

Athletics Handbook

2023-2024

Boothbay Region Elementary School



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Respectful-Responsible-Safe

Philosophy

The athletics program at BRES exists to provide all students with the opportunity to participate, build their skill levels, and experience the positive outcomes that can result from well planned, developmentally appropriate sports programs. The emphasis of the BRES program is on more inclusive and safer practices. There is also less emphasis placed on win-loss records and producing a “championship team” rather, building the team concept and developing skills – readying students for a more competitive focus in high school.

There are many positive benefits for young adolescents participating in competitive sports programs. However, when young adolescent needs and interests become secondary to pressures and unreasonable expectations from coaches, parents, the community, and even themselves, participation often has the opposite effect. Young adolescents' psychological, as well as physical, well being is a priority in BRES athletics program. The focus of the program is on helping young adolescents set goals that reflect their current interests and abilities. This makes it easier for them to emphasize improvement instead of the highly competitive aspects of sports that frequently pit one athlete against another.

The BRES athletics program follows a “no-cut” policy for most sports. Sports with limited playing positions (i.e. basketball, baseball, etc.) may need to cut students to insure practice and playing time. In these situations where cuts are unavoidable, we encourage our students to participate in other non-school sponsored activities to continue to develop skills.

Cutting youth from sports teams in which they would like to participate can have long-term psychological effects. This elimination is based on factors beyond the control of those wishing to participate (e.g., maturational differences, capricious nature of coaches' judgments). Eliminating young adolescents from teams denies them opportunities to learn new skills, to build confidence in their abilities, and to develop positive interactions with their peers.

All BRES students are encouraged to participate in the athletics program. Participation is based on desire rather than just talent. Focusing on team-building and skills, student participants are expected at all practices. Participation in game situations will be based on the students' attendance and focus at practice.

Goals of the Extracurricular Program

- To build self-esteem
- To develop skills
- To expand interest in lifetime and leisure activities
- To provide opportunity for personal and social growth
- To encourage all students to participate
- To develop a positive self-discipline
- To develop self-motivation

Sports Programs Offered at BRES*

Fall Athletics

Cross Country (Coed)

Football (Coed)

Field Hockey (Girls)

Soccer (Coed)

Winter Athletics

Basketball (Boys/Girls)

Cheering (Coed)

Spring Athletics

Baseball (Coed)

Track & Field (Coed)

*Each sport is offered for each season, if the interest is sufficient, a coach with the correct credentials can be hired, and the proper equipment, practice facility, and playing facility is available.

**All BRES Sports are offered to all 7th and 8th grade students. Each sport may be offered to 6th grade students if the number of 7th and 8th grade students is not adequate for league participation and the type of physical activity is deemed safe.

Eligibility for Participation

Health Clearance: All BRES student athletes must have current athletics paperwork on file with the school. This includes proof of health insurance, emergency medical authorization, and a sports clearance from a physician. **Sports clearances are current for two years following the date of the examination.** Students **will not** be allowed to participate in practices or competitions without completing all the necessary paperwork and submission of a current sport clearance physical.

Academic Standing: Student-athletes must be in good academic standing in order to participate in athletics at BRES. Good academic standing will be defined as failing no more than one class for no longer than 1 week. A grade of “incomplete” will carry the same weight as a failure. Grade checks will be conducted every week using the BRES Academic/Conduct report. Initial eligibility for all sports seasons will be determined by current grades and grades from the previous quarter.

Students who are not in good academic standing, will be placed on Academic Probation for 1 week. While on probation, students may practice with their team, but cannot participate in team contests. During this time, students will have the opportunity to return to good academic standing and full eligibility. If a student athlete has not met eligibility requirements by the next grade check, the student athlete will not be able to participate in practices for 1 week. If the student athlete is not in good standing after the 2nd week, the student may be removed from the team for the remainder of the season.

Conduct: Participation in extracurricular activities is a privilege. Students in such activities represent not only themselves, but the school and the community as well – and serve as role models for their peers. Therefore, students who participate in athletics are subject to additional rules and sanctions, including removal from the team/activity. Student athletes are expected to meet our student code of conduct, both in-school and while participating in school-sponsored activities.

- **In-School Conduct:**
 - Student athletes are expected to meet all school and classroom expectations.
 - Students receiving more than one office referral for major/aggressive behaviors during a sports season will be placed on probation for one week.
 - During this time, student athletes will be allowed to practice, but not participate in competitions.
 - In-order to return to full participation, students must complete all consequences/restorative actions assigned by the school and receive no additional major referrals.
 - Additional referrals after being placed on probation may result in removal from the team.
 - Any student suspended during a sports season may not participate in practices or competitions during the suspension period. A meeting with the athlete's parent/guardian, coach, athletic director, and assistant principal must occur before the student returns to the team.
- **On-Field Conduct:**
 - Any student who does meet the Code of Conduct (below) while participating, is subject to disciplinary action by the coach, including short-term (3 days or less) suspension from the team.
 - Coaches will communicate with the student athlete's parent, the athletic director, and/or school administration prior to any suspension.
 - Any longer term suspension from the team, will require a meeting between the above stakeholders before any such suspension occurs.
 - If a student athlete is disqualified from a contest, they will be required to sit out the next contest and meet with the athletic director and/or assistant principal prior to competing again.

Attendance: Student athletes must be in school all day (prior to 8:00) in order to participate in a practice or game. Exceptions to this policy include:

- Doctor's appointment - note required upon return to school
- School related function or field trip
- Emergencies, as authorized by the athletic director or building administrator

Code of Conduct for Extracurricular Programs

While participating, the Player will:

- Treat officials, teammates, and opponents with respect and keep sportsmanship as a priority
- Accept victory modestly and defeat graciously
- Respect decisions as they are made and abide by them
- Display positive emotion and behavior
- Never cheat, swear, bet or grandstand
- Keep physically fit and observe all the training rules
- Use his/her influence on and off the court/field to help develop good spectator sportsmanship
- Exhibit courteous behavior towards visiting team members, team officials and spectators

- Play for the joy of playing and the success of the team

Hazing: BRES is committed to the personal development of each student in our athletic program. The athletic department is committed to providing a safe learning environment for all participants, coaches, and supporters. As a result, we unequivocally oppose any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment, or ridicule to any person

Our athletic department will interpret hazing as any act whether physical, mental, emotional, or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him or her, or which may in any fashion compromise his or her dignity as a person.

Reported incidents will be investigated promptly and in a manner that protects the rights of the persons filing the complaint, the person complained against, and the school. Student-athletes who participate in such actions will be subject to discipline by the coach, athletic administrator, and/or school administrator.

The privilege of participating in any athletic event/practice may be removed by a coach, athletic administrator, or school administrator if the athlete does not conduct himself/herself in a manner that reflects favorably on the team and/or school or for violations of the athletic handbook. (Reference Maine Anti-Hazing Law (Statutes 6553 and 10004).

Playing Time

There are many benefits gained by participating in athletics at the middle 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, participation 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 about his/her playing time, he/she is encouraged to discuss them with the coach.

The middle school level has an emphasis on participation. There are many factors that govern an individual’s playing time, but perhaps the most important are practice attendance, quality of effort, attitude, and commitment. Coaches will make a conscious effort to play all team members for as much time as is appropriate.

Student, Parent, and Coach Communication

Involvement requires commitment from students, parents, coaches, and advisors. To be successful communication must happen. "It is natural for a parent to attempt to steer their child through the rough spots in life in order to enhance the child's enjoyment of the athletic experience. But, athletics offers an excellent opportunity for students to solve their own problems" (from Sports Done Right, page 28). To that end we have our guidelines of communication that will assist the parents and the student-athletes as they develop the confidence to self-advocate and reap the educational benefit of learning how to help themselves or the team.

WHAT COMMUNICATION SHOULD YOU EXPECT FROM YOUR STUDENT'S COACH?

1. When and where are practices and contests
2. What the coach's philosophy is
3. What are the expectations of the coach for all the players on the squad, as well as your student
4. What is required to be a part of the team, i.e. - special equipment, off season conditioning, etc
5. Notification when your student is injured during participation
6. Any disciplinary action of your student that results in removal from participation

WHAT ARE APPROPRIATE CONCERNS TO DISCUSS WITH COACHES?

1. The treatment of your child, mentally, and physically
2. 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. Other students or athletes

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, WHAT PROCEDURE SHOULD BE FOLLOWED?

1. The Student-Athlete should meet and discuss the issue with the Coach or Coaching Staff.
2. The Parent(s) make an appointment with the coach.
3. If the coach cannot be reached, call the Athletic Director, Mr. Dennis Dacus, to set up a meeting.
4. Please do not attempt to confront a coach before, during, or following a contest or practice. These are emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call and set up an appointment with the Athletic Director, Mr. Dennis Dacus
2. If resolution to the situation is not reached with Mr. Dacus, an appointment should be made with a building administrator, Mr. Lindemann or Mrs. Kurr
3. If the situation is still unresolved, the matter should be brought to the Superintendent of Schools, Mr. Robert Kahler
4. If all prior avenues have been pursued without resolution, the final attempt at resolution would be to contact the School Committee

We are continually attempting to improve communication with the students and parents. For our program to be successful, it is necessary that everyone involved understands the direction the program is headed.

Changing Sports In-Season

Choosing a sport should be considered a commitment that should last for the entire season. If a student/athlete desires to change sports programming during the season, a discussion between the student/athlete, the current coach, and Athletic Director will take place as to the reason for the switching of sports. If the current coach and Athletic Director decide that the reason for the switch is appropriate, the accepting or new coach can decide to accept, decline, or discuss with the student/athlete and Athletic Director this transition of sports programming. Both coaches and the Athletic Director must all agree on the transition of sports.

Transportation Policy

All team members representing BRES in interscholastic competition or attending BRES sponsored events must be transported to and from the site of the event on CSD vehicles except under the following circumstances:

- A student may return home with the student's parent/guardian if the coach has received permission from that parent/guardian. Parents must sign their child out with the coach prior to departing from an event.

- In the event of an unusual or special situation, a student athlete may ride home from an away contest with parents other than their own parents. **Written permission** must be obtained and approved by the building administrator. They shall approve only those situations where special circumstances exist or hardship is avoided through the approval process.

It is the intent of the district to move students to and from activities in CSD vehicles whenever practical.

What Students and Parents Can Expect from BRES Coaches:

- **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 highly 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.
- **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, team or opposing team's performance.
- **Skill Development** - Each athlete will be taught the rules and skills of the game. In addition, each athlete should leave our program technically and tactically improved and with a better understanding of the sport.
- **Approachability** - The coach will be available to all of his/her athletes. Team members are encouraged to approach the coach about any topic relating to their participation in the sport. Students should make every attempt to approach the coach when there is sufficient time for worthwhile discussion. Coaches should be open and receptive and encourage these individual opportunities to educate and communicate.

Parental/Fan Responsibilities

Spectators should:

- Realize that they represent the school and always conduct themselves in a sportsmanlike manner.
- Model the same conduct we expect of student-athletes.
- Respect the decisions of the officials.
- Insist that visiting teams and spectators receive the utmost courtesy while in town and on school property.
- Inappropriate behavior at games may result in that individual being removed from the game site and being barred from future contests both home and away.

Injury Procedure

All coaches will be encouraged to complete a course in First Aid and CPR. All coaches will be encouraged to complete a training seminar in athletic training / conditioning and to update those when necessary.

- Report the incident immediately and complete the appropriate accident / injury report within 24 hours of the incident occurring and turn into the Athletic Director.
- The coach is responsible for accompanying the injured athlete to the hospital when the parent is not available.
- If necessary, the play shall be suspended if a team has only one coach and that coach must go to the hospital with the injured athlete. The remaining team members will be left in the care of the CSD bus driver on away trips or the opposing school's officials.
- BRES coaches shall not attempt to render aid which exceeds their expertise. Where there is doubt regarding an athlete's condition, a coach should seek a medical diagnosis from a qualified person.

Athletic Facilities

Locker Rooms - Experience has shown that most losses (missing items) are due to lockers being left open or unlocked. On road trips, when no lockers are available, it is highly recommended that students leave valuables at home or give them to parents or a member of the coaching staff for safe keeping at the game site. Students should never 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. Vandalism is cause for dismissal from a team and further disciplinary action by the school administration.

Athletic Shoes - At no time should shoes with cleated soles be worn inside the building. Serious injury could occur as well as destruction of the gym and hall floors.

Substance Abuse Policy

All students are expected to abide by School Board Policy [JICH](#); Drug and Alcohol Use by Students. This policy will be in effect from the first official day of the sport's preseason until the last day of that season (including banquets and/or other recognition activities). Students participating in activities may not engage in the prohibited behaviors described in Policy JICH at any time or place for the duration of the activity's season. This applies whether on or off school grounds, 24 hours a day. Any school staff that has reason to believe that a student has violated this policy is expected to report the incident to an appropriate school administrator as soon as possible.

The objectives of this policy are:

- To provide activities where the individual may fulfill educational values such as leadership, sportsmanship, teamwork and self-improvement in a safe and positive environment.
- To build a sense of ownership, pride and collaboration among those who participate.
- To discourage students from using tobacco, alcohol, illegal drugs, and/or potentially harmful substances (including similar or look-a-like substitutes).
- To encourage students who have made the choice to use tobacco, alcohol, illegal drugs, and/or potentially harmful substances to take personal responsibility for their actions.

Below are listed the consequences for violating the Substance Abuse Policy:

Violation	Consequence	Self-referred Consequence
1st Offense	<ul style="list-style-type: none"> • 14 day calendar suspension from all activities. After 7 calendar days, student may return to practices but may not compete in events • Student must meet with a Counselor or Social Worker 	<ul style="list-style-type: none"> • No restriction from participation provided the student meets with a Counselor or Social Worker
2nd Offense	<ul style="list-style-type: none"> • Suspension from all activities for the remainder of the season • if the violation occurs 2/3rds of the way through countable contests, the suspension will encompass the entire following season • Student must meet with a Counselor or Social Worker 	<ul style="list-style-type: none"> • 14 day calendar suspension from all activities. After 7 calendar days, student may return to practices but may not compete in events • Student must meet with a Counselor or Social Worker
3rd Offense	<ul style="list-style-type: none"> • Suspension from all activities for one calendar year • Student must meet with a Counselor or Social Worker 	<ul style="list-style-type: none"> • Suspension from all activities for six(6) calendar months • Student must meet with a Counselor or Social Worker

If a student violates the terms in the Substance Abuse Policy close to the end of the season, and does not serve the entirety of the consequence – the remaining days will be served at the start of the following season, beginning with the first day of preseason practice. Violations are cumulative during a student's middle school years, but do not carry over to high school.

Self-Referral:

If a student and/or their parent/legal guardian initiates the report of that student's substance abuse policy violation to a school officer (administrator, teacher, coach, advisor) prior to the school officials initial inquiry into the matter, and does so in not more than seven (7) days after the actual violation – this will be considered a self-referral.