

## Sports offered at Windham

### Fall

<b>Field Hockey:</b>	MS Girls 7, 8 HS Girls First, JV, V
<b>Football:</b>	HS First, JV, V
<b>Cross Country:</b>	MS Boys 6-8, Girls 6-8 HS Boys Varsity, Girls Varsity
<b>Soccer:</b>	MS Boys 7, 8 MS Girls 7, 8 HS Boys First, JV, V HS Girls First, JV, V
<b>Cheering:</b>	HS Boys & Girls Varsity
<b>Golf:</b>	HS Boys & Girls Varsity

### Winter

<b>Basketball:</b>	MS Boys 7, 8 MS Girls 7, 8 HS Boys First, JV, V HS Girls First, JV, V
<b>Cheering:</b>	HS JV, V
<b>Indoor Track:</b>	MS Boys 6-8, Girls 6-8 HS Boys Varsity HS Girls Varsity
<b>Alpine Ski:</b>	HS Boys Varsity, Girls Varsity
<b>Swim:</b>	MS Boys 6-8, Girls 6-8
<b>Wrestling:</b>	MS Boys 6-8, Girls 6-8 HS Boys & Girls Varsity

### Spring

<b>Baseball:</b>	MS Boys 8 HS First, JV, V
<b>Softball:</b>	MS Girls 8 HS First, JV, V
<b>Tennis:</b>	HS Boys Varsity HS Girls Varsity
<b>Outdoor Track:</b>	MS Boys 6-8, Girls 6-8 HS Boys Varsity HS Girls Varsity
<b>Lacrosse:</b>	HS Girls JV HS Boys JV

## **WINDHAM ATHLETIC ELIGIBILITY POLICY**

Athletics are an integral part of the curriculum of every Middle School and High School in the state. A well-run program of athletics, whether limited or wide in scope, can instill core values, such as discipline, respect, responsibility, fairness, trustworthiness, and good citizenship.

### **I. ACADEMIC ELIGIBILITY**

- A. All regulations of the Maine Principals' Association (MPA) concerning eligibility for interscholastic activities shall be enforced.
- B. In addition to the MPA requirements, Windham School Department requires all students to pass all classes. A student who fails one class will go on probation for three weeks. The student may practice with their team during the probation period, but may not participate in any competitions. At the end of the three weeks, the student must be passing all classes. (Verification form circulated by student and returned to Athletic Administrator.) If the student is failing any classes at this time, they become ineligible. (Grading period is defined as Quarter Grades)
- C. ***Quarter Grades Eligibility:*** A student who does not meet the requirements stated in A-B will become ineligible. Ineligible is defined as not being allowed to participate in any manner with their team. Students who are deemed ineligible before tryouts for a team will be allowed to try out, but they cannot participate once the team has been chosen.
- D. Athletes who are ineligible may begin practicing with their team (no games) one week prior to the end of a grading period. They must turn in a signed form to the Athletic Administrator, stating the student is in good standing with all their teachers. This allows for proper conditioning before participation in games.
- E. An incomplete will not count as a passing grade for credit. Catastrophic illness or injury accounting for an incomplete may require special consideration by the Principal or Athletic Administrator. A withdrawal failure recorded on the permanent record will count as a failure for academic eligibility.
- F. Fourth quarter grades from the previous academic year will be used to establish eligibility for the next Fall athletic season.

- G. This policy will apply to all athletic activities sponsored by Windham School Department.
- H. Special Consideration: With Administrative approval, special consideration could be given to individuals with extenuating circumstances. An appeal may be made to the Principal or Assistant Principal if a student believes extenuating circumstances have impacted their ability to pass a (one) course. Students must be able to document a learning difficulty, efforts to access assistance and/or other interventions.

**II. ATHLETE’S CODE OF ETHICS**

The Windham athlete must always keep in mind that an athletic contest is only a game, designed and conducted to promote the physical, mental, moral, social and emotional well being of the individual player. The player must also realize that it is a privilege to participate in athletic programs and they must always remember they are representing their family, school, and community both on and off athletic courts and fields. The Windham athletes agrees to adhere to the following code of ethics.

- A. Officials, coaches, opponents, and teammates will be treated with respect.
- B. Victory will be accepted modestly, defeat gracefully, and the Windham athlete will never quit.
- C. The athlete will, at all times, control their emotions and never argue with officials.
- D. Decisions will be accepted as they are made and the athlete will abide by them.
- E. The athlete will keep physically and mentally fit and agree to observe all training rules set by their coach.
- F. The athlete will never conduct himself/herself in a manner unbecoming of a gentleman or a lady.
- G. The Windham athlete will never use profanities, whether in games or at practices.
- H. No athlete will ever instigate or willfully involve themselves in a fight with opposing teams.

- f. student to attend an educational group and/or follow other recommendations of the S.A.T.
- g. recommend parents attend an educational program on drugs and alcohol

**B. Concerned Person/Self Referrals**

**1. Concerned Person/Suspicion Only/First Report**

- a. consult with others to evaluate student’s behavior
- b. meet with student to establish relationship and discuss concerns over use (if student admits problem, follow self referral procedure – first report)
- c. Notify parents, if appropriate
- d. Review policy and procedures
- e. Refer to student assistance teams or community resources
- f. Follow up discussion to determine if resources were effective.

**2. Concerned Person/Second Report**

- a. consult with others and parents to investigate reports of use/abuse (if there is proof of use, follow disciplinary procedures A-1)
- b. meet with student, review information and policy (give option of self referral)
- c. recommend referral to student assistance team
- d. invite parents to attend an educational program

**3. Self Referral**

- a. talk with student
- b. refer for a non-clinical assessment
- c. monitor participation in recommended programs
- d. encourage parents to attend an educational program follow-up to determine if resources were effective and/or helpful.

## **SUBSTANCE ABUSE POLICY FOR ATHLETIC PROGRAM**

### **Procedures**

Athletic policy is separate, yet consistent with general school rules and procedures. When a disciplinary referral occurs as a result of a violation in school or at a school related function, the administrative procedures defined in the current Windham Substance Abuse Policy, as well as those defined in the athletic policy will be followed. The Athletic Substance Abuse Policy pertains to off-campus activities.

#### **A. Disciplinary Referrals**

##### **1. Possession/Use – First Offense**

- a. verify incident by school official
- b. notify administration of incident
- c. administration to follow normal administrative procedures
- d. discuss concerns with student
- e. inform parent/guardian
- f. suspend student for two athletic events or for two weeks, whichever is greater
- g. require student to attend awareness/education group for a minimum of six sessions and/or other recommended services (failure to comply may lead to suspension for the season)
- h. encourage parents to attend an educational program on abuse of alcohol and other drugs.

##### **2. Possession/Use – Second Offense**

- a. verify and discuss the incident with student
- b. notify administration of incident
- c. administration to follow normal administrative procedures
- d. notify parent
- e. suspend for remainder of season
- f. require an assessment before participation in another team sport
- g. require student to attend an educational group and/or other recommended services before participating in another team sport.
- h. Encourage parents to attend an educational program on abuse of alcohol and other drugs

##### **3. Selling or Furnishing**

- a. verify and notify administration of incident
- b. administration to follow normal administrative procedures
- c. notify parent/guardian, superintendent and police
- d. suspend (from athletics) for the remainder of the year
- e. require a non-clinical assessment before student can participate in other activities

At any time a Windham athlete does not abide by the above Code of Ethics they can expect various forms of discipline at the discretion of the coach, Athletic Administrator, or School Administration. This discipline can take many different forms up to and including removal from the athletic program.

### **III. GENERAL RULES OF WINDHAM ATHLETICS**

- A. All athletes must meet the eligibility requirements as set by the Windham School Department and the Maine Principals' Association (MPA).
- B. All athletes must have permission to play by parent or guardian.
- C. All athletes must have a current medical examination on file at the middle school or the high school. An exam is current for a period of two years from date of exam.
- D. All athletes must have proof of insurance before participating in athletics.
- E. All athletes must abide by the training and participation rules established by the coach.
- F. As representatives of your team, school, and community, the athlete's appearance will be neat at all times. The appropriateness of an athlete's dress or appearance will be left to the coach and school administration.
- G. All athletes must travel to and from the game with the team. An exception to this will be permitted for valid reasons, but only under the following conditions: the parent or guardian must present themselves personally to the coach to pick up the student, and the parent or guardian must sign the Athletic Transportation release form. These conditions must be met by all athletes regardless of the age of the athlete. It is the intent of the School Committee that this privilege not be misused, but the School Committee recognizes that there are times when team bus travel from a game could cause a hardship.
- H. A student must refrain from participating on an outside team to which objection is made by local school authorities. A violator shall be ineligible for nine weeks after the date of discovery of participation. (By-Laws of the MPA, Article II, Section 2)

#### IV. INSURANCE

- A. No student in the Windham schools can participate in an authorized athletic activity without adequate coverage as provided by a protective accident insurance policy.
- B. Windham school has an available accident insurance plan, for a small cost, which will provide the required coverage.
- C. The athlete is presently protected by an adequate insurance policy which contains the necessary requirements and provides coverage for injuries resulting from participation in the athletic activity named, therefore, the Windham School Department's available insurance plan is not needed or desired.
- D. In the event that the necessary coverage for the athlete contained in the insurance policy presently in existence terminates or ceases to provide the required protective coverage, the principal of the school shall be notified immediately.
- E. It is agreed that the State of Maine and the Windham School Department shall not be responsible or liable for injuries to the student resulting from the participation in the athletic activity.

#### V. ATTENDANCE TO SCHOOL

- A. No student shall take part in a practice or game on a day when they have been tardy, absent or dismissed from school.
  - 1. Since it is understandable that emergencies do occur the following adjustment to the this rule have been made:
    - a. A student will be allowed one tardy per sport season, for any reason other than illness, if the student arrives before the end of Block 1.
    - b. Any tardy that occurs after Block 1 will result in a student not being able to participate on that day.
- B. Exceptions to the above rule will take place if the reason for the infraction is a professional appointment that must be scheduled during the school day. (doctor, dentist, drivers license test, senior pictures, etc.) An appointment card must be turned in at the office for any such appointment.

- C. The Athletic Administrator has the right to adjust for extenuating circumstances when necessary.

#### VI. STUDENT DISCIPLINE – ATHLETIC POLICY

It is the philosophy of the Athletic Department that all athletes are students first, athletes second. If students cannot conduct themselves properly in the school academic environment, they cannot expect to participate in Athletics without some form of consequences. The following infractions are listed with the athletic consequence.

- A. **Written Referral** – The athlete may not be allowed to participate on the day of the next prior scheduled contest. A decision will be made by the Athletic Administrator and the Assistant Principal on athlete's status.
- B. **Cutting Classes** – The athlete will not be allowed to participate on the day of the next prior scheduled contest.
- C. **Tuesday Late Night** – A Tuesday detention for any reason other than A or B will result in the athlete not being allowed to participate on the day of the next prior scheduled contest.
- D. **Multiple Offenses** – A second offense of A, B, or C will result in the athlete not being allowed to participate in prior scheduled events for a one week period. Any following offenses will result in dismissal from the team.
- E. **Suspensions** – Since one-day suspensions will most likely result from a referral, they will carry the same punishment as in A, B, or C. Any suspension of more than one day will result in the athlete not being allowed to participate in contests for a two-week period. A second suspension of more than one day will result in team dismissal.
- F. It is required that all athletes be in attendance with their team at all contests from which they have been suspended. Athletes will be allowed to practice during any time they are not being allowed to participate in contests.
- G. **Substance Abuse Violation** – A violation of the substance abuse policy will result in immediate removal of the athlete from the team for the remainder of the season. A violation at the end of a sport's season will result in the athlete being removed from athletic eligibility for the next season.