the following conditions:

1. A student may not receive two "F's" in academics or fail his/her trade for any one (1) marking quarter or for any cumulative course average. If a student is declared ineligible due to failing grade(s) for a quarter, he/she may not participate in any games or scrimmages until grades are verified by the student's next report card. Participation in fall activities shall be determined by the final grades of the previous school year and summer school.
2. A grade of "Incomplete" or Medical is considered a failure, until an alpha grade is verified by the appropriate teacher.
3. All English and reading grades will be considered separate courses and not combined and averaged.

Monty Tech is also required to conform to all other minimum eligibility standards set forth by the Massachusetts Interscholastic Athletic Association (MIAA). These requirements are posted in the Athletic Director's office. Every athlete should take the opportunity to familiarize himself/herself with these regulations. Knowledge of these rules is an important step in an effort to minimize any potential problems.

AWARDS POLICY

Eligibility for varsity awards is based on the following guidelines:

1. Varsity letters and awards:

- a. The criteria for winning a varsity letter award will be determined by the coach.
- b. For each sport, there shall be a "Most Improved" plaque and a "Coaches Award" trophy.
- c. Injured players will receive awards only if they demonstrated to the coach their true interest in the team by attending practices, games, or offering assistance while recuperating from the injury.
- d. Managers of all sports will receive awards provided they have been faithful to all of their duties.
- e. Before each athlete receives any award, all uniforms, equipment, and/or money must be returned. No new uniforms will be issued if there are prior unaccounted uniforms, equipment, or money.

2. Outstanding Athlete of the Year (Boy and Girl)

Each year a male and female athlete is selected as the "Outstanding Athletes" of the year. The selections are based upon the following:

- a. Skill
- b. Attitude
- c. Leadership
- d. Participation in athletics over his/her high school career.
- e. Records set or broken and other achievements.

The coach, with the approval of the Principal and the Athletic Director, will have the right to make awards to athletes who do not meet required standards when such persons have shown loyalty to the team at practice and in other meaningful and helpful ways. Each loyal team member will receive a certificate of participation even if he/she has not qualified for a letter. Injured players will receive awards only if they demonstrate to the coach that they are truly interested in the team by attending practices, games and offering to help the team in any way possible.

All athletes are expected to be faithful team members and continue with the team until the season is completed. This completion date includes all post-season play. Anyone dropped from the squad for any reason before completion of the season will not be eligible for any individual or team award.

MANAGERS

Managers provide a vital role in a successful athletic program. Many times their efforts contribute as much to a victory as the actions of the players on the field. Manager's awards will parallel the regular awards system and will be made only upon the recommendation of the coach.

CHEERLEADERS

Monty Tech sponsors cheerleading squads for fall and winter sports. A group of judges, together with the coach, conduct try-outs. Cheerleaders are vital in setting the tone for good sportsmanship in the stands. Cheerleaders are considered the same as any athlete, and therefore are required to adhere to all the rules and regulations of the Athletic Department. The Cheerleader Awards will parallel the regular athletic awards system and will be made only upon the recommendation of the coach.

ATHLETIC INSURANCE

A non-contributory supplemental insurance program is provided for all participants in interscholastic sports. In general, coverage begins after limits of the family insurance have been exhausted. It is the obligation of the athlete and his family to complete the necessary forms to qualify for benefits prior to an injury occurring. Details regarding insurance coverage can be obtained from the Athletic Director.

SPORTSMANSHIP

The Massachusetts Interscholastic Athletic Association strongly supports good sportsmanship at all athletic events. High school students should set the example in the matter of sportsmanship and should quickly condemn unsportsmanlike conduct on the part of other students or adults. To this end, they should:

- a. Remember that a student spectator represents his/her school the same as an athlete does.
- b. Recognize that the good name of the school is more valuable than any game won by unfair play.
- c. Accept decisions of the officials without comment.

- d. Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the visiting team. Insist on the courteous treatment of the visiting team as it passes through our school building.
- e. Acquaint the adults of the community and the younger pupils in the school system with the ideas of sportsmanship that is acceptable to the high school.
- f. Advocate that any spectator, who continually displays poor sportsmanship, be requested not to attend future contests.
- g. Insist on fair, courteous, and truthful accounts of the athletic contests in local and school papers.

HAZING

A Massachusetts state law makes hazing a criminal offense in the Commonwealth.

Hazing refers to any conduct or method of initiation into any student organization that willingly or recklessly endangers the physical or mental health of any student. Practices such as whipping, beating, branding, forced calisthenics, exposure to weather and forced consumption of food or beverage, are some examples of hazing.

Any Monty Tech athlete involved in any form of hazing will be immediately expelled from his/her team.

MUSIC TO BE PLAYED AT PRACTICES/GAMES FOR ATHLETICS:

Any music to be played at all athletic practices or games, must be approved by the Athletic Director or his/her Assistant, a minimum of 24 hours before it is to be played. Coaches or players must submit a list of songs and the artist to the Athletic Director so he can check the songs lyrics. Songs that contain subjects of sex, racial slurs, ethnic "put -downs" or drug/alcohol use, will not be allowed, even if "beeped" out.

SUMMATION

Montachusett Regional Vocational Technical High School has made a commitment to athletes. We firmly believe that a sound athletic program is a major part of education. We are anxious to have as many students as possible participate in interscholastic sports. If you decide to join the athletic program, we are confident it will be a decision you will not regret.