

STUDENT ACTIVITIES

“The education that begins after the final bell rings”

MT. ANTHONY UNION MS/HS



2017-18

ATHLETIC / ACTIVITIES DIGEST FOR STUDENTS AND PARENTS

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<http://www.maupatriots.com>

All student participants and their parents are expected to read this digest carefully. Your signatures on the participation consent form confirm you have read and understood the information contained in this digest.

Welcome to the 2017-18 interscholastic athletic and student activities programs at Mt. Anthony Union MS/HS! You are to be commended on your decision to participate in co-curricular activities. In choosing to become involved in your school outside of the classroom, not only will you experience enjoyment, competition and camaraderie, but you have also made a commitment to your team or group, your school, and your community. An important aspect of your participation is honoring that commitment. High school athletics and activities are valuable components of education, and I hope you find your experience here at Mt. Anthony to be rewarding and enjoyable. This brochure is designed to provide students and parents with information about athletics and student activities. Parents, please familiarize yourself with this information so that you and your child(ren) understand and accept responsibility for our rules and policies.

HIGH SCHOOL STUDENT ACTIVITIES

For information about the high school activities below, go on our website (www.maupatriots.com) and click on "CLUBS" at the top right of page to get a list of the e-mail addresses of each advisor.

Bee Keeping Club	Chamber Singers	Chess & Board Games Club
Computer Gamers	Da Capos	Drama Club
Environmental Club	French Club/Exch.	Green Mountain Cadets
Interact Club	International Club	Intramural Activities
Jazz Band	Make-Create-Do Club	Majorettes/Color Guard
Marching Band	Messenger Newspaper	Model UN/Congress
National Honor Society	Recycling Club	Scholar's Bowl
Ski Club & Snowboarding	Sound & Stage Crew	Spanish Honor Society
Student Senate	Volunteer Club	Wellness Club
	Yearbook	

HS & MS INTERSCHOLASTIC SPORTS

For information about the high school activities below, go on our website (www.maupatriots.com) and click on "Coaches Directory" to get a list of the e-mail addresses of each coach.

FALL	Cheerleading – Spirit Squad	Varsity
	Cross country running – Boys & Girls	Varsity/MS
	Field hockey	Varsity/ JV/7-8th
	Football	Varsity/JV/MS
	Soccer – Boys & Girls	Varsity/JV/Freshman/8 th /7th
	Volleyball – Girls	Varsity/JV
WINTER	Golf – Boys & Girls	Varsity
	Basketball – Boys & Girls	Varsity/JV/Freshman/8 th /7th
	Cheerleading --Competition	Varsity/MS
	Dance Team	Varsity/JV
	Indoor Track – Boys & Girls	Varsity
	Nordic skiing – Boys & Girls	Varsity
	Swim Team – Boys & Girls	Varsity/MS
	Wrestling	Varsity/JV & MS
SPRING	Baseball - Boys	Varsity/JV/Freshman/MS
	Lacrosse – Boys & Girls	Varsity & JV
	Softball - Girls	Varsity/JV//8 th /7th
	Tennis - Boys & Girls	Varsity
	Track and Field - Boys and Girls	Varsity/MS
	Ultimate Frisbee – Boys & Girls	Varsity

ATHLETIC PHILOSOPHY:

At Mt. Anthony Union MS/HS we understand and appreciate the importance of athletics in the overall education of our student-athletes. Experiences teach values such as hard work, commitment, leadership, discipline, teamwork, and physical fitness, all within a framework of academic excellence. Participation contributes to the physical, emotional and social health of our students, and promotes a sense of unity and cooperation among athletes, the student body and the larger school community.

MAU has a tradition of success as measured by wins and championships, and winning is a natural goal. Our teams will strive to win, but emphasis will be placed on effort, improvement, respect for coaches, teammates, opponents, and officials, and learning to win graciously and lose with dignity. Winning is emphasized more strongly at the varsity level, but never at the expense of healthy attitudes, values, and perspective. At sub-varsity levels, winning remains a goal, but is subordinate to participation and skill development.

Above all, we want all of our athletes to have a rewarding and enjoyable experience.



Be the first to know about schedule changes!

By signing up on our website (maupatriots.com) you can be notified immediately by e-mail of any changes made to the athletic schedules of teams you follow by:

- Go to www.maupatriots.com
- Go to bottom right under list of sports team tabs and click on the red lettered "Sign Up Here" tab for Schedule Change Notification.
- Click on teams from drop down box that you want to be added to and hit "Select."
- Enter your name and click "Submit."

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1. ACADEMIC ELIGIBILITY: It is the policy of the Directors of the Southwest Vermont Supervisory Union, Bennington School District, Inc., Mount Anthony Union School District, North Bennington Graded School District, Pownal School District, Shaftsbury School District, and Woodford School District to encourage participation in athletics and the various other activities that are offered at the middle and high schools. These activities are recognized as any athletics team, club, organization, or group which meets on a regular basis and does not offer course credit for participation. For those classes bearing academic credit, school rules apply.

Eligibility for participation at the middle school and high school will be determined by:

- a. A student must have a minimum passing grade (65 or higher) in all courses.
- b. A student must have an overall average of 70% for all courses combined in the applicable period.
- c. Students will be monitored for grades at each warning period and at the close of each marking period.
- d. Students who are deemed ineligible at the close of the warning period will serve a minimum one-week probation period and may not resume playing or participating in games or performances until eligibility requirements have been met.
- e. Students who have a final course failing grade must sit out 1/8 of their season's games/performances and may not resume playing or participating in games or performances until eligibility requirements have been met.
- f. If a student has a failing grade on their end-of-the-school-year report card (including the transition from middle school to high school), they must sit out 1/8 of their season's games/performances at the start of the fall season and may not resume playing or participating in games or performances until eligibility requirements have been met. Passing a course in summer school does not make a student eligible for a fall activity.

PROBATION PROCESS

Failure to pass ALL courses and maintain a 70 average will result in a *minimum* one (1) week probation. The probation period for ineligible students will begin the day grades are finalized.

Students should be encouraged to try out or practice during this period, but may not participate in games or performances. Players may attend games (not in uniform) and may only go to away games if it does not interfere with attending classes. After a one week period the ineligible student must get an Academic Eligibility Report sheet from the Activities Office and complete it with a teacher's signature for each course verifying that the student is passing at that present time. If after the one week period the student has not met eligibility requirements, probation continues until requirements are met.

APPEAL PROCESS

An ineligible student may call for an appeal from their guidance counselor if he/she feels the grade(s) is unjust or inaccurate. An appeal hearing will occur within three (3) school days after the request is received. The student and/or the parents are the only ones who may initiate the appeal process. The principal will render a decision within one school day.

The following people may be present at the appeal hearing: the principal, the activities director, the student's guidance counselor, Special education case manager as appropriate, the teachers who have given the grades that caused the student to become ineligible, the coach/advisor of the desired activity, and the student/and/or parents. All of the student's teachers may attend if they wish.

2. ATTENDANCE: Students must check into school by 11 a.m. or arrive on schedule and be in attendance until 11:00 a.m. to be eligible to practice or play. If this policy is violated, it could result in the suspension of play in the next scheduled game. To participate or practice the student must be in school by 11:00 a.m. on that day and may miss no more than half their schedule. Exceptions may be made for college visits, funerals, field trips, etc., and must be known in advance. A student who is suspended from school will not be allowed to play, practice or attend school functions while serving OSS/ISS suspension.

3. CHANGE IN SPORT AND 2 SPORT POLICY: Except in isolated and unusual cases, students WILL NOT be permitted to change sports during the season, or to participate in more than one sport in the same season. Students should make every effort to honor their initial commitment to any sport or activity. Exceptions must be discussed in advance with, and receive the approval of, the head coach(es), along with the Athletic Director.

4. COMMUNICATION OF ATHLETIC CONCERNS: This section is intended to help improve communication between, parents, coaches and administrators, ultimately for the benefit of the student. Involvement in extracurricular activities will allow your children to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times. Our coaches work hard to do the best they can for all of their athletes, and we ask you to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. We strongly encourage the student, not the parents, to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

We recognize that situations may arise where parents find it necessary to raise a concern, and we ask you to please adhere to the following communication guidelines.

- Appropriate concerns to discuss with coaches:
 1. The treatment of your child, mentally and physically.
 2. Ways the parent can help the child to improve.
 3. Concerns about your child's behavior.
- Issues not appropriate to discuss with coaches:
 1. Playing time
 2. Team strategy
 3. Play calling
 4. Other student-athletes
- Protocol for registering concerns:
 1. Contact the Coach **first**. If you cannot reach him/her, call the athletic office and a meeting will be set up for you.
 2. If the meeting does not provide satisfactory resolution, call to set up an appointment with the Activities Director, Tim Brown.

5. CONSENT FORM: Along with this Digest, you will receive a Physical/Participation Form. In order to participate in athletics and student activities, this form must be filled out – for each activity. It must be signed by both the student and his/her parent/guardian, and turned in to the coach/advisor prior to the first meeting or practice. Signing the consent form indicates parental permission, as well as confirming that the contents of this digest have been read and understood by both the student and parent. The Physical/Participation Form is available in the Main Office and Activities Office, and can also be downloaded at <http://www.maupatriots.com>

6. CUT POLICY: One of the most difficult and unpleasant tasks of coaching is making "cuts." Before deciding to try out for an athletic team at Mt. Anthony, you must be prepared to accept the possibility that you may not be selected. No one enjoys telling a student who wants to play a sport that he/she does not possess the ability to make the team, but in some activities it is essential to reduce the squad to a manageable size, considering safety, resources, facilities, and coaching personnel. The coach's decision regarding cuts is final. No candidate (including seniors and students who have played on the team previously) is guaranteed a roster spot on any team. You will improve your chances of making a team by reporting to practice on time, in shape, with the necessary paperwork, and with a good attitude. If extenuating circumstances will not allow you to attend all or part of tryouts, contact the coach.

7. CYBERIMAGE POLICY: Mt. Anthony Union High School encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Facebook, Twitter, YouTube, etc. Any identifiable image, photo, video, or posted on-line conversation which implicates a student-athlete to have been in violation of our training rules, that is discovered on these or any other web-based site will be investigated immediately by school officials. Parents will be notified, and the student will be questioned.

8. DISMISSAL FROM A TEAM: Any student dismissed from a team due to a violation of team rules, training rules, hazing, or any other disciplinary situation, will not be permitted to join another interscholastic or club sport during the same season.

9. EQUIPMENT: It is the responsibility of the student to return all school issued equipment, uniforms and supplies to the coach or advisor. Students who fail to do so will be billed for the value of any missing items. Failure to pay the bill could result in the withholding of report cards and/or diplomas, and the denial of future participation or special school privileges. It will not be the responsibility of the student to replace items that are damaged through normal wear and tear.

10. EXCUSAL FROM P.E: A doctor or parent's excusal note to miss Phys. Ed. Class due to injury or sickness will automatically make a student ineligible to practice or play in an athletic event that day. Simply put: No PE, no play.

11. FAMILY VACATIONS: One of the most important aspects of participation on a team is commitment. As such, we respectfully request that all student-athletes who choose to try out for our teams, along with their parents, be prepared to commit to the team for all practices and competitions for the duration of the season. When parents and student-athletes choose to take family vacations during a sport season, it must be understood that the time missed by the student-athlete can affect team performance and chemistry. Student-athletes who miss practices or competitions for reasons related to vacations can (and likely will) have their playing time adjusted.

12. HAZING: Hazing is a form of harassment and will not be tolerated in conjunction with the Mt. Anthony athletic/activities program. Hazing is defined as "a willful act, occurring on or off school grounds, directed against a player or prospective member of a school-sponsored team or group, that endangers the mental or physical health or safety of a player or prospective member for the purpose of initiation, admission into, or continued membership of any such team or group." Another definition is "any activity expected of someone joining a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate." If a student is in violation of "hazing," consequences may range from individual suspension from participation in the athletic/activities program for a period of time, to cancellation of an athletic schedule, depending upon the magnitude of the incident and number of students involved. Consequences for hazing violations brought to the attention of the administration after the season may be applied to and/or include subsequent athletic/activities participation, athletic letter awards, or athletic/activities probation. The athletic/activities director and principal will determine consequences. There is also now a Vermont law making hazing a crime, and students should be aware that, in addition to the school penalties outlined above, they could face prosecution for engaging in hazing. The SVSU district hazing policy and procedures can be found at www.svsu.org under "Administration" and "Policies". It is policy #5088. It can also be found in the MAU Student Handbook.

13. INJURIES: MAU employs a full-time certified Athletic Trainer who is available to students to assist and/or advise in the care, prevention, treatment, referral and rehabilitation of athletic injuries. All injuries occurring while participating in athletics must be reported to the coach and/or trainer. Athletes who are treated by a physician, whether or not they are being treated by the trainer, must obtain written permission from the physician in order to return to the activity.

14. INSURANCE:

A \$100,000 accidental medical insurance policy is provided as a backup to whatever bills or expenses that are not covered by your family medical insurance policy. This should only be considered supplementary insurance coverage. This policy is for all students participating in any school sponsored interscholastic program at Mount Anthony Middle or Senior High School. Protection is provided for traveling to and from the event (transportation provided by the school). Benefits are paid based upon a surgical schedule outlined in the master policy. For questions about the policy and its coverage, call Chalmers Insurance Agency at (207) 647-3311. Should an injury occur, the company must receive complete proof of loss and accumulated bill within 90 days.

15. NCAA AND COLLEGIATE ELIGIBILITY: Students may wish to participate in intercollegiate athletics after high school. In order to be academically eligible the NCAA requires certain minimums on high school core courses, grades, and SAT/ACT standardized test scores. It is the responsibility of the student to monitor his/her status with regard to NCAA requirements. Questions in this area may be directed to the Guidance Department, or use the following resources:

For information about NCAA eligibility, go to <http://www.ncaaclearinghouse.net>

*For a free copy of the **Guide for the College-Bound Student Athlete**, call **1-800-638-3731**.*

16. NON-SCHOOL SPORTS: We understand that students frequently participate in sports outside of school, and we encourage them to do so as they choose. However, Mt. Anthony expects the commitment to MAU teams to be the students' first priority should a conflict arise. Students choosing to participate in a non-school team event in favor of an MAU team event, should expect to face consequences as decided upon by the coach – including decreased playing time, potential suspension and/or dismissal from the team. The coach must be informed of any such conflicts well in advance, but we do expect that all student participants will honor their commitment to our teams for the duration of the season.

17. PERFORMANCE-ENHANCING DRUGS/SUPPLEMENTS: Healthy student-athletes do not need supplements. Our students are encouraged to maintain a healthy diet, lifestyle, and exercise regimen in order to optimize performance. Use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc. is now included in our athletic training rules and will result in dismissal from the team. There are many other commercially available products (such as creatine and other nutritional supplements) marketed for the purpose of enhancing athletic performance. We advise against use of these products – studies on their long-term effects are incomplete, and they may be detrimental to the health and performance of young student-athletes. And, they can be dangerous when used inappropriately. Our athletic training staff is knowledgeable about the use and dangers of these products and they are available to answer questions from students and parents.

18. PERSONAL PROPERTY: Mt. Anthony is not responsible for students' personal property that is lost, stolen or damaged in association with participation in extracurricular activities. Participants in the athletic program will be issued a lock and locker in the locker room. We strongly urge students to lock up their belongings at all times, and to ask their coach to secure valuables and/or large amounts of money.

19. PHYSICAL EXAM: All participants are required to have had a physical within the past calendar year before they compete in any game or practice. This should be noted on the MAU Physical/Participation Form that is required to be collected from each athlete before starting practice.

If a student has had a physical from a previous season (within the past year), the parent may fill out and sign Part II in the box titled B. Medical Permission to Participate on the form.

20. PLAYING TIME: Decisions regarding playing time are made by the coach in the best interests of the team. At sub-varsity levels, every effort will be made to get all students playing time in each contest, regardless of their ability, provided the coach determines they meet the following requirements:

1. The student is in good mental and physical health, and playing will not place the student at unreasonable risk of injury.
2. The student abides by all school, department and team rules.
3. The student strives to "earn" playing time by consistently demonstrating good sportsmanship, respectful behavior toward teammates, coaches and officials, a positive attitude and strong work ethic.

At the varsity level winning is emphasized more strongly, and playing time is not guaranteed. Playing time is determined by the criteria listed above, as well as an individual's ability, and the team situation. Students who have questions about their playing time should address them directly to the coach. Coaches are not required to discuss playing time with parents.

DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A PRACTICE OR CONTEST. THESE CAN BE EMOTIONAL TIMES FOR BOTH PARTIES. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION.

21. SPECTATOR BEHAVIOR/EXPECTATIONS

The faculty, staff and administration of MAUHS are committed to keeping lines of communication open with parents about their questions, concerns and observations. Recognizing that parents and guardians entrust us with the care and education of their children, all interactions with them will be conducted at all times in a professional and respectful manner. Likewise, it is expected that parents/guardians also adhere to the same respectful interactions. Bullying and disrespect in any forms are unacceptable in school or at school events, activities and athletics. Adults who disregard this will be asked to leave school grounds and may be referred to the police or be served a no trespass order excluding them from being on the school premises or at school events, activities, and athletics. (See SVSU Policy #1015)

22. SPORTSMANSHIP : Mt. Anthony promotes good sportsmanship among athletes and fans. We encourage students, parents and friends to attend games and support our teams, but we ask you to do so in a positive manner. Individuals who choose to berate opponents or officials, use vulgar language, or make derogatory comments will be asked to leave. Furthermore, please remember that negative comments about coaches, players, opponents, or officials, even in conversation in the stands, do nothing but undermine the coach and harm the team. We understand that contests can get emotional, and a poor call, a costly mistake, or a loss can be difficult to swallow. However, we ask you to keep high school sports in perspective, and to understand that kids, coaches and officials do make mistakes. Yelling at them from the stands, or even sharing a negative opinion about the situation can only make matters worse. Please keep yourself under control at all times in the stands and represent our school and community with the dignity that you expect from our coaches and teams.

23. TRAINING RULES & PERSONAL CONDUCT POLICY:

Privilege. Participation in a co-curricular team/club activity is a privilege, only for qualified students who abide by the rules below.

Purposes. The chief purposes of these rules are: (1) to encourage a healthy and safe life style among students who participate in co-curricular activities; (2) to help them to resist negative peer pressure; (3) to ensure that as representatives of the school they are positive role models for other students; (4) to ensure that they conduct themselves in a way that brings credit to themselves and their school; and (5) to achieve co-operation among these students, their parents and school staff, in acknowledging the importance of these rules, and sharing responsibility for compliance.

Year-Round Application of Rules. These rules apply to such students year round, at school-sponsored and non-school-sponsored activities, whether on or off school grounds, and whether or not the student's particular sport or activity is in season.

Students participating in co-curricular activities shall:

Rule 1. Not at any time use, possess and/or distribute tobacco, alcohol, unlawful drugs, steroids or other illegal substances.

Rule 2. Not at any time attend any party, activity or function where illegal activities are taking place (including, but not limited to, the illegal use of alcohol or drugs).

Rule 3. At all times conduct themselves in a civil, lawful, and sportsmanlike way, to bring credit to themselves and the school.

Consequences for Violations.

In addition to disciplinary consequences which may be imposed for violation of school rules generally, infractions of these training rules/code of conduct by students participating in co-curricular activities may also result in activity-related consequences, including suspension or termination of a student's participation in the sport/activity as stated below.

A. Violations of Rule 1. Consequences for violation of Rule 1 (addressing use/possession of alcohol, drugs and other substances) shall be imposed by school administrators, and shall include a mandatory meeting with the school-based clinician Student Assistance Counselor and mandatory attendance at a school approved substance abuse program prior to continued participation. Athletes who receive a citation from law enforcement and are required to attend a substance abuse program in the community may provide documentation of program completion to meet these requirements. School service hours will also be assigned, commensurate with the offense.

In addition, the minimum consequences for such infraction shall also include, for athletes: suspension for 1/4 of the season (of maximum games per season by VPA rules) NOT to exceed four games for first offense. (Specifically: Football – 2, all other fall sports - 3; Cross Country skiing – 3, all other winter sports - 4; Golf and Track 2, all other spring sports - 4.) The student will continue to practice with the team, but may not dress or participate in games. Suspension from games must take place in the next scheduled and played games. Unfulfilled penalties will carry over into the athlete's next sports season. The athlete must complete the next sports season, verified by the Coach and Activities Director, to fulfill the penalty.

For participants in non-sports activities, suspension shall be for 1/4 of performances/meetings/publications during the activity season. (Each club advisor, in consultation with the principal/designee, shall determine and publish the specific application of this rule to the circumstances of the particular club/activity, so that participants will know the consequences.)

Aggravated Circumstances. Repeat offenders, and those whose violation of Rule 1 includes aggravating factors, shall be subject to greater activity-related consequences, up to and including immediate dismissal from the team or activity, as determined by the administration. Aggravated circumstances may include (but are not limited to) such factors as: violations resulting in injury or harm to self or others; enabling or promoting others' violation of Rule 1; violations that include intentional harassment, hazing or discriminatory conduct.

Consequences for Violations (continued)

B. Violation of Rule 2. Infractions of Rule 2 shall be referred to the Training Rules Committee, which shall investigate, determine whether an infraction occurred, and (if so), decide what activity-related consequence(s) is/are warranted given the circumstances of the infraction. The Training Rules Committee will consist of members of the administration, faculty and coaching/advisor staff, appointed by the Building Principal. The Committee shall hear from the student/parent and from the coach or advisor for the team/activity, and further investigate if/as necessary.

C. Violation of Rule 3. Infractions of Rule 3 shall be investigated by the Activities Director, who shall determine whether an infraction occurred, and if so, what activity-related consequence(s) is/are warranted given the circumstances of the infraction.

Participation Conditioned Upon Agreement to The Rules.

Annually, prior to participation on a team or in any other co-curricular activity, each participating student shall sign a statement agreeing to abide by these rules and the consequences of violating these rules for the coming year. Parents shall be asked to sign a statement indicating their knowledge of the rules and consequences, and their support for their student's compliance with them. This statement of agreement is found at the bottom of the MAU Physical/Participation Form which is required to be signed and turned in to the coach/advisor before a student can begin participation on a team or club. This form is located at the back of the MAU Athletics & Activities Digest, or it can be picked up at the High School Main Office or Activities Office, or can be downloaded from the MAU Athletics Website at www.maupatriots.com.

24. TRANSPORTATION: All students are required to travel to and from out-of-town events with the coach and team. A student may be released directly to the parent or their designee (authorized adult) for certain necessary reasons. The coach should be notified in writing in advance of these plans. The MAUHS District #14 or the bus company will not be held responsible for the replacement and/or repair of any student personal property lost, stolen or damaged while participating in any school related activity. The student must assume responsibility at all times.

25. VARSITY LETTER AWARD POLICY: Interscholastic varsity sports have varsity letter requirements that may be unique, and that are determined by the head coach. Middle School, Freshman and JV athletes receive certificates of participation upon successful completion of the season. First-time varsity letter winners receive a letter and a pin for that sport. Subsequent letters earned for the same sport are recognized with a sports pin. Generally, all students on a team where cuts have been made to determine the varsity squad, will earn varsity status for that season. Teams that do not have cuts generally have a requirement of 2/3 participation in games during season, or an accumulative point system, to earn a varsity letter. If an athlete is a senior (who has never received a varsity letter) with long service to the club, the coach may waive the point or quarter system and award a letter.

26. VERMONT PRINCIPALS' ASSOCIATION ELIGIBILITY: VPA eligibility rules and activities policies apply to all activities, both athletic and non-athletic, sanctioned or sponsored by the Vermont Principals' Association. Waiver requests regarding undue hardships must be submitted through the school principal. The following are VPA eligibility rules:

- Transfer students are eligible at once, provided they were bona fide students in the school from which they transferred according to the definition in #1 above;
- Participants must be under 19 years of age, except that a student whose 19th birthday occurs on or after August 1st, is eligible for all activities in the ensuing school year;
- Students are ineligible if they have graduated from any course of study in a secondary school comparable to the Vermont system;
- Students have four consecutive years (8 semesters) of eligibility. Attendance of 30 days of any semester will be regarded as a semester.

For a complete list of VPA rules and regulations, go to www.vpaonline.org



WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.

