

STUDENT ACTIVITIES

“The education that begins after the final bell rings”

MT. ANTHONY UNION MS/HS



2010-11

ATHLETIC / ACTIVITIES DIGEST FOR STUDENTS AND PARENTS

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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 2010-11 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 "Advisor's Directory" to get a list of the e-mail addresses of each advisor.

Art Club	Interact Club	Recycling Club
Beekeeping Club	International Club	Rock Climbing Club
Bowling Club	Intramural Activities	S.A.D.D.
Chamber Singers	Jazz Band	Scholar's Bowl
Chess Club	Lapidary	Show Choir
Drama Club	Majorette Squad	Ski Club & Snowboarding
Environmental Club	Marching Band	Spanish Honor Society
Fencing	Messenger Newspaper	Student Senate
Film Club	Model Congress	Won HwaDo Club
French Club/Exch.	Model United Nations	Writing Club
Future Teacher's Club	National Honor Society	Yearbook
German Club/Exch.	Photography Club	

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	Varsity
	Cross country running – Boys & Girls	Varsity & MS
	Field hockey	Varsity/JV/Freshman/8 th /7 th
	Football	Varsity/JV/Freshman/MS (2)
	Soccer – Boys & Girls	Varsity/JV/Freshman/8 th /7 th
WINTER	Basketball – Boys & Girls	Varsity/JV/Freshman/8 th /7 th
	Dance Team	Varsity
	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
	Golf – Boys & Girls	Varsity
	Lacrosse – Boys & Girls	Varsity & JV
	Softball - Girls	Varsity/JV/8 th /7 th
	Tennis - Boys & Girls	Varsity
	Track and Field - Boys and Girls	Varsity & MS

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.

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1. ACADEMIC ELIGIBILITY: It is the policy of the Board of Education and the administration to encourage participation in athletics and the various other activities that are offered at Mount Anthony Union High School.

There are minimum requirements for a student to be eligible for participation in athletics as well as other extracurricular activities. 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, but provides the student with the opportunity to be involved with related school functions and school representation.

Eligibility for participation will be determined by the following:

- a. A student must have a passing grade (65 or higher) in ALL courses.
- b. A student must have an overall average of 70% in ALL courses combined.

Eligibility is based on average, and failures will be determined by the final grade indicated on report cards received at the close of each marking period immediately proceeding the present sports/activity season. Example:

- a. Fall season eligibility is based on the second semester final grades of the previous year.
- b. Winter season eligibility is based on the first quarter and first semester final grades.
- c. Spring season eligibility is based on the third quarter grades.

NOTE: If a student has a final failing grade in the spring, passing a course in summer school DOES NOT make a student eligible for a fall sport.

PROBATION PROCEDURE

Failure to pass ALL courses or maintain a 70 average will result in a three (3) week probation period. This probation period will start on the first day of school for the fall season (or on the date of the first scheduled game, whichever comes first) and on the date report cards are issued for the winter and spring seasons. 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 three 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 the student has not met eligibility requirements (passing ALL classes), probation continues until requirements are met.

APPEAL PROCESS

An ineligible student may call for an appeal if he/she feels the grade(s) is unjust or inaccurate, by asking ask his/her school counselor for an appeal within 8 calendar days of grade mailing to allow 3 days for the mailing and 5 calendar days to decide to appeal. An appeal hearing will occur within 5 school days after the request is received.

The student and/or 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, special education case manager as appropriate, the student's school counselor, 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.

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 MySpace or YouTube. 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 who is dismissed from a team by a rule or as a result of a coach's decision for reasons including academics, 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 Physical Education 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 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:

An accidental medical insurance policy is administered by NAHGA Claims Services in Bridgton, Me. as a supplemental plan to whatever medical expenses that are not covered by your family medical insurance policy. This policy is for all students participating in any school-sponsored interscholastic sports program at Mount Anthony Middle or Senior High School. Benefits are paid based upon a schedule of benefits outlined in the master policy. For specific questions regarding coverage, call 1-800-952-4320. To download a claim form, visit www.maupatriots.com and click on "Forms."

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 as a violation of our athletic training rules and could 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. 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 doctor's physical examination within the past calendar year before they compete in any game or practice. This is 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 exam from a previous season (within the same school year), the parent may fill out and sign Part II-A 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. 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.

22. 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.

Training Rules and Code of Conduct

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 and mandatory attendance at a school substance abuse program prior to continued participation. 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). (Specifically: Football - 2; All other fall sports - 4; Cross Country skiing - 4; All other winter sports - 5; All 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.

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.

23. 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.

24. VARSITY LETTER AWARD POLICY: Interscholastic varsity sports have varsity letter requirements that may be unique, and that are determined by the head coach. 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. Seniors completing a varsity season in good standing receive letters whether or not they complete the necessary requirements.

25. 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.
- Ejections: Any player or coach ejected from the game for unsportsmanlike conduct will be suspended from playing or attending the next two games. (This will carry over to the next season if necessary.) A second ejection will result in the suspension of playing in games for the remainder of the season.

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