

The Purpose of The BAHS Athletic Handbook

The purpose of the Belfast Area High School Athletic Handbook is to provide coaches, advisors, student participants, and parents with the policies, procedures and information, which govern athletics.

Belfast Area High School is an active member of the Maine Principals Association (henceforth referred as the M.P.A.) and has agreed to conform to all of its rules and regulations governing athletics. Belfast Area High School is also an active member of the Kennebec Valley Conference and adheres to the constitution and by-laws of the league governing interscholastic competition between member schools.

Student participants are expected to know the policies and rules governing participation and abide by them at various levels of athletic competition.

Coaches and advisors all use this information in making decisions to insure that they are consistent and fair as they work with their students.

Parents and guardians are asked to work very closely with their sons and daughters, coaches, advisors, teachers and administrators in making this experience for their children rewarding, positive and memorable.

Message to the Student

Participation in athletics is a very valuable part of your education. The camaraderie, loyalty, and the respect for other participants, advisors, and officials will be an integral part of your life.

As a student participant, you must be aware that you represent Belfast Area High School and the communities of Belfast, Northport, Searsmont, Morrill and Swanville. We hope that you will assist us to project a good image of our school and our towns. There is a strong tradition for athletics, as well as the performing arts, the visual arts, and student government at Belfast Area High School. It is now your privilege to contribute to that tradition.

It is a privilege for a student to participate in athletics. Participation is also voluntary and is not a requirement for graduation. Therefore, extra time and extra effort are required of those who participate. Since the public performances and the athletic program often judge the reputations of the school programs, high standards must be maintained. Those who have earned the privilege to represent Belfast Area High School in a public way are expected to accept greater responsibilities as school citizens.

Participation in athletics is open to ALL students at Belfast Area High School provided they meet the requirements pertaining to academic standards, eligibility, behavior and appearance outlined in this handbook and approved by the MSAD #34 School Board. Good luck to all participants. May your experiences be positive and rewarding.

Message to the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assists students in personal adjustments.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team.

We feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of administration to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

Ten Commandments For Parents With Athletic Children

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "Out There Trying," to be working to improve their skills and attitudes.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.

6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his or her hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his or her leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "**My Parents Really Helped, I was Lucky, In This.**"

Athletic Philosophy

We believe that the athletic program contributes much to the all-round development of the participant. It is designed to aid in the physical, social, moral, and emotional development of the student. Athletics offer an enjoyable way to learn teamwork, sportsmanship, leadership, cooperation, and loyalty to one another, as well as to the school and community. Athletics also offer students the opportunity to become good competitors, to give the game their best, to always play by the rules, and to take defeat without bitterness and victory graciously.

Code of Ethics for Secondary School Activities

The Code of Ethics for secondary school activities has been developed for the purpose of stating the behavioral expectations of all who are involved with (secondary) school activities programs.

Adherence to the Code is expected at all MPA sponsored or sanctioned activities. Reported consistent and/or flagrant violations of the Code may result in punitive action by the MPA Interscholastic Executive Committee if charges are substantiated at a hearing convened for that purpose.

In order to promote desirable behavior and enhance the over-all quality of secondary school activities programs for which MPA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with secondary school activities programs to...

1. Cultivate awareness that participation in high school activities is part of the total education experience and, as such; no one would either seek or expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
4. Recognize that the purpose of activities in school programs is to develop and promote the physical, mental, moral, social and emotional well being of individual participants.
5. Avoid any practice or technique that would endanger the present or future welfare or safety of a participant.
6. Avoid practice that force or encourage student-athletes to specialize or which restrict them from participation in a variety of activities.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators in any aspect of school activities.
8. Vigorously encourage the development of proper health habits and discourage the use of chemicals, including alcohol and tobacco.
9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.
10. Encourage everyone to judge the true success of the activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

Athletic Physical Policy

All students who participate in interscholastic athletics must successfully pass a physical examination prior to participating in meets, games, or practice sessions. All students participating in any sport, which is housed in a District facility, will be required to show proof of a physical before participation. Physical examinations for athletes are required every other academic year. Physical exams need to be completed after June 1st to apply to the next school year.

An annual health history provided by the parents and reviewed by the school nurse is mandatory as a part of the emergency form. Physical examinations will be done by the athlete's private physician who will provide written certification to the school of the athlete's fitness to participate in sports utilizing the Board approved District physical form. An athlete may be required to have a physical examination following review by the school nurse if the situation warrants. Results of physical examinations by private physicians must be forwarded to the school nurse who will review them. The school nurse, as needed, will do referrals and follow-up.

The sports physical will include a review of medical history, immunization history, current medical problems, and a measurement of the student's height, weight, blood pressure, visual acuity, urinalysis and a complete, unclothed examination with particular reference to the orthopedic exam and physical maturity of the student athlete.

There is concern that the athlete, once approved for play, may be injured or may become seriously ill, and that this may require medical review before the athlete should once again participate. Responsibility for the students' health rests primarily with the student and his parents. The coach who has an awareness of illness or injury also has the responsibility to assure that further review of a student's health takes place if a question about the athlete's continuing to participate. In this situation, the student may be required to submit to the school nurse a "Return to Play" form signed by his physician before re-entry into the athletic program.

"Return to Play" forms and communications from parents and physicians regarding health conditions are part of the student's health information, and as such, are to be sent to the health office for filing in the student's health record.

Permission, Insurance, and Physical Form

This form must be filled out completely before an athlete can participate. This form serves three purposes:

1. The parent grants permission for the student to participate, and acknowledges that parent and student have read and understand all parts of the Athletic Handbook.
2. Indicates proof of insurance for the athlete. If the family does not carry insurance, there is school insurance available for students
3. Provides an annual medical history and physical examination information, if needed.

Emergency Form

This form is required of all students at Belfast Area High School, and must be turned in before a student participates in athletics. This form gives permission for treatment by a doctor, when the parent(s) are unavailable. This form will be kept with coaches, for availability, at all practices and games.

Risk of Participation

All parents and students must realize the risk of injury, which may result from athletic participation and competition. The Athletic Department at Belfast Area High School will incorporate the following safeguards to make every effort to help eliminate injury:

- A. Conduct a parent/athletic meeting prior to the start of each sport season to fully explain the athletic policies and advise, caution and warn parents/athletes of the potential for injury.
- B. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- C. Instruct all athletes about the dangers of participation in their specific sport.

Participation Philosophy

Guidelines for Choosing Student-Athletes for Athletic Teams

- **General Statement**

Belfast Area High School offers 12 sports and 33 teams. In the sports of **Golf, Tennis, Soccer, Football, Cross Country, Swimming, Diving, Indoor Track, Outdoor Track, and Field Hockey** student-athletes are not eliminated based on specific numbers of participants or ability. This means that all who try out can join those teams provided there are no health or safety restrictions preventing participation. Please note that this does not mean that student-athletes have a right to be on these teams. Membership on all teams is a privilege and all student-athletes must follow general training rules and specific rules for that sport prescribed by the coaching staff.

In the sports of **Basketball, Baseball and Softball** student-athletes may be eliminated or denied the privilege of participation at a varsity and/or sub varsity level because the sport prescribes a specific number that may participate. The number in

each sport is prescribed by the coach of that team, with the help of head coach and the athletic director, based on many criteria. Some of the criteria that determine the size of the team may include:

- Talent and work ethic of those trying out.
- Number of individuals trying out.
- Optimum number determined by coach to conduct productive practices and insure adequate substitutes.

Academic eligibility of those trying out: To be eligible a student-athlete must pass the equivalent of 4 classes in the grading period preceding the beginning of that season.

BELFAST AREA HIGH SCHOOL ATHLETICS ACADEMIC ELIGIBILITY POLICY

I. Academic requirement:

- A. Student-athlete must carry a course load of six full-time courses.

II. Eligibility policy:

A. Student-athlete must pass six full-time courses in the previous quarter to the sports season.

1. Fall: Eligibility bases upon the 4th quarter grades.
2. Winter: Eligibility bases upon the 1st quarter grades.
3. Spring: Eligibility bases upon the 3rd quarter grades.

B. If student-athlete passes only five full-time courses, then he/she is placed on ACADEMIC MONITORING.

1. Conditions of ACADEMIC MONITORING:

- a. May participate in co-curricular and extra curricular activities
- b. After five weeks, if the student is not passing the subjects, the student will be removed from the activity for the remainder of the quarter

C. If a student passes only four full-time courses, he/she is placed on Academic Probation. The conditions of Academic Probation are as follows:

- After three weeks, if the student is passing at least five (5) courses, he/she will be placed on Academic Monitoring

- After two additional weeks, if the student is not passing six subjects, he/she is removed from the activity for the remainder of the quarter.
- D. If student-athlete passes only three, or less, full-time courses, he/she is ineligible for the entire season.

III. Exceptions:

- A. When a report card comes out during the season, an eligible student-athlete may be declared ineligible or put on Academic Probation.
- B. For Spring sports, students may try for athletics regardless of 2nd quarter academic status.

BELFAST AREA HIGH SCHOOL ATHLETICS Substance Use Policy

No student shall participate in athletics at Belfast Area High School unless he/she is willing to **abstain** from the use of an ILLEGAL SUBSTANCE, defined to be; tobacco (chew or cigarettes), alcoholic beverages, anabolic steroids and illicit drugs. Team members violating this training rule involving smoking or chewing tobacco, possession/use of alcoholic beverages, anabolic steroids or illicit drugs, shall be subject to the Policy on Chemical Use and/or Possession by Students.

I. Furnishing/Selling an Illegal Substance

- A. Any Offense
 1. Removed from team for remainder of season

II. Possession/Use of an Illegal Substance

Type One: When a violation occurs the following will be in place:

- A. **First Offense**
 1. Removed from the team for 20% of the scheduled contest.
 2. Days removed from the team will be unexcused absences.
 3. Must meet with substance abuse counselor.

B. Second Offense

1. Removed from team for 50% of the scheduled contest.
2. Days removed from the team will be unexcused absences.
3. Must meet with substance abuse counselor.

C. Third Offense

1. Removed from all Athletics for one calendar year.
2. Days removed from the team will be unexcused absences.
3. Must meet with substance abuse counselor.

D. Fourth Offense

1. Removed from Athletics for the remainder of High School Career.

III. Conditions of Removal

- A. No games.
- B. Player will attend practices and games.
- C. Must set up appointment with substance abuse counselor as soon as possible.
- D. Failure to meet with substance abuse counselor or follow the recommendations will result in removal from the team.

Violations will be accumulative throughout your high school career.

Students are required to finish the season in which they are serving the suspension. Failure to do so will result in the suspension needing to be served before they are allowed to participate in another activity.

This policy is in effect for the entire calendar year.

Position Statement on Androstenedion and Dietary Supplements

The use of any drug, medication, or food supplement for the purpose of performance enhancement is ethically wrong. In order to minimize health and safety risks for student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or encourage the use of any drug, medication, or food supplement for performance and enhancement purposes.

School personnel and coaches should not dispense any drug, medication, or food supplement except when prescribed by a medical doctor.

Position Statement of Steroid Use

Belfast Area High School joins the Maine Principals Association and virtually all other sports organizations (U.S. Olympic Committee, National Collegiate Athletic Association, American College of Sports Medicine, American Academy of Pediatrics) in condemning the use of anabolic steroids because the adverse side effects are many, are sometimes serious, and are occasionally fatal. The serious or permanent effects include permanent short stature, if given to a still-growing youth, heart muscle deterioration, and liver cancer. Temporary side effects include liver damage, increased blood cholesterol levels, masculinization of females, decreases sperm count, decreased testicular size, acne, hair loss and psychological changes including irritability, mood swings, and aggressive behavior which could lead to injury or fighting.

Sports Season

It is the responsibility of the Athletic Department to offer a well-balanced program of sport activities. To prevent overlapping of seasons and excessive specialization, each sport should have a clearly defined season. This will allow a student to go from one sport season to another without conflicts and, where possible, a week's rest between seasons.

A sport season is that period of time beginning with the first day of organized practice and ending with the day of the last regularly scheduled game or tournament for any one particular sport.

Each sport will have a pre-season training period approved by the Maine Principal's Association and the Kennebec Valley Athletic Conference. The coach will determine how much training time is necessary unless the conference rules otherwise.

To represent the school system in any competition, a sport must be organized under the jurisdiction of MSAD #34.

School Attendance/Practice Attendance

- 1. ALL athletes are expected to be in regular attendance. Any Athlete that is absent from any class during the school day, for any reason other than those approved by state law will not be allowed to participate that day. Students meeting the state standard will need administrative approval to participate. If an athlete is absent from school the entire day before a non-school day contest /practice he/she may participate if the absence is excused and approved by the administration.**
2. Athletes who get DISMISSED from school because of illness will not compete or practice that day.

3. Students removed from school for disciplinary reasons are not allowed to participate in athletics during that removal.
4. Attendance at practice and games is mandatory. The coach must approve all absences from or lateness to practice or games in advance. The following will be the result of unexcused absences or lateness **first offense – 1 game, second offense – 2 games, 3 offenses – removal from the team.** Coaches will make their practice policy clear to all team members.

Vacations

Vacations by members of our athletic teams are discouraged. Coaches will use their judgment in dealing with athletes who miss practice or games due to vacation time.

Release From Class

On occasion it may be necessary to a student/athlete to miss class due to the length of a trip and/or time of contest. Under these circumstances it is the responsibility of the student to see the teacher(s) involved and get all assignments prior to the absence.

Conflicts in Student Activities

A student who attempts to participate in several co-curricular activities will, undoubtedly, be in a position of a conflict of obligations. We understand that each student shall have the opportunity for a broad range of experiences in the area of co-curricular activities. To help accomplish this the administration will attempt to schedule events so as to reduce the chance of conflicts. It is the student's responsibility to notify the advisors, coaches, faculty members involved immediately when a conflict does arise.

When a conflict arises the adults involved (coaches, advisors, etc.) will work out a solution so the student does not feel caught in the middle. A decision will be based on the following criteria:

1. The relative importance of each event
2. The importance of each event to the student
3. The contribution the student can make
4. How long each event has been scheduled
5. Talk with parents

No student will be penalized for any decision that he/she makes!

Quitting Team Transferring

From the time a student's name appears on the official roster for an interscholastic sport, he/she may not join another team or compete in another interscholastic sport until the

end of that season. Mid-season change to teams may be permitted under the following conditions:

- A. If a student presents to both coaches involved a doctor's certificate recommending that he/she drop the first sport for reasons of health and permits participation in the second sport.
- B. If both coaches involved and the administration agree that a Mid-season change of sport would be beneficial to the student without being unfair to the boys and girls of either team, the request will be approved.

If a student quits a team, he/she will have to wait until that sport season is completed.

Attire and Appearance

Team members will be well groomed. On school-sponsored trips, players are expected to dress appropriately. Players will be briefed as to dress, by the coach. Players not adhering to dress code may be asked to stay home.

All jewelry is prohibited during competition and should not be worn during practice or games.

Transportation

All students in athletics must travel to an event on school provided transportation. All team members are encouraged to return on the bus, but may be released to their parent/guardian, with the parent/guardian making contact with the coach. Students are not allowed to return home with other students. Any other arrangements must be approved, in advanced, with the administration.

Locker Room Regulations

1. No rough play allowed in our locker rooms
2. Absolutely no hazing
3. Glass containers are not to be brought into the locker rooms
4. All spikes/cleats must be removed before entering the building
5. Please pick up all of your items, before you leave.

Hazing

Maine statute defines injurious hazing “any action or situation which recklessly or intentionally endangers the mental or physical health of any school personnel or a student enrolled in a public school.”

It is the policy of the Board that injurious hazing activities of any type, either on or off school property, by any student, staff member, group, or organization affiliated with MSAD #34, are inconsistent with the educational process and shall be prohibited at all times. Any person observing hazing activity has the responsibility to report such hazing to the classroom teacher or administrator of the building.

No administrator, faculty member, or other employee of MSAD #34 shall encourage, permit, condone, or tolerate injurious hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in injurious hazing activities.

Persons not associated with MSAD #34 who fail to abide by this Policy may be subject to ejection from school property and/or other measures as may be available under the law.

Administrators, faculty members, students, and all other employees who fail to abide by this Policy may be subject to disciplinary action, which may include suspension, expulsion, or other appropriate measures.

In the case of an organization affiliated with MSAD #34, which authorizes hazing, penalties may include rescission of permission for that organization to operate on school property or to receive any other benefit of affiliation with MSAD #34.

These penalties shall be in addition to any civil or criminal penalties to which the violator or organization may be subject.

The Superintendent shall be responsible for administering this Policy. In the event that an individual or organization disagrees with an action—or lack of action—on the part of the Superintendent in carrying out the provisions of this Policy, that individual or organization may appeal to the MSAD #34 Board of Education. The ruling of the Board, with respect to the provisions of this Policy, shall be final.

A copy of this Policy shall be included in all school, parent, and faculty handbooks or otherwise made available to all school employees and students.

Curfew

Coaches will set their own standards for curfew.

Reporting Injuries

All injuries must be reported immediately to the coach. If a physician treats an athlete for an injury, the athlete must obtain the doctor's permission before returning to the activity, or approval from our trainer at Coastal Sports Care Plus.

Equipment and Uniforms

All school equipment and uniforms issued to a student is that student's responsibility. The athlete is expected to keep it clean and in good condition. Any loss or intentional damage to the equipment is the student's financial obligation. No student will be allowed to participate in another activity, if they have not returned all school issued equipment and uniforms or reimbursed the school for any financial obligations.

DISCIPLINE AND DISMISSAL

Student will be disciplined and may be dismissed from the team for the following violations:

1. Breaking training rules
2. Violation of any student activity policy
3. Disrespect towards coaching staff or players
4. Obscene language during practice or competition
5. Violation of any other rule made by the coach

DISRESPECT toward coaches, game officials, school officials or spectators will be treated on a case-by-case basis. A team member will be dropped from the squad for flagrant or multiple offenses of this nature.

Team members removed from school because of truancy or for disciplinary reasons will not be permitted to participate in practice or games during the time of removal. A second offense within the same season will result in dismissal from the team for the remainder of that season.

If an athlete becomes involved with the law and is cited to court for disciplinary action, he/she may be removed from participation in that sport until the sentence of the court has been satisfied.

Procedure for Reporting Offenses and Student's Right of Appeal

When a student has broken any rule under this code, the following procedures must be followed:

- A. Any coach shall notify the athletic director of infractions.
- B. If the athletic director determines that a hearing should be held, he/she will notify the student and his/her parent/guardian of the allegation.
- C. Arrange for a hearing on the allegation at which time the principal, the coach, athletic director, and the person making the allegation shall be present. The student and his/her parent/guardian shall have the right to be present at this hearing.
- D. The principal will record the results of the hearing and notify the parent/guardian in writing of his decision.
- E. Notwithstanding, any decision made at this level can be appealed to the Board of Directors through the Superintendent of Schools in the agenda of the next regularly scheduled Board meeting.
- F. Any penalty imposed shall not take effect until the above listed procedures have been completed, or the decision agreed with by the parties involved; however a student may be temporarily suspended from the program by his/her coach, the athletic director or the principal.
- G. All violations shall be investigated based on first-hand knowledge that a rule of conduct has been broken.

Student/Parent Rights

Our coaching staff here at Belfast Area High School is committed to giving the student athlete the best possible experience in all sports participated in. Our coaches have committed to a new evaluation form that stresses some key performance areas and criteria's. The following is a list of those areas and the criteria for each:

1. Coach as a Role Model

- A. Displays sportsmanship
- B. Coaches within the rules of the game
- C. Treats officials with respect
- D. Positive reaction to constructive criticism
- E. Promotes all sports in the athletic program
- F. Displays enthusiasm in coaching
- G. Treats other coaches with respect
- H. Adheres to athletic policies

2. Player/Coach Relationship

- A. Aware of individual player skill level
- B. Provides positive feedback
- C. Treats all players fairly
- D. Creates an open communication atmosphere
- E. Encourages academic achievement
- F. Communicates player's role on the team
- G. Shows interest in each player as an individual

3. Parent/Coach Relationship

- A. Holds pre-season parental meeting
- B. Creates an open communication atmosphere
- C. Share coaching philosophies with parents
- D. Provide parents with team rules and schedules
- E. Encourage parental involvement in support for the team

4. Work Ethic

- A. Scouts opponents
- B. Attends sport specific meetings
- C. Attends district coaches meetings
- D. MPA certified coach
- E. Researches sport specific materials
- F. Communicates with media
- G. Attends clinics for self-improvement
- H. Shows involvement with the boosters club
- I. Supports off-season program for player skill development

5. Team Discipline

- A. Provides athletes with district athletic handbook and goes over rules and policies
- B. Provides players of practice/game attendance policy
- C. Corrects inappropriate behavior consistently
- D. Encourage good sportsmanship
- E. Handles rule breakers quickly
- F. Informs athletes of good decision making in regards to substance use on a regular basis

6. Practice/Game Organization

- A. Knowledge of sport
- B. Provides adequate pre-season conditioning

- C. Provides proper supervision of athletes
- D. Total team involvement in practices/games
- E. Demonstrates game readiness and strategy
- F. Follows district participation philosophy
- G. Develops a well-organized and productive practice
- H. Provides a safe physical environment with proper equipment

7. Cooperation with Administration

- A. Works cooperatively with athletic director
- B. Shows flexibility in regards to use of facilities
- C. Follows contents of coaches handbook
- D. Shows concern for care of equipment and facility
- E. Shows involvement with budget and scheduling
- F. Provides administration with necessary reports on time
- G. Works well with coaches, teachers, and administration

At the beginning of each sport season parents will be given a student/ parent questionnaire. This form will allow the parent and student to assess their experience for a particular sports season. At the end of the sport season the parent and student are asked to fill the questionnaire out and return it to the athletic director.

If at any point during your son's/daughter's season, you as a parent have a concern about a specific policy or a coaches judgment, we ask that you follow this procedure:

1. Speak to your son's/daughter's coach regarding your concern.
2. Speak to the Athletic Director, if you feel the issue has not been addressed.
3. Request meeting of Athletic Director and coach, if issue is still not addressed.
4. Meet with principal, if still not satisfied.

Hopefully through open communication we can avoid unresolved issues.

Our coaches will strive to meet these criteria, but we are human beings and will not always be perfect.

Parent/Staff Communication Policy

Positive involvement in sports requires commitment from students, parents, coaches, and advisors. To be successful, all involved must work to ensure effective communication. The following guidelines are intended to aid parents and staff in their interactions.

Communication parents can expect from coaches:

1. Location and time of practices and contests.
2. Description of coach's philosophy.
3. Coach's expectations for all the players on the squad as well as the individual student-athlete.
4. Team requirements, i.e. - fees, special equipment, off-season conditioning.
5. Notification when a student-athlete is injured during participation.
6. Notification of disciplinary action resulting in removal of student-athlete from participation.
7. Request for support towards the commitment of the program. For example, coaches may ask a parent's help in ensuring that a student-athlete is at practice on time or imposing a reasonable curfew.

What are appropriate concerns for parents to discuss with coaches?

1. The treatment of their child, both mentally and physically.
2. Skill improvement and development.
3. Concerns about their child's behavior.

What things are not appropriate for parents to discuss with coaches?

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Communication coaches should expect from parents:

1. Individual concerns expressed directly to the coach.
2. Advance notification of any schedule conflicts.
3. Support towards the commitment of the program. For example, coaches may ask a parent's help in ensuring that a student-athlete is at practice on time or imposing a reasonable curfew.

If a parent has a concern to discuss with a coach, what procedure should be followed?

1. Make an appointment with the coach.
2. If the coach cannot be reached, call the athletic director to set up a meeting.
3. Please do not attempt to confront a coach before, during, or after a contest or practice. These are emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation further.
2. At this meeting the appropriate next step can be determined.

We are continually attempting to improve communication with the student-athletes and parents. For our program to be truly successful, it is necessary that everyone involved understand the direction the program is headed and to avoid unnecessary miscommunications. Positive and effective communication can only strengthen our program.

Athletic Awards

1. General Criteria in Meeting Awards Requirements

- A. Awards will be made only if, in the judgment of the awarding coach, the student's performance merits an award.
- B. No students will be granted an award who have not complied with all training and citizenship policies established by the coach and department.
- C. A student will be ineligible to receive an award if removed from the squad due to disciplinary or scholastic problems, or in violation of department policies.
- D. No student will be granted an award after quitting a team, at any point during the season.

2. Special Awards Situation

- A. Seniors playing on a team will be eligible for the "B" letter award if in the opinion of the coach the student has been a regular and conscientious participant.
- B. A player who in the opinion of the coaches would have normally earned an award but is unable to complete the season due to an injury of illness contracted during the season will be eligible for an athletic award.

3. Awards Withheld

- A. Coaches have the right, as does the school administration, to withhold an award from a squad member(s) not fulfilling squad or school obligations. The Athletic Director and student(s) should be aware of this decision before the day of the awards. Students will not receive an award of any kind if they have not returned all school-issued equipment or reimbursed the school for lost and/or damaged items.

4. Letter Award Criteria

Awards are to be presented on the following basis:

Varsity

Baseball
Basketball
Field Hockey
Football
Golf

Tennis
Soccer
Softball
Wrestling

Play in one-half the number of quarters or innings of the games scheduled or one-half the number of scheduled matches. Specialists, relief pitchers, kickers, etc., would be given special consideration.

Cross-Country Track-Boys/Girls Swim-Boys/Girls

Accumulate a total of 15 points during the regular season or place in the top 6 in league, regional or state meets.

Managers

The first year of participation the manager will receive a certificate. If a student participates in the same capacity two (2) years, he/she will receive a letter award.

BOOSTER CLUB

The MSAD # 34 Athletic Boosters Club is a very important part of our athletic program. They provide a number of services including; helping at home contests In a variety of ways, running the concession booth at all home contests, raising funds to supplement team fundraising for needed supplies, and being an avid supporter of Belfast Athletics.

The Boosters Club is composed of parents of team members and other interested community members. Their strength depends on your support. We would encourage each and every parent to join the Boosters. It is a big step in supporting your son or daughter in their position on an athletic team.

The MSAD # 34 Athletic Boosters Club meets on the first Monday of every month. They need workers for the concession booth and other areas.

Please consider getting involved in your student's athletic experience by joining the Boosters Club.

Belfast Area High School Athletic Contest Code of Conduct

Belfast Area High School strives to encourage good sportsmanship throughout our athletic program, and this includes good behavior during athletic contests. We expect all players, coaches and spectators at our contests to be respectful of players, coaches, officials and other spectators. Fans are encouraged to applaud the efforts of their team and should not engage in any behavior that is critical, distracting or derogatory toward opponents or officials. We believe it is imperative to let the players, coaches and officials play the game. Fans can be an “extra person” for their squad by supporting and cheering good play, but Belfast Area High School will not permit any behavior that detracts for the proper conduct of the game or that disadvantages a player or team.

- Treat all visitors to Belfast Area High School Athletic Contests as you would treat guests in your home.
- Use only those cheers that support and uplift a team.
- Respect the integrity and judgment of game officials.
- Do not throw any objects onto a playing surface at any time.
- Do not engage in the use of controlled substances before, during or after games.

If a student-athlete is asked to leave an athletic contest because of improper behavior, he or she will not be permitted to attend home contests for the remainder of the sports season and may be prohibited from attending contests in other sports seasons depending upon the severity of the infraction.

Your continued support of high school athletic activities and your high regard for the values of competition, sportsmanship, fair play and respect for others is appreciated by Belfast Area High School.

Closing Message

You are making a very positive step in your educational experience, by joining an athletic team. Research supports, that student athletes tend to have less behavioral problems, are more successful with academics, and establish high levels of self-esteem. Your experience will teach you discipline, sportsmanship, commitment, and teamwork, all valuable lessons in order to be successful in life.

Remember that being a member of an athletic team is a **PRIVILEGE**. Be dedicated and remember that **there is no "I" In the word TEAM**.

Good luck in your upcoming season!

ATTITUDE

ATTITUDE is more important than facts.

It is more important than the past,
than education,
than money,
than circumstances,
than failures,
than successes,

than what people say or do.

It is more important than appearances,
than giftedness,
than skill.

The remarkable thing is we have a choice every day regarding
the ATTITUDE we will embrace for that day.

The one thing we can always do is play on the one string we
have and that is our ATTITUDE.

Life is 10% what happens to us,
and 90% *how we* react to it.

We are In charge of our ATTITUDE.

ATTITUDE is a little thing that makes a
BIG difference.

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