

**Ralph C. Mahar Regional
School Athletic Department**

"Senators"

**Handbook for
Student-Athletes
and Parents**

Michael Baldassarre, Superintendent

Scott Hemlin, Interim Principal

Jim Woodward, Athletic Director

Ph: 978.544.2542

www.rcmahar.org

Table of Contents

	Page #
Section I - General Overview.....	1
A. Introduction.....	1
B. Philosophy.....	1
C. Governing Bodies.....	1-2
D. Athletic Programs.....	2
E. Starting Dates.....	2
Section II - To the Parents.....	3
Section III - Student Participation.....	4
A. Attendance.....	4
B. Student Eligibility...(I-V).....	4-6
C. Bona Fide Team Member Rule.....	6
D. Only One School Sport Per Season is Permitted.....	6
E. Equipment.....	6
Section IV - Discipline and In-Season Training Rules and Regulations.....	7
A. Rules.....	7
B. Hazing Policy.....	7
C. Hazing Form	8
Section V - Injury Care and Insurance.....	9
Section VI - Sportsmanship.....	10
A. Players.....	10
B. Students.....	10
Section VII - Letters and Awards.....	10
A. Overview.....	10
B. Procedure for Awarding Varsity Letters.....	10-11

SECTION I

General Overview:

A. Introduction:

This booklet contains information regarding policies, practices and regulations that govern the athletic program at Mahar Regional School. Please keep in mind that Mahar is a member of the MIAA and abides by the MIAA rules and regulations, in addition to the rules and regulations set forth by Mahar. The entire MIAA blue book of rules can be found at www.miaa.net. We believe that this information will help answer many of your questions regarding policies, practices and regulations that govern the Athletic Department at Mahar.

Please keep this booklet to use as a point of reference whenever you have a question regarding your student-athletes. If you feel that your questions are not answered, contact the Athletic Director. Please do not let your questions or concerns go unanswered, or depend upon answers from people who are not empowered to give them.

We look forward to your association with the athletic program at Mahar.

B. Philosophy:

The athletic program at Ralph C. Mahar Regional School is an integral part of the total school program. It offers the student body the opportunity to participate in a wide variety of activities that enhance the educational experience. Participation is a privilege that carries with it responsibilities to the school, sport, student body, community and the students themselves. These experiences contribute to the development of the learning skills and emotional patterns that enable the student to make maximum use of his or her education and maximize the opportunity for physical, mental, social, and emotional growth.

Athletics are considered an extension of the school day. Our coaches are charged with the responsibility to teach the values of compassion and sensitivity engender a caring attitude toward all players, and develop a respect for all participants. Along with teaching the values of accepting success graciously, honesty, commitment, sportsmanship, moral support, self-reliance, integrity, teamwork, fortitude, leadership, responsibility, character, accountability and social skills. This is an awesome responsibility - challenging to all involved. We will do our best to see that this task is not taken lightly.

The program goals vary from sub-varsity (middle school and junior varsity) to varsity level. The goals at the sub-varsity level are to allow as many students as possible to participate and share the experience and benefits derived from team memberships to further skill development and conditioning for possible future high level competition. The goal of the varsity level is to compete successfully with other teams in our league and with other teams or individuals of a similar division in state competition. The emphasis of the program at the sub-varsity level is on the development of basic skills, appropriate attitudes, and the learning of concepts under limited competition. Varsity levels concentrate on advanced skills and strategies. Participation at the varsity level is generally limited to the most highly skilled players and those with the ability to interact with other players for team success. The coach will make assessments during the sport season relative to the level most beneficial to the development and progress of each player. It should be understood that at the varsity level, playing time could be limited.

Tryouts are open to all students, providing they are in good standing academically, are good citizens, and are physically fit to participate. Participation in the program is a privilege that students earn by maintaining these standards.

C. Governing Bodies:

MIAA - Ralph C. Mahar Regional School is a member in good standing of the Massachusetts Interscholastic Athletic Association. With membership, the Principal and Athletic Department agree to abide by all rules and regulations of the MIAA. The MIAA is the governing body of athletics throughout the state of Massachusetts. It organizes, administrates, and establishes the guidelines for all post-season tournaments. When our varsity teams qualify for and enter such tournaments, we are subject to specific rules and regulations that govern each tournament.

PVIAC - Ralph C. Mahar Regional School is proud to be a member of the Pioneer Valley Interscholastic Athletic Conference. The PVIAC is governed by its own constitution in addition to the MIAA. The conference consists of a group of forty-six high schools that have organized for the purpose of establishing rules and guidelines to create fair and equitable competition among member schools in all sports.

Ralph C. Mahar Regional School Committee - Additional policies, regulations, and rules are set by the Mahar Regional School Committee and the Principal. Under MIAA guidelines, local communities are allowed to set additional policies, rules and regulations as long as they are not less restrictive than those stipulated by the MIAA.

Administrative Flow Chart -

- MIAA
- PVIAC
- Principal
- Athletic Director
- Head Coaches
- Assistant Coaches

D. Athletic Programs:

All students have the opportunity to try out for the following teams:

Fall Season

Field Hockey (V-JV-MS)
Football (V-JV-MS)
Soccer-boys (V-JV-MS)
Soccer-girls (V-JV-MS)
Volleyball (V-JV-MS)
Cheerleading (V)

Winter Season

Basketball-boys (V-JV-MS)
Basketball-girls (V-JV-MS)
Indoor Track-boys (V)
Indoor Track-girls (V)
Cheerleading (V-MS)

Spring Season

Baseball (V-JV-MS)
Golf (V)
Softball (V-JV-MS)
Track-boys (V)
Track-girls (V)

V= Varsity, JV=Junior Varsity, MS= Middle School

E. Starting Dates:

Fall season: the Monday before Labor Day (Exception: Football - allowed three additional non-contact days.)

Winter Season: The Monday after Thanksgiving

Spring Season: The third Monday in March

**The conclusion of the season is defined to include participation through the last MIAA sponsored tournament or event.*

SECTION II

To the parents:

Both parenting and coaching are extremely difficult jobs. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from the coach:

- ◆ Philosophy of the coach
- ◆ Expectations the coach has for your child
- ◆ Locations and times of all practices and contests
- ◆ Team requirements, i.e. Practices, special equipment, out of season conditioning
- ◆ Procedure followed should your child be injured during participation
- ◆ Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

- ◆ Concerns expressed directly to the coach
- ◆ Notification of any scheduled conflicts well in advance
- ◆ Specific concerns with regards to a coach's philosophy and/or expectations

As your child becomes more involved at Mahar, they will experience some of the most rewarding times of their lives. It is extremely important to also understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

- ◆ The treatment of your child, mentally and physically
- ◆ Ways to help your child improve
- ◆ Concerns with your child's behavior

Issues *not* appropriate to discuss with coaches:

- ◆ Playing time at the *varsity* level
- ◆ Team strategy
- ◆ Play calling
- ◆ Other student-athletes

It is very difficult to accept that your child is not playing as much as you may hope. The coach's job is very difficult and they take their profession seriously. They make their decisions based on what they believe to be the best for all students involved.

There are times that arise which may call for a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these discussions are needed, please follow the procedure below to resolve the issue of concern.

- ◆ Call the Athletic Director to set up an appointment. A return call from the coach will be arranged, or a meeting set up for you.
- ◆ Do not call a coach at home.
- ◆ Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meeting under these circumstances will not promote resolution.
- ◆ If the meeting did not provide satisfactory resolution, call to set up an appointment with the Athletic Director. The Athletic Director will listen to your concerns and attempt to resolve the issue.

SECTION III

Student Participation:

A. Attendance:

1. Athletes must be in regular attendance at all practice sessions, games and mandatory team functions. Planned absenteeism must be reported to the appropriate coach in advance.
2. Tardiness will not be tolerated.
3. Any athlete who is excused from practice a second time will not play the next game(s).
4. Any athlete who does not finish the season without being excused by the coach will forfeit all of their records, any all-star status, and his or her varsity letter. The season is not complete until all tournament games are over. This includes teams (i.e. soccer), individual (i.e. golf) and tracks meets (individuals through New England).
5. Academics come first. Coaches must use good judgment when athletes are absent or late because of academic work.
6. Any student that is absent on the day of a school-sponsored function may not participate in or attend that function (including all athletic activities.) Exceptions to the above are limited to the following:
 - a. If a student arrives at school prior to **10:40 am** or is dismissed after **10:40 am**, that student is not considered absent.
 - b. If a student has had his/her absence approved by the Administration.
 - c. A student who arrives at school, is dismissed, and returns prior to the end of the day, **and has been in attendance at least 3 clock hours.**
 - d. An absence on Friday does not apply to a Saturday football game. An absence prior to a vacation does not apply to a function during the vacation period.
 - e. Suspended students follow suspension rules outlined in the student handbook.
7. The cooperation of the classroom teacher, athlete, and coach are necessary for success.
8. Add/Drop
No student will be allowed to change teams once 5 days has elapsed in any season.

B. Student Eligibility:

i. Baseline Eligibility Requirement (MIAA Rule 51)

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school and meet all eligibility requirements. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school

principal (ie. The principal must have control and knowledge of the student's daily attendance and achievement).

ii. Physical Examinations/Medical Coverage (MIAA Rule 56)

All students must pass a physical examination within one year of each day of athletic participation. A sports physical terminates 365 days subsequent to administering and must be renewed immediately (should an athlete be "in season") to maintain eligibility. Physical examinations must be performed by a duly registered Physician, Physicians' Assistant or Nurse Practitioner.

The Athletic Department will schedule, through the nurse's office, physical exams for our athletes in June and September. It is the athlete's responsibility to have all proper paperwork in to the nurse before he/she can be examined.

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

iii. Transfer and Foreign Exchange Students (MIAA Rule 57)

Transfer and foreign exchange students must consider themselves "ineligible" to participate in an interscholastic athletic contest at any level until they have checked with the Athletic Director and Principal. There are many exceptions and waivers that can be filed upon request. Check MIAA blue book for details.

iv. Academic Requirements (MIAA Rule 58) and Mahar Regulations

58.1 - A student must secure during the last marking period preceding the contest (ie. second quarter marks and not semester grades determine third quarter eligibility) a passing grade in the equivalent of four traditional yearlong major English courses.

58.3 - To be eligible for the fall marking period, students are required to have passed for the previous academic year the equivalent of four traditional yearlong major English courses.

58.4 - Academic eligibility of all students shall be considered as official and determining only on the published date when the report cards for that ranking period are to be issued to the parents of all students within a particular class.

58.5 - Incomplete grades may not be counted toward eligibility.

From Mahar student handbook:

- "A student who receives a quarterly grade of less than sixty percent (60%) in any subject for the 1st quarter, 2nd quarter, 3rd quarter, or 2nd semester is ineligible to participate in any interscholastic activity and in many school activities during the subsequent quarter. Specifically, first quarter grades will determine eligibility for the second quarter; second quarter grades will determine eligibility for the third quarter; third quarter grades will determine eligibility for the fourth quarter; and second semester grades will determine eligibility for the fall." Credits earned through summer school, evening courses, etc. can be used to alter eligibility only if that course had been previously pursued and failed. In addition, you must have earned twenty (20) credits during the previous year.
- Academic ineligibility for the first quarter of the school year will be declared on the first school day of the term. A student with an incomplete in a previous year's course at the close of school shall be ineligible on this date and remain so until the incomplete is cleared and a passing grade awarded. For the second quarter, and the two quarters of the second semester, the time and date for declaring ineligibility shall be the close of the school day on which report cards are issued.
- Students whose work is evaluated as incomplete at the close of quarter by a subject teacher will be given ten (10) school days from the close of the quarter to make up all work owed. In unusual circumstances, such as after a prolonged illness, the teacher may extend the ten day limit, subject to the approval of the department coordinator.

- Students who are ineligible may attend athletic practice and games with the team, but may not wear the uniform and may not miss school time, including 2:10 to 3:00 o'clock help and make-up sessions, to attend practice or a game.

v. Time Allowed for Participation After Completing Grade Eight and Age (MIAA Rules 59-60)

59.1-A student shall be eligible for interscholastic competition for no more than 12 consecutive athletic seasons (i.e. 4 years) beyond the first completion of grade 8.

60 - A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that his/her 19th birthday occurs on or after September 1 of that year. For Freshman competition, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year.

C. Bona Fide Team Member Rule: Loyalty to the High School Team (MIAA Rule 45)

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Any student who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation.

D. *Only One School Sport Per Season is Permitted: (Rule 46)*

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

PENALTIES: If a student-athlete violates this rule, he/she will be ineligible for that season, and all contests in which he/she participated in both sports must be forfeited.

E. Equipment:

- a. The coach in charge of each athletic team is responsible for all equipment and uniforms used by that team.
- b. Team members are absolutely responsible for equipment issued to them and must return equipment promptly at the coach's request. All equipment must be accounted for before an athlete is eligible for an award, graduation or further participation in athletics.
- c. Athletes found guilty of equipment theft - whether assigned to them or to someone else - will make restitution and suffer to appropriate penalty. Such penalties may include suspension from further athletic participation, suspension from school, and/or legal action, as determined by the administration.
- d. The coach and student-athlete are responsible to see that all school equipment is properly cared for and not abused.

SECTION IV

Discipline- In Season Training Rules and Regulations:

A. Rules:

1. **DRUG AND ALCOHOL POLICY:** The Mahar Regional School, as a member of the MIAA, has adopted the MIAA's chemical health rule (#62, page 54 of the MIAA Bluebook) to encompass the entire school year, seven days a week, 24 hours a day.

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), 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.

i. **The 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. 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. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

ii. **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. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Students who violate this policy outside of their sports season must serve the consequence in the next season they choose to participate in. 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. When calculating percentages, all decimals are dropped. For example, 18 game season x 25% = 4.5 means 4 games, 11 game season x 25% = 2.75 means 2 games. The MIAA has informed member schools that this rule is in effect 24 hours per day, 7 days a week.

2. Students are expected to obey all rules and regulations as mentioned in the student handbook, which is signed at the beginning of the school year.

3. Additionally, each coach should set his or her individual discipline rules concerning team behavior and events appropriate for the particular sport. Penalties will be made clear to all student-athletes.

B. Hazing Policy:

1. Voted, unanimously, that the practice of "hazing" shall be prohibited by any organization, group or activity under the sponsorship or in affiliation with the Ralph C. Mahar Regional School District. This policy shall apply to any group or organization that operates on or in conjunction with the Mahar campus or on its grounds.

2. Any such group as above must acknowledge receipt and compliance with this Policy and Chapter 269 of the General Laws, sections 17, 18, and 19. Each coach must read this law to his/her athletes (within the first three meetings), fill out the Mahar Hazing Agreement and turn it into the Athletic Director.

Massachusetts General Laws, Chapter 269, Crimes Against Public Peace

CH. 269. S.17. Crime of Hazing; Definition; Penalty

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 both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean 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 the 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.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St.1985, c.536; amended by St.1987, c.665.

CH. 269. S18. Duty to Report Hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars. Added by St.1985, c.536; amended by St.1987, c.665.

CH. 269. S.19. Hazing Statues To Be Provided; Statement of Compliance and Discipline Policy Required

Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges, or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary schools, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report. Added by St. 1985, c. 536; amended by St. 1987, c. 665.

MAHAR HAZING ACKNOWLEDGEMENT

On behalf of _____ I certify that the _____
(Name of student group, team or organization) (Name of student group, team or organization)

has received a copy of M.G.L Chapter 269, Sections 17-19, An Act Prohibiting the Practice of Hazing, and has distributed a copy of the law to its members, plebes, pledges and applicants for memberships; and that the _____ understands and agrees to comply with the law.
(Name of student group, team or organization)

Signature: _____
(Designated Officer)

Date: _____

Signature: _____
(Name of student group, team or organization)

Date: _____

Signature: _____

SECTION V

Injury Care and Insurance:

1. The Mahar Regional Athletic Department feels that the best possible physical exam be given by the student-athlete's personal physician. His or her doctor is familiar with their health history. We strongly encourage this to be done. However, physical exams will be given to all students participating in the Mahar Athletic Program if the athlete so desires. These physicals will be arranged by the Athletic Director and given by the team physician. If the student is not present to take the exam on the assigned day, they will have to get their own physical on their own time.
2. The team physician or EMT will be present at all home varsity and sub varsity football contests.
3. All coaches are encouraged to be qualified in C.P.R and as many aspects of first aid as possible.
4. Coaches should be familiar with injury care procedures, including: (1) first aid, (2) notification of a doctor, (3) notification of parents, (4) and/or getting the injured person to the hospital.
5. Since each sport has unique types of injuries, each coach should have his own injury care plan.
6. Coaches must carry the designated emergency medical forms at all times as filled out by every athlete's parent or guardian.
7. Coaches should make sure his or her team members are familiar with the Mahar School insurance program.
8. An accident report must be made out for each student's injury. Three copies need to be made. One copy will go to the nurse within 24 hours of the injury, one copy will go to the Athletic Department and the coach should keep the other copy.
9. In the case of a head, neck or spinal injury or any serious type of fracture DO NOT MOVE OR ALLOW THE PERSON TO BE MOVED. Call or send for the nurse, if not on duty, call the ambulance immediately. Act in accordance with School District Policy.
10. If an injury or illness occurs during the season that requires medical attention, the student must have the attending physician complete the MIAA Return to Athletic Participation Form. This form must be turned in to the coach before the student may return to practice. This also applies to a player who was injured during the previous season and would be joining a team after the start of the season.
11. The following pre-season forms must be passed out to each student-athlete and filled out by the parent or guardian. Athletes will not be allowed to try out or practice until these forms are handed into the coach.
 - a. Sports Candidate Medical Questionnaire/Physical Form.
 - b. Emergency Medical Form.

SECTION VI

Sportsmanship

A. Players Should:

1. Remember that they represent Mahar at all times with their behavior and conduct.
2. Display respect for opponents at all times, and particularly towards injured players.
3. Avoid unsportsmanlike gestures, language or behavior.
4. Respect the judgment of game officials.

B. Students Should:

1. Leave horns, air horns, musical instruments, noisemakers, posters, streamers, or toilet paper and home (this does not include organized musical groups under the supervision of a school official).
2. Leave cans or bottles of beverages outside of the game areas.
3. Understand that the playing surfaces are off limits at any time including after the end of the game.
4. Realize that police will take the proper action against anyone who disobeys rules and regulations.
5. Understand and display proper sportsmanship and respect property, judgment of the coach and game officials.

SECTION VII

Letters and Awards:

A. Overview:

1. Letters shall be six (6) inch chenille, red with white border.
2. Letters shall be awarded to players, both girls and boys at the varsity level only.
3. Certificates of participation shall be awarded to all non-letter students on varsity teams, all junior varsity participants and assistant managers.
4. Only one varsity letter per sport will be given to any player during their school years. Cloth badges indicating the sport will be attached to the letter for all varsity sports in which a player is entitled to a varsity award.
5. Awards will be given to the captains of all varsity teams.

B. Procedure for Awarding Varsity Letters:

1. The coaches, Athletic Director, and Principal will use the following system for awarding varsity letters in baseball, basketball, field hockey, football, soccer, softball, and volleyball.
 - a. Players in grades 9 and 10 (exception- volleyball grades 7-10) must participate in three fourths (3/4) of all innings (baseball, softball), quarters (football, soccer & basketball), games (volleyball), or halves (field hockey) in the schedule.
 - b. Players in grade 11 must participate in one-half (1/2) of all innings, quarters, games, or halves.

- c. Players in grade 12 must participate in one quarter (1/4) of all innings, quarters, game, or halves.
2. For awarding varsity letters in golf and track.
 - a. Golf
 - ◆ A varsity letter is awarded to a participant who averages one (1) point per match during the golf season, (varies to the number of matches)
 - ◆ A letter is awarded to a participant who has shown consistency in his scores but because of the quality of match opponents has not averaged 1 point per match.
 - b. Track
 - ◆ A varsity letter is awarded to a participant who averages one (1) point per track meet during the track season (varies according to the number of meets).
 - ◆ Seniors who have participated in track for three (3) consecutive years, but do not have enough points for a letter will be given a letter for their effort with the express approval of the coaches.
3. Exceptions to the above procedures are as follows:
 - a. Seniors who have conscientiously attended practices for three (3) years may be awarded letters.
 - b. Players who have received an injury during the season may be awarded letters.
 - c. Varsity managers will be awarded the varsity letter at the discretion of the coach.
 - d. The Principal and Athletic Director will approve or disapprove all awards for participation in athletics.

Please sign and return this page to your respective coach

I have read the above rules and regulations in the student-athlete handbook and agree to abide by it as a condition for participation in interscholastic competition at Mahar Regional School.

Signature of Parent/Guardian

Date

Signature of Student

Date