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STUDENT-ATHLETE



HANDBOOK

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Oliver Ames Athletic Program

Student participation in the Easton Public Interscholastic Athletic Program is a privilege which can be a valuable and rewarding experience. Students have the opportunity to participate during three seasons as described below:

Fall Sports

Football
Field Hockey
Cross Country
Soccer
Cheerleading
Golf
Volleyball

Winter Sports

Basketball
Ice Hockey
Track & Field
Skiing
Swimming & Diving
Cheerleading
Wrestling

Spring Sports

Baseball
Softball
Track & Field
Lacrosse
Tennis

Participation

- The athletic program will be open to all students who are physically able to participate and who are eligible under local and state regulations. There are factors which necessitate the size of the team be limited in order to maintain a high level of safety, playing time and practice time. The selection of participants is made after observing prospective players in practice and/or game type situations. While physical skill and demonstrated ability are the primary considerations in determining team membership, it is also important to realize that the school must also be represented by student-athletes who are responsible school citizens, satisfactory scholars and trained and conditioned participants who are willing to abide by prescribed regulations and standards. **The playing time, once a team is determined, will be based upon decisions made by a coach or the coaching staff.**
- An athlete reporting late in the season for team membership will be required to participate in practices for 14 calendar days prior to participating in a scheduled contest. An exception to this rule is a member of a fall golf team whose practice waiting period is 6 days.
- Athletes who were enrolled in school at the start of the season will not be allowed to participate in any other athletic activity in that season after “dropping out” following the first scheduled game or being dismissed from an interscholastic team for disciplinary reasons.

Chemical Health Guidelines

During the season of practice or play, a student shall not, regardless of quantity, use or consume, possess, buy/sell, or give away any alcoholic beverage, tobacco products, marijuana, steroids or controlled substances.

Minimum Penalty

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 in which the violation occurs. No exception is permitted for a student who is a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

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 in which the violation occurs.

Maximum Penalty

Student-Athletes will lose eligibility from interscholastic events for one year from the date of the offense. In addition, student-athletes who are found in possession of a controlled substance on school property or at a school related event, including athletic games or practices, will be subject to expulsion from school as provided in the Education Reform Act of 1993.

***Random drug testing will be used at the discretion of administration. The Chemical Health Policy and each athletic season, begins when a student-athlete voluntarily signs up for an athletic team.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty will carry over to the athlete's next season of participation. It may carry over to the next academic year if necessary.

Medical Clearance

- All student-athletes must have an updated physical exam. Due to insurance issues, the MIAA states that each physical exam is valid for 13 months from the initial date of the exam (August 1, 2008 is good through September 1, 2009). Once an athlete has begun a season with a valid physical exam, the MIAA has ruled that the athlete may complete that season even if their physical expires during the season. Athletes are, however, required to get a new physical prior to the next season they participate in. **The MIAA does not consider a doctor's note stating "this athlete has been seen in my office for a physical exam on _____" as a valid physical.** Completed paperwork must be passed in or on file with the school nurse, prior to tryouts, in order to be eligible.
- All athletic injuries, even though minor, must be reported to the coach and athletic trainer. In case of a serious injury, the athletic trainer's (ATC) judgment with regard to playing condition of a player will be final. No player may continue to play against the advice of the ATC.
- **When a student-athlete has been advised to see a physician for his/her injury/illness, that athlete will not be allowed to resume participation without a signed note by his/her physician stating the injury and the return date.**

Athletic Participation Fee

\$125 for 1st sport
\$125 for 2nd sport
\$125 for 3rd sport
Family Maximum of \$375

- Student-athletes who are selected to be on the final roster of a team will make this payment before receiving a uniform.
- The athletic fee may be paid in cash or check. Checks should be made payable to Oliver Ames Athletic Department. Please include the athlete's name on the check in case there is more than one athlete with the same last name or the athlete's last name is different than the parent/guardian.
- The fee is **NON-REFUNDABLE!** Student-athletes who leave a team voluntarily, or who are dropped for academic or discipline issues are not eligible for a refund.

Academic Eligibility

- Academic requirements must be satisfied in order to be eligible for team membership
- A student-athlete must secure, during the last marking period preceding a contest, a passing grade in the equivalent of four major subjects (20 credits).
- To be eligible for a fall sport, student-athletes are required to have passed for the previous academic year, the equivalent of four traditional year-long major courses.
- A student-athlete who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility.

Code of Conduct

- Student –Athletes must remember that participation in the Oliver Ames Athletic Program is a privilege, that carries with it serious personal commitment and responsibilities, and can be revoked at any time if other school rules are broke.
- Student-Athletes excused physically from daily participation in Comprehensive Health and Physical Education by a doctor, or parent, may not practice or play in any athletic contest that day.
- Student-Athletes must be in attendance at school the entire day in order to participate in a practice or game scheduled for that day. Students who are absent on the day preceding a Holiday may not participate on that day or the Holiday. Exceptions may be granted only by the Principal or designee. Any student-athlete who is absent from school and that participates in practice shall be suspended from the team for 5 days. This suspension shall be done by the Athletic Director.
- Any Student-Athlete suspended from school will not be allowed to participate or attend games, practices or meetings during the time of suspension. School suspension could result in dismissal from the team. A final decision will be made by the Principal, Athletic Director and Coach.
- Student-Athletes must ride the bus provided for transportation to and from away athletic contests. Athletes may be granted prior permission from the Athletic Director if they need to be excused. A letter stating:
 - The date of the contest
 - The sport in which they participate
 - Who they will be riding home with
 - The specific reason for the change in transportation

MUST BE SIGNED BY THE ATHLETIC DIRECTOR AT LEAST 1 DAY PRIOR TO THE CONTEST. Athletes who are excused may only travel separate from the team if a parent/guardian is present in the vehicle.

- Criticizing or disrespecting officials, coaches, teammates, or opponents will not be tolerated. Conduct embarrassing to the school, whether during school hours or non-school hours that breaks team training rules during the season, will not be tolerated. If a student-athlete strikes out against another player, coach or fan through physical violence, uses obscene language, gestures or unsportsmanlike conduct. Any such violation shall result in suspension or dismissal, depending on the seriousness of the violation. Such acts during a scheduled game could result in a full year ban from competition in that sport.
- Decisions for dismissal of extended suspensions from a sport for infractions of the athletic code will be made by the Head Coach after consulting with the Athletic Director and Principal.
- All Student-Athletes who participate on an Oliver Ames Athletic Team will be held accountable for all equipment and uniforms issued to them. Any athlete, who damages, loses or has a piece of equipment/uniform stolen will be required to pay the amount equal to the cost of replacing that item. Athletes are expected to return all borrowed equipment/uniforms immediately at the termination of team membership.
- **ALL STUDENT-ATHLETES MUST HAVE ALL REQUIREMENTS COMPLETED BEFORE TRYING OUT FOR A TEAM**

Directions to Hockomock League Schools

Canton High School
900 Washington Street
Canton, MA 02021

Go through Cobbs Corner into Canton Center. The High School is on the left after the railroad tracks and the lights.

Galvin Middle School/Blue Hills Country Club
55 Pecunit Street
Canton, MA 02021

Go past the High School through the lights and take second left. Blue Hills Country Club has a sign. Middle School is set back on the right.

All events held at Canton High School EXCEPT – JV Soccer; Galvin Middle School; Golf: Blue Hills Country Club

Foxboro High School
120 South Street
Foxboro, MA 02035

Take Route 140 North into Foxboro Center. Travel $\frac{3}{4}$ around the rotary until you see Fleet Bank on the right. Take the next right off the rotary (South Street). Follow to the entrance of the High School on left.

Ahern Middle School
111 Mechanic Street
Foxboro, MA 02035

Take Route 106 towards Mansfield. Take right onto Franklin Street. Franklin Street becomes East Street. East Street becomes Cocasset Street. Turn Right onto Chestnut Street. Turn Right onto Mechanic Street. Follow to school.

All events held at Foxboro High School EXCEPT – Football, JV Soccer, Night Field Hockey and Night Soccer @ Ahern Middle School; Varsity Soccer @ IGO School Field (at rotary).

Franklin High School
218 Oak Street
Franklin, MA 02038

Take Route 495 North to Exit 17 (Route 140 South Franklin/Bellingham). Merge onto Route 140 S. Turn Left onto Panther Way. Turn right to stay on Panther Way. Turn Left onto Oak Street.

Horace Mann Middle School
224 Oak Street
Franklin, MA 02038

This is the next school on the right.

All events are held to Franklin High School EXCEPT – Cross Country & Football @ Horace Mann; Golf @Franklin Country Club (CC); Varsity Soccer @ King Street Park (night games @high school).

**King Philip Regional High School
201 Franklin Street
Wrentham, MA 02093**

Follow Route 106 towards Mansfield. Take Right onto Route 140 N. Turn slight left, continuing on Route 140 N. (Cocasset Street). Turn left onto 140 N (Bird Street). Turn right onto Main Street (140 N) and continue to follow to High School.

**King Philip Middle School (K.P. North)
18 King Street
Norfolk, MA 02056**

Follow directions above. At blinking yellow light turn right onto Turner Road (Route 115). Continue to follow Route 115. Turn left onto Marshall Street. Turn Left onto North Street. Turn Right onto Union Street. Turn Left onto King Street.

All events are held at King Philip High School EXCEPT – Soccer @ K.P. North Complex; Golf @ Franklin Country Club.

**Mansfield High School
250 East Street
Mansfield, MA 02048**

Take Route 106 into Mansfield. Take a left after the Landfill and Town Barn onto East Street. High School is the first school on the right.

East Street Field
Located across the street from the schools

**Qualters Middle School
240 East Street
Mansfield, MA 02048**

Follow directions above, second school on the right.

All events are held at Mansfield High School EXCEPT – JV Soccer @ East Street Field; Football @ Memorial Park; Golf @ Norton Country Club.

**North Attleboro
1 Wilson W. Whitty Way
North Attleboro, MA 02760**

Take Route 495 N to Exit 14B (Route 1 South) towards N. Attleboro. Turn Left onto Orne Street. Stay straight to go onto Landry Avenue. Turn Right onto Wilson W. Whitty Way.

Sharon High School
181 Pond Street
Sharon, MA 02067

Follow Massapoag Avenue to the rotary. Follow Rotary to 2nd exit - Pond Street. Sharon High School is on the right.

Sharon Middle School
75 Mountain Street
Sharon, MA 02067

Follow Massapoag Avenue to the rotary. Take a right onto Mountain Street, at the cemetery.

All events are held at Sharon High School EXCEPT- JV Soccer @ Ames Street (across from High School); Golf @ Sharon Country club; Track & Field @ Middle School.

Stoughton High School
232 Pearl Street
Stoughton, MA 02072

Take Route 138 to Stoughton Center. Bear slight left at the set of lights onto Pearl Street (Route 27 bears left, Route 138 bears right, Pearl Street is in the middle). Go through Stop sign. High School is ½ mile on the left.

Stoughton Middle school
Stoughton, MA 02072

Go through the High School gym side parking lot. The Middle School is down on the right.

All events are held at Stoughton High School EXCEPT – Golf @ Easton Country Club.

Scheduling

For up to date scheduling information, cancellations or postponements visit www.highschoolsports.net or www.oliverames.org and follow the menus for the appropriate sport.

Directions

For directions to opposing school sports facilities, visit ww.miaa.net. Then visit Member School Lookup. This website will provide directions to sports facilities.

Oliver Ames Sports Venues

Massasoit Community College, Brockton, MA	Swim
Pine Oaks Golf Course, Easton, MA	Golf
Asaif Arena, Brockton, MA	Ice Hockey
Frothingham Park, Easton, MA	Baseball
Borderland/Sheep Pasture, Easton, MA	Cross Country
Parkview School, Easton, MA	Softball/Field Hockey
Blue Hills Reservation, Milton, MA	Skiing

All other sports played at the Oliver Ames Sports Complex.