

# WELLS HIGH SCHOOL

200 Sanford Rd, Wells, ME, 04090

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## WELLS WARRIORS ATHLETIC HANDBOOK

# **WELLS HIGH SCHOOL**

## **STUDENT ATHLETIC HANDBOOK**

### **PURPOSE OF ATHLETICS**

Athletics are an integral part of the education of every Wells High School student. It is expected that the athletic experience will be enjoyable to the student and provide an opportunity for the student to develop individual skills while learning the values of good sportsmanship, team play, competition, dedication and team and school loyalty.

### **The High School Athlete will:**

1. Treat officials, coaches, opponents and teammates with respect.
2. Accept victory with modesty, defeat gracefully, and never quit.
3. Control his/her emotions at all times and never argue with officials.
4. Accept decisions as they are made and abide by them.
5. Never swear, cheat, or "grandstand."
6. Keep physically and mentally fit and observe training rules set by his/her coach.
7. Use one's influence on and off the court and field to help develop good spectator sportsmanship.

### **Communication From Director of Athletics:**

1. Cancellation/postponements of games will be emailed via Jupiter Grades, posted on the school website, updated on the WOCSD calendar, and posted on Twitter.
1. Cancellation of practices will be posted on the school announcements. Individual coaches will contact their players.
2. The athletic department maintains an official Twitter account. You can locate the account at:  
@wellsHSad
3. The athletic department website can be found at:  
<http://whs.k12wocsd.net/home/student-athletics>

### **ATHLETIC CODE**

The following rules and policies apply to any student athlete who is on school property, taking school-sponsored transportation or who is in attendance at school or any school-sponsored activity, or whose conduct at any time or place directly interferes with the operations, discipline, or general welfare of the school.

### **Eligibility**

1. Freshmen, sophomores and juniors must carry a minimum of five courses per trimester. Seniors must carry a minimum of four courses per trimester.
2. In order to maintain eligibility, a student may fail no more than one course per trimester.
3. Eligibility for athletics is gained or lost on the day report cards are issued.
4. Eligibility for fall athletics will be determined by the third trimester grades of the preceding school year; a student may become eligible for fall sports by taking summer school courses approved by the guidance department and Director of Athletics.
5. If a student withdraws from a course with a failing grade, the student may lose their eligibility for athletics/activities.

## **Age**

Students may participate in interscholastic athletics until their twentieth birthday.

## **Duration**

A student has four consecutive years (8 semesters) of eligibility unless a waiver is granted which in unusual circumstances, will be granted by the Maine Principals Association.

## **Season**

A student may participate in only one interscholastic sport per athletic season. A sport season shall begin on a date set by the Maine Principals Association and end at that season's awards night/final playoff game.

## **Parental Permission**

The student must give his/her coach a permission slip, signed by his/her parents or guardian, before participation in any practice.

## **Insurance**

The student is required to carry adequate insurance. Proof of coverage must be presented to the coach. If the student is not insured by a family insurance policy, school insurance is available at the student's expense.

## **Physical Examination**

The student is required to pass an annual physical examination, either through the school or by his/her family physician (at his/her expense), before participating in a practice. If a student elects to go to his/her family physician, proof of examination, signed by the physician, must be presented to the school nurse, athletic director or coach.

## **Training Rules**

### **Substance Abuse/Use**

Students will not use, possess, be in the presence of, sell, transport and/or distribute any alcoholic beverage, electronic cigarette (vape devices) or any scheduled drugs or tobacco at any time throughout the entire duration of the athletic season.

1. For the following circumstances, a member of an athletic team will be suspended from that sport for the remainder of that season or a period of eight (8) weeks from all athletic activities, whichever is greater:
  - a. Student has consumed, possessed, transported or was in the presence of illegal use of alcoholic beverages during that sport season.
  - b. Student used, possessed or transported non-prescribed drugs during that sport season
  - c. Student smoked or possessed marijuana during that sport season.

If any athlete receives a second seasonal or eight (8) week suspension, he/she will lose the right to participate in interscholastic athletics for a period of one (1) calendar year from the date of the last violation. Athletes who are in violation of this code will also be subject to administrative penalty. The above rules will be enforced when it is determined by the athletic administrator or the school administration that an athlete has violated training regulations.

2. For the circumstance of smoking tobacco, possession of an electronic cigarette (vaping device), or use of any tobacco product a member of an athletic team will be suspended from athletics for a period of four (4) weeks.
3. Any member of an athletic team who violates the Substance Abuse/Use training rules (including tobacco) in a first offense, and **who admits to violating** the Wells High School substance abuse policy, will be subject to the following:
  - a. The student athlete will be suspended from athletics activities\* for a total period of fifteen (15) school days from the date of administrative finding.
    - For the first five (5) days, the student will be suspended from all practices, events, activities or games/competitions.
    - For the remaining ten (10) school days, the student will be permitted to practice and travel with his/her team but not participate in any contest.
    - Before being allowed to resume any activity, the student must agree to meet with the school's social worker. Meetings will continue for a period of time to be determined by the school social worker.

A second violation of the substance abuse policy during the same school year, or at any time on or after the day of the first tryout, meeting or activity will result in a suspension from all student practices, events, activities or games for ninety (90) school days. If the student enters into a school approved counseling program, their suspension may be reduced to thirty (30) school days.

A third violation of the substance abuse policy during the school year, or at any time on or after the date of the first tryout, will result in suspension from all student activities for the remainder of their school career.

### **Sportsmanship and Citizenship**

All participants in athletic programs should understand that it is a privilege to participate in WHS athletic programs and that the athlete is representing WHS, parents, friends, community, coaches, and themselves. Athletes' actions, both on and off the athletic field and court, should reflect the Wells High School Athletic Department values at all times.

### **School Attendance**

Athletes must arrive to school **by 8:00 AM** with a note signed by their parent/guardian excusing their tardiness in order to participate in any event that day. An excused absence would be for a family funeral, medical appointment or a reason validated by the Principal or Director of Athletics. Seniors with 1<sup>st</sup> block off must be in school by **8:28 AM**.

### **Practice Attendance**

Athletes are expected to be at all practices and to be on time to each practice. If the student cannot attend a practice, he/she should inform the coach personally prior to the starting time of practice. Students dismissed from school due to illness will not play or practice that day.

### **Practice Requirements**

A student must attend five practice sessions before participation in his/her first game unless a waiver is granted by the Director of Athletics.

### **Attire**

Athletes are expected to dress appropriately and neatly while representing his/her school.

### **Uniforms & Equipment**

Equipment must be returned within 24 hours following the conclusion of the season or the termination of participation. Each student must pay for unreturned or damaged uniforms and equipment issued to him/her. Students who fail to pay for the unreturned or damaged equipment will be ineligible to participate in the next sport season. **Additionally, students who fail to return uniforms/equipment or to pay the replacement cost will be subject to the removal of parking privileges, senior privileges, and any other privilege designated by the school.**

### **Injuries**

Athletes should report all injuries to his/her coach and the school athletic trainer. A student who is referred to a physician cannot return to participation until a physician provides written permission to the coach and athletic trainer.

### **Travel**

All team members and coaches shall travel in school-provided transportation to away athletic contests. Any exceptions to this policy must be approved in advance. Only team personnel (players, coaches, trainers and team managers) will be allowed on team buses. All team members who ride to an away game on the bus shall return on the bus unless the coach has parental written permission to travel with their parents. Prior approval must be obtained in writing from the Director of Athletics to release students with parental designees. Student athletes are not allowed to drive or be driven to away games without special permission from the Director of Athletics or Principal.

### **Team Rules**

With prior approval of the Director of Athletics, additional rules may be established by the coach/director of the individual sport/activities. If this is the case, each athlete in that sport will receive a written copy of these rules at the first practice session and return an acknowledgment form signed by the athlete and parent/guardian.

### **Termination of Participation**

Students who discontinue participation on a sports team are to inform his/her coach of this action. All uniforms and equipment must be returned within one school day.

### **School Suspension**

Athletes suspended from school will not be allowed to participate in practice or athletic contests during the suspension period.

### **Due Process**

#### **Due Process and Appeals**

Any student athlete disciplined under this athletic code who believes that there has been a misapplication of any of the provisions of this code, may, at his/her option, invoke the following appeals procedure. Discipline will remain in effect during the appeals procedure.

1. Student athletes and parents/guardians are encouraged to discuss with the coach any disciplinary action taken by the coach. At the Director of Athletics' request any such action taken by the coach shall be reduced to writing.

2. The following process will be followed for all appeals of athletic policy violations:
  - a. If the athlete is not satisfied with the disposition of the matter, he/she shall have five (5) calendar days to appeal the decision in writing to the Director of Athletics.
  - b. The Director of Athletics shall render a decision, in writing, within two (2) school days and provide a copy of the rendering to the athlete. If no appeal is made within five (5) calendar days, the matter shall be deemed settled.
  - c. If the athlete is not satisfied with the judgment of the Director of Athletics, he/she shall have five (5) calendar days to appeal the decision to the Principal.
  - d. The Principal shall have five (5) calendar days to render his/her decision and the reason thereof in writing. If no appeal of the Director of Athletics' decision is made within five (5) calendar days, the matter shall be deemed settled. The decision of the Principal shall be final.

### **Memberships**

Wells High School is a member of the Maine Principals Association, the Western Maine Conference, and the Campbell Football Conference.

### **REQUIREMENTS FOR LETTER AWARDS**

The athlete must complete the season if physically able.

- *Cross-country* - place in top seven for the team in half of the meets.
- *Baseball* - play in 40% of the innings. Pitchers are awarded at the discretion of the coach.
- *Football* - play in 40% of the quarters.
- *Field Hockey* - play in 40% of the halves.
- *Hockey* - play in 40% of halves.
- *Softball* - play in 40% of the innings. Pitchers are awarded at the discretion of the coach.
- *Track* - earn ten points or be seeded in the regional meet.
- *Cheerleading* - participate at all the games unless excused by the advisor.
- *Basketball* – play in 40% of the halves.
- *Golf* – play in 40% of the varsity matches.
- *Lacrosse* – play in 40% of the quarters.
- *Soccer* – play in 50% of the halves.
- *Swimming* - to be determined by the head coach.
- *Tennis* – compete in 40% of the matches.
- *Volleyball* - compete in 40% of sets.
- *Wrestling* – compete in 40% of the varsity matches.
- *Managers* - attend all practices and carry out all duties as assigned by the coach.

### **Awards**

Certificates and awards are presented to all athletes who complete the season in good standing. Letters are presented to athletes the first time they are eligible for these awards. Repeat letter winners in the same sport earn distinctive pins. All-Star Athletes are recognized by a plaque presented by the Athletic Boosters.

**Letter Jackets** are presented to athletes who either:

- Earn 2 letters in the same sport, or
- Earn 3 letters in their athletic career

Champion jackets are presented by the Athletic Boosters to individual or team champions once. Additional championships shall result in patches presented by the Athletic Department.

**Wrestling All-Stars** will be those individuals who win their weight class in the league championship meet.

**Indoor track All-Stars** will be those athletes who score points in the State meet.

**Track All-Stars** are those athletes who win their event in the Western Maine Conference Meet.

### **ATHLETIC HANDBOOK**

Coaches/Advisors will distribute and review at the beginning of each season. (*Parent/Student Athletic Guide*)

#### **NCAA Eligibility Standards**

The NCAA has established a central clearinghouse to certify athletics eligibility for Division I and II.

Please visit the NCAA Eligibility Center at: <https://web3.ncaa.org/ecwr3/>

### **COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT'S COACH**

Involvement requires commitment on the part of students, parents, coaches, and advisor. To be successful, communication must happen.

1. What is the coach's philosophy.
2. When and where are practice and contests.
3. What are the expectations the coach has for the team.
4. Notification of injuries incurred during participating in team activities.
5. Any disciplinary action of your child that results in removal from participation.

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

1. The treatment of your child.
2. Areas for skill improvement and development.
3. Concerns about your child's behavior.

### **WHAT THINGS ARE NOT APPROPRIATE TO DISCUSS WITH COACHES**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Information of a confidential nature relating to other players.

**Please follow the following process for addressing issues with your student athlete and team issues.**

1. Student athlete should talk to the coach.
2. Parent should contact the coach and discuss the issue.
3. If the issue is not resolved after speaking or meeting with the coach then the parent should contact the Director of Athletics and set up an appointment to discuss the issue with everyone who is involved in the situation.

## **STUDENTS AND PARENTS:**

### **PLEASE SIGN & RETURN THE**

**STUDENT ATHLETIC PARTICIPATION AND PARENTAL AUTHORIZATION FORM**

(ATTACHED)



# WELLS-OGUNQUIT COMMUNITY SCHOOL DISTRICT

1460 Post Road, Wells, Maine 04090

TEL (207) 646-8331 \* FAX (207) 646-4236 \* TDD (207) 646-7892 \* [www.k12wocsd.net](http://www.k12wocsd.net)

## Student Athletic Participation and Parental Authorization

**Student:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**Mailing Address:** \_\_\_\_\_ **Sport:** \_\_\_\_\_  
\_\_\_\_\_

### Student Acknowledgment

I, \_\_\_\_\_, understand that this application to compete interscholastic  
Please PRINT name  
athletics for the Wells-Ogunquit Community School District is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the school or of the Maine Principals Association.

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
*(Form invalid without student signature)*

### Parent/Guardian Acknowledgment and Authorization

I hereby give my consent for the above-named student to represent his/her school in athletic activities and to accompany any school team of which he/she is a member on any local or out-of-town trips.

I authorize the school to obtain, through a physician of its choice, any emergency medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel.

#### Please select ONE of the following:

1. I hereby agree that I will carry for my child (named above) adequate accident insurance coverage and will also indemnify and hold harmless the Wells-Ogunquit Community School District from all expense or damage resulting from participation in any approved and sponsored athletic activity.

YES\_\_\_ NO\_\_\_

Insurance Co \_\_\_\_\_  
Policy No. \_\_\_\_\_

2. I hereby agree to purchase football insurance through the Wells-Ogunquit CSD at a rate which covers my child during football season ONLY.

YES\_\_\_ NO\_\_\_

N/A \_\_\_

3. I will have my son or daughter obtain a school insurance form at the high school office which will cover my child in ALL sports other than football.

YES\_\_\_ NO\_\_\_

*(Form also available on WOCSD website – [www.k12.wocsd.net](http://www.k12.wocsd.net)).*

I acknowledge that I have read the Wells High School Athletic Code and that I have carefully read the regulations contained therein. (Athletic Code: <http://whs.k12wocsd.net/home/student-athletics>).

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*(Form invalid without parent/guardian signature)*