

**MVHS ATHLETIC HANDBOOK
2015-2016**

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This handbook is a guide. If there are any differences between this handbook and District Policy, District Policy governs.

The Administration and Board of Directors reserves the right to amend this booklet and its contents at any time as it deems necessary.

CO-CURRICULAR ACTIVITIES

It is a privilege for a student to participate in co-curricular activities. Participation is also voluntary and is not a requirement for graduation; therefore, extra time and effort are required of those who participate. Since the reputation of a school is often judged on the actions of a co-curricular program and its participants, high standards must be maintained. Those who have earned the right to represent MVHS in co-curricular activities are expected to accept greater responsibilities as school citizens.

Participation in clubs and activities is open to all students. All groups must have an adult supervisor who assumes responsibility for supervision, direction, fund raising and planning for the activity. All eligibility requirements for participation apply to co-curricular activities. Additional clubs may be considered when students indicate an interest. All teams/groups have additional eligibility requirements which will be provided upon request. The list of co-curricular activities is included below:

SPORTS

Baseball
Basketball
Cheering
Cross Country Running
Field Hockey
Football
Golf
Alpine & Nordic Skiing
Soccer
Softball
Tennis
Track
Wrestling
Wrestling

EXTRA-CURRICULAR

Art Club
Audio Engineering
Civil Rights Team
Fall Play
Interact Club
Intramurals
National Honor Society
NHS Tutoring
Peer Helpers
Pep Band
Robotic Club
Select Vocal Group
Spring Musical
Student Council
Yearbook
Big Brother/Big Sister
Dr. Who

THE PURPOSE OF THE MOUNTAIN VALLEY ATHLETIC HANDBOOK

The purpose of the Mountain Valley Athletic Handbook is to provide coaches, athletes and parents with the policies, procedures and information which govern our athletic programs. Mountain Valley High School is a member of the Maine Principals Association (MPA) and has agreed to conform to all of its rules and regulations governing athletics.

ATHLETES are expected to know the policies and rules governing participation and abide by them at all levels of athletic competition.

COACHES will use this information in making decisions that are consistent and fair as they work with their student-athletes. Additional coaches' rules and policies will be written and distributed during tryouts.

PARENTS AND GUARDIANS are asked to work very closely with their sons/daughters, coaches, teachers and administrators in making this experience for their children rewarding, positive and memorable.

A MESSAGE TO THE STUDENT ATHLETE

Participation in athletics is a very valuable part of your total education. The competition, camaraderie, loyalty and respect of other athletes, coaches and officials will be an integral part of your life.

As an athlete, you must be aware that you represent Mountain Valley High School and the communities of RSU #10. We expect that you will project a good image of our schools and our towns. Though our school is still young, there is a strong tradition of athletics at Mountain Valley High School; it is now your privilege to contribute to that tradition.

Participation in athletics is open to all students at Mountain Valley High School provided they meet the requirements pertaining to academic standards, eligibility, behavior, citizenship, attendance and appearance outlined in the Athletic Handbook and approved by the Board of Directors. Good luck to all participants; may your experiences be positive and rewarding.

PHILOSOPHY AND GOALS

The Athletic Department at Mountain Valley High School believes that the opportunity for participation in a wide variety of student selected participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community and to the students themselves.

Those experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education.

Mountain Valley High School student activities are considered a supplement to the school's program of education, which strives to provide experiences that will help to develop young men and women physically, mentally, socially and emotionally.

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics plays an important part too in helping the individual student develop a healthy self-concept as well as a healthy body.

Athletic competition adds to our school spirit and develops pride in our school.

OBJECTIVES OF THE ATHLETIC DEPARTMENT

1. To provide a positive image of school athletics at MVHS.
2. To strive always for playing excellence that will produce winning teams within the boundaries of good sportsmanship and the mental health of the student athlete.
3. To provide opportunities that will allow the program to serve as a learning experience where students may cope with problems and handle situations similar to those encountered in every day life.
4. To provide a program of student activities that includes appropriate activities for every young man and woman.
5. To provide opportunity for a student to experience success in an activity he/she selects.
6. To provide sufficient activities to have an outlet for a wide variety of student interests and abilities.
7. To provide those student activities which offer the greatest benefits for the greatest number of students.
8. To create a desire to succeed and excel.

9. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
10. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
11. To develop an understanding of the value of activities in a balanced educational process.

GOALS OF THE ATHLETIC DEPARTMENT

The ultimate goals of the athletic department are as follows:

1. To realize the value of participation without overemphasizing the importance of winning or excelling.
2. To develop and improve positive citizenship traits among our student-athletes.

SPORTS SEASON

The Maine Principals Association Sports Season Policy has been written and accepted by its membership in order to encourage student-athletes to participate in a variety of high school activities. It was also developed to discourage over-emphasis on a single sport by coaches and parents.

A Sports Season is defined as the period of time beginning with the first day of organized practice and ending with the day of the last regularly scheduled game or tournament for any particular sport. A complete description of and dates for the sports season are posted at http://www.mpa.cc/id_seasonpolicy.html.

ATHLETIC PROGRAMS

To represent Mountain Valley High School in any competition, a sport must be organized under the jurisdiction of the Mountain Valley School System and the Board of Directors.

FALL SPORTS

Cheerleading
Cross Country Running
Varsity/Junior Varsity Field Hockey
Varsity/Junior Varsity Football
Coed Golf
Varsity/Junior Varsity Girls' Soccer
Varsity/Junior Varsity Boys' Soccer

WINTER SPORTS

Cheerleading
Varsity/Junior Varsity Girls' Basketball
Varsity/Junior Varsity Boys' Basketball
Girls' Alpine Skiing
Boys' Alpine Skiing
Girls' Nordic Skiing
Boys' Nordic Skiing
Coed Varsity/Junior Varsity Wrestling

SPRING SPORTS

Varsity/Junior Varsity Baseball
Varsity/Junior Varsity Softball
Boys' Tennis
Girls' Tennis
Boys' Track
Girls' Track

ATHLETIC AWARDS

To earn any athletic award, an athlete must have completed the season in good standing as a member of a sport's team.

VARSITY LETTER AWARD

To qualify for a Varsity Letter Award, an athlete needs to, in the coach's estimation, have made a major contribution to the success of that sport program. The varsity coach must establish his/her criteria prior to the start of the season, have them approved by the Athletic Director, and explain them to the athletes. Students who do not receive a varsity letter will receive a participation certificate.

A Varsity Letter Award may also be made to a senior who has been a member of a specific sports program for three years without lettering in that sport.

An athlete may receive only one gray varsity letter in his/her high school sports career, but will receive a pin and a letter certificate each time he/she qualifies for a letter.

BLUE LETTER AWARD

A Blue Letter Award will be made to any letter winner on a team that has won a minimum of eighty percent of their regular season, meets or matches, or any letter winner on a team that wins a State Championship.

A Blue Letter Award will also be made to any individual who wins an individual State Championship while a member of a Mountain Valley High School team.

Any athlete who wins a Blue Letter Award will receive a Blue Letter, a letter certificate and a pin for the specific sport in which the award was earned. Unlike the Varsity Letter Award, the athlete receives a Blue Letter each time he/she earns the award.

THREE SPORTS AWARD

Any athlete who earns a letter award in three sports in any one school year will receive a plaque established as a Three Sports Award.

AWARD RECOMMENDATIONS

Coaches and/or booster organizations shall conform to the award standards listed below:

TROPHIES – The trophies to be awarded in any sport must be designated prior to the start of the season and approved by the Athletic Director/Principal.

SPECIAL AWARDS – Any type of special awards (one thousand point award, senior award, etc...) must be approved by the Athletic Director/Principal.

ELIGIBILITY FOR PARTICIPATION IN CO/EXTRACURRICULAR ACTIVITIES

All students are encouraged to participate in co/extracurricular activities. These activities offer students the opportunity to learn new skills, to compete in a variety of sports, to experience being part of a team, to develop character, positive attitudes and self-discipline, to demonstrate leadership and to realize personal accomplishments. This policy covers all activities that compete with other schools.

Participation in co/extracurricular activities is a privilege that carries with it responsibilities to self, classmates, school and community. Participation is entirely voluntary.

While the Board recognizes the importance of co/extracurricular activities to students, the schools and the community, it is the Board's intent to ensure that participation in co/extracurricular activities does not interfere with student learning and academic progress. It is the Board's intent to establish eligibility standards that support the well being of students and the integrity of the schools' co/extracurricular programs.

High School Academic Eligibility

- A. In order to participate in co/extracurricular activities, scrimmages, exhibition games, performances, competitions, or tournaments, a student must be a full-time student in the R.S.U. #10 school system. For high school students, this means the student must be enrolled in a minimum or an equivalent of four full-time classes and passing four. Students not meeting this academic minimum are on probation.

- B. All students will be checked for eligibility at each grading report.

- C. A student who is on academic probation may regain eligibility if his/her two-week progress report indicates that he/she is meeting the academic minimum. The student will have to do two-week progress reports until the end of the marking period (quarter/trimester).
- D. While on probation, a student may continue participating in practices only.
- E. A student on probation may travel with the team only if bus departure is after the normal school day. Students will remain with the team/club/organization at all times.
- F. All incoming freshmen will be considered eligible at the beginning of the first marking period of the year.
- G. Eligibility of transfer students will be determined by the Principal and, for interscholastic activities, the Principal and/or Athletic Director.
- H. Summer school will not be allowed to gain eligibility.

Sports Physicals and Insurance

Because of the relationship between athletics and student health and safety, a sports physical will be required every two years before a student may participate in interscholastic athletic activities. The school nurse will review the completed physical exam form and the athletic director will maintain the updated electronic student physical exam list. Thereafter, a student will be required to submit a completed Parent Approval/Sports Medical update form each year prior to participation. Returned forms will be reviewed by the athletic director, kept on file in the athletic director's office and will be accessible for coaches at sporting events in the event of an emergency.

A student who suffers serious illness or injury must obtain "return to play" clearance from his/her health care provider before further participation in athletics is allowed.

All students must demonstrate evidence of health insurance coverage before participating in athletic activities. If the student is not

insured by a family insurance policy, school insurance will be available at the student's expense.

Parent Permission for Student Athletes

A student must provide his/her coach/athletic director with a permission form signed by his/her parent/guardian before participating in the first practice.

Conduct Standards

The Superintendent/Designee shall be responsible for enforcing eligibility standards prescribed in this policy. The Superintendent/Designee may develop and implement other conduct rules for student athletes and participants in other co/extracurricular activities so long as they are consistent with this and other Board policies.

Students participating in interscholastic athletics and other co/extracurricular activities shall be subject to all such conduct rules, and the consequences for violating them, as well as all other rules affecting the student body.

Notification Policy

The Superintendent/Designee shall be responsible for notifying students and parents of the eligibility standards articulated in this policy through the student handbook, athletic code, parent and participant meetings, and/or other means.