

## TANTASQUA WARRIOR ATHLETIC PHILOSOPHY

Tantasqua Regional School District believes that athletics provide a valuable teaching and learning tool. The Athletic Department will try to provide the students of Tantasqua with as many opportunities to participate as possible.

The entire philosophy is based upon the following precepts:

**Do your best at all times.** It must be understood by all student-athletes that winning and losing are not the only criteria for judging a successful season. All teams must strive to do their best in regard to effort, teamwork, sportsmanship, and representation of the Tantasqua community. Athletics teach participants to be honorable, loyal, and to persevere. These are qualities that make good citizens, which is the goal of education and interscholastic athletics. Failure at Tantasqua will only be recognized if participants do not try their best, not if they lose a contest.

**Respect your opponent.** Athletics provides the chance to meet other athletes with diverse backgrounds. Although the differences may be obvious, we must remember that most student-athletes believe in the same things including: enjoying the challenge of competition; striving to improve; being with teammates; sharing common goals and interests; trying to develop leadership skills; and having fun (fun must not be confused with laughing; it must be seen as a way of reflecting back on hard work that has paid off). Remember that your opponents provide you with the opportunity to play, and without them there would be no game.

**The highest standards of sportsmanship and fair play will be demonstrated by players, coaches, parents, and spectators.**

**Be thankful.** The opportunity to play interscholastic sports is not one that is given to all. Ability level, school and personal finances, and other considerations may not make athletics possible for all students. If you are fortunate enough to play, enjoy the experience and be thankful.

**All student-athletes will remember that they are students first.** Academics will never be compromised. Most people will only be able to participate in athletics for a few short years, while your education will last forever.

Athletics is not a “frill” or “outside activity”. It has an enormous impact upon every student-athlete who participates. We must be mindful that a commitment must be made by the school, coach, player, and parent to promote a positive environment.

## **THE FLAG CODE**

### **The National Anthem: Star Spangled Banner**

The composition consisting of the words and music known as The Star Spangled Banner is designated as the national anthem of the United States of America.

#### **Conduct during playing**

During rendition of the national anthem when the flag is displayed, all present (except those in uniform) should stand at attention facing the flag with the right hand over the heart. Men not in uniform should remove their headdress with their right hand and hold it at the left shoulder, the right hand being over the heart. Persons in uniform should render the military salute at the first note of the anthem and retain this position until the last note. When the flag is not displayed, those present should face toward the music and act in the same manner they would if the flag were displayed there.

#### **Pledge of Allegiance to the Flag: Manner of Delivery**

The Pledge of Allegiance to the Flag (“I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.”) should be rendered by standing at attention facing the flag with the hand over the heart. When not in uniform men should remove their headdress with their right hand and hold it at the left shoulder, the hand covering the heart. Persons in uniform should remain silent, face the flag, and render the military salute.

## **GOVERNANCES**

Tantasqua Regional is a member of the Massachusetts Interscholastic Athletic Association and the Southern Worcester County League and will abide by all rules set forth by each organization. Tantasqua Regional has the right to make any rules more stringent to fit the philosophy of the school.

### **A. The Massachusetts Interscholastic Athletic Association (MIAA)**

All schools are voluntary members of MIAA and compete only with member schools. As a member, Tantasqua agrees to abide by and enforce all rules and regulations of the Association. The primary role of MIAA is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs.

### **B. Southern Worcester County League (SWCL)**

Tantasqua Regional High School is proud to be a member of the Southern Worcester County League. The SWCL is governed by its own constitution which has been approved by the SWCL Principals Board. In addition to the state guidelines, SWCL has added some rules to help aid in running a quality athletic league. The more prominent rules are listed below:

1. Students must attend and participate in five practices prior to playing in their first athletic contest.
2. A student will not be allowed to join a team after the first official game has been played. The only exception would be due to injury or illness which prevents a child from trying out for a team. This will require a note from a physician.

The league is currently made up by the thirteen schools listed below:

Auburn  
Bartlett  
David Prouty  
Grafton  
Leicester  
Millbury  
Northbridge  
Oxford  
Quaboag  
Shepherd Hill  
Southbridge  
Tantasqua  
Uxbridge

## MIAA ATHLETIC CODE OF CONDUCT

The community, school administrators, and the athletic staff feel strongly that high standards of conduct and citizenship are essential in maintaining a solid athletic program. The welfare of the student-athlete is the foremost priority of the school, while the foremost priority of the student-athlete is to uphold the traditions, responsibilities, and rules that go along with being involved with athletics. All athletes are to abide by all school rules as well as the rules set forth by MIAA. Listed below are the rules that are most commonly questioned.

- A. MIAA Rule 62.1 (Chemical Health). During the school year, a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away: any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. 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.
1. **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. 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.
  2. **Second and Subsequent Violations:** When the Principal confirms, following an opportunity for the student to be heard, that a second or subsequent violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests 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. The director or 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. Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation the penalty shall carry over to the student's next season of actual participation, which may effect the eligibility status of the student during the next academic year.
- B. MIAA Rule 59.2 (Expulsion from a contest). Any member of a squad in any sport who is ruled out of a contest (including a jamboree) shall not participate in the next scheduled competition with a member school or in MIAA tournament play. (Exceptions: basketball-5 personal fouls; ice hockey-6 minutes in penalties; soccer-intentionally handling the ball while on defense or disqualification after a team caution for the preceding offenses.) An athlete ruled out of a contest twice in the same season shall be disqualified from further participation in that sport and in all sports during that season for a year from the date of his/her second disqualification. Upon investigation, the

Tantasqua Athletic Department may increase the severity of the punishment if it feels that MIAA rules do not suffice.

- C. MIAA Rule 92 (Bona Fide Team Member). Individual students in schools that have a team in a sport are not allowed to enter tournaments except as a bona fide member of that school team. A bona fide member of the school team is a student who is present for and actively participates in all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with an out of school team. ***The first violation of this rule results in a suspension for 25% of the season.***

***Example 1: John participates on the tennis team and misses practice to play in a spring soccer practice/game. John's infraction will fall under Rule 92 and he will be suspended for 25% of the season.***

***Example 2: John makes the same mistake again. He will now be suspended for an additional 25% of the remaining games and be ineligible for tournament participation.***

A student-athlete under certain circumstances MAY be eligible for a waiver from the bona fide rule 92 for a special team such as an Olympic one. For details and the form, contact the high school Principal or Athletic Director.

## POLICIES FOR TEAM SELECTION

Each team that requires tryouts to pick a specific number of student-athletes for the team will use a grading rubric. The rubric will be sport specific and position specific. The rubrics will be made by the coaching staff and approved by both the Athletic Director and Building Principal.

The rubric guidelines will be handed out to the prospective student-athletes at the pre-season meeting. At this meeting, the coach will explain the requirements necessary to make the team. At the conclusion of tryouts, the coaching staff will review the scored rubrics with each student who tried out for the team. Students can speak with the coaching staff to have their results explained to them in detail. The coaching staff may also make recommendations for skills to be worked on for future development.

The general rubrics *may* include the following:

1. Sport specific skill level (physical ability)
2. Comprehension of game tactics (mental awareness)
3. Specific position play
4. Projected ability to improve
5. Speed (sprint time)
6. Quickness (shuttle run time)
7. Explosiveness (vertical leap height)
8. Endurance (distance run time)

Sport specific rubrics may include fundamental techniques such as shooting, dribbling, footwork, throwing, catching, fielding, pitching, putting, etc. Selection of the team will be based on the achievement levels of the preceding criteria.

## **POLICIES FOR COACHES**

Parenting and coaching are extremely difficult vocations. Coaches must always remember that they are held to the highest level of ethics and compassion. “In loco parentis” means “in place of parents.” Children will spend more time with a coach than any other adult outside of the family. It is of paramount importance that coaches demonstrate positive traits that young people will want to emulate.

All coaches are required to take the NFHS Concussion Course **ANNUALLY**. It can be found at the following link: <http://www.tantasqua.org/th/>

### **COMMUNICATION PARENTS/GUARDIANS SHOULD EXPECT FROM THE COACH**

1. Philosophy of the coach
2. Expectations the coach has for their child
3. Locations and times of all practices and games
4. Team requirements (practices, out of season conditioning, etc)
5. Procedure followed should a child be injured during participation
6. Discipline that may result in the denial of a child’s participation

Your student-athletes have shown that that they are willing to sacrifice their time and energy to make a commitment to you and the athletic program. Student athletes should be commended for their commitment. Treat our student athletes as you wish to be treated and always remember that you are a teacher first and foremost.

### **APPROPRIATE CONCERNS TO DISCUSS WITH PARENTS/GUARDIANS**

1. Health, social, attendance, and academic issues and ways they can be solved
2. Ways to help the student-athlete improve
3. Always point out the positive progress student-athletes are making to their parents/guardians

### **ROLE OF THE COACH WITH STUDENT-ATHLETES AND PARENTS/GUARDIANS**

1. Be a positive role model; lead by example
2. Encourage hard work and reward it
3. Make practices and games enjoyable and worthwhile; boredom is a sport’s greatest enemy

## **POLICIES FOR PARENTS/GUARDIANS**

As mentioned earlier, parenting and coaching are extremely difficult vocations. By establishing a role for each position, we are better able to accept the actions of the other and provide greater benefit to the children. As parents, when your child becomes involved in our athletic 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 COACHES SHOULD EXPECT FROM PARENTS/GUARDIANS**

1. Concerns expressed directly to the coach about their child
2. Notification of any scheduled conflicts **well in advance**
3. Specific concerns with regard to a coach's philosophy and/or expectations
4. Calling for an appointment on a non-game day always works best for discussing your children's progress

As your children become involved in the programs at Tantasqua, they 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 child wishes. At these times, discussion with the coach is encouraged.

### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

### **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES**

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

### **ROLE OF THE PARENT/GUARDIAN WITH STUDENT-ATHLETES AND COACHES**

1. Be positive during games. No student-athlete or coach will try to fail. As long as maximum effort and sportsmanship are evident, parents should appreciate that their child and the coach are doing things the right way.
2. Encourage your child to work hard. Some of the greatest successes are only learned after failure. Student-athletes, parents, coaches, and Tantasqua must never accept quitting.
3. Remember that the "fun" part of athletics is not humor, but the journey a child takes with a team to reach goals. Sometimes the "fun" times are only noticeable upon reflection of a past season.

## POLICIES FOR STUDENT-ATHLETES

In addition to rules set by the governing bodies, Tantasqua has also established rules and policies concerning athletic participation.

### A. Requirements for Participation

1. **Physical Examination:** Any student wishing to participate in the Tantasqua athletic program must have a physical exam certificate dated within 13 months of the starting date of the season. This certificate **must be on file with the school nurse prior to tryouts.** Students who are medically excused from Physical Education classes may not participate in the athletic program for the duration of the excuse.
2. **Academic Eligibility:** Student-Athletes must have attained 15 out of 20 credits in a semester to be eligible for the next semester. For example, to be eligible for a fall sport in your junior year, you must have received a minimum of 15 credits from the previous spring semester.
3. **Emergency Medical Card:** Each student-athlete's parent/guardian must complete the Emergency Medical Card. This card will be kept by the coach in the team medical kit for availability at all practices and games.
4. **Athletic Permission & Release Forms:** All student-athletes and parents/guardians must realize the risk of serious injury which may be a result of athletic participation. Parents/guardians must read and sign the permission form.

### B. Choosing the Team

Choosing the members of athletic teams is the sole responsibility of the head coach and his/her staff. Before tryouts the coach shall provide the following information to all the candidates for the team at the pre-season meeting:

1. Extent of tryout period
2. Criteria used to select the team
3. Practice commitments
4. Game commitments
5. Review of specific team policies

When a team cut becomes necessary, coaches will inform athletes of their status. Coaches are available to discuss the reason for the decision and offer alternative possibilities for participation in the sport or in other areas of the activity program.

### C. Equipment

All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests, practice, and spirit days. Equipment lost or not returned in good condition at the end of the season may be subject to financial penalty. All uniform pieces are numbered. At the end of the season if the assigned number is not checked off, the student-athlete is responsible for restitution.

### D. Reporting an Injury

All injuries, no matter how insignificant they may seem, should be reported to the coach. All noted injuries will be addressed to the school nurse and athletic trainer. Any student-athlete

whose injuries require a visit to a doctor must have a “return to participation” note from that physician in order to return to activities.

#### **E. Attendance**

In order to participate in athletics, a student-athlete must attend scheduled classes on the day of a game. Students who arrive in school without attending two full classes are ineligible to play. In rare cases (college visits, funeral etc.), the Principal may make an exception to this rule. Once again we must remember that student-athletes are students first and should attend every class, every day.

#### **F. Release from Class**

It is the responsibility of the student-athlete to see his/her teacher before the classes that will be missed because of an athletic contest. All work will be made up at the convenience of the teacher. Distance and transportation limitations are the primary reasons for early dismissals. The Athletic Department will make every effort possible to schedule contests so that class time is not missed.

#### **G. School Vacations**

All athletes are expected to attend practices and games during school vacations. The Athletic Department may schedule games during April vacation. Should inclement weather force games to be played during that time, all team members are expected to attend. If a family vacation or other related plans have been scheduled prior to the season, the student-athlete is required to inform the coach prior to trying out for the team.

#### **H. Good Citizenship**

All student-athletes are expected to be good citizens in school and in public. Any infraction that results in an arrest or violation of public law will be dealt with accordingly. Also, any student-athlete participating in an activity that does not represent Tantasqua in a positive manner (example; behavior at a school function) will again be dealt with accordingly. After due process, in a meeting with the Principal and Athletic Director, suspension or termination from athletics may take place.

#### **I. Detentions and Suspensions**

No student will be eligible to participate in athletic contests until all detentions/suspensions are completed with the assigning teacher or Assistant Principal. If a detention is missed without the consent of the assigning teacher or Assistant Principal, a half game suspension will take effect and the detention will have to be completed within one day of the violation being filed.

#### **J. Leaving school early due to illness**

If student-athletes leave school prior to regular dismissal due to illness, they are ineligible to participate in any practices or games that day.

## COMMITMENT

After being selected to be a member of a team, Tantasqua Regional High School student-athletes are expected to attend all practices and games. Practices generally average two hours in length. Weekend practices vary by sport and schedule, but should be expected. Sunday practices are only held when scheduling quirks dictate and must be approved by the Principal and Athletic Director.

All student-athletes and parents/guardians must realize that contests will be scheduled during school vacations. Additional time needed to fit games in over any vacation may be necessary due to scheduled game cancellations.

Interscholastic athletics demand much more commitment than a club or recreational activity. Student-athletes should understand that they will be asked to make sacrifices to be on a team. If they are willing to do this, they will find the athletic experience one they will treasure for a long time.

Being a student athlete and part of team teaches students commitment. Toward that end, attendance at team events is necessary for an individual athlete and a team to achieve success. Any student-athlete missing practices or games for any reason other than school related events or medically documented reasons will be subject to disciplinary actions by the Athletic Director and/or coach with regard to their athletic team participation. For each unexcused absence from a practice or game, students will be progressively subject to full and/or half game suspensions (see chart below). Repeated unexcused absences from practices or games may result in the removal from a team at the discretion of the Athletic Director.

<b>Event Missed</b>	<b>Consequence</b>
1 <sup>st</sup> practice missed	½ game suspension; will not start
2 <sup>nd</sup> practice missed	Full Game suspension
3 <sup>rd</sup> practice missed	Minimum of a 2 game suspension, meeting with Athletic Director
4 or more missed practices	Student may be removed from the team at Athletic Director's discretion
1 game missed	1 full game suspension
2 games missed	2 full game suspension; meeting with Athletic Director
3 games missed	Student may be removed from the team at Athletic Director's discretion

## BEHAVIOR UNBECOMING A STUDENT-ATHLETE

Any student-athletes participating in an activity, through school or in the community, that does not represent Tantasqua in a positive manner during their season of activity may be suspended or removed from participation in athletics.

Insubordination or an act that detrimentally affects the team may result in a suspension from games and/or removal from the team.

## **SCHOOL ATTENDANCE AND TARDINESS**

Tantasqua student-athletes are first and foremost students. Student athletes should follow the following guidelines to fulfill their academic obligations.

1. Come to school every day.
2. Be on time for school and each class throughout the day.
3. Attend all classes.
4. Do all required work and submit it to the instructor on time.
5. Carry yourself in a mature and responsible manner.

In order to practice or play in a contest, a student-athlete must attend a minimum of two full classes that day. Exceptions can be made (college visit, funeral, etc.) by the Principal. Advance notice about foreseeable absences is recommended.

## PLAYING TIME

Perhaps the most emotional part of a student-athlete being involved in high school athletics centers around playing time. When student athletes become involved with interscholastic athletics for the first time, they will find that practices and games are much more demanding and intense than previous experiences. Attendance, attitude, commitment, team requirements, and athletic ability all will determine the distribution of playing time.

There are many decisions made by the Tantasqua coaching staff on a regular basis. It is the coach's responsibility to determine who should start, the position an athlete will play, and the duration of playing time. These decisions are a prerogative of the coaching staff and are approached very seriously, after having observed the student-athlete in practice sessions, game-like situations, scrimmages, and games. Outside organizations, coaches, teams, and players have no bearing on the interscholastic team. The dynamics of interscholastic play are much different from that of out of season teams and organizations. Tantasqua will do everything it can for the student-athlete to develop into a complete person.

At the ninth grade and junior varsity levels, members of the coaching staff will make a strong effort to play all team members in each game for as much time as practical. At the developmental level, the coaching staff is teaching skills and offensive and defensive philosophy needed to advance to the varsity level. Student-athletes who attend practices daily, work hard, and fulfill all other team obligations should have the opportunity to display what they have learned in games.

At the varsity level, we look for our teams to compete against opponents at the highest possible level of execution. Varsity teams are the premier tier of interscholastic competition. The entire Tantasqua community supports the goals of our student athletes. Because of the competitive nature of varsity athletics, there are many instances when the major burden of the contest will be carried by the most competitive and skilled team members. However, teams will not be successful without committed substitutes, or "role players". These players have to be ready at all times to step forward and shoulder the burden when called upon. As the saying goes, "Starters win games, benches win championships." Our commitment to winning will be within the guidelines of good sportsmanship and the Tantasqua Athletic Philosophy.

## **TANTASQUA REGIONAL ATHLETIC PROGRAM CONFLICT RESOLUTION PROCESS**

Athletic involvement, while fun and exciting, can be very emotional and time consuming. Because of this, conflicts and issues may arise between a student-athlete and the coach. It is imperative that any conflict/issue be addressed immediately, and as directly as possible, so that it can be resolved promptly.

### **Step One: Student – Coach Contact**

The issue should be presented by the student-athlete as soon as possible to the coach. The coach may be unaware of the student-athlete's feelings with regard to the issue and therefore an explanation to the coach is vital. We must all understand that this is not an attack on the coach, but a way of having young adults speak for themselves in a mature and responsible manner. This discussion should not take place on the field of play or immediately prior to or after any contest. A scheduled appointment time works out best for all involved, as cooler heads generally prevail. Parent/guardians may feel the need to speak on behalf of their children. That is acceptable and appreciated as long as a scheduled time to meet has been established.

### **Step Two: Student – Athletic Director Contact**

If a satisfactory resolution is not reached through direct contact with the coach, the student-athlete and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made by the Athletic Director. All dealings with those involved must be made "above the table" in an open and honest atmosphere. Opinions may differ, but the right to converse in a mature fashion must always be respected. This discussion should take place as soon as possible, since athletic seasons are relatively short. It is important that student-athletes and their parents/guardians trust that any comments, concerns, or issues raised to the Athletic Director will be addressed. Student-athletes and parents/guardians may also expect to hear from the Athletic Director regarding the outcome of their concerns. Issues concerning coaching personnel or the student-athlete may not be publicly communicated. While there is no guarantee that all parties will agree with the resolution or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

### **Step Three: Student – Principal Contact**

If a satisfactory resolution has not yet been reached, the student-athlete or parent/guardian should contact the High School Principal. The Athletic Director should be informed of this contact.

### **Step Four: Student – Superintendent Contact**

As above, if a satisfactory resolution with the Principal has not been reached, the student-athlete or parent/guardian should contact the Superintendent. The principal should be informed of this contact.

### **“Retribution”**

On occasion there is a perception by members of the Tantasqua community that voicing an opinion or concern about a coach, or the Athletic Department, carries the risk of "retribution" towards the student-athlete either by the coach or by other staff members within the department.

The Athletic Director and coaches are committed to ensuring that there will be no “retribution” in any form for raising an issue or concern.

### **TIME ALLOWED FOR PARTICIPATION/AGE**

Upon the first day of attending classes of their ninth grade year, students shall be eligible for interscholastic competition for no more than 12 consecutive athletic seasons.

A student athlete must be less than 19 years of age as of September 1 of the current school year to be eligible to participate.

### **PHYSICAL EDUCATION**

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

### **BUILDING AND FACILITY ACCESS**

No student will be allowed access to any of the athletic facilities without proper supervision by a school staff member. Students may not use the Field House or Fitness Room unless a staff member is present.

## POSTPONED CONTESTS

Some contests throughout the school year may be postponed due to unavoidable circumstances. The Athletic Department will do its best to make this decision in a timely fashion. Most games will be postponed before 1:00 pm. The Athletic Office has three ways in which you can obtain information:

1. Call **(508) 347-9301**. At this point listen to the options to go to the Athletic Office, then the mailboxes for (a) daily schedule or (b) schedule changes.
2. Go to the **tantasqua.org** web page. Click on sports, and then go to schedule. This will give you the daily schedule and any changes of dates.
3. Go to **highschoolsports.net**. Click on Massachusetts, then click on Tantasqua Regional High School. This will also give you the same information as #2. It will also give you the schedules of many of the teams we play against throughout the year.

### **MEDICAL EMERGENCY / THUNDER & LIGHTNING PROCEDURE**

(in conjunction with MIAA Rule 16)

1. Upon examination by either an E.M.T or Athletic Trainer, a decision will be made in regards of care.
  - If an E.M.T. or Athletic Trainer is unavailable, the coach shall evaluate the injury and provide care.
  - Any suspected neck or head injury will result in an ambulance and medical professionals being contacted for care and transportation.
  - When in doubt, call for an ambulance and medical professionals.
2. When thunder is heard or lightning is seen, the following procedures must be executed:
  - Suspend the practice or game immediately.
  - All teams, officials and spectators are to leave the field. At the High School, the Field House will be available for all to seek shelter. If the Field House is not available, the Athletic Foyer will be used. At the Junior High School, the main entrance nearest the tennis courts will be used for shelter.
  - After the thunder and/or lightning has left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

### **DIRECTIONS TO AWAY CONTESTS**

Directions to away contests can be gathered in the following ways:

1. Go to **tantasqua.org**, click on sports and go to the directions page.
2. Go to the **miaa.net** website to “Member School Lookup”.
3. Copies of directions are available at the Athletic Office.
4. Go to any directions search engine on the internet.

## **ATHLETIC AWARDS POLICY**

Letters will be awarded in varsity athletics based on the following criteria. Varsity letters will be awarded at the conclusion of each season.

### General Criteria

1. All student-athletes are expected to attend all practices and games unless excused by the coach.
2. Student-athletes must remember that they are representing Tantasqua and the five communities and should conduct themselves accordingly. The highest levels of sportsmanship, fair play, and team work will be observed at all times.
3. All student-athletes must successfully complete the season:
  - a. Student-athletes dismissed from a team for disciplinary reasons will not be eligible to receive a letter
  - b. A student-athlete must be a member of the team at the end of the regular season, including post-season tournament play.
  - c. Injured student-athletes will be considered on an individual basis by the coach and Athletic Director.
  - d. All end of season obligations must be complete (uniform returned, etc.).
  - e. A student-athlete must be academically eligible for the duration of the season.
4. Criteria set by the coach during the pre-season must be achieved:
  - a. Cross Country, Indoor Track and Track & Field will use an earned point system.
  - b. Tennis letters will be determined by the number of matches in which a student-athlete has participated.
  - c. A coach may decide, with the approval of the Athletic Director, to award a letter to a student-athlete in the above mentioned sports based on contributions to the team.
5. Any student-athlete who serves as manager for that team is to be awarded a letter. The job of a manager is of vital importance to the team.

## **SPORTS SEASON STARTING TIMELINE**

**FALL SPORTS:** begins the third Monday of August.

Sports Played:

- Cross Country (B&G)
- Cheerleading
- Field Hockey
- Football
- Golf
- Soccer (B&G)
- Volleyball

**WINTER SPORTS:** begins the first Monday after Thanksgiving.

Sports Played:

- Basketball (B&G)
- Cheerleading
- Swimming and Diving (Coed)
- Indoor Track (B&G)

**SPRING SPORTS:** begins the third Monday of each March.

Sports Played:

- Baseball
- Lacrosse (B&G)
- Softball
- Tennis (B&G)
- Track and Field (B&G)

08/16/11