

**DURFEE HIGH SCHOOL**

**ATHLETICS**

***A REFERENCE GUIDE***

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# **WELCOME TO DURFEE HIGH SCHOOL ATHLETICS**

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

Keep this booklet and refer to it whenever you have a question or a concern regarding your child's athletic experience. If you feel that your questions or concerns are not answered in this booklet, contact your child's coach or call the school's Athletic Office. Please do not let your questions go unanswered.

## **PHILOSOPHY**

The Interscholastic Athletic Program at Durfee High School is committed to the Mission Statement of Durfee High School. The mission of Durfee High School is to promote opportunities for students to develop skills enabling them to think, communicate and solve problems effectively. Durfee provides students with a cooperative and rigorous learning environment, utilizing diversified instructional strategies to meet their individual needs.

Athletics are an extension of the academic day where our coaching staff is charged with the responsibility to teach the values of Accepting Success Graciously, Accountability, Citizenship, Sportsmanship, Confidence, Tolerance, Handling Disappointment, Leadership, Organizational Skills, Participation Within the Rules, Performing Under Pressure, Persistence, Work Ethic, Physical Well Being, Responsibility, Sacrifice, Self Discipline, Social Skills, Striving Towards Excellence, Taking Instruction and Teamwork.

The program strives to have all athletes play with "Poise and Class." This should be a very important part of the instruction that takes place at each practice session.

Tryouts are open to all students, providing that 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 meeting and maintaining these standards. The coach has the prerogative to select his/her team following observation of all those trying out during the preseason.

A coach may remove a player at any time for violation of team, school or MIAA policies.

## **GOVERNING BODIES**

### **Massachusetts Interscholastic Athletic Association (MIAA)**

Durfee High School is a member in good standing of the MIAA. With membership, the Principal agrees to abide by all rules and regulations and decisions 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 and decisions that govern each tournament as set by the MIAA.

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

## **The Big Three Conference**

Durfee High School is very proud to be a member of the Big Three Conference. The Big Three Conference is governed by the MIAA and its own Constitution. The Principal of each member school agrees that his/her school will abide by all Conference rules and regulations.

## **Fall River School Committee**

Additional policies, rules and regulations are set by the Fall River School Department and the Principal. Under MIAA guidelines, local communities are allowed to set additional policies, rules and/or regulations as long as they are more restrictive than those stipulated by the MIAA.

## **COMMITMENT**

When trying out for a team and after being selected to be a member of a team, Durfee High School students are expected to attend all practices and games of that team. Practices will average two hours in duration. Weekend and school vacation practice sessions vary by sport and should be expected.

Interscholastic athletics demands much more commitment than a club or recreational activity. Students should be aware of the time commitment prior to trying out for the team.

Once coaches turn in their rosters and teams have been selected, a student may not withdraw from that team and join another during the same season.

## **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 school vacations.

Commitment to the team is a major component of educational athletics and should be taken into consideration before trying out for any team. Students who plan to be absent for an extended period of time; due to vacation or a planned extended absence, should speak to the coach prior to trying out for a team.

If excused from practices or games for a good reason, an athlete should expect to have to earn his/her position on the team upon return. Unexcused lateness or absence will affect a student's place on the team and may result in suspension or exclusion from the team.

## **MIAA BONAFIDE TEAM MEMBER**

A bona fide team member is a student who is regularly present for, and actively participates in, all team practices and competitions. Bonafide team members of a school team are precluded from missing a high school practice or competition in order to practice or compete with a non school team.

A coach does not have the right to excuse a team member from practice or a game so that he/she may play or practice for another team. The Principal of the school may request a waiver of this rule in special circumstances.

## **TRYOUTS**

Participation in athletics is a privilege; students try out voluntarily and, on some of our teams, risk being cut. No student is guaranteed a place on the team simply because of his/her grade or past participation. 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 cut from a team are encouraged to try out for another team if there is space on that team and the final cuts have not been made. Students who are cut from a team will be informed as to the reasons for the cut.

After tryouts begin, no athlete may voluntarily leave one team and try out for another without the consent of both coaches involved and the Athletic Director.

## **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 the 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.

## **SCHOOL ATTENDANCE AND TARDINESS**

Students tardy or absent from school may not participate in practice or a game without the grade administrator's permission. A student who is absent on Friday may not participate in a game on Saturday/Sunday without the grade administrator's permission. A student who is suspended in-house or out of school will not practice or participate in a game the day of or throughout the suspension. If a student is suspended on a Friday and/or assigned to Saturday School participation in activities during the weekend shall be at the discretion of the grade administrator. In case of extenuating circumstances, the coach/advisor must confer with the Athletic Director.

Durfee High School students are instructed at the beginning of each year of the four requirements for good school and team citizenship. They are as follows:

1. Come To School Every Day
2. Be On Time for School and Classes – Lateness precludes an athlete from practicing or playing on that day
3. Attend All Classes – Cutting class precludes an athlete from practicing or playing on that day
4. Respect All Members of the Durfee High School Community

The abuse of any of these school citizenship requirements could result in suspension or dismissal from an athletic team. A student may not practice or play on a day which he/she is absent from school.

## **PARENTAL PERMISSION FORMS/MEDICAL QUESTIONNAIRES**

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

The Medical Questionnaire is a two part form. The first part is to be completed by the athlete and his/her parent. The parent is to sign both the permission statement and the correct information statement. The top of the form must also be completed.

The second part is the Physician's report of the physical examination, which will be good for 13 months from the date of the physical.

The MIAA requires athletes to pass a physical exam within 13 months of the start of each season. Therefore, a "Physician's Statement" of an upcoming physical exam after an athletes current exam has expired will **not** be accepted for eligibility to play beginning with the fall of season.

## **INSURANCE**

All members on interscholastic teams are covered by an excess policy which covers expenses which your family plan may not cover.

All injuries must be reported to the Trainer immediately. Insurance forms may be obtained from the Athletic Trainer.

It is a good idea to file a claim on all injuries just in case of excess charges coming about at a later date.

## **ACADEMIC ELIGIBILITY**

To be eligible to participate in athletics, a student must pass a minimum of five out of seven classes and maintain an overall average of 65 in all classes taken. Eligibility for fall sports will be determined by the final grade for the previous school year. Students entering Durfee as freshman will be eligible to participate in all sports. In order to maintain eligibility, students will be evaluated at the end of each term.

## **SUMMER SCHOOL CREDITS**

Summer school grades and credits may count toward fall participation if they represent make up work and review courses.

## **ACADEMIC APPEAL PROCESS**

An appeal board made up of the class vice-principal, the athletic director or a coach, a student, the student's guidance counselor and a faculty member may address extenuating circumstances regarding eligibility, however, students not meeting the minimum standards set forth by the MIAA will not be considered for a waiver

## **TIME ALLOWED FOR PARTICIPATION**

A student has four consecutive years of participation from the day he/she enters ninth grade. This means twelve consecutive athletic seasons of eligibility. A fifth year student is ineligible to play in his/her fifth year even if he/she has not played in one of the previous years.

## **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, may issue a set of team rules and regulations to his/her team. It is suggested that these be in written form and passed out to the athletes. A coach will have the right to enforce all rules related to tardiness or absence from practice, profanity, theft, vandalism or any other inappropriate behavior which he/she deems to be detrimental to the 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 their equipment from the date of the 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 or unlocked.

If a student loses school equipment or fails to return same, they are responsible to meet the current replacement cost of the equipment.

Payment is required at the time of the loss, 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.

## **PLAYER LEAVING SQUAD DURING SEASON**

If an athlete leaves the team during the season due to injury, academics, discipline, or quitting, it is his/her responsibility to return all school equipment immediately.

## **PHYSICAL EDUCATION**

All students are required to participate in their regularly scheduled physical education classes. Students being medically excused from physical education may not be allowed to participate in their team practice or game on that day.

All class attendance rules apply to physical education classes. A note to the Athletic Director and/or coach from the Class Administrator is required whenever a student athlete is absent or late for class.

## **TRANSPORTATION TO AND FROM AWAY CONTESTS**

The school provides bus transportation, or a suitable substitute, to most “away” contests. All team members are expected to travel to these contests using the school provided transportation, unless granted prior permission by the coach. Students can only be released to travel with their own parent or guardian.

## **DIRECTIONS TO AWAY CONTESTS**

The Athletic Office has directions to away games which students may get prior to the contest. Directions are also available on [www.highschoolsports.net](http://www.highschoolsports.net), by selecting the team schedule and clicking on the game location link.

## **BUILDING AND FACILITY ACCESS**

No student will be allowed access to any of the athletic facilities without proper supervision by a school staff member.

## **ATHLETIC SHOES**

At no time should shoes with cleated soles be worn inside the building. Serious injury can occur from slipping on cement or tiled surfaces.

At no time should shoes with metal cleated soles be worn on any of synthetic outdoor surfaces. Plastic cleated shoes or turf shoes will be permitted.

## **WEIGHT ROOM**

The Durfee High School weight room is available to all students whenever it is supervised by a staff member.

## **TRAINER AND TRAINING ROOM**

Durfee High School has a full time, licensed Athletic Trainer on site to evaluate and treat athletic injuries as they occur. The trainer provides medical coverage for athletic contests and practices.

The training room is a fully equipped facility with state of the art physical therapy equipment used in assisting the athlete to a quick and healthy return to participation. On school days, the

trainer is available from 2:00 P.M. until the conclusion of the last practice session or home contest. On weekends or non school days, the trainer will be on site for home contests or scrimmages. Occasionally, the trainer will be on site for non school day practice sessions. In the event of an injury, the trainer will evaluate and recommend to the parent or guardian the direction of care. If a visit to the hospital or physician is necessary, a written medical note releasing them for treatment or return to participation is mandatory.

Athletes may come anytime after school for evaluation and treatment by the trainer.

## **PLAYING TIME**

Perhaps the most emotional part of a student athlete being involved 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 practice attendance, attitude, commitment, and of course, athletic skill enter into the decision.

There are many decisions made on a regular basis by the Durfee High School coaching staff. It is their responsibility to decide which athletes should start a contest, who should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the student athletes in practice sessions, game like situations, scrimmages and at times, games.

## **SUB-VARSTIY TEAMS**

At the sub-varsity levels (junior varsity, freshman), members of the coaching staff will make a strong effort to play all team members for as much time as is practical. At this level the coaching staff is teaching the offensive and defensive philosophy of the program along with the skills necessary to move along to the next level.

## **VARSITY TEAMS**

At the varsity level we look for our teams to compete against opponents at the highest possible level of execution. This is the highest level of interscholastic competition and players, coaches, parents, and staff members want the Durfee High School varsity teams to be successful on the field of play. As long as the score is being kept, Durfee 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 substitutes or “second team” players. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these people whose hard work in practice each day prepares the team for the upcoming contest.

Success should never be measured in wins and losses but in 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 a coaching decision as to how team captains are selected. They may be selected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be 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. They are expected to be more aware of team rules and student athlete responsibilities. 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 position for violation of team, department, or school rules. Any such decision will be a joint decision of the Coach and Athletic Director with the approval of the Principal.

## **SECURITY OF PERSONAL BELONGINGS**

All personal belongings should be locked in a locker while the student athlete is trying out, practicing, or playing. All students should have a lock for their athletic lockers and never leave their locker unlocked or open while in the shower. In the event that a student does not have a lock, they should bring their clothing and books to practice with them and leave these items where they can be easily observed. Durfee High School cannot be responsible for personal belongings of student athletes.

## **LOCKER ROOMS AND FACILITIES**

Student athletes are expected to respect the locker facilities, showers, and general areas of the athletic wing. We expect the student athletes to take pride in their facilities by using barrels and keeping their athletic facilities in good condition.

## **SCHOOL DISCIPLINE OBLIGATIONS**

A student athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students 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 from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement.

## **DAILY SCHOOL ATTENDANCE**

Students are expected to attend all scheduled periods during the school day in order to practice or play. The athlete must be in school a full day in order to practice or play. If a student athlete is on the absence list, late for school, or not present for a class, he/she must have a note from his/her Class Administrator to be eligible for participation on that day. Any student not in attendance at the start of homeroom is tardy. He or she must receive written permission from his/her grade Administrator to play on that day. There are no exceptions to this rule.

## **MIAA CHEMICAL HEALTH RULE REGARDING ALCOHOL, TOBACCO AND DRUGS**

“From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), 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. This policy includes products such as “NA or near beer”. 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. This rule represents only a minimum standard upon which schools may develop more stringent requirements.”

“This MIAA statewide minimum standard is not intended to render “guilty 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 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 totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. 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. All decimal part of an event will be truncated i.e. All fractional part 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 totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. 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. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

## **SPORTS OFFERED AT DURFEE HIGH SCHOOL**

### **FALL**

Boys' & Girls' Cross Country  
Girls' Field Hockey  
Boys' Football  
Boys' Golf  
Boys' & Girls' Soccer  
Girls' Swimming  
Girls' Volleyball

### **WINTER**

Boys' & Girls' Basketball  
Boys' Ice Hockey  
Boys' Swimming  
Boys' & Girls' Indoor Track  
Boys' Wrestling

### **SPRING**

Boys' Baseball  
Girls' Softball  
Boys' & Girls' Tennis  
Boys' & Girls' Outdoor Track  
Boys' Volleyball

## **COLLEGE/CAREER GUIDANCE**

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Durfee High School athletic staff are willing and eager to assist all of their students with this extremely 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. The least they will be able to do is guide students to a more knowledgeable resource that can help with decisions. If a student's goal is to compete athletically at the collegiate level it is very important to be aware of the ever-changing N.C.A.A. regulations.

The high school Guidance Department has a wealth of information and experience on N.C.A.A. regulations. They also have copies of the N.C.A.A. Clearinghouse Registration Forms which must be completed by all students planning to participate at the college level.

## **SPORTSMANSHIP**

Durfee High School expects all parties at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat opponents, game officials, and visiting spectators with respect and the same "Poise and Class" we speak about in our philosophy.

The MIAA reserves the right to "warn, censure, place on probation, or suspend 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." Durfee High School 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 State Law – Chapter 536, Sections 16 – 19***

Hazing is defined as any conduct or method of initiation into any student organization, which willfully or recklessly endangers the physical or mental health of any student or person. Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practicable.

*Section 17.* "Whoever is a 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 for not more than one year, or by both such fine and imprisonment."

“Hazing is defined as any conduct or method of initiation into any student organization whether on public or private property, which willfully or recklessly endanger the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to 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, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.”

Section 18. “Whoever knows that another person is the victim of hazing as defined in Section Seventeen and is at the scene of such a crime shall, to the extent that such a person can do so without danger or peril to himself or others, report such a crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such a crime shall be punished by a fine of not more than one thousand dollars.”