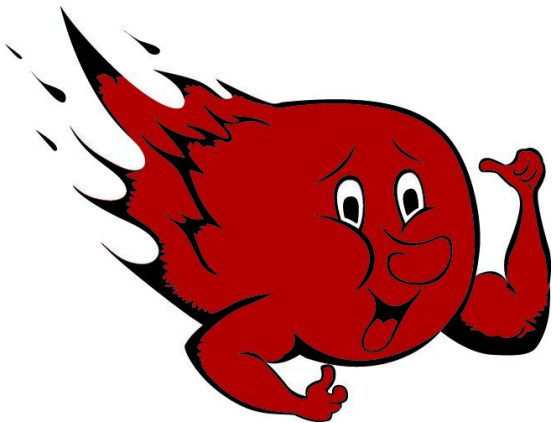


**SOUTH PORTLAND HIGH SCHOOL  
ATHLETICS  
STUDENT-ATHLETE AND PARENT  
HANDBOOK**



South Portland High School offers a wide variety of athletic opportunities for high school students. Approximately 600 athletic events (not including scrimmages and playoffs) are held annually involving roughly fifty percent of the high school student population. More information regarding the athletic department can be found on the athletics aeb site at: <https://sites.google.com/site/redriotsathletics/>.

FALL SEASON 2019 - Begins on August 19th 2020 - Begins on August 17th 2021 - Begins on August 16th (above date is first practice date)	WINTER SEASON 2019 - Begins on November 18th 2020 - Begins on November 16th 2021 - Begins on November 22nd (above date is first practice date)	SPRING SEASON 2020 - Begins on March 30th 2021 - Begins on March 29th 2022 - Begins on March 28th (above date is first practice date)
Cheerleading (spirit) Cross Country, Boys Cross Country, Girls Field Hockey (girls) Football Gold (coed) Soccer, Boys Soccer, Girls Volleyball (girls)	Basketball, Boys Basketball, Girls Cheerleading (competition/spirit) Ice Hockey, Boys Ice Hockey, Girls (coop team) Indoor Track, Boys Indoor Track, Girls Swimming, Boys Swimming, Girls Wrestling (coop team)	Baseball Lacrosse, Boys Lacrosse, Girls Softball Tennis, Boys Tennis, Girls Track & Field, Boys Track & field, Girls

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## Philosophy of the South Portland Athletic Department **INTERSCHOLASTIC ATHLETIC PROGRAM**



The South Portland School Department recognizes the positive role, importance and value of education-based interscholastic athletics as part of the total educational program. The goals for students who participate in the interscholastic athletic program include:

- Developing feelings of self-worth
- Learning appropriate behaviors when working with others
- Learning to cooperate in a competitive context
- Learning to understand and control emotions
- Developing good health habits
- Improving physical fitness
- Learning sports skills

Additionally, interscholastic athletics provide an opportunity for the entire student body to demonstrate school spirit and positive sportsmanship.

The philosophy of South Portland Public Schools Interscholastic Athletic Program is to foster excellence through educational and competitive experiences in an atmosphere of sportsmanship. The health and well-being of our student-athletes is our primary consideration and is always more important than the outcome of athletic contests. We believe that winning and losing are important only when considered in the context of how games are played and how students represent themselves,

our school and community under the pressure of competition. We expect each of our student-athletes to conduct themselves with dignity and decorum at all times.

Interscholastic athletic participation is secondary to the student's academic responsibilities. Practices and contests are scheduled to avoid conflict with the academic class schedule, and a balance must be maintained between the demands of a competitive athletic program and the challenging academic schedule that all high school students carry.

In addition to athletic skill development and knowledge of the games and strategies, interscholastic athletics provides enriching and rewarding experiences, which:

- Instill self-esteem and self-confidence
- Build self-discipline
- Promote the importance of teamwork and team unity
- Help students establish goals and work toward their achievement
- Teach educationally sound sportsmanship practices and fair play

Interscholastic athletics is a privilege that carries with it responsibilities to the school, the team, the community, and the students. Student-athletes will conduct themselves in accordance with all the policies, rules and regulations of the Maine Principals' Association and the South Portland School Department as a requisite for participation in any interscholastic athletic program.

**South Portland Athletic Department  
Core Covenants  
Respect - Excellence - Tradition**

**RED RIOTS PRIDE**



## Athletic and Academic Eligibility

### Enrollment and Residency

Students must be officially registered and attending South Portland High School in order to participate in interscholastic athletics. Students must meet all eligibility requirements as established by the Maine Principals' Association ([www.mpa.cc](http://www.mpa.cc)).

### Age and Years of Participation

A student is eligible to participate in interscholastic athletics for the first eight consecutive semesters after he or she enrolls as a freshman in a four-year senior high school.

A student loses eligibility upon reaching twenty (20) years of age or participating under an assumed name.

### Academic Requirements

To be eligible to try out, practice, participate, or compete in athletics and activities, a student must have carried and attended a minimum of six full-time courses in the previous quarter and passed five of those courses and must be carrying and attending six full-time courses in the current quarter. A student who has failed a course during the fourth quarter may attend summer school to reinstate eligibility. Only one summer course will be permitted. All incoming ninth-grade students are eligible for the fall season.

- Fall season academic eligibility for students entering grades 10, 11, and 12 is determined by the fourth quarter grades from the preceding school year. All incoming ninth grade students are academically eligible for the fall season.
- Winter season eligibility is determined by first quarter grades.
- Spring season eligibility is determined by second quarter grades.
- Students and parents should be aware that second quarter grades (winter season) and third quarter grades (spring season) are released in the middle of the season and could affect eligibility at that time.



### Attendance - Academic & Athletic

In order to participate in a practice, game or team activity the student-athlete is expected to be in school on time and must attend school for the full day of the practice, game or team activity (or the day before if school is not in session on the practice, game, team activity date) unless he/she was previously excused by the school. There are five excusable reasons for a student's absence:

- A personal illness, however if a student is too ill to attend school they cannot participate in athletics
- An appointment with a health professional that must be made during the regular school day
- Observance of a recognized religious holiday when the observance is required during the school day
- A family emergency, at the discretion of school administration
- A planned absence for a personal or educational purpose which has been approved in advance by school administration

Once rosters are set for each sport and level, all coaches receive a daily attendance report from the athletic office.

Attendance at all practices, games and team activities is mandatory unless previously excused by the coach or due to one of the five excusable reasons for a student's absence.

**Students who plan to participate in the athletic program must have the following documents on file with the athletic office prior to the first practice/tryout for any sport. Forms are now completed electronically through the Rschool today program and can be found at:**

<https://sites.google.com/site/redriotsathletics/home/Athletic-FormsParticipation-Requirements>

- 1. A completed Student and Parental Approval Contract** (completed electronically)
  - a. Student, Parent/Guardian information sheet
  - b. Insurance policy company and policy number must be provided
  - c. Rules and Regulations for South Portland High School Athletics and Activity Participants sign by student-athlete and parent/guardian (this should be read by all individuals who are affixing their signature....never sign a contract without first reading what you are signing.
  - d. This must be completed once each school year
  
- 2. Signed Mild Traumatic Brain Injury (MTBI)/ Concussion Annual Statement and Acknowledgement Form** (completed electronically)
  - a. Student-athletes and parent/guardian should review the concussion fact sheet
  - b. This must be completed once each school year
  
- 3. Completed and Signed Sports Participation Medical Questionnaire** (completed electronically)
  - a. This must be completed once each school year and should be updated as needed from season-to-season.
  
- 4. Completed and Signed Permission to Publish Release Form** (completed electronically)
  - a. This must be completed once each school year
  
- 5. Proof of Physical Examination on file in the athletic office.** (please upload, deliver, or fax to the athletic office) Fax number is 767-7713
  - a. Physical examinations are good for two years from the date of the exam

### **Commitment**

It is important that student-athletes understand there is an increased level of commitment to their athletic team/s at the high school level. Attending all practices, games and team activities is mandatory. Attending the pre-season in its entirety is important in order for the coaching staff to evaluate to make determinations on team selections and cuts. There are three weeks of pre-season practices prior to each season and the fall pre-season begins in mid-August each year.

Vacations - many of our athletic teams practice and play games during scheduled school vacations and Monday holidays. Families are encouraged to consider the commitment to the athletic team when scheduling vacations. Missing athletics for family vacations is considered unexcused and will result in suspension from game participation.

Athletic practices/games/scrimmages take place during the final weeks of summer break, Thanksgiving week, Winter Break, mid-Winter Break and Spring Break, as well as on several of the Monday holidays.

One of the many lessons learned from athletic participation is the importance of making a commitment. In situations where absences are considered unexcused student-athletes should expect to receive a consequence. Coaches of individual programs/sports will discuss these consequences with their team members. Although an isolated unexcused absence will not necessarily result in disciplinary action, numerous or repeated unexcused absences can result in suspension or dismissal from the team.

Student-athletes must understand that missing practices or games is not beneficial to the team or individual. The major purpose of practice is to develop skills and prepare for the next contests. It should be expected that the role on the team will likely change and playing time be affected when a student-athlete misses practices.

Unfortunately, at times and in some sports, due to consideration regarding playing time, safety, supervision or instruction cuts need to be made





## Athletic Programs

### *Varsity vs Sub-Varsity*

#### **Varsity Programs**

The varsity interscholastic program is the most intensely competitive level of athletics; therefore, athletes who are chosen to participate at this level will have demonstrated a high level of competence in their sport, the emotional capacity to cope with the pressures of a competitive program, and the willingness to share in the responsibility of developing the team and themselves to full potential.

Since varsity student-athletes will have developed relative superior skills in order to be selected for the varsity team, emphasis at this level will be placed on the refinement of those skills as well as the strategic application of them for competition.

At the varsity level, the stress of public exposure and the pressure to succeed competitively in games, tournaments and championships are significantly high. Thus the relationship of the athlete with his/her coach, teammates and parents becomes more complex, and a high value must be placed upon the skillful handling of these relationships. Varsity student-athletes will be encouraged to accept constructive criticism with a positive attitude, to develop unselfish behavior, and to take part in the establishment of open and honest lines of communication, which must exist between parents, coaches and student-athletes alike.

The development of responsibility is a top priority goal of the varsity program. Having been confronted with less demanding situations at the middle school and sub-varsity levels, varsity student-athletes will be expected to make an even further commitment to their team, which will mean among other things, compulsory attendance at all scheduled practices and contests.

Since a major goal of a varsity team is to reach its maximum potential, it is not realistically possible for all team members to receive equal playing time or expect to play in every contest. It is, therefore, essential that each student-athlete understands and accepts his/her role on the team and that varsity coaches attempt to elicit a mature acceptance of those roles by team members.

#### **Sub-Varsity Programs (Junior Varsity and First Team)**

The interscholastic junior varsity and first team program should be viewed as important adjuncts to the program and thus as necessary continuing steps in developing the goals of the varsity program. It should be noted that these are only first steps; and therefore, the goals would not be so vigorously pursued, as they would be at the varsity level. At the same time, in the interest of promoting all the goals of the interscholastic program among as many athletes as possible, it would be fitting to place greater emphasis upon participation by team members at these levels than at the varsity level. Some members of the junior varsity team may be asked to swing between the junior varsity and varsity in the event of an injury, to gain needed playing time at the junior varsity level or to gain some varsity experience when the situation is warranted.

The goal of the sub-varsity programs is to attempt to play everyone while striving to win. It must be realized that some situations may prevent every team member from playing in each contest.



## Additional Athletic Rules

- Daily detention must be served prior to participating in interscholastic athletics.
- Student-athletes are expected to put their academic studies first.
- Athletes suspended from school are not permitted to practice, compete, or participate during the suspension. If the suspension includes a Friday, athletes are not permitted to participate over the weekend. A suspension occurring on a Friday prior to a vacation will be determined at the discretion of school administration.
- A student may not participate in two school-sponsored sports during the same season unless dual sport form is submitted and approved by Administration (See on page 11).
- Athletes are encouraged to take time off between seasons and must have ample pre-season practice before he/she may participate in a contest.
- Team managers are considered team members and must meet the same requirements as players.
- Restitution for lost or damaged athletic equipment will be made by the student to whom it was issued. Failure to turn in any uniform and equipment items will result in being ineligible until the equipment is returned or paid for.
- Use or possession of tobacco products, including vaping or electronic cigarettes, alcoholic beverages, drugs, showing the effects of these, or knowingly being in the presence of underage drinking and/or illegal drug use is prohibited. Student-athletes and parent/guardians should familiarize themselves with these rules and consequences as listed in the athletic contract. (Reference the Athlete Code of Conduct for more information)
- All team members must ride to and from away athletic contests and events in transportation supplied by the school.
- All athletes are expected to be neatly dressed when traveling to away contests.
- Student-athletes must abide by additional training regulations or team rules as established by the coach of individual teams.
- Any form of hazing or initiation is prohibited by



South Portland High School is a member of the Maine Principals' Association, the governing body for interscholastic athletics in the State of Maine. The mission of the MPA is to assure a quality education for all students by: promoting the principalship, supporting principals as educational leaders, and to promote and administer interscholastic activities in grades 9-12.

All student-athletes and coaches must meet eligibility requirements as established by the MPA.

### **MPA Bona Fide Team Rule**

A member of a school team is a student-athlete who is regularly present for and actively participates in team practices and competitions. Bona fide team members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

More information regarding the Bona Fide Team Rule can be found on the athletics web site on the athletic forms page.

School Board policy.

- The athletic season is defined as the first day of tryouts/practice through the athletic banquet.

## **Sportsmanship**

### **Sportsmanship and Game Conduct**

South Portland coaches, student-athletes and parents pride themselves for their excellent sportsmanship and ethics on and off the courts and playing fields. Your conduct reflects directly on the community, school, athletic department and our teams. Lead by example and be a good role model.

#### *Sportsmanship Expectations*

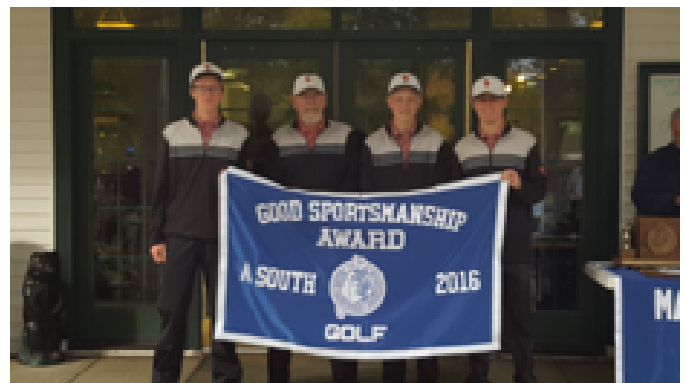
- Show respect for opponents at all times. The opponent should be treated as a guest. Good sportsmanship is the Golden Rule in action.
- Show respect for officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the game officials.
- Know, understand and appreciate the rules. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
- Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/her own bias and prejudice and have the ability to recognize that rational behavior is more important than the desire to win. Good sportsmanship is concerned with the behavior of all involved in the game.
- Recognize and appreciate the skill in performance regardless of affiliation. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of good sportsmanship.

#### ***Sportsmanship is Everyone's Responsibility***

At its best, athletic competition can hold intrinsic value for the entire Red Riots community as a whole. It is a symbol of a great ideal: pursuing victory with integrity. All involved (parents, fans, coaches, student-athletes, officials) in athletic competition have a duty to treat the traditions of the sport and other participants with respect. Disrespectful behavior involving verbal ill-treatment of opponents or officials, profane or belligerent trash-talking, taunting and unseemly celebrations do not have a place at high school competitions and will not be tolerated in the Red Riots athletic program. Your admission to a competition is not a license to practice poor sportsmanship.

#### ***Tips for Practicing Good Sportsmanship***

- Remember that SPHS and your sports program will be held responsible for or receive the praise for YOUR individual conduct at games.
- Keep your emotions and attitudes balanced.



- Participation in sports is an extension of the classroom.
- When you witness others practicing poor sportsmanship, help them to be more successful in the future by role modeling a positive attitude.
- Refrain from coaching or officiating from the sidelines.
- Refrain from making derogatory comments directed toward officials, coaches or players.



## ***Sportsmanship begins with you!!***

- Appreciate a good play, no matter who makes it.
- Fans may not remember the final score, however, they will remember the fan in the stands who made a fool out of him or herself.
- Treat others the way you want to be treated.

## ***Team Selections and Playing Time***

### **Team Selection Guidelines**

Squad Determining Factors: safety, supervision, playing time and/or instruction.

Changing Teams: athletes may change sports during a season only when both coaches and the athletic administrator consent.

Joining a Team Late: students may not join a team after the first countable competition of the season. Those joining after pre-season sessions have begun must participate in the same number of practice sessions missed prior to participating in a scrimmage or contest and must go through an appropriate conditioning period as determined by the coach.

Cutting Procedures: cutting may be necessary at the high school level. Coaches must consult with the athletic administrator prior to making cuts and provide an opportunity for each athlete to meet individually after cuts are made to explain the decision.

### **Playing Time Guidelines**

First Team: developing a healthy competitive spirit by teaching fundamental skill and strategies, and appropriate attitudes and behavior, while giving each team member an opportunity to participate in each contest. Playing time may not necessarily be equal in each contest.

Junior Varsity: attempting to play everyone while striving to win. Provide individual skill development and understanding of team concepts. It must be realized that some situations may prevent each team member from playing in each contest.

Varsity: maximize potential to field a team that is as competitive as possible. Playing time is determined by the nature of the sport, the situation and the coach's judgment. Every team member cannot expect to play in every contest. The ultimate goal is to win a league, regional and state championship.

Seniors: being a senior does not provide a "right to play". Many coaches will keep seniors on their varsity roster to honor their commitment to the program during the previous three years. Coaches should clearly communicate team roles with seniors who may not be projected to receive much playing time during the season. It should be recognized that at times seniors falling into this role likely won't play at all in games that are competitive and the score is close throughout the game, and should consider if the commitment is worth the investment at the beginning of the season when their role is identified by the coach.

Senior Night: all of our athletic programs hold senior night at a home game near the end of the season to recognize our seniors and their parents for their many years of commitment to the sport. Coaches are encouraged to start their seniors on senior night, however it should be recognized that there are some instances when this isn't possible and may not occur (e.g. a senior who isn't a regular starter or hasn't played much during the season and the senior night game has implications for post-season tournament qualification or the outcome of the game may impact the team's tournament seeding).

## ***Additional Athletic Information***

### **Sunday Practices**

The school department does not recognize Sunday practices. However, at times coaches may wish to hold Sunday practices when a game has been rescheduled or when a tournament game is scheduled for a Monday. Sunday practices must have approval by the Athletic Administrator.

### **Early Dismissal**

Every effort is made to avoid dismissing students from school for athletic contests, but at times it is necessary due to scheduling constraints. Dismissal times will be 15 minutes prior to bus departure times. Student-athletes and coaches are to adhere to these dismissal times. Student-athletes are responsible for any and all class work they may miss.

### **Inclement Weather**

Coaches are instructed on the appropriate protocols and precautions to be taken when inclement weather occurs. Student-athlete safety is our first priority.

### **Postponements/Cancellations**

The school department maintains a no school, no athletics philosophy. At times, the athletic administrator and superintendent may approve practices and/or games on no school days when the weather conditions have improved. The athletic office works jointly with the SP Parks department regarding cancellations due to poor playing conditions.

Every attempt will be made to make cancellations and postponements by 1:30 p.m. on school days.

All postponements and cancellations will be posted on the athletics website and Twitter account as soon as a decision has been made.

### **Captain Selection Guidelines**

Captains are leaders within our school and community. We want our captains to exhibit leadership qualities while participating in practices and contests, as well as in the context of the school and community. These guidelines create greater consistency between all SP teams and set high standards for student leadership.

Student-athletes being considered for captainship must be in good standing within the school, athletic program and community. School administration reserves the right to approve or disapprove the naming of all captains and the athletic administrator must approve all captains prior to being named.

### **Leadership Expectations, SP Captains will:**

- Meet all academic eligibility standards
- Uphold and adhere to the SPHS honor code
- Have no infractions of the honor code during the year preceding being named a captain
- Be removed from the position if an infraction of the honor code occurs while serving as a captain
- Lead peers responsibly by example
- Commit to being quality role models
- Demonstrate enthusiasm for the sport
- Show quality work ethic
- Exhibit good sportsmanship
- Maintain a positive outlook
- Be approachable by coaches and peers
- Be good listeners to coaches and peers
- Support the coach and assist with team communications

### **Captain Duties & Responsibilities:**

- Act as liaison between coach and team
- Lead drills, warm-ups, etc
- Set the mental & emotional tone for the team
- Keep the coaches informed about team issues
- Provide input on team decisions
- Provide support for struggling teammates
- Help handle conflicts within the team
- Help plan team activities
- Be loyal to coaches and their decisions
- Other duties as assigned by the coach

### **Captain's Practices**

The SP athletic department does not recognize, sponsor or approve captain's practices. Only those practices that are scheduled by the athletic administrator or coach and are directly supervised by the coach are considered official. The athletic department does recognize that we cannot control what student-athletes may do on their own time, however school facilities and/or equipment may not be used for these activities.

### **Transportation**

The athletic office will arrange transportation for all athletic related trips. Departure times will be listed on schedules and published to the coaches and team members.

Student-athletes MUST use school provided transportation to all athletic competitions, scrimmages and practices that occur outside of city limits unless prior arrangements have been made through the athletic office. Additionally, student-athletes transported by school provided transportation to events MUST return by school provided transportation. Student-athletes benefit from the team experience while together on the bus.

Parents may provide transportation to/from games under special circumstances. In these instances written approval must be obtained through the completion of the transportation waiver form in advance of the date of the occurrence.

### **Weight/Exercise Room**

The weight/exercise room may be open and monitored by the intramural weight room supervisor, coach or other adult. The weight/exercise room will be available to student-athletes only when proper supervision is available. No team members or students are to be scheduled for the weight/exercise room without a coach or supervisor present. Users are expected to assist in keeping the weight/exercise room clean by replacing weights and equipment after use.

### **League Affiliations**

#### Southwestern Maine Activities Association

South Portland belongs to the SMAA as one of seventeen participating member schools. The schedules that are derived from within the conference are closed schedules (only play against schools from within the conference). Due to ever changing demographics in the state of Maine and MPA classification there are some master schedules that provide crossover contests with schools from other local leagues and/or different classifications.

#### Southwestern Maine Swim League

The swim team is a member of the SMSL. The schedule is generated each year from within that league that is broken down into Northern and Southern divisions.

#### Southern Maine Ice Hockey

The ice hockey team participates in Class A ice hockey in the southern classification. The schedule of opponents each year is generated by the discretion of the MPA ice hockey scheduling committee with input from each school.

#### Classification - Maine Principals' Association

The MPA sets classification in each sport using school enrollment as the basis which dictates where schools will participate in MPA invitational tournaments. The MPA classification committee establishes classification in each sport every two years. South Portland is classified in Class A South for all sports, with the exception of basketball where it is classified in Class AA South and football in Class B.



## ***Additional Athletic Information: Dual Sport Participation***

Student-Athlete: \_\_\_\_\_ Grade: \_\_\_\_\_

The aforementioned student-athlete requests the permission to participate in two sporting activities in the same season. The student-athlete [and parent(s)/guardian(s)] understands that if anyone declines signing this agreement then the request will be denied and there is no appeal process.

### Criteria:

1. The student-athlete will declare a primary sport. The student-athlete will be expected to attend their primary sport practices, games and team events on a regular day-to-day basis. The head coach of the primary sport will make any determinations regarding conflicts with the secondary sport.
2. The student-athlete will coordinate an appropriate schedule with the secondary sport coach in order to remain eligible and in good standing with that team.
3. The student-athlete will attend the primary sport if a conflict arises between the two sports.
4. The student-athlete must be in good academic standing – demonstrated and proven ability to successfully manage both the academic and athletic demands and expectations.
5. The student-athlete will not displace another student-athlete from a scoring position within the team (i.e., relay team) while participating on the secondary sport team.
6. The student-athlete must have had no medical issues related to overuse that require the attention of the athletic trainer. If the student-athlete develops any injury related to overuse, the student-athlete will be pulled from the secondary sport for the remainder of the season.
7. The student-athlete cannot participate in two (2) sports where the same primary muscles are used (i.e., a cardiovascular soccer player running cross country, a baseball player competing in a throwing event).
8. The student-athlete, one parent/guardian, both coaches and the athletic director will meet prior to the beginning of the athletic season to assure everyone involved is working collaboratively to ensure the best interests of the student-athlete are being met. During this meeting all attendees will develop a written plan for the season and to identify scheduling conflicts regarding the dual participation. The athletic trainer will be consulted prior to the meeting to ensure there are no underlying medical conditions that would make the student-athlete vulnerable to injury due to participating in two sports during the season.
9. Student-athlete must make their intentions known prior to the season starting. Anyone requesting dual sport participation after the season has started will be denied.

Primary Sport: \_\_\_\_\_ Secondary Sport: \_\_\_\_\_ Season: \_\_\_\_\_

In order for this agreement to be applicable, the following signatures are required:

Student-Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Primary Coach: \_\_\_\_\_ Date: \_\_\_\_\_

Secondary Coach: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Director: \_\_\_\_\_ Date: \_\_\_\_\_

Principal: \_\_\_\_\_ Date: \_\_\_\_\_

## **LETTERING/ AWARD PROCEDURES**

The Athletic Awards for South Portland High School shall be as follows:

1. Varsity – red/white chenille “SP” will be awarded the first time a student-athlete achieves the varsity award in any sport. A Varsity letter certificate designating the sport in which the letter was won will be awarded for each season the student-athlete achieves the varsity award.
2. Sub-Varsity – A participation certificate will be awarded.

The awarding of a varsity letter is an honor and a privilege, and therefore coaches should adhere to the following guidelines outlining the process by which a student-athlete gains a varsity letter. Merely being a member of a varsity team doesn't earn the right of earning a varsity letter/

### **Varsity Letter Requirements**

1. A student-athlete must play a certain number of contests or quarters/halves/periods as outlined herein to be eligible for a varsity letter.
2. A coach may award a varsity letter to an injured player providing the requirements have been met up to the point of injury.
3. The coach may recommend a waiver of these requirements under unusual circumstances with the approval of the Athletic Administrator and/or principal.
4. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering. Seniors participating on an athletic team for the first time must meet all awards criteria to receive the letter award.
5. Student-athletes must return all equipment and uniforms issued or must pay replacement costs before receiving an award of any kind.
6. Regardless of requirements, any student-athlete who fails to complete the season without being excused by the coach or school authorities will not receive an award. The season includes tournaments and playoffs.
7. The Athletic Administrator reserves the right to award a varsity letter in special circumstances (e.g. a South Portland student participates with another school as a cooperative individual or on a cooperative team).

### **Specific Sport Requirements**

1. Baseball/Softball: Participate in varsity contests in one-half of all innings played or Pitch in four varsity starts or six varsity game appearances
2. Basketball: Participate in varsity contests in at least fifty percent of the quarters played
3. Cheerleading: Participate in at least fifty percent of all competitions.
4. Cross Country: Score in at least three regular season meets or Compete in Regional, State or New England meet
5. Field Hockey: Participate in varsity contests in at least fifty percent of the halves played
6. Football: Participate in varsity contests in at least fifty percent of the quarters played
7. Golf: Participate in varsity contests in at least fifty percent of matches
8. Ice Hockey: Participate in varsity contests in at least fifty percent of the periods played
9. Lacrosse: Participate in varsity contests in at least fifty percent of the halves played
10. Soccer: Participate in varsity contests in at least fifty percent of the halves played
11. Swimming: Qualify for Regional or State meet
12. Tennis: Participate in varsity contests in at least fifty percent of the matches
13. Track, Indoor: Score in at least half of regular season meets or Compete in Regional, State or New England meet
14. Track, Outdoor: Score in at least half of regular season meets or Compete in Regional, State or New England meet
15. Volleyball: Participate in varsity contests in at least one-third of matches played



# Athletic Department Communication

Communication is key in creating a well-organized and efficient athletic department. We utilize our athletics web site to communicate the most current and up to date information regarding the athletic department.

Athletics Web Site: <https://sites.google.com/site/redriotsathletics/> You can also access the athletics web site by visiting the SPHS home page <http://highschool.spsd.org> and clicking on athletics.

You can find the following on the athletics web site:

## Home Page

- Athletic Department Contact Information
- Sport Season Dates
- SP Athletics Twitter Feed (@SPREDRIOTS)
- Athletic Announcements
- Informational Links
- Shuttle Bus Schedules
- Red Riots News

## Teams Tabs

- Individual Team Pages by Season
- Team Schedules
- Team Rosters
- All Time Records by Sports
- Links to individual Team Pages
- Coaching Staff Bios

## Forms Tab

- Athletic Participation Forms
- Participation Requirements
- Concussion Forms
- Information Forms
- Physical Examination Information
- Athletic Handbooks

## Resources Tab

- SP Athletic Facilities
- Opponent Facility Directions/Addresses

## History Tab

- South Portland Championship History by Sport
- Season Summary Reports by Season
- Link to Red Riots News

## Schedules Tab

- Schedules for all sports by season
- Practice/ Gym Schedules
- Tournament Schedules and Results

## SMAA League Web Site:

<https://sites.google.com/site/smaactivitiesassociation/>

## Maine Principal's Association

Web Site: <http://www.mpa.cc>

## SP Middle School Athletics Web Site:

<https://sites.google.com/site/spmiddleleschoolathletics/home>

Follow SP Athletics on Twitter:

**@SPREDRIOTS**



Follow SP Athletics on Instagram:

**SPREDRIOTS**



Follow SP Athletics on Facebook:

**South Portland Athletics**



## Rscool Today

The athletic department uses this program to manage the entire athletic department. Parents or fans can subscribe to a particular sport to get schedule alerts via email and/or sync game and practice schedules to Outlook, iOS, Android or Google. To subscribe or sync, find the schedule on the athletics website and find the links on the upper right hand corner of the schedule.

We also encourage you to download the RSchool today app from the App Store or Google Play. This allows you to:

- get messages in real-time as players and parents
- sync schedules to your phone and computer
- get real-time schedule and game updates
- claim your student to automatically be assigned to their games and practices

Links for Rscool today tutorials can be found on the athletics website home page.



# ***Code of Conduct for South Portland High School Athletic Participants***

South Portland High School wants all students to have the opportunity to be involved in athletics because participation offers different ways for young people to develop character, integrity, and leadership beyond academics. The code of conduct expectations outlined below are for participants of all athletic teams sponsored by South Portland High School and are specifically designed to provide a healthy and safe atmosphere in which a student may participate. Recognizing that participation in athletics is a privilege in which the student represents his/her team, school, and community, the student needs to understand that appropriate behavior in school, out of school, in practice, or in competition is expected by the coach, athletic director, and school administration. This document outlines those expectations and outlines what actions will be taken by the adults involved to ensure students are able to meet those expectations.

Student-athletes must meet these expectations as well as follow all school rules and expectations beginning with the first day of practice/tryouts and ending on the day on which the activity ends, which will be considered the team/activity banquet, final game of the season/playoffs, or final performance, whichever comes last.

## **Eligibility Requirements for Participation in Athletics:**

A. To be eligible to try out, practice, participate, or compete in athletics and activities, a student must have carried and attended a minimum of six full-time courses in the previous quarter, attained a score of 70 in the traditional system or a 2.3 in the PbL system in five of those courses, and must be carrying and attending six full-time courses in the current quarter. A student who has attained a score of 70 in the traditional system or a 2.3 in the PbL system in four courses during the fourth quarter may attend summer school to reinstate eligibility. A summer school grade of 70 or greater or a 2.3 is required. Only one summer course will be permitted. All incoming ninth grade students are eligible for the fall.

B. Beginning in the winter of 2018-19: Eligibility will be based on Policy IDGJ Co-Curricular Participation

1. **Signed Contract:** Before a student tries out, practices, or competes in athletics, she/he must have the "Student Participation and Parental Approval Contract" appropriately completed, signed and on file in the athletic office. All athletic forms are now completed electronically using the Rank One program. A link to complete electronic forms can be found on the athletics web site.

2. **Attend School:** In order to participate in a game or practice, the student is expected to be in school on time and must attend school for the full day of the game or practice, (or the day before if school is not in session on the game/practice/activity date) unless she/he was previously excused by the school. There are five excusable reasons for a student absence: (1) personal illness, (2) an appointment with a health care professional that MUST be made during the regular school day (documentation may be requested), (3) observance of a recognized religious holiday when the observance is required during the school day, (4) a family emergency, at the discretion of the administration, (5) a planned absence for a personal or educational purpose which has been approved in advance by school administration.

3. **Physical Exam and Concussion Form:** Before a student tries out, practices, or competes in athletics, she/he must have a physical exam within two years of participation dates, must indicate evidence of appropriate

insurance, and must have the “Concussion Annual Statement and Acknowledgement Form” appropriately completed, signed and on file on the athletic office. All athletic forms are now completed electronically using the Rank One program. A link to complete electronic forms can be found on the athletics web site.

4. **MPA:** Students must meet all requirements of the Maine Principals’ Association including:

- MPA Bona Fide Team Rule = a member of a school team is a student who is regularly present for and actively participates in team practices and competitions. Bona fide team members of a school are prevented from missing high school practice or competition to complete or practice elsewhere.
- An athlete is eligible for eight consecutive semesters upon entering grade nine.
- A student loses eligibility upon reaching 20 years of age or participating under an assumed name.

For additional information, please visit the MPA website: <http://www.mpa.cc/images/stories/pdfs/athlelig.pdf>

5. A student will not participate in two school-sponsored sports during the same season. A student may change sports during a season only when both coaches and the Athletic Director consent.

### **Expectations for Participation in Athletics**

1. **Academics:** A student is expected to put their academic studies first. If a student needs to see a teacher or staff member for extra help, the student must provide a note from the teacher/staff member to verify their tardiness to the practice/meeting/competition.

2. **Attendance:** Attendance at all games, practices, meetings and activities are mandatory unless previously excused by the coach or activity advisor.

3. **Vacations and Extended Absences:** Due to scheduling parameters, a number of our teams and activities will practice, have events and/or play games during scheduled school vacations. Student who know that they will be absent from scheduled events for an extended period of time should discuss their situation with the coach or advisor prior to trying out for the team or activity. Coaches and advisors will discuss with the student what the resulting action will be if they miss games, performances, and/or practices due to a vacation or extended absences.

4. **Detention:** Daily detention must be served prior to attending practice.

5. **Suspensions:** Students suspended from school are not permitted to practice, compete, or participate during the suspension. If the suspension includes a Friday, athletes are not permitted to participate over the weekend. A suspension occurring on a Friday prior to a vacation will be determined at the discretion of the school administration.

6. **Team Managers:** Team managers are considered team members and must meet the same requirements as players.

7. **Equipment:** Restitution for lost or damaged equipment will be made by the student to whom it was issued. That student will not be permitted to try out, practice, or compete in another sport or activity until such restitution has been made. Failure to turn in any of the uniform or gear will result in being ineligible until that equipment is turned in. School equipment and uniforms will only be worn in games and practices.

8. **Transportation:** All team members and activity participants must ride to and from away athletic contests and events in transportation supplied by the school. Students may be released by the coach or advisor to the parents when parents make a written request.

9. **Attire:** All athletes and activity participants are expected to be neatly dressed when traveling to out-of-town contests.

10. **Training:** Athletes and parents understand that circumstances may later arise which may require additional training regulations by team coaches or school officials and agree to abide by the same. Additional team training rules will be given out in writing. Athletes are encouraged to take time off between seasons and must have ample pre-season practice before she/he may participate in a contest.

11. **Hazing:** Any form of hazing or initiation is prohibited as indicated by Board of Education Policy.

12. **Athletic Handbook:** Student and parent/guardian has read and understood any athletic handbook issued by South Portland High school and has agreed to abide by it by signing this contract.

13. **Substance Use:** Students will not use or possess nicotine products, including vaping or electronic cigarettes, alcoholic beverages, drugs, or show the effects of using these. Students will not knowingly be in the presence of underage drinking and/or illegal drug use and are expected to leave the situation as soon as they become aware. Violation of these expectations will result in the consequences outlined below. If a student provided help to another student under the influence or in the presence of alcohol or illegal drugs, the athletic director has discretion to alter the consequences based on the situation.

Infractions are cumulative throughout a student's 4-year eligibility period, meaning each time they get caught, it will result in a higher level infraction.

#### **A. First infraction –**

Student is put on probation for 10 calendar days. If the infraction occurs at the end of a season, the probationary period continues into the next sport season. During this probationary period:

- The student will participate in all practices and meetings (unless other circumstances prevent them from attending, such as suspension from school, detention, etc)
- The student will not participate in any games, matches, or other competitions related to the activity during the probationary period.
- The student is expected to participate in a meeting with the school social worker or Day One counselor and will be offered an assessment that may include recommendations for a certain number of meetings for further behavioral health support.
- The student will be given the opportunity to participate in a restorative process, with the support of the social worker, to take responsibility for their actions and repair the harm they may have caused to themselves, the school, their team and/or the community.
- Upon completion of the probationary period, the student is expected to have a brief conversation with the coach that may include the support of a social worker or other support staff.
- The student's reinstatement in games will be based on their efforts during the probationary period.

#### **B. Second Infraction –**

Student is put on probation for 14 calendar days. If the infraction occurs at the end of a season, the probationary period continues into the next sport season. During this probationary period:

- The student will participate in all practices and meetings (unless other circumstances prevent them from attend, such as suspension from school, detention, etc)
- The student will not participate in any games, matches, or other competitions related to the activity during the probationary period.
- The student is expected to participate in a meeting with the school social worker or Day One counselor and will be offered an assessment that may include recommendations for a certain number of meetings for further behavioral health support.
- If the student did not meet with the social worker or Day One counselor after the first infraction, the student and the parents will be expected to attend a meeting with the school administrators to discuss the possible options for behavioral health assessment and treatment.
- The student will be given the opportunity to participate in a restorative response with the support of the social worker, to take responsibility for their actions and repair the harm they may have caused to themselves, the school, their team and/or the community.
- Upon completion of the probationary period, the student is expected to have a brief conversation with the coach that may include the social worker or other support staff.
- The student's reinstatement in games will be based on their efforts during the probationary period.

### **C. Third Infraction –**

Student is put on probation for 10 calendar weeks. If the infraction occurs at the end of a season, the probationary period continues into the next sport season. During this probationary period:

- The student will participate in all practices and meetings (unless other circumstances prevent them from attend, such as suspension from school, detention, etc)
- The student will not participate in any games, matches, or other competitions related to the activity during the probationary period.
- The student is expected to participate in a meeting with the school social worker or Day One counselor and will be offered an assessment that may include recommendations for a certain number of meetings for further behavioral health support.
- The student and the parents will be expected to attend a meeting with the school administrators to discuss the possible options for behavioral health assessment and treatment.
- The student will be given the opportunity to participate in a restorative response with the support of the social worker, to take responsibility for their actions and repair the harm they may have caused to themselves, the school, their team and/or the community.
- Upon completion of the probationary period, the student is expected to have a brief conversation with the coach that may include the social worker or other support staff.
- The student's reinstatement in games will be based on their efforts during the probationary period.

### **D. Voluntary Referral:**

Students concerned about their own substance use or that of another student may seek the assistance of a school administrator, school social worker, or coach. Voluntary referral will not lead to the probationary period as described above and students will be offered support services.



**SOUTH PORTLAND ATHLETICS**  
**Home of the Red Riots**  
**RESPECT, EXCELLENCE, TRADITION**

**COMMUNICATION GUIDE**

Athletic achievement requires a sincere commitment from all stakeholders. The ability to succeed requires effective communication. We work hard to continually improve communication between all stakeholders (student-athletes, parents, coaches and administrators). This communication guide provides a framework in which successful communication can take place.

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student-athletes and coaches.

It is reasonable, as a parent, to expect your child's coach to inform you....

1. When and where practices and contests are held.
2. About the coaches and program's philosophy.
3. About the expectations he/she has for all student-athletes, as well as your child.
4. What is required to be part of the team (commitment, special equipment, off-season conditioning, etc);
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your child being denied participation in a practice or contest.

Coaches often need parents to tell them....

1. Any specific health concerns about their child.
2. Notification of any schedule conflicts, well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Your commitment to the program, and support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence....Encourage your child to excel.

While your child is involved in athletics at South Portland High School, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also 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 or physically.
2. Ways to help your child improve or develop.
3. Concerns about your child's behavior.

Coaches make decisions based on what they believe to be the best for the team and all the student-athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those listed below, should be left to the discretion of the coach.

There are aspects of our programs that are the responsibility of the coach and should not be part of any discussion, for example....

1. Playing time.
2. Team strategy or play calling.
3. Other student-athletes.
4. Team Selections.

Email/Social Media: it is preferable that email and social media be used as a tool for information sharing and not conversation. Oftentimes, tone and meaning can be misunderstood. It is our goal to have clear, effective and meaningful communication between all stakeholders.

If you have a concern to discuss, we would like you to....

Step #1 = encourage your child to resolve his/her conflict with the coach; intervention by a parent should be a last resort.

Step #2 = make an appointment with the coach to discuss the concern. It is recommended that the student-athlete be present at this meeting. Please do not attempt to confront a coach before, during or immediately following a contest – this can be a busy and emotional time for both the parent and the coach, and does not promote objective analysis of the situation.

Step #3 = what should a parent do if the meeting with the coach does not result in satisfactory resolution to the issue? Inform the coach that you would like to continue the conversation with the athletic administrator and coach present, and the coach will set up a mutually agreeable time with all parties. This meeting will include all participants (student-athletes, parent/s, coach, etc).

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**PARENT GUIDE**

Thank you, parents, for allowing our athletic staff to coach your child. Many individuals contribute to the success of each individual student-athlete and program at South Portland High School. It is one of our goals to work together as partners to provide the best opportunities for our students. It is our hope that this guide will provide you with some tips to enhance your student's experience as a student-athlete.

· ***BE SUPPORTIVE OF THE COACH***

In front of your child, be supportive and positive of the coach's decision. If you have problems with what the coach is doing, it is best to talk directly with the coach.

· ***TEACH RESPECT FOR AUTHORITY***

There will be times when you disagree with a coach or official, but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

· ***LET THE COACH DO THE COACHING***

When your child is competing, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop your child's character and teach life skills that athletics brings to the forefront.

· ***LET YOUR CHILD CREATE THEIR OWN SPORTS MEMORIES***

Separate your sports life from theirs. Let your child discover their own sports successes. Help to calm the stormy waters, but let them handle the navigational problems. They will be their own person which will most likely be different than you.

· ***HELP YOUR CHILD LEARN THROUGH FAILURE***

The way your child handles failure can help them to face the certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way, then, at some later time they will be much more receptive to words of correction or advice from you.

· ***GET TO KNOW THE COACH***

Since the coach has a powerful influence on your child, take the time to attend the preseason parent meeting (Meet the Red Riots) and get to know the coach's philosophy, expectations and knowledge.

· ***FOCUS ON YOUR CHILD AS AN INDIVIDUAL***

Focus on what your child does well and where they need to improve. Forget about the progress or success of other athletes.

· ***LISTEN TO YOUR CHILD...BUT STAY RATIONAL***

Always listen to your child, but remember to stay rational until you have investigated the situation. Remember, students can exaggerate their woes and heroics.

· ***BE MINDFUL OF YOUR ROLE AS A ROLE MODEL***

Take a good, honest look at your actions and reactions in the athletic arena. These actions are a big cue to your child and to others around you.

· ***SHOW UNCONDITIONAL LOVE***

The most important thing – show your child you love them, win or lose.

***Sportsmanship is Everyone's Responsibility***

At its best, athletic competition can hold intrinsic value for the entire Red Riots community and society as a whole. It is a symbol of a great ideal: pursuing victory with integrity. Everyone (administrators, officials, coaches, parents, student-athletes and fans) involved in athletic competition has a duty to treat the traditions of the sport and other participants with respect. Disrespectful behavior involving verbal ill-treatment of opponents or officials, profane or belligerent trash-talking, taunting and unseemly celebrations do not have a place at high school competitions and will not be tolerated in the Red Riots athletic program. Your admission to a competition is not a license to practice poor sportsmanship.

Tips for Practicing Good Sportsmanship

- Remember that South Portland High School and your sports programs will be held responsible for or receive the praise for YOUR individual conduct at games.
- Keep your emotions and attitudes balanced.
- Appreciate a good play, not matter who makes it.
- Fans may not remember the final score, however, they will remember the fan in section 3 who made a fool out of him or herself.
- You want others to treat you the way you want to be treated. How many of us want to be treated with disrespect?
- We believe that participation in sports is an extension of the classroom. Would it be OK to harass students in a math class for their performance on a math test?
- When you witness others practicing poor sportsmanship, help them to be more successful in the future by role modeling a positive attitude. All of our behaviors will collectively reflect upon the Red Riots athletic program and help to form our reputation in the community.
- Refrain from coaching or officiating from the sideline.
- Refrain from making derogatory comments directed towards officials, coaches or players from the other team.
- Sportsmanship begins with you!!

***The Team Bench***

The team bench is an athletic classroom. Student-athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Student-athletes may be asked to go in at any time. It is their responsibility to know what is going on: offensive game plan and defensive adjustments, any adjustments already made, opponent's defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and student-athletes the respect and courtesy that they would give the teacher and student in the academic classroom. Most all of our playing arenas provide ample spectator viewing areas. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.