



## **Athletic Department Mission Statement**

At Randolph High School we consider athletics to be an integral part of the educational experience. Athletics provide opportunities that will help students develop physically, mentally and emotionally and are an extension of the values and ideals of our school leading to the development of a well-rounded individual.

There is a rich athletic tradition at Randolph High School. We invite all students to take part in as many athletic programs as possible. Participation in Randolph High School Athletics, however, is a privilege and not a right; and that privilege is earned by each student-athlete through his or her adherence to the rules and regulations set forth within this handbook.

As a member within our athletic program, students are expected to demonstrate proper respect for all coaches, teammates, officials, spectators and equipment. Student-athletes are expected to exhibit the highest level of conduct and sportsmanship both on and off the playing field, as they are at all times representatives of their team, school and community.

Randolph Public Schools does not discriminate based on race, color, religion, gender, national origin, age, marital status, veteran status, disability, sexual orientation, gender identity, or any other legally protected group

This booklet has been comprised to better acquaint you with the athletic program at Randolph High School. Please keep this booklet and refer to it when questions about your student-athlete's athletic experience arise. If you have any questions or concerns please feel free to contact me at 781-961-6220, Ext. 560.

Jon Marshall  
Director of Athletics  
Randolph High School

### **Non-Discrimination Procedure**

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## **GENDER NONDISCRIMINATION IN ATHLETICS**

WHEREAS, Randolph Public Schools believes athletics are vital to the total educational development of all students, and

WHEREAS, it is the privilege of every student to have an equal opportunity to develop his/her full athletic potential, and

WHEREAS, maximum opportunities to participate are best accomplished through separate but comparable programs for males and females, and

WHEREAS, separate but comparable programs under the Title IX law require such items as similar facilities, equipment, transportation, coaching, game and practice schedules, training rules, awards, and publicity,

THEREFORE, BE IT RESOLVED Randolph Public Schools are committed to a comprehensive athletic program for all students, which can best be accomplished through separate but comparable programs for males and females, and

BE IT FURTHER RESOLVED Randolph Public Schools will support and conform to the spirit of the law as enacted by Congress and reinforced by the courts.

It is the policy of the Randolph Public Schools to comply with Title IX of the Education Amendments of 1972, which prohibits discrimination (including sexual harassment and sexual violence) based on gender in the district's educational programs and activities. Title IX also prohibits retaliation for asserting claims of sex discrimination. Randolph Public School has designated a Title IX Coordinator who may be contacted through the Principal's Office. A person may also file a complaint with the Department of Education's Office for Civil Rights regarding an alleged violation of Title IX by visiting

[www2.ed.gov/about/offices/list/ocr/complaintintro.html](http://www2.ed.gov/about/offices/list/ocr/complaintintro.html) or calling 1-800-421-3481.

You may also contact the Randolph Public Schools Title IX Coordinator, Alpha Sanford at (781) 961-6237.

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# **The Goal of RHS Athletics**

The goal of athletics is to prepare the student-athletes of Randolph High School with solid fundamentals and knowledge of their respective sport. Through proper guidance, coaching and mentoring, assisting in the attainable goal of competing at the collegiate level.

## **Governing Bodies**

### **The Massachusetts Interscholastic Athletic Association MIAA**

The Randolph High School Athletic Department is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and is therefore governed by Association "Rules and Regulations". Under MIAA guidelines, local communities are allowed to set their own policy, rules and/or regulations as long as they are more restrictive than those stipulated by the MIAA. Rules governing individual sports vary depending upon the sport.

One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical districts and state champions. When our varsity teams qualify for and enter such tournaments, we are completely subject to the specific rules and regulations that govern each tournament as set by the MIAA. Tournament qualification, divisional placement and geographical district criteria are sport specific.

Some of our teams may qualify for regional tournaments beyond the MIAA tournaments that are sponsored and conducted by the combined state associations that make up the region of competition. Some of our varsity teams may host and/or play in seasonal tournaments that are sponsored by local school districts or other qualified agencies. MIAA regulations specify that such tournaments be sanctioned by the Association and be conducted totally under their policies, rules and regulations. The MIAA does not sanction or sponsor any sub-varsity tournament competition.

The MIAA is a member of the National Federation of State High School Associations and is bound by their set of rules, policies and regulations.

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## South Shore League

Randolph High is a member of the ten-team South Shore League and governed by the league rules and procedures.

# Randolph Blue Devils Sports List

**FALL SEASON:** Start Date: Varies, usually late August

Boys Soccer: Varsity & JV  
Girls Soccer: Varsity & JV  
Football: Varsity, JV & Freshmen  
Boys Cross Country: Varsity  
Girls Cross Country: Varsity  
Girls' Volleyball: Varsity & JV  
Cheerleading

**WINTER SEASON:** Start Date: The first Monday after Thanksgiving

Boys Basketball: Varsity, JV & Freshmen  
Girls Basketball: Varsity & JV  
Boy's Indoor Track: Varsity  
Girl's Indoor Track: Varsity  
Boy's Swimming: Varsity  
Girl's Swimming: Varsity  
Wrestling: Varsity  
Cheerleading

**SPRING SEASON:** Start Date: Third Monday in March

Baseball: Varsity  
Softball: Varsity  
Boys Tennis: Varsity & JV  
Girls Tennis: Varsity & JV  
Boy's Outdoor Track  
Girl's Outdoor Track  
Boys Volleyball: Varsity & JV

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# Levels of Play - Goals

The common goals of the athletic program at ALL LEVELS of play are for athletes to:

- Develop their physical, emotional, social and mental skills.
- Develop respect for authority, teammates, opponents and themselves.
- Develop pride in themselves, their team, school and community.
- Develop leadership qualities.
- Learn to work as a team member towards the attainment of common goals.
- Develop team responsibility and dedication.
- Learn rules of particular sports.
- Develop skills necessary to play a particular sport.
- Have fun.
- Ensure that all athletes are placed on a team level that will allow them to succeed to the best of their ability.

◆ Additional goals of **FRESHMEN LEVEL** teams are to:

- Introduce and develop skills and learn the rules of the sport.
  - Present an opportunity for an athlete to experience a specific sport.
  - Introduce young athletes to interscholastic competition.
  - Give all participants a share of playing time assuming that athletes have attended practice, worked to their potential, have the proper attitude and have committed to the team. Athletic skill is also a factor.
- There is a possibility that some students may be cut during tryouts. These students will be encouraged to tryout for another sport team whenever possible.

◆ Additional goals of **JUNIOR VARSITY LEVEL** teams are to:

- Further develop the skills and knowledge of the sport.
  - Increase the intensity of the competition.
  - Prepare for the varsity level in that sport.
  - Place more emphasis on winning than at the freshmen level.
  - Give participants playing time based upon practice attendance, work ethic, attitude, commitment to the team and athletic skill.
- There is a possibility that some students may be cut during tryouts. These students will be encouraged to tryout for another sport team whenever possible.

◆ Additional goals of **VARSITY LEVEL** teams are to:

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- Develop skills and knowledge to their highest level.
- Allow talented athletes the chance to excel and prepare for future competition.
- Compete for League, Sectional and State Championships.
- Expect all members to be role models for younger students.

It is likely that some students will be cut during tryouts.

## Playing Time

Playing time is influenced by many factors, a great many of which are unique to the sport. Five factors which will help determine playing time are:

- ◆ Athletic ability in the sport
- ◆ Attitude and work ethic
- ◆ Attendance / Academic expectations
- ◆ Commitment to the team
- ◆ Citizenship in school and in the community

There are many decisions made on a regular basis by members of our coaching staff. These include: which athletes should start a contest, which should play what position and the amount of playing time. These very difficult coaching decisions are made only by the members of our coaching staff after weighing a considerable number of factors. The coach has sole responsibility for all playing time decisions.

## Commitment/Expectations of our Student-Athletes

The Randolph High School Athletic Program is based upon the philosophy of "*Blue Devils Pride*". Each member of our athletic teams, Freshmen, Junior Varsity and Varsity MUST:

- ◆ Commit to be present at all team activities including tryouts, practices, meetings and contests with other schools
- ◆ Dedicate him/her to becoming a member of that team, an excellent team member and school citizen
- ◆ Strive to continually improve as an athlete
- ◆ Demonstrate pride in team performance

### Daily:

When trying out for a team, and after being selected to be a member of a team at Randolph High School, students are expected to make at least a 5 day, 2 to 3 hour daily commitment to the team each week. Practices

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will consist of an average of 2 hours of team activity per day, typically between the hours of 3:00 pm and 7:00 pm. The preparation times before and after practices or games bring the total time to 3 hours.

At the Varsity and JV level, weekend and/or evening practices and games are common. Students should expect regular involvement during these times because many of our teams share facilities and/or use facilities off campus. Also, practice and game hours may vary considerably. Contact the coach or the athletic office for more specific information concerning practice and game times.

### **Try-Outs/Cuts:**

Participation in athletics is a privilege; students try out voluntarily and, for some teams, risk being cut. During the try out period, the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet them. Students cut from one team are encouraged to try out for another team if there is space on that team. Students who are cut from a team will be informed individually by the coach. After tryouts begin, no athlete may voluntarily leave one team and try out for another without the consent of both coaches involved and the Athletic Director.

### **Parent Meeting:**

Each program will hold a preseason informational meeting for parents after cuts are made and before the first contest. At this meeting, information will be distributed covering but not limited to the following:

#### **Attendance Policies**

#### **MIAA Policies**

#### **Practice Policy/Weekends**

#### **Coach contact information**

#### **Weekends and Holiday practices**

Members of athletic teams can expect to practice and/or play contests every day, including Saturdays and during school vacation periods. When trying out for a team and after being selected to be a member of a team, Randolph High School student-athletes are expected to attend all practices and games of that team. Practices will average two hours, exclusive of prep time, in duration. Weekend practices vary by sport and should be expected.

#### **Sundays & Holidays**

- There will be NO Sunday practices for any team below the varsity level.
- Varsity teams only may be granted approval by the Director of Athletics, upon consultation with the Principal, for a Sunday practice for special situations, such as, but not limited to:
  1. the day prior to a tournament contest
  2. practice facilities not being available on a Saturday
  3. school sponsored event on a Saturday

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- Athletic contests with opposing schools may be scheduled on Sundays at the discretion of the Director of Athletics in order to fulfill scheduling requirements.
- Practice and/or contests may be scheduled on non-major holidays at the discretion of the Director of Athletics provided that custodial coverage can be arranged on said holiday. Practices should be conducted early in the morning (8:00 a.m.) or at the end of the day (5:00 p.m.), taking into consideration family commitments of team members.

### **Vacation Practices**

All times are to be scheduled through the Athletic Director. Practices held on vacation days such as over winter recess, February and April breaks, should be scheduled earlier in the day, taking into consideration the family commitment of the majority of the team members. All practices should be concluded by 5:00 PM if possible. A schedule of practices utilizing indoor facilities will be scheduled in cooperation with the high school custodial staff in order to ensure proper coverage.

### **Vacation and Extended Absence Policy:**

Varsity and Junior Varsity Teams:

Families of student-athletes should understand that all three regularly scheduled school vacations in December, February and April, are in the heart of our athletic seasons and the athletic program continues to operate.

THERE ARE PRACTICES AND CONTESTS SCHEDULED.

Although extended absences from team functions either during school vacation periods or while school is in session are discouraged, the Athletic Department recognizes the fact that certain circumstances do require them. Students who are planning to be absent from team activities for an extended period of time due to family trips, religious obligations, or college visitations (as examples) are expected to inform their coach regarding the absence as soon as plans are made. If an athlete misses one game or more than one practice, under such circumstances, he/she may miss the first scheduled contest after his or her return. Although prior notification of a planned absence is mandatory, such notification does not eliminate the consequence. An athlete is required to earn his or her position back upon return.

### **Daily Team Attendance:**

It is extremely important that a coach be notified if a student is not going to be present at a practice or game if the student is not absent from school that day. The coaches in our program expect their athletes to be present at all team related activities and may suspend a team member from contests for absences. While students are “excused” from team activities for illness, injury, academic, family or religious reasons, prior notification is expected.

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# Standards for Participation

In addition to being willing to make the above commitment, every student must be declared eligible by the Athletic Director according to the standards listed in this section.

## Physical Exams

In accordance with State Law (Chapter 71, Section 57), MIAA regulations, and the School students must have an updated physical examination for participation. According to The Massachusetts Interscholastic Athletic Association (Student Eligibility Rule 56: Physical Exams/Medical Coverage) *All students must pass a physical examination prior to participation in High School Athletics. A physical exam covers the student for 13 months from the exam date. Students no longer should be allowed to participate until the end of the season when their physical expires during the season. A student's eligibility will terminate once a physical has reached the 13 month limit.*

Physical examinations must be performed by a duly registered Licensed Physician, Physician's Assistant or Nurse Practitioner. The Sports Medicine Committee recommended physical examination form is in the MIAA White Book.

The sports physical is part of the comprehensive health care received by a student from his/her health care provider. The student's health care provider's familiarity with family history and the student's medical history are important in an assessment for sports participation. A student must have on file in the Athletic Director's and Health Service's Office written proof of a current physical examination signed and dated by a physician. Please ask your physician to mail a signed and dated copy of the completed exam to the Health Services Office at Randolph High School, or you can deliver it to the school personally.

The physical examination form must include a comprehensive medical history with up-to-date information relative to concussion history, any head, face or cervical spine history and any history of co-existent concussive injuries. Any student with a history of concussive, head, face or cervical spine injury must provide a current medical clearance and authorization signed by the treating physician to complete in the extracurricular or athletic activity.

Any new student entering Randolph High School must have a copy of a current physical (within the last school year) on file in the Health Service's Office. Immunizations, including Tetanus, must be up to date. Hepatitis B immunization is mandatory for all students. Any student wishing to try out for a sports team must have a current physical on file or they will NOT be allowed to play.

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Any student who is unable to schedule a physical examination with their primary care physician may sign up in the Health Service's Office or Athletic Director's Office to have a "sports physical" performed by the School Doctor at certain times during the school year. Students should see the Athletic Director for preliminary paper work that must be completed. These sports physicals are offered on a limited basis and students should make every effort to plan ahead to schedule an appointment with their primary care physician prior to anticipated participation.

***Penalty: A student involved shall be suspended for the number of contests in which he/she participated without a proper physical.***

### **Parent's Permission Form**

A student must submit a completed, signed parent's/guardian's permission form prior to his/her first practice session. This form must be completed for each athletic season of involvement. This form is available on our RHS athletics web page at [www.bluedevilsathletics.com](http://www.bluedevilsathletics.com)

### **Concussion Certification (No Exceptions)**

Each parent or guardian must complete an online concussion course and turn in the certificate as proof of completion. The course is offered at two sites: [www.cdc.gov/concussion/headsup/online\\_training.html](http://www.cdc.gov/concussion/headsup/online_training.html)

### **Baseline Impact Testing**

Prior to the start of the season each student-athlete must complete a baseline impact concussion test. The impact test is essential in providing important information for your primary care physician or a neurologist in the event you sustain a concussion at any point during the season.

### **Academic Eligibility:**

During the last marking period prior to the start of an athletic season, a student- athlete must have passed five (5) of seven courses. Eligibility for fall sports is determined by the final grades for the previous academic year.

### **Academic Requirements – The following policies prevail for Randolph High School Student Athletes:**

**During the last marking period prior to the start of an athletic season, a student- athlete must have passed five (5) of seven courses. Eligibility for fall sports is determined by the final grades for the previous academic year.**

### **Grading System**

#### **Non-Discrimination Procedure**

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The grading procedure used at Randolph High School is based on the letter grading system. Students who have received numeric grades from other schools will have their grades translated to letter grades using the following scale:

A+ = 97-100	B+ = 87-89	C+ = 77-79	D+ = 67-69	F = 50-59
A = 94-96	B = 84-86	C = 74-76	D = 64-66	
A- = 90-93	B- = 80-83	C- = 70-73	D- = 60-63	

**Full year course grades:**

- **Term 1 course grades will not be graded below 50.** Beginning with the school year 2012-2013 this will only apply to Term 1.
- **Term 2 through Term 4 course grades will not be graded below a 40. Each term grade has a value of 20% and the mid-term and final examinations each have a value of 10%.**

**Half year course grades:**

- To calculate the final grade for a half year course the two term grades each have a value of 40% and the final examination has a value of 20%.

**Promotion Requirements - Grades 9:**

The new requirements for Freshmen beginning with the class of 2016 are 6.0 credits to become a sophomore; 12.0 to become a junior; 19 to become a senior. Individual cases will be reviewed as necessary due to any extenuating circumstances.

All Freshmen will be required to earn Grade 9 credits in both English and Mathematics in order to be eligible for promotion to Grade 10. This is consistent with the discipline specific curriculum frameworks that have raised the standard for student learning across the state.

**Graduation Requirements Class of 2016 (Mass Core Requirements\*)**

\* The graduation requirements for 2016, 2017 & 2018.

<u>SUBJECT AREA</u>	<u>CREDITS</u>
English	4.0
Mathematics	4.0
Science (Lab Based)	3.0
Early United States History	1.0
Modern United States History	1.0
Modern World History	1.0
World Language	2.0
Art (visual and/or performing)	1.0
Wellness/Physical Education	2.0
Electives	6.0
Community Service	1.0

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**TOTAL**

**26.0**

**Graduation Requirements Class of 2013, 2014, and 2015**

<b><u>SUBJECT AREA</u></b>	<b><u>CREDITS</u></b>
English	4.0
Mathematics	3.0
Science	3.0
Social Studies	3.0
Composition	.5
Computer	.5
Wellness	1.0
Electives	6.0
Community Service	<u>1.0</u>
<b><u>TOTAL</u></b>	<b>22.0</b>

**Promotion Requirements - Grades 10-12:**

Current requirements are 5.0 credits to become a sophomore; 10.5 to become a junior; 16 to become a senior. Individual cases will be reviewed as necessary due to any extenuating circumstances.

All students must pass English to be promoted to the next grade. To become a sophomore a student must earn credit in both English and Mathematics. This is consistent with the discipline specific curriculum frameworks that have raised the standard for student learning across the state.

Seniors must complete satisfactorily the research process and paper requirements of Honors English IV - Level 1, English IV - Level 2, and Advanced Placement English.

It is strongly recommended that all college prep students take at least three years of a World Language.

**Important MIAA State Rules Concerning Eligibility:**

◆ Age

A student must be less than 19 years of age prior to September 1st of the current school year.

◆ Time Allowed for Participation

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A student has 4 consecutive years of eligibility from the date he/she enters the 9th grade. This means 12 consecutive athletic seasons are a maximum. Therefore, a 5th year high school student is usually ineligible for interscholastic competition.

◆ Transfers to Randolph High School

The rules governing transfer students entering Randolph High School from another high school are very involved. Information regarding the athletic eligibility of all students transferring to Randolph High School should be requested from the Athletic Office.

◆ Loyalty to the High School Team: Bona Fide Team Member

A bona fide member of the school team is a student-athlete who is consistently present for, and actively participates in, all high school team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Any student-athlete who violates this standard shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. See MIAA Rule 45 for further details.

◆ Only One School Sport Per Season is Permitted MIAA rule 46

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments and/or championships in that season. For the purposes of this rule only, a student-athlete officially becomes a member of his/her team for the sport season on the date of that school's first regular season contest in that sport.

Exception: If a licensed physician recommends that an athlete terminate participation in a sport for medical reasons after the first contest, the athlete will be permitted to join another team if he/she receives the written approval of a licensed physician.

Exception: A school may approve a varsity or sub varsity request to join a second varsity or sub varsity team after terminating his/her membership with the first varsity or sub varsity team, providing written approval is received from the principal, athletic director, and both coaches involved with the change, and it happens within the first ½ of the season. PENALTIES - If a student-athlete violates this rule, he/she will be ineligible for that season, and all contests in which he/she participated in both sports must be forfeited.

◆ Change of Sport:

Any student who desires to drop off his/her team and tryout for another team may do so only under the following conditions: He/she must do so within the first two weeks of the practice season and receive

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permission from the athletic director and both coaches of their respective teams. No student who has been suspended or dismissed from a team may transfer to another during that same season. Also no athlete can switch/change teams after the first game is played in the sport that he/she tried out for.

◆ Substance Abuse: Alcohol/Drugs/Tobacco

As a member of the MIAA, Randolph High School strictly enforces the below listed rule:

***Chemical Health Rule (MIAA 62.1)*** From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer".

It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student athletes might be present at a party where only a few violate this standard.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

***Constructive Possession:*** Students must be aware that those deemed to be in "constructive possession" might be subject to disciplinary consequences in accordance with the Randolph High School Student/Parent Handbook.

"If you are in the presence of alcohol and are aware of its existence, you should take immediate steps to remove yourself from the setting."

(Note: These rules are in effect seven days a week, 24 hours a day, From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest))

Minimum PENALTIES:

First offense: Loss of eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. 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.

Second and subsequent violations: loss eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. 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.

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If after the second or subsequent violations the students of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification.

## **Eligibility in Season**

Our student-athletes at Randolph High School are expected to uphold their academic obligations and conduct themselves with the highest level of citizenship. To encourage these goals the following policies are in effect:

### Academic Achievement

Scholastic "extra help" sessions and make-up work are expected to be completed as soon as possible. On a practice day, students should stay after school to complete work whenever necessary. Coaches should be informed by students, in advance if possible, when practice time will be missed due to academic obligations. Once the obligations are completed, students are expected to report to practice on that day as soon as possible. If advance notification was not given to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practices due to make up work or extra help will not receive any athletic team penalty. On game days, unless time allows, students should ask their classroom teacher if make-up work or extra help may be postponed to a practice day. A classroom teacher may or may not grant a postponement.

### School Discipline Obligations

The code of discipline is intended to be instructive, not punitive, and is based on the principle of progressive discipline; i.e. minor infractions and first offenses will have less serious consequences than major infractions and repeat offenses.

Once a student athlete has been assigned a school disciplinary obligation he/ she are expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game.

The Athletic Department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement.

### Daily Attendance, Class Cuts

Students are expected to attend all scheduled periods during the school day. Athletes must be in school by 11:00am in order to practice or play on that day. The Athletic Department will make every possible attempt to check daily class and school attendance. Exceptions such as doctor's appointments or college visits must be cleared by the Athletic Director or a school administrator in advance whenever possible. The Athletic

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Department reserves the right to remove a student from a team for excessive cuts or truancy and may reinstate the student upon sufficient evidence of improvement.

### Physical Education Class Participation

All students are required to participate in their regularly scheduled physical education classes. Student-athletes are not excused from class activities on game days and are expected to participate at the same level as any other student. Students who are medically excused from physical education will not be allowed to participate in their team practice or game for that day.

## **Injuries**

Parents/Guardians and student-athletes should realize that there are risks associated with participating in athletic activities. Participation in athletics can result in injury. Randolph High School coaches are asked to apply preliminary first aid (ice, bandage) should an injury occur, however, our coaches are not doctors and it is strongly recommended that should a student-athlete injure him/herself proper medical attention by a qualified doctor should be sought by the student-athlete's parents/guardians. In instances where an athlete is in the opinion of the coach in need of immediate assistance, the coach will call for an ambulance. It is the student-athlete's responsibility to report all injuries to their coach or the school nurse.

## **Transportation To and From Athletic Contests**

Randolph High School provides bus transportation or a suitable substitute to most "away" contests. All team members and coaches are expected to travel to these contests using the school-provided transportation. Any exceptions to this policy must be approved in advance. Reasonable requests will be honored.

- ◆ Only team personnel (players, coaches, team managers) will be allowed on team buses unless otherwise directed by the Athletic Director.
- ◆ All team members who ride to an away game on the bus must return on the bus unless the coach has approved parents' written permission.
- ◆ Student-Athletes will be released to travel with their parents or their adult designees only. Prior approval must be obtained in writing from the Athletic Director to release students with parental designees.
- ◆ Student-Athletes are not permitted to drive to away games without special permission from the Athletic Director **and** Principal.

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◆ In the event that a student engages in a dangerous activity on the athletic bus, the student may not be permitted to ride the athletic bus for the remainder of the season. If the season is over, the student may not be able to ride the bus during the student's next season. Transportation to and from athletic events will be the responsibility of the parent/guardian and must be approved by the Athletic Director.

## **Care of Equipment, Facilities and Property**

It should be clearly understood that all student-athletes are responsible for taking proper care of all school equipment (uniforms, helmets, balls, etc.) and are required to take proper care of all locker room facilities and safeguard school property with respect to cleanliness. It should also be fully understood that a lack of care, instances of vandalism, or theft of athletic equipment (home or away) will be referred to the school administration and can result in possible suspension from team or legal action.

Students failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment is found and/or returned after payment, a refund will be issued.

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

## **Captains**

◆ Team captains (both in and out of season) are leadership positions, individuals are expected to be appropriate role models for all team members. They are required to demonstrate positive leadership qualities and the ideals of sportsmanship and to use good judgment in their decision-making. Failure to follow these guidelines may result in the loss of captaincy.

◆ A student-athlete (in or out of season) who commits a violation of the Athletic Handbook, including but not limited to the substance abuse section, will risk his/her eligibility to be a captain for a period of one year.

◆ Specific duties and responsibilities of captains will be determined by coaches and reviewed by the Athletic Director. Coaches will determine the number of captains needed for their team and the procedure that will be used to select the captains.

## **Captain's Practice**

According to the MIAA Rule Book a "captain's practice" usually means the team's captain(s) are organizing and conducting out-of-season practice for that sport without adult supervision."

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These practices are designed by students to allow team candidates to "get in shape" for the upcoming season. They are not organized, attended or sponsored by members of our coaching staff. Since members of our coaching staff are not permitted to be involved with these practices, they are NOT MANDATORY, attendance is NOT MONITORED by a coach, and they are NOT part of our athletic program.

### **STUDENT FUND-RAISING ACTIVITIES**

The athletics department follows the district policy of fundraising located under the JJE section JJE of the Randolph Public Schools policies.

In general, the Committee disapproves of fund-raising in the community by students for school activities. Especially discouraged is the sale of goods produced by companies for profit, such as magazines, candy, and similar items.

Exceptions to this policy will be:

1. Sale of tickets to scheduled athletic events and school dramatic and musical performances.
2. Sale of advertising space in school publications.
3. A fund-raising activity approved by the Superintendent.
4. Proposals to raise funds for charitable purposes or for benefit of the school or community (for example: American Field Service activities, United Nations, or scholarship funds) provided such proposals have been individually approved by the building Principal and Superintendent.

No money collections of any kind may be held in the schools without the specific consent of the Superintendent.

### **Healthy Fundraising**

#### ***Alternatives to selling candy for schools, sports and clubs***

Candy, baked efforts, soda and other foods with little nutritional value are commonly used for fund raising. This sends the message to students that the school district views money as being more important than their students' health. It compromises classroom learning by sending contradictory nutrition messages taught in the classroom. It contributes to poor health by adding unnecessary calories and encourages students to consume less nutrient dense foods over to healthier choices. Increasing obesity rates among children are resulting in serious health consequences, such as increased incidence of heart disease, Type 2 diabetes, high blood pressure, high cholesterol, sleep apnea, low self-esteem, poor body image and isolation.

Adopting a policy of healthy fundraising result in:

- Healthier kids who learn better as research demonstrates that good nutrition is linked to better behavior and academic performance.

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- Delivery of consistent health messages because fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors and supports lessons learned in the classroom rather than contradicts them.
- Promoting a healthy school environment by providing students with reliable health information and the opportunity to practice it.

## **College / Career Guidance**

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Randolph High School Athletic Staff are willing and eager to assist all of their student-athletes with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send video tapes if available, and write letters of recommendation. They will guide students to more knowledgeable resources that can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing N.C.A.A. (National Collegiate Athletic Association) regulations. Copies of the latest regulations are available in the Athletic Office. The High School Guidance Department also has a wealth of information and experience on this topic.

## **Sportsmanship**

Randolph High School expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches and spectators should treat opponents, game officials and visiting spectators with respect. The MIAA reserves the right to "warn, censure, place on probation or suspend up to 1 calendar year any player, team, coach, games or school official or school determined to be acting in a manner contrary to the standards of good sportsmanship." Randolph High School, in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

Inappropriate language, taunting, hazing, or any other behavior that reflects poor sportsmanship will not be tolerated. Violations for unsportsmanlike conduct will range from verbal warning to suspension or dismissal from the team depending on the level and recurrences of such behavior.

**Please Note:** Any person attending a Randolph High School athletic event and displaying unsportsmanlike behavior may be removed from the athletic contest and risk being barred from future contests.

## **Intent to Injure Rule**

The Massachusetts Interscholastic Athletic Associations Rule Number 56.8 states "any student- athlete in any sport" (in the opinion of the game official) "who willfully, flagrantly or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in any sport season for one

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(1) year from the date of the incident. "Fighting" does not apply to this section unless warranted in the judgment of the game official.

## **Hazing**

The Randolph High School Athletic Department emphasizes a strong desire to instill a sense of self-esteem into all members of each team. The athletic department deplors any act that would reduce the feeling of self-worth of any person in the school.

The athletic department considers hazing to be entirely inconsistent with the behavior expected in our school. Such actions, which tend to prey on the most vulnerable, shall not be tolerated.

Definition: Chapter 269, section 17 by the Massachusetts State Legislature.

It is understood by the parent/guardian and student that Hazing is considered a crime in Massachusetts. The Massachusetts General Law is defined in CH. 269, S. 17 as: any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation." Consent to such treatment does not make it legal.

Penalty: For failing to report an incident of hazing – section 18.

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

### **Action:**

If you know of an incident of hazing, or have learned of some action that may be considered hazing, you must report this to a coach, teacher or administrator via a note or meeting. If you have heard of a "rumor" about the possibility of hazing it is of extreme importance to report it.

## **Athlete / Coach Relationship**

Participation in athletics should be an enjoyable experience for all parties involved; student, coach and parent. There is no doubt that participation tends to be emotionally charged and

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dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic competition is extremely positive and complements the educational experience enjoyed by students at Randolph High School. Occasionally conflicts between coaches and students arise. These conflicts must be addressed and resolved immediately so that the many benefits of athletic involvement may continue to contribute to the emotional and physical growth of Randolph High School students.

\*\*\* The following section of this booklet deals with what families may expect from the coaching staff, and what to do if conflicts and/or problems present themselves.

## **Coaching Expectations**

At Randolph High School, athletes should expect to be treated with respect and to be treated fairly by their coaches. The coaches are professionals who are aware of and committed to upholding their responsibilities and implementing the policies and regulations of the MIAA and Randolph High School. Each student must be treated as an individual, yet as a part of the team. Rules and regulations must be uniformly and fairly enforced at all times. In most instances, during the season of play, a student athlete spends more time daily under the direct supervision and guidance of his/her coach than any other adult. This time spent should be enjoyable, educational, positive and worthwhile.

## **Evaluation of Coaches**

Each coach employed by the Town of Randolph is formally evaluated on his/her performance at the conclusion of each athletic season. The evaluations are performed by the Athletic Director. All assistant/JV coaches are evaluated by the head coach and that information is communicated to the Athletic Director.

## **Communication Policy**

Athletic involvement is highly emotional and very time consuming. Because of this, conflicts and issues between a student and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as directly as possible so that it can be resolved promptly.

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### FIRST STEP: Student-Coach Contact

The student-athlete should discuss the issue with his/her coach as soon as possible. If after that point a parent would like to discuss the issue with the coach, it is recommended that the parent avoid contacting the coach during following times:

- ◆ Either prior to or immediately following a contest
- ◆ During an active practice session
- ◆ During a time when other students are present or when it would be obvious to others the discussion is taking place
- ◆ When there is not sufficient time to allow for a complete discussion
- ◆ Contacting a coach on his/her personal time at home

The best solution is to ask the coach, either over the phone or in person, if an appointment could be made to discuss the issue. A parent or student may also leave a note for the coach in the Athletic Office.

### SECOND STEP: 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. If this discussion does not result in a satisfactory conclusion then a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. Since athletic seasons are relatively short, issues should be addressed immediately. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful discussion of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

### THIRD STEP: Student-Administration Contact

If there is still not a satisfactory resolution, the student-athlete or parent should contact the High School Principal. The Athletic Director should be informed that this contact is going to be made.

The Athletic Department strives to hire the best possible coaches who are committed to ensuring a positive environment for all athletes. As a department we strive to build player/coach relationships and recognize that all interactions provide a healthy learning opportunity. While we realize that at times an athlete and his or her parents may have a concern with a particular coach and may not want to speak directly with the coach, we feel it is essential that athletes and parents do speak with coaches directly to resolve any concerns. An issue cannot possibly be resolved unless those directly involved have a candid, open conversation regarding the problem. The coach is the person most familiar with the student-athlete in the context of the team environment. Coaches and players interact daily at practice and games and have the mutual information necessary to discuss any situation which may arise. This positive communication is of utmost importance.

## **Volunteers**

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All volunteer coaches must be requested by the head coach of that sport and complete a CORI form as well as meet with the Athletic Director prior to assisting with any athletic team. Any individuals who volunteer in the Athletic Department must also complete a CORI form.

## **Parental Involvement**

Parents are encouraged to become involved with and support their children participating in the Randolph High School Athletic Program. This support may include attending contests, providing transportation, participating in booster organizations and/or reinforcing the rules and regulations of this handbook.

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# Randolph High School Athletic Handbook Parent/Student Agreement

I have read the Randolph High School Athletic Handbook carefully and agree to abide by the rules and policies as a condition for participating in interscholastic athletics at Randolph High School. I also agree to comply with all team rules set forth by the coach for each season of competition.

Name of Student-Athlete (Please Print) \_\_\_\_\_

Signature of Student-Athlete \_\_\_\_\_ Date \_\_\_\_\_

Name of Parent/Guardian (Please Print) \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Additional Contact Information:

Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

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Relationship \_\_\_\_\_ Phone \_\_\_\_\_

**\*\*\* *Please return this portion of the Randolph Athletic Handbook to the Athletic Office. No Student-Athlete will be permitted to participate for an RHS team without returning this information being returned.***

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