

Welcome

Welcome to the Newton North High School Athletic Program. The material in this reference guide is a direct result of more than 2 years of meetings among students, coaches, parents, faculty, the Athletic Director and the Principal. This guide reflects a consensus that was built and administrative decisions that were made that define our community's common values in sport at Newton North High School. Please refer to this guide when questions or concerns arise about your sons and daughters athletic experience at the school. This reference guide is intended for students, parents and coaches. The coaches at Newton North apply the principles stated here. Coaches are congratulated for their excellent work throughout the years. For students, this guide will help you understand what you can expect and what is expected of you. We hope you also learn that most problems can be solved through open, honest and sensitive communication. For parents, we hope this guide will help you understand this school's athletic policies so that you may be assured that Newton North High School, its athletic department and its coaching staff are doing everything possible to teach athletes fundamental values that transcend sports. For new coaches, this guide will help you to arrive at a coaching style that most reflects the school's policies and values. We hope that this knowledge will assist you on your way to a successful season. We all recognize that coaching is a difficult job and everyone should expect that errors will be made. Perfection is not expected of coaches any more than it is expected of students.

If your questions or concerns are not answered within this guide, please speak with your coach or feel free to call the Athletic Director's office (559-6210). Do not let your questions or concerns go unanswered or unresolved.

Please visit our website at <http://www.newton.k12.ma.us/domain/1008> for up-to-date schedules and standings, directions to fields, information regarding coaching staff and valuable links to related organizations.

Tom Giusti
Director of Athletics

Statement of Purpose

- A. Philosophy
 - B. Core Values
 - C. Our Purpose
 - D. Our Mission Statement
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A. Philosophy

The Interscholastic Athletic Program at Newton North High School is committed to the total physical, emotional, social and mental development of its participants. The program is an extension of the values and ideals developed in the Athletic Mission Statement and constantly strives towards the development of well-rounded individuals.

Building self-esteem and self-confidence is an ongoing process, used in both games and practices. Through this process Newton North coaches challenge and develop players, both technically and emotionally, in a positive manner, using both praise and constructive criticism. Coaches are encouraged to make praise personal, criticism impersonal.

As members of the Newton North athletic program, students and coaches are expected to demonstrate proper respect for each other, other teams and coaches, teammates, officials, spectators and equipment. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of their team, school and community.

B. Our Core Values

The Newton North Department of Athletics

- stands for the dignity and equality of all people
- believes that all people can learn throughout their lives
- strives for athletic excellence and supports academic excellence
- instills confidence through learning and achievement by positive reinforcement and constructive criticism
- encourages initiative and supports and channels individuality
- expects individuals to take responsibility for their actions and conduct themselves with integrity

C. Our Purpose: to teach, coach and learn to the depth and distance of our abilities.

The Newton North High School athletic philosophy goes hand in hand with the school's spirit of academic challenge. Superb coaching and training facilities and an extensive, gender-balanced program provide a setting in which students can develop themselves both as players and individuals. Newton North students demonstrate that a pursuit of excellence in athletics is fully compatible with the pursuit of excellence in the classroom, and that a combination of the 2 endeavors lends itself to a more complete educational experience. By supporting a vast menu of athletic activities and encouraging all students, athletically inclined or not, to participate, we provide the information and processes necessary for all students to fashion their dreams into richer and more satisfying realities.

By learning to think critically, withstand pressure, respect ourselves and others, adapt to change, question and respect authority, and hold ourselves and others to high ethical and educational standards, students and coaches accomplish the more difficult task: discovering in ourselves a fundamental worth that transcends athletic performance.

Our purposes, further, are to actively involve the greater community in our lives at the school and to be accountable for what we do. The department strives for excellence, not perfection. It is also our purpose, our duty, to emphasize to the community that excellence is fragile; it thrives on trust, the freedom to teach/coach and learn, and open communication.

D. Our Mission Statement

The Newton North Athletic Department dynamically supports the academic mission of the school. The athletic program is an extension of the academic classroom, not a diversion from it. The department of athletics' philosophical orientation is consistent with the school's mission statement. Our Mission therefore is to:

- ***encourage participation in a wide variety of offerings.*** All students will be challenged to take a chance on success.
- ***require students to meet reasonable standards*** for, and during, participation. These standards are defined by state association, league and school requirements and guidelines. They are enriched by innovative training and coaching. They are sustained by challenging and competitive athletic opportunities. We believe a genuine commitment and effort in any endeavor improves the quality of the participation.
- ***emphasize that respect for human differences*** and for the diversity of peoples must be at the center of the athletic experience. As members of the athletic program, students and coaches are expected to demonstrate proper respect for teammates, opponents, officials, spectators and property. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of their team, school and community.
- ***evaluate our athletic, professional, and personal progress regularly.*** Success is measured by more than wins and losses as winning and losing become byproducts of the quality of our efforts. A dynamic athletic program is vital to the positive social, physical, and educational development of students. It is our responsibility that the program functions at all times as an integral part of the total curriculum.
- ***foster moral awareness and civic participation*** by the example of our daily behavior. We offer opportunities to serve the school and develop fellowship and good will. We promote self-realization with physical, mental and emotional growth. We encourage the qualities of good citizenship and the ideals of good sportsmanship, ethical behavior and integrity throughout our school and community.

Sports at Newton North

A. Fall, Winter, Spring Offerings, Levels and Cut Policy

1. Fall Sports
2. Winter Sports
3. Spring Sports

B. Intramural and Club Sports

A. Fall, Winter, Spring Offerings, Levels and Cut Policy

Newton North High School offers over 32 varsity sport experiences. For most varsity sports there is a junior varsity developmental program. We offer 10 sport activities for freshmen only. In addition, intramural offerings are available for students who do not choose to get involved in the interscholastic program.

Gender equity is a major criterion in providing a healthy balance to our athletic program. Currently we offer 12 sports for boys only, 12 offerings for girls only, and 8 offerings which are open to boys and girls. If a sport is not listed boys or girls, it is open (*) to either gender.

FALL SPORTS

| | |
|------------------------------|--|
| Football* | Varsity/JV/9th (<i>No cut policy</i>) |
| Boys Soccer | Varsity/JV/9th (<i>Cuts may be necessary, except for 9th grade no cut policy.</i>) |
| Girls Soccer | Varsity/JV/9th (<i>Cuts may be necessary, except for 9th grade no cut policy.</i>) |
| Field Hockey* | Varsity/JV/9th (<i>Cuts may be necessary, except for 9th grade no cut policy.</i>) |
| Girls Volleyball | Varsity/JV (<i>Cuts may be necessary</i>) |
| Boys XCountry | Varsity/JV (<i>No cut policy</i>) |
| Girls XCountry | Varsity/JV (<i>No cut policy</i>) |
| Golf* | Varsity/JV (<i>Cuts may be necessary</i>) |
| Girls Swim & Dive | Varsity/JV (<i>Cuts may be necessary</i>) |
| Dance* | Varsity/JV (<i>Cuts may be necessary</i>) |
| Cheerleading* | Varsity/JV (<i>Cuts may be necessary</i>) |

WINTER SPORTS

| | |
|-----------------------------|----------------|
| Boys Basketball | Varsity/JV/9th |
| Girls Basketball | Varsity/JV/9th |
| Wrestling* | Varsity/JV/9th |
| Girls Gymnastics | Varsity |
| Boys Gymnastics | Varsity |
| Boys Track (Indoor) | Varsity/JV |
| Girls Track (Indoor) | Varsity/JV |
| Boys Swim & Dive | Varsity/JV |
| Boys Ice Hockey | Varsity/JV |
| Girls Ice Hockey | Varsity/JV |
| XCountry/Alpine Ski | Varsity |

SPRING SPORTS

| | |
|------------------------------|-------------------|
| Boys Baseball | Varsity / JV/ 9th |
| Girls Softball | Varsity / JV/ 9th |
| Boys Lacrosse | Varsity / JV/ 9th |
| Girls Lacrosse | Varsity / JV/ 9th |
| Boys Tennis | Varsity / JV |
| Girls Tennis | Varsity / JV |
| Boys Volleyball | Varsity / JV |
| Boys Track (Outdoor) | Varsity / JV |
| Girls Track (Outdoor) | Varsity / JV |

B. Club Sports

Club sports are available, but they are not Athletic Department programs. More information regarding club sports can be obtained by contacting the Club Advisor at 559-6200.

Rules and Regulations Governing Participation

A. Online Registration

B. Health Insurance

C. Physical Examinations

The following is a list of important policies, rules and regulations that govern our athletic department. Take the time to read and understand them. If any questions or concerns arise during your athletic experience at Newton North High School that are not addressed or answered in this section, please contact the athletic office at the high school (559-6210).

REQUIREMENTS FOR PARTICIPATION

Pre-Tryout Requirements: A student must be declared eligible by the athletic director according to the standards listed in this section before he or she will be allowed to try out for a team.

A. Parent's Permission/Online Registration

Every athlete must register online through familyid.com prior to his/her first practice (tryout) session. This registration must be completed before the beginning of each athletic season.

B. Health Insurance

All student-athletes must be enrolled in an HMO or similar health insurance plan. In addition, it is strongly recommended that each family purchase the supplemental insurance policy offered by the school system at a nominal yearly fee. Applications for this coverage can be obtained in the main office or your house office. Forms may be filed prior to the first day of practice during the fall season. This supplemental policy covers the cost of all treatment for injuries sustained in all school-sponsored activities and interscholastic sports, with the exception of football. It is the family's responsibility to file all claims under its own plan, or supplemental policy, within 3 months of the date of injury. Filing forms are available from the athletic trainer. The trainer will assist in filing these claims if requested to do so.

C. Physical Examinations

According to Massachusetts state law, any student who plans to participate on his/her school sport team must have a physical exam performed within 12 months prior to the start of the sport season.

Any student playing *fall* sports must have had a physical on or after August 20. Any student playing *winter* sports must have had a physical on or after the Monday following Thanksgiving. Any student playing *spring* sports must have had a physical on or after the third Monday in March. **Note: Some physicals will expire during the respective season and the athlete will be required to obtain an updated physical and drop a copy off to the athletic office or they will not be allowed to participate as of that date.**

The physical exam for athletic participation should be done by the student's private physician. A copy of this exam must be submitted to the athletic office prior to the start of the sport season. The sports physical is part of the comprehensive healthcare received by a student from his/her health care provider. The student's healthcare provider's familiarity with family history and the student's medical history is important in an assessment for sports participation.

For those students who do not have a private healthcare provider or who do not have health insurance, sports physical appointments are necessary and can be made by calling the health department at 796-1420 during the summer. Physicals may be faxed to the athletic department at 559-6915. Arrangements for qualifying students to receive physicals during the rest of the year must be made with the school nurse.

Tryouts

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship, parental permission, basic physical/health qualifications, and pay a user fee. In some sports, more students try out than can be kept on a team. When this situation occurs, cutting is necessary. Cutting students is a difficult and agonizing process, and all coaches realize that sensitivity and communication are essential. During the tryout period the coach will communicate and explain team information, expectations and criteria used to select players. It is the student's responsibility to demonstrate to the coach that he/she understands the information and can meet the criteria. It is the coaches' responsibility to evaluate and communicate with each athlete during the tryout period and decide which students will be placed on the team. Students who are cut from a team will be informed in person by the coach as to the reasons for the cut and will be offered suggestions for future improvement. Students cut from one team will be encouraged to try out for another team if there is space on that team.

After tryouts begin, an athlete may leave one sport and try out for another only with the consent of both coaches involved and the athletic director.

Tryout dates for all sports are as follows:

Fall: last week in August with some exceptions (final schedule published in June)

Winter: first Monday after Thanksgiving

Spring: third Monday in March

Participation in the athletic program is a privilege earned by students who meet and maintain the above standards.

Team Selection

A. Seniors on Varsity/Junior Varsity

B. Freshmen on Varsity

C. Movement Between Levels

The issue of team selection is complicated and requires ongoing discussions with the Athletic Director and coaches to maintain a balanced perspective.

While it is reasonable to expect that varsity teams will be made up of the best players, it is also important to recognize that high school athletes who work hard and can contribute to the team's success should be given the opportunity to be on the varsity team. The athletic department must, therefore, work to balance the desire to reward achievement with a sincere effort to include as many students as possible.

Freshmen on Varsity

As a general rule, freshmen are not placed on varsity. However, in some instances, a coach may feel that a ninth grader not only has the skills and maturity, but will be better served by playing on the varsity. In this case, after full discussion with the Athletic Director and the parents of the player, the coach may place the ninth grader on the varsity team. If freshmen do not make the varsity, they may be placed at the junior varsity or the freshmen level if a freshman team exists in that particular sport.

Movement Between Levels

No player moving from one level to another during the season will displace a player already at that level (i.e. junior varsity to varsity).

After You Make the Team

A. Requirements for Participation

1. Athletic Fees/ User Fees
2. Academic Eligibility

B. Commitment

1. Daily
2. School/Family Vacations, Absences, Conflicts
3. Daily Attendance, Homeroom, Class Cuts
4. Time Spent at School Health/ Nurse's Office

C. MIAA Athletic Eligibility Rules

1. Age
2. Time Allowed for Participation
3. Transfers to Newton North High School
4. MIAA Bona Fide Team Member, Rule 100
5. MIAA Drug and Alcohol Policy, Rule 62
6. Hazing
7. Sportsmanship

D. In-Season Eligibility

1. Academic Achievement
 2. School Discipline Obligations
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A. Requirements for Participation

A student must be declared eligible by the Athletic Director according to standards listed in this section to remain a candidate for a varsity, junior varsity or freshman team. The head coach will conduct a preseason meeting with all students and parents to communicate expectations, team rules and responsibilities.

1. Athletic Fees/User Fees

According to School Committee policy, under the following guidelines, each student-athlete at Newton North High School is required to pay a fee to participate on a team. **No student will be excluded from a team due to financial hardship.** Paying a user fee in no way guarantees a starting position or playing time.

- \$300 per sport per season, except football and ice hockey
- \$400 fee for football and ice hockey
- Family cap for athletics \$900
- Supercap: \$1200 maximum family cost per year (it does not include high school parking). Please contact Business & Finance Office at 617-559-9025 with any questions.

Athletic Fees and payments can be made online using the UniPay Gold link (<https://unipaygold.unibank.com/Transactioninfo.aspx?transid=11188>) or you can send in a check made payable to the City of Newton and sent to the Athletic Office, 457 Walnut Street, Newton, MA 02460. Please use this link: <http://www3.newton.k12.ma.us/feebasedprograms>. Fees are due upon conclusion of the tryout period and/or the finalization of the team roster.

Exemptions/Waivers: The fee schedule is in no way designed to exclude students from the athletic program. Exemptions/Waivers from the fee for extenuating circumstances may be granted by the Athletic Director. Requests for exemptions must be made in person to the Athletic Director. A coach does not have the authority to grant an exemption/waiver.

Refunds: Any student who voluntarily leaves a team or is dropped from its roster for disciplinary or eligibility reasons will **not** be granted a refund. In special instances, upon request from a student, a refund may be granted. Refunds are in the form of a credit good for the next season of participation. Any student who does not make a team roster (cut) will have his/her user fee returned.

2. Academic Eligibility

A student must always be enrolled in and passing at the conclusion of each marking period, at least 20 credit hours of work. For the fall season, final grades from the previous school year are used to determine eligibility.

3. Commitment

Daily

During tryouts and after team selection, the head coach will communicate and explain expectations related to practice times and locations and game schedules. Students are expected to make at least a 6-day, 2- to 3-hour daily commitment to the team each week. At the freshman and junior varsity levels, most of our teams do not practice or play on weekends, but students may expect practices or games each school day. Normally, practices will consist of an average of 2 hours of team activity per day taking place sometime between 3 p.m. and 7 p.m. The preparation times before and after practices or games bring the usual total time to 3 hours per day. At the varsity level, weekend and/or evening practices and games are more commonplace, and students should expect regular involvement during these times. Because many of our teams share facilities, and because some teams use facilities off campus, practice and game hours may vary considerably. Contact the coach or the athletic office for more specific information concerning practice and game times. At all levels, in all sports, students are expected to provide their own transportation to and from practices. The Newton North Athletic Department does not provide transportation at any level to or from practices or contests within the City of Newton.

School/Family Vacations, Extended Absences, Conflicts With School Events

Every team member is expected to be present for all team practices and contests. Due to scheduling parameters, many of our teams practice and/or play during scheduled school vacations and/or holidays. Although extended absences are discouraged, the athletic department recognizes that certain circumstances do require them. Students who anticipate being absent from team activities for an extended period of time due to *family vacation plans, religious obligations, school sanctioned activities, or college visitations* are expected to contact their coaches to discuss absences before making plans. If the student contacts the coach and the coach feels such absence is excused, the athlete can expect to return from such absences as a team member “in good standing.” If disagreement arises over this issue, see Conflict Resolution for guidance.

Although practices may be conducted on religious or school holidays, **athletic practices are not mandatory on religious holidays**. There will be no penalty for missing practice on a religious holiday. Coaches should be notified in advance if a student will not be at a practice or game. Sometimes students are involved in many school sanctioned activities and sometimes these activities conflict with their athletic commitment. Students who recognize that such a conflict may exist should also notify their coach well in advance of any absence. If the student, parent and coach cannot reach a satisfactory agreement concerning extended absences due to school sanctioned activities in advance of the absence, please refer to the section on Conflict Resolution for guidance.

Daily Attendance, Homeroom, Class Cuts

Students are expected to attend all scheduled periods including homeroom during the school day. Athletes must be in school and report to their house office and/or homeroom 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 and college visits must be cleared by the house office in advance, whenever possible. The athletic 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.

Time Spent in the School Health/Nurse's Office

Students who spend time in the nurse's office during the school day due to illness may not be allowed to participate in any athletic activities on that day. The nurse's log may be checked daily by a member of the athletic department.

C. MIAA Athletic Eligibility Rules

Newton North High School is a member of the Massachusetts Interscholastic Athletic Association, the organization that determines the rules and regulations governing athletics in the commonwealth of Massachusetts. MIAA student eligibility requirements for participation in high school athletics are quite involved. The MIAA regulations have been condensed considerably here in an attempt to highlight the most important rules and regulations. As with all MIAA rules, there is a waiver process. Waivers of MIAA rules must be initiated by the school principal and athletic director. If the information that follows does not answer specific questions, or there is a concern that a waiver might be necessary, please contact the athletic office. Also, our website has a link to the MIAA.

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

2. Time Allowed for Participation: A student has 4 consecutive years of eligibility from the date he/she first enters the ninth grade. Twelve consecutive athletic seasons are a maximum. Therefore, a fifth-year high school student is usually ineligible for interscholastic competition. There are some exceptions to this rule. See Athletic Director for clarification.

3. Transfers to Newton North High School: The rules governing transfer students entering Newton North High School from another high school are quite involved. Information regarding the athletic eligibility of all students transferring to Newton North High School should be requested from the athletic office.

4. MIAA Bona Fide Team Member, Rule 100: The MIAA has defined a bona fide team member of a high school team to be "a student who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with a non-school team." A non-bona fide team member is ineligible for the next 2 contests or 2 weeks and is excluded from all MIAA post-season sponsored tournaments. There are exceptions and waivers available to this rule. If there are questions regarding this rule, please contact the athletic office.

5. MIAA Drug and Alcohol Policy, Rule 62: Newton North High School supports the MIAA rules governing drug and alcohol use by student/athletes. Be alerted that this MIAA rule represents only a minimum standard upon which schools may develop more stringent requirements. Coaches will alert students prior to the season if more restrictive penalties will be applied.

The Rule (MIAA Rule Book, Rule 62): During the season of practice or play, 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. However, if NN has enough evidence to show that the student was aware of the presence of drugs or alcohol and did not leave the site, then the penalty may be enforced.

MINIMUM PENALTIES

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs.

If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency 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.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year. 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.

| 1st Offense | |
|--------------------|---------------------|
| # of Events/Season | # of Events/Penalty |
| 1-7 | 1 |
| 8-11 | 2 |
| 12-15 | 3 |
| 16-19 | 4 |
| 20 or over | 5 |

| 2nd Offense | |
|--------------------|---------------------|
| # of Events/Season | # of Events/Penalty |
| 1-3 | 1 |
| 4 | 2 |
| 5-6 | 3 |
| 7-8 | 4 |
| 9 | 5 |
| 10-11 | 6 |
| 12-13 | 7 |
| 14 | 8 |
| 15-16 | 9 |

| | |
|------------|----|
| 17-18 | 10 |
| 19 | 11 |
| 20 or over | 12 |

2nd Offense w/Dependency Program

| # of Events/Season | # of Events/Penalty |
|--------------------|---------------------|
| 1-4 | 1 |
| 5-7 | 2 |
| 8-9 | 3 |
| 10-12 | 4 |
| 13-14 | 5 |
| 15-17 | 6 |
| 18-19 | 7 |
| 20 or over | 8 |

During practice or competition, a coach shall not use any tobacco product.

Steroid Use: Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes, and the seriousness of the problem has been well documented. *A recent study indicates that over 3% of high school seniors have tried steroids in their lifetime (NIDA, 2004).* High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes.

Steroids can, with proper diet and weight training, increase muscle development; however, as a typical with most "get-rich-quick" schemes, steroid use has serious short- and long-term consequences.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The persuasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

(Note: At Newton North, this rule is in effect 7 days a week, 24 hours a day, throughout the school year.)

Note: For the *out of season athlete*, the penalty will commence at the start of his/her next athletic season.

6. Hazing

Hazing is defined as any conduct or method of initiation into any student organization that willfully or recklessly endangers the physical or mental health of any student or person. Under Massachusetts State Law, Chapter 536, Sections 16-19, incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practicable.

Section 17. “Whoever is a principal organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or by both such fine and imprisonment.” “Hazing is defined 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.”

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 a person can do so without danger or peril to himself or others, report such a crime to an appropriate law enforcement official as soon as reasonably practicable.” “Whoever fails to report such a crime shall be punished by a fine of not more than one thousand dollars.” There is no initiation of any kind to be a member of any team at Newton North High School. Students and coaches found in violation will be dismissed from participation in the athletic program. It is the responsibility of all coaches to inform all team members about the hazing law.

7. Sportsmanship

Newton North High School expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches, parents and spectators should treat opponents, game officials and visiting spectators with respect. Cheer for your team, never against the opponent. The MIAA reserves the right to “warn, censure, place on probation, or suspend up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship.” Newton North High School, in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, home and away. During the 1994/1995 school year, the Bay State Conference voted unanimously to amend the Massachusetts Interscholastic Athletic Association's Rule 63.8. The MIAA rule states “any student 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 that sport season for one year from the date of the incident. (Fighting does not apply to this section unless warranted in the judgment of the game official.)” The Bay State Conference rule, which replaces rule 63.8, states “any student 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 year from the date of the incident. Upon completion of the hearing, the Chairperson will indicate that the review will be taken under advisement and that the Principal will be notified in writing of the results.”

D. In-Season Eligibility

At Newton North High School, student-athletes are expected and encouraged to maintain the highest level of scholastic achievement possible. They are also expected to maintain the highest level of citizenship. To promote these goals, the following policies are in effect:

1. 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, 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 students did not give advance notification 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 suffer any athletic team penalty. The athletic department reserves the right to remove a student from a team for poor academic performance and may reinstate the student upon sufficient evidence of improvement. Reinstatement cannot be granted if students do not meet MIAA scholastic eligibility requirements. Coaches may place athletes on written “academic progress reports” when it becomes known that a student is performing poorly in the classroom.

2. School Discipline Obligations

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. 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. It is expected that our athletes be model citizens both in and out of school; they will be held to high standards and should set a positive example for all students.

Athlete/Coach Relationships

A. Coaching Expectations

B. Evaluation of Coaches

1. Professional and Personal Relations
2. Coaching and Related Areas

C. Conflict Resolution

1. First Step: Contacting the Coach
2. Second Step: Contacting the Athletic Director
3. Third Step: Contacting the Principal

D. Retribution

Participation in athletics should be an enjoyable, rewarding and enriching experience for all parties involved: student, coach and parent. There is no doubt that participation tends to be emotionally charged, and 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 Newton North 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 Newton North High School students.

Coaches are first and foremost teachers; athletes are first and foremost students. Each should exhibit on the playing field the same high standards one would find in the academic classroom.

Coaching Expectations

The assumption is that every man and woman who coaches high school students views himself or herself as a teacher first. It is within the relationship between the teacher-coach and the student-athlete that life lessons and values are taught and learned. The school's initiatives in wellness, citizenship, sportsmanship, integrity, and ethics affect most student-athletes when our coaches emphasize these values. 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. Newton North coaches are well aware that the influence that a coach may have with each individual team member is enormous. At Newton North 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 the responsibilities they have to follow, the policies and regulations of the MIAA, the Bay State Conference and Newton North High School. Each student must be treated as an individual, yet as part of the team. Rules and regulations must be uniformly and fairly enforced at all times. The percentage of student-athletes whose participation in organized sports ends with high school is overwhelming (well in excess of 90%). Therefore, we focus our attention upon developing goals that will develop contributing members of society after high school: goal setting, quality of effort, commitment, teamwork, dedication and a competitive spirit. Winning and championships become a byproduct of this quality of our efforts.

Athletes and their families can expect the following from members of the Newton North High School coaching staff:

Communication: Practice, game schedules and other time commitments, consistent with the guidelines mentioned previously in this booklet, will be distributed in writing to all team members. All head coaches will conduct a preseason informational meeting for all team members and parents to disseminate team expectations, rules, regulations and schedules.

Team rules and regulations: In addition to the ones stated in this booklet, will be well defined, distributed, discussed and enforced with all team members. Self-discipline of all student-athletes will be encouraged. Penalties for rule violations will also be well-defined, and applied fairly and consistently.

Individual Success: The coach will make every attempt to provide an opportunity in practice and contests for each athlete to succeed to the best of his/her abilities. The least skilled athlete deserves the same energy of teaching as the most skilled.

Social and Emotional Growth: The coach will attempt to assist each athlete to grow socially and emotionally. This aim is most easily accomplished with positive feedback and timely and sensitive communication with each individual team member.

Team Spirit/School Spirit: The coach will attempt to instill and promote school and team spirit and cohesiveness.

“Tiger Pride” is a contagious community rallying cry and it is expected that Newton North teams will support each other, not compete against each other for recognition.

Athletic Performance: Individual performance by an athlete will be critiqued by a coach and shared with each student at the appropriate time. ***Each athlete*** will be encouraged to work towards his/her full potential and each coach shall be involved in developing a positive self-image in all team members. Coaches will not negatively critique an athlete's performance via the media.

Skill Development: Each athlete will be taught the rules and skills of the game with the goal of developing maximum proficiency in the specific sport area. Each athlete should leave our program technically and tactically improved.

Approachability: The coach will be available to all of his/her athletes. Team members are encouraged to approach the coach about any topic that they wish. Students should make every attempt, if a matter is of a personal nature, to approach the coach privately and when there is sufficient time for worthwhile discussion. Coaches should be open and receptive and encourage these individual opportunities to educate and communicate.

Competitiveness: According to the MIAA philosophy, “winning contests, rather than losing them, is a laudable goal,” but “it should not supersede the primary priorities of high school sport programs” as listed in this document. Newton North High School coaches and athletes do and should play to win. All involved enjoy winning rather than losing, but they also know that preparing students to succeed rather than merely to win games is more important. Win or lose, students should learn lessons of a lasting and positive nature.

B. Evaluation of Coaches

Each coach employed by Newton North High School is evaluated on his/her performance at the conclusion of each athletic season. The evaluations are performed informally by the head coach for each of his/her assistant coaches and formally by the athletic director for each head coach.

The formal coaching evaluation consists of adherence to the policies stated in this “Guide to Athletics at Newton North” and the following:

1. Professional and Personal Relations

- a. cooperation with administration
- b. organization of staff
- c. relationship with parents and community, officials, students, opponents, media
- d. conduct during games, tryouts and practices
- e. ability to motivate staff and players
- f. professional development: attendance at meetings, clinics, etc.

2. Coaching and Related Areas

- a. quality of instruction: fundamental skills and tactical awareness
- b. handling of athletic injuries
- c. purchasing and care of equipment: issue and return of equipment
- d. supervision of team: discipline, structure, organization of practices, game organization
- e. preseason planning
- f. adherence to Massachusetts Interscholastic Athletic Association, Bay State Conference and Newton North High School policies and regulations
- g. willingness to devote time to coaching duties.

In addition, coaches are given a “Coaches Self-Evaluation Questionnaire” that affords them the opportunity to evaluate their coaching characteristics. Many coaches also use this tool to allow their teams to provide constructive feedback for enhancing their programs.

C. Conflict Resolution

Athletic involvement is highly emotional and very time consuming. Sometimes conflicts arise between students, coaches, and occasionally parents. However, the student's interest is best served when each participant understands the position of the other. This understanding can only be accomplished by open and honest communication. When conflicts or issues arise it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved.

Students and their parents should use the following process as a guideline when seeking resolution to conflicts or issues between an athlete and a coach:

1. First Step: Contacting the Coach

The athlete should present the conflict/issue to the coach as soon as possible. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If the personal or captain route is not possible, contact may be made by the athlete's parent at an appropriate time. In order for the contact to be as productive as possible, times that athletes, captains or parents should avoid are prior to, during or immediately following a contest; during an active practice session; when other students are present or when it would be readily visible to others that the discussion is taking place; when it is apparent that there is not sufficient time to allow for a complete discussion. Perhaps 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.

2. Second Step: Contacting the Athletic Director

If a satisfactory solution is not reached through direct contact with the coach, the student 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.

There should be no delay in airing any and all concerns since this process could take time and athletic seasons are relatively short, it is very important for all students and their parents to know that any comments, concerns or issues raised to the Athletic Director will be addressed. Parents and students may also expect to hear from the Athletic Director as to the disposition of their concerns. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

3. Third Step: Contacting the Principal

If there is still not a satisfactory resolution, the student or parent may contact the high school Principal. The Athletic Director should be informed that this contact is going to be made.

D. “Retribution”

Students and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and coaches are committed to insuring that after a student or parent raises an issue or concern, there shall be no “retribution” in any form within the athletic department at Newton North High School. If at any time, a student or his/her parent suspects that some form of retribution is surfacing as a result of the voicing of a concern, opinion, or issue, using the proper forum and method, he or she should contact the Athletic Director immediately.

PLAYING TIME

A. Ninth Grade and Junior Varsity Teams

B. Varsity Teams

There are many benefits to be gained by participation in athletics at the high school level. Young people learn the values associated with discipline, performing under stress, coping, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being and striving towards excellence.

Although there are many measures of success in the minds of each participant, perhaps the most emotional is “playing time” during contests. If a student has questions as to his/her “playing time” he/she is encouraged to discuss them with the coach (See also section on Conflict Resolution).

The following are coaches' guidelines for this all-important topic.

A. Ninth Grade and Junior Varsity Teams

At the ninth-grade level, the emphasis is on participation. The emphasis on the junior varsity team is balanced between participation and winning. Coaches will make a conscious effort to play all team members for as much time as is practical. There are many factors that govern an individual's playing time but perhaps the most important are practice attendance, quality of effort, attitude, commitment and athletic ability.

B. Varsity Teams

While coaches at the varsity level will make a *strong* effort to play all team members, the emphasis at the varsity level shifts towards fielding competitive teams with the goal of winning as many games as possible. This emphasis may result in uneven playing time among the athletes, with some students not playing in every game. The coach makes the often difficult decisions on who starts, who plays and for how long.

Note: At all levels, when the coach feels that the winning or losing of a particular contest is not in doubt, the coach shall make every effort to insert as many players as possible who see little playing time.

Team Captains

Coaches decide how team captains are selected. Captains may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be elected or appointed on a game-by-game basis. The team will be informed by the coach as to how captains will be selected.

It is expected that team captains be leaders of their team and ready to assume duties their coaches outline. They are expected to be well aware of the team rules and student-athlete responsibilities. Captains are expected to communicate with the coach, team and the Athletic Director in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director during the school year to discuss the athletic program.

Captains of teams may be relieved of their position for violation of team, department or school rules.

Equipment

Students have an obligation and responsibility to properly care for and return all equipment issued to them. 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. Payment must be received prior to the next season of athletic involvement or graduation, whichever comes first. Students may not be allowed to try out for a team or may have their diploma withheld if they have an equipment obligation.

Athletic Awards

Prior to the beginning of each season, coaches will clearly define and communicate criteria for earning varsity letters. These criteria are sport specific. Student athletic trainers and managers are eligible for varsity letters. In general, a student must complete a full season as a member in good standing to be eligible for a varsity letter.

Any student earning seven or more varsity letters will receive a Senior Plaque in recognition of his/her contributions to the athletic program. At seasonal athletic ceremonies all varsity letter winners receive recognition. Certificates of participation will be awarded to all non-varsity letter winners completing a full season.

Support Services

- A. Transportation to and From Contests
- B. Directions to Away Contests
- C. Postponed Contests
- D. Admission to Games
- E. Student Athletic Passes
- F. College/Career Guidance
- G. NCAA Clearinghouse

H. Athletic Facilities

I. Athletic Trainer and Training Room

A. Transportation to and From Contests

The school provides bus transportation, or a suitable substitute, to most away contests. All team members are expected to travel to these contests using the school-provided transportation for student safety reasons. Exceptions to this policy must be requested in writing to the Athletic Director, by a student's parent prior to the contest. Reasonable requests will be honored.

A coach may allow students to ride home from a contest with their parents provided personal contact at the game site is made between the parent and coach. In most instances, students will not be allowed to ride to and from contests with other students. Non-team members may occasionally be allowed to ride team transportation if room exists, the coach in charge has given approval, and prior written parent permission has been given to the Athletic Director. The athletic department does not provide transportation at any level to or from practices or contests within the City of Newton.

B. Directions to Away Contests

The athletic department makes every attempt to publish directions to all away contest locations. These are usually ready prior to the start of each athletic season and are available in the athletic office and on www.nntigers.com. Parents and other interested spectators may call the office for directions; however, because of the volume of daily calls to the office, it is much more efficient to obtain a set of seasonal directions. A schedule of contests for Newton North and all Newton North opponents maybe downloaded/printed by logging on to www.highschoolsports.net (www.highschoolsports.net will allow you to sign up for e-mail service and all schedule changes will be e-mailed to you directly).

C. Postponed Contest

Many contests throughout the school year are postponed due to factors such as inclement weather. In most instances it is the “home” school that calls for a postponement. By Bay State Conference rule, games are to be made up on the next available open date on both schools' schedules, including weekends, whenever practical.

Decisions on postponements are made as late in the day as is practical for proper notification of all interested parties. On school days, the most common time is about 1:30 p.m. for afternoon contests. If there are any questions as to the status of a contest, calls are welcomed to the athletic office, but please wait until after 2 p.m. On non-school days and for evening contests, postponements are made approximately 2 to 3 hours prior to the contest. Please delay calls in these instances until 2 hours before the scheduled contest. Normally, people may call for game status information until the scheduled time of the contest. (www.highschoolsports.net will allow you to sign up for e-mail service and all schedule changes/postponements will be e-mailed to you directly).

Because of scheduling conflicts it is sometimes necessary to cancel rather than postpone sub-varsity contests. Because of league standings and/or tournament qualification regulations, cancellations of varsity contests are extremely rare.

D. Admission to Games

It is often the practice at Newton North High School to charge admission to home contests in varsity football, varsity boys' and girls' basketball, varsity hockey and varsity wrestling. The revenues admission charges generate help offset the cost of the athletic programs at the high school. Revenues are used for the benefit of all teams. The revenue collected at the Fessenden Ice Rink and/or other rental rinks during the varsity hockey games helps offset the fees charged for ice rental.

E. College/Career Guidance

One of the most important decisions facing high school students is what to do with their lives after they graduate. The members of the Newton North High School athletic staff are eager to assist all student-athletes with this extremely important decision. They may be able to answer questions, contact schools and/or coaches, send video tapes, if available, and write letters of recommendation. The least they will be able to do is guide students to more knowledgeable resources who 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 National Collegiate Athletic Association regulations. Copies of the latest NCAA regulations are available in the athletic office. The counseling department also has a wealth of information and experience on this topic. Please be familiar with these regulations and seek assistance if needed.

F. NCAA Clearinghouse

The NCAA Clearinghouse is a central repository for information on high school curricula. The NCAA maintains this information to conduct evaluations of incoming college freshmen. The NCAA evaluates high school graduates' academic records in light of current NCAA initial-eligibility requirements. A prospective collegiate athlete needs to apply and receive a final certification by the Clearinghouse in order to participate in college athletics at the Division I or II levels. A student-athlete does not need to apply if he or she will attend a junior college, NAIA or NCAA Division III institution. Students may pick up Clearinghouse forms in the athletic office, Guidance Office or on line at www.act.org/ncaa/. This website also links to the NCAA Clearinghouse.

G. Athletic Facilities

Locker rooms: Once team rosters are set, if not before, each team member will be issued an athletic locker. If a locker is not issued, students should request one from the coach or equipment manager. There are sufficient numbers of secure lockers for athletes. Students are expected to lock all personal items and team equipment in their own athletic lockers at all times. Students should never give their locker combination to anyone else. Experience has shown that most losses are due to lockers left open or unlocked. On road trips, when lockers are not available, it is highly recommended that students leave valuables at home or give them to parents or a member of the coaching staff for safekeeping at the game site. Students should neither bring large amounts of cash or other valuable personal items to school, nor should they leave them at school.

Care of Facilities: Students are expected to treat all facilities, both home and away, with proper care. Newton North High School has some of the best facilities in the state and only proper care and respect will keep them this way. Vandalism is cause for dismissal from a team and further disciplinary action by the school administration.

Building and Facility Access: At the conclusion of each school day, student-athletes should bring all items that they need until the next school day to the locker room area. For safety reasons, students are not allowed access to other areas of the building after practice, games, or on non-school days. No student will be allowed access to any of our inside facilities without proper supervision by a school staff member.

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

Fitness Center: The Newton North High School fitness center is run by the Department of Athletics. When opened and supervised, it is available for all students unless it has been reserved as an in-season site for a practice session. Students/athletes are not allowed in the fitness center without proper supervision by a member of the staff.

H. Athletic Trainer and Training Room

Newton North High School is extremely fortunate to have a highly qualified and skilled full-time trainer as a member of the staff. On school days, the trainer's hours are usually from 2:30 until the end of the last practice session or home contest. During weekends, or on days when school is not in session, the trainer is required to be on site only for contests and for some scheduled scrimmages. Occasionally, the trainer will be on site for non-school day practice sessions. The training facility is very well equipped.

At certain times, the trainer, student-staff and facility are extremely busy. Access to the training room and its services is limited to athletes who are there for care only. The facility should not be used as a student lounge. Training services will be granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met. The training program exists to help athletes receive the best possible care. Please feel free to take advantage of it.

In the event of an athletic injury, the trainer and/or physician is in immediate control. At away contests, if the trainer or a physician is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to "take charge" of the situation and, if warranted, call for emergency care. After an injury, an "injury report" must be filled out by the student and coach, and a student may not return to competition without clearance by the trainer. Clearance may also include written permission from the doctor.

GOVERNING BODIES

- A. Massachusetts Interscholastic Athletic Association
- B. Bay State Conference

A. Massachusetts Interscholastic Athletic Association

The Newton North High School Athletic Department is a member of the Massachusetts Interscholastic Athletic Association and is therefore governed by Association Rules and Regulations. Additional policies, regulations and rules are set by the Newton School Committee.

Under MIAA guidelines, local communities are allowed to set their own policy, rules and/or regulations as long as they are more restrictive than stipulated by the MIAA. Rules governing individual sports vary depending upon the sport. For example, rules are stipulated by the National Collegiate Athletic Association (with MIAA modification) for football, for basketball by the National Federation of State High School Associations, and for baseball by the Sporting News Rules of Baseball. Copies of the complete set of MIAA rules and regulations are available in the athletic office. One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When our varsity teams qualify for and enter such tournaments, we are completely subject to 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 neither sanctions nor sponsors any sub-varsity tournament competition.

B. Bay State Conference

Newton North High School is very proud to be a member of the 12-school league known as the Bay State Conference. The Conference is governed by the MIAA and its own BSC Constitution. A copy of the BSC Constitution is available for your review in the Athletic Office. The Conference sets most of our game schedules at all levels of competition.

Most sport game schedules the Conference sponsors at the varsity level are divided into 2 divisions for championship play, and for seasonal play at the junior varsity and freshman levels.

The Hergert division includes the smaller schools in Dedham, Natick, Walpole, Milton, Norwood and Wellesley. The Carey Division includes the larger schools in Framingham, Needham, Braintree, Brookline, Weymouth and Newton North. Inter-divisional scheduled play is common for most of our teams. We also schedule some non-conference contests against schools from other surrounding communities. A few of our programs such as lacrosse, skiing and boys' gymnastics play in other leagues or compete entirely in a "non-league schedule". This scheduling occurs because the majority of schools in the Bay State Conference do not sponsor these specific sport activities.

In Closing

The Department of Athletics would like to give a heartfelt "Thank you" to all volunteer coaches, parents and administrators of the vast citywide sports and recreation programs who through selfless devotion and dedication help all children through the City of Newton.

We hope the information in this booklet makes everyone's experience with the Newton North High School athletic program less stressful and more enjoyable.