



**Mt. Blue High School Athletic Handbook  
AND  
Extra-Curricular and Co-Curricular  
Activities Code of Conduct**

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**MT. BLUE HIGH SCHOOL ATHLETIC FACTS**

**CONFERENCE AFFILIATION:** Kennebec Valley Athletic Conference (K.V.A.C.)

**REGION:** East                      **MASCOT:** Cougars    **SCHOOL COLORS:** Navy Blue & Gold

**ATHLETIC DIRECTOR:** Chad M. Brackett                      **ATHLETIC SECRETARY:** Kirsten Brann

**ATHLETIC TRAINER:** Heather Mitchell

**CLASS:** “A” (Football, Lacrosse, and Track & Field are Class “B”)

**SCHOOL SONG**

**“ONWARD COUGARS”**

Onward Cougars, Onward Cougars,  
 We’ll be number one.  
 Times a wanting, can’t you hear us  
 ‘Till the game  
 Is won. RAH RAH RAH!  
 Onward Cougars, Onward Cougars,  
 Fighting for our name.  
 Fight Cougars, FIGHT FIGHT FIGHT  
 And win the game!

**ATHLETIC TEAMS OFFERED BY MT. BLUE HIGH SCHOOL**

**(Depending on the number of participants)**

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>
Varsity/JV Football	Varsity/JV Basketball	Varsity/JV Baseball
Freshman Football	Freshman Basketball	Varsity/JV Softball
Cross Country	Alpine Skiing	Varsity/JV Boys Lacrosse

Varsity/JV Soccer	Nordic Skiing	Tennis
Varsity/JV Field Hockey	Wrestling	Track & Field
Cheering	Competition Cheering	Girls Lacrosse

### **A MESSAGE TO MT. BLUE HIGH SCHOOL STUDENT ATHLETES**

On behalf of our school community, I welcome you as a member to one of the most proud and successful organizations in our state, the Mt. Blue High School Athletic Program. Interscholastic athletic participation is a very enriching experience that can furnish you with many opportunities to enhance your involvement while in high school. Our goal is that the hard work and determination on your teams will contribute to positive experiences that build self-confidence and life long relationships.

Participation in the Mt. Blue Athletic Program is a privilege. This privilege comes with added responsibilities for academics and conduct for the Mt. Blue student-athlete. This handbook holds our expectations for participation in our extra-curricular athletic programs. Student conduct, academic eligibility, substance abuse policies, communication and injury protocols are a few of the areas summarized in this handbook. It is important that you and your parents read and be familiar with the contents of this handbook. It is a resource for you and your family. If you have any questions while reading this handbook, please see me in the athletic office.

We respect the work and dedication you have made to be part of our teams. We also appreciate the vital role that our coaching staff, parents, and booster organization plays in contributing to our diverse and successful program. Please acknowledge the efforts of these groups by making good sportsmanship a priority while representing Mt. Blue High School. The most important part of establishing strong athletic traditions is showing respect for opponents, teammates, coaches, officials, school and yourself.

I wish you all the best of luck in our seasons. Please remember that no matter the sport, you are all on "Team Cougar" so support each other throughout the school year.

Chad Brackett, Athletic Director

### **THE PURPOSE OF THE MT. BLUE HIGH SCHOOL ATHLETIC**

## HANDBOOK

The purpose of the Mt. Blue High School Athletic Handbook is to provide coaches, athletes, and parents with the policies, procedures, and information that govern athletics. Mt. Blue High School is an active member in the Maine Interscholastic Athletic Administrators Association (MIAAA). Mt. Blue High School is also an active member of the Kennebec Valley Athletic Conference and adheres to the constitution and by-laws of the league governing interscholastic athletic competition between member schools. All interscholastic high school athletics in Maine are governed by Maine Principals' Association policies and regulations.

**ATHLETES** are expected to know the policies and rules governing participation and to abide by them at all levels of competition.

**COACHES** should use this information in making decisions that are consistent and fair as they work with their athletes.

**PARENTS AND GUARDIANS** are asked to work very closely with their sons and/or daughters, coaches, teachers, and administrators in making this experience for their children rewarding, positive, and memorable.

### OBJECTIVES OF THE MT. BLUE HIGH SCHOOL ATHLETIC PROGRAM

Athletic Activities at Mt. Blue High School are designed to provide a number of very important experiences for the participant. These activities act as a supplement to the school's academic programs and provide not only a means of diversion but also an extremely important vehicle of education.

In the mission to educate the whole individual through participation in athletics, emphasis is placed in the following areas.

**Work Ethic:** An important outcome of any activity is to teach young adults that there is no substitute for hard work.

**Commitment:** Another objective of education through athletics is commitment. The student-athlete must be made to realize that if he/she decides to be part of a team, then this needs to be an important priority in his/her life.

**Health and Physical Activity:** The teachings of the basics of a healthy lifestyle are important objectives of an athletic program. The student-athlete will learn first-hand about the demands of physical activity and how he/she must meet these demands.

**Sportsmanship:** The many pressures of practices, games and life in the community need to be met with complete emotional control in a measured and disciplined way. The student athlete will learn to make proper responses to these pressure situations in the well-directed athletic program at Mt. Blue High School.

**Teamwork:** The placing of team before self and the ability to work side by side with someone toward a common goal are other areas of benefits for the Mt. Blue High School athlete. The objective of teaching individuals how to function with their peers is extremely important. In today's society, more people fail at jobs because they can't get along with their peers rather than for reasons of qualifications.

The major objectives listed above certainly are the focal points of worth for our athletic programs at Mt. Blue High School. There are other benefits that come from the programs that are perhaps more subtle than the ones listed above: loyalty, pride, self-confidence, physical and mental maturity, a sense of accomplishment, and the feeling of belonging. Regardless of the objectives and expectations of the program for the student athlete, it is important for the participants to realize that participation in athletics is a privilege, not a right, and should be treated in that manner.

## **COLLEGE BOUND ATHLETES**

If you are interested in furthering your athletic career in college, please visit the National Collegiate Athletic Association website: [www.ncaa.org](http://www.ncaa.org)

## **CHAIN OF COMMUNICATION**

Parents and student athletes on occasion will have questions or concerns about various aspects of a team sport. It is important that concerned individuals follow a chain of communication (as identified below with arrows) which ensures that those responsible for supervising student athletes are made aware of those concerns. The head coach of a team should be the first person contacted when a concern or issue arises. If a satisfactory discussion or understanding is not reached, the Athletic Director should be contacted. Lack of resolution with the Athletic Director should be followed with a meeting with the School Principal. If, at that point, a satisfactory discussion or understanding hasn't been established, the concerned individual should contact the Superintendent of Schools. Final discussion about a local concern rests with the Superintendent of Schools.

## **PROCEDURAL GUIDELINES FOR PARENTAL CONCERNS:**

Parents who have specific concerns regarding coaches, team procedures and other information pertaining to a specific sport should adhere to the following chain of

command when attempting to resolve the problem:

1. Arrange for a mutual time to meet with the coach to discuss the problem. This discussion should not take place immediately before or after an athletic contest.
2. Contact the Athletic Director to discuss the problem.
3. Contact the school Principal to discuss the problem.
4. Contact the Superintendent of Schools to discuss the problem.

**It is our hope that through open communication, we can avoid unresolved issues.**

**POLICIES FOR SUSPENSION OF STUDENT ATHLETES OTHER THAN STATED IN EXTRA-CURRICULAR and CO-CURRICULAR ACTIVITIES CODE of CONDUCT**

1. A coach may suspend a student athlete from an activity for a period of time NOT to exceed five (5) days.
2. Should a coach feel that a suspension in excess of five (5) days is appropriate, the coach shall suspend for five (5) days and forward her/his recommendation for a longer suspension period to the Athletic Director and/or the Principal.
3. All suspensions will be followed by a letter to the parents stating the reason for the suspension, whether the coach is recommending to the Athletic Director/Principal a longer period, and an invitation for the parents to meet with the coach and/or Athletic Director and/or Principal.
4. If following this meeting with school personnel , the parents are NOT satisfied, the parents may appeal the decision to the Superintendent of Schools.

**GUIDELINES FOR PARENTS & SPECTATORS**

- Remember that school athletics are learning experiences for students and that mistakes will be made. Praise student athletes in their attempt to improve themselves as students, athletes, and as people.
- Viewing an athletic event at Mt.Blue High School is a privilege and not a right. The Athletic Director reserves the right to restrict any spectator from viewing an athletic contest. This decision will be made in the best interest of Mt. Blue Athletics.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your home.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from using artificial noise makers of any kind.
- Refrain from using any controlled substances (alcohol, drugs, etc.) before, during, or after the game on or near the site of the event.
- Use only those cheers that support the individuals involved.
- Be a booster – Get involved with your son's or daughter's boosters program. They need your help!

***Be a fan...not a fanatic!***

#### **UNACCEPTABLE BEHAVIOR**

- Disrespectful or derogatory yells, chants, songs, or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents. Engaging negatively with opposing fans.
- Refusing to shake hands or give recognition for good performances.
- Blaming loss of game on officials, coaches, or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Use and/or possession of alcohol, marijuana, tobacco, vaporizers, or any illegal drugs are prohibited on school property and at all other athletic activities.

**Inappropriate behavior at games may result in that individual being removed from the game site and being barred from future contests both home and away.**

#### **INJURY PROCEDURE**

1. All coaches will be encouraged to maintain valid first aid and CPR certification.
2. All coaches will be encouraged to complete a training seminar in athletic training and to update that training when necessary.
3. Coaches will file appropriate accident reports with the building Principal and report all injuries to the Athletic Director.



4. The coach is responsible for accompanying the injured athlete to the hospital when the parent is not available.

5. If necessary, play shall be suspended if a team has only one coach and that coach must go to the hospital with an injured athlete. The remaining team members will be left in the care of the RSD #9 bus drivers on away trips or the opposing school officials.

6. RSD #9 coaches shall not attempt to render aid, which exceeds their expertise. When there is doubt regarding an athlete's condition, a coach should seek a medical diagnosis from a qualified person.

**RSD #9 does not provide health insurance for students.** Low cost insurance can be purchased through RSD #9 at the family's expense. **All athletes must be insured** to participate on a Mt. Blue team.

### HAZING

Maine statute defines injurious hazing as any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public high school.

Hazing is any action taken or any situation created an emotional and/or physical harm to a member of a group or team, whether new or not, regardless of the person's willingness to participate.

It is the policy of the board that injurious hazing activities of any type, either on or off school property, by any student, staff member, group, or organization affiliated with this school unit, are inconsistent with the educational process and shall be prohibited at all times.

No administrator, faculty member, or other employee of the school unit shall encourage, permit, condone, or tolerate injurious hazing activities. No student, including leaders of students' organizations, shall plan, encourage, or engage in injurious hazing activities. Persons not associated with this school unit who fail to abide by this policy may be subject to ejection from school property and/or other measures as may be available under the law.

Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary action that may include suspension, expulsion, or other appropriate measures.

In the case of an organization affiliated with this school unit, which authorizes hazing, penalties may include recession of permission for that organization to operate on school property or to receive any other benefit of affiliation with the school unit.

These penalties shall be in addition to any civil or criminal penalties to which the violator or organization may be subject.

The superintendent shall assume responsibility for administering this policy. In the event that an individual or organization disagrees with an action or lack of action, on the part of the superintendent as he/she carries out the provisions of this policy, that individual or organization may appeal to the full school board. The ruling of the school board, with respect to the provisions of this policy, shall be final.

### **ANTI-BULLYING**

The School Board believes that bullying, including cyberbullying, is detrimental to student wellbeing and to student learning and achievement. It interferes with the mission of the schools to educate their students and disrupts the operations of the schools. Bullying affects not only students who are targets but also those who participate in and witness such behavior.

Students who are involved in substantiated incidents of bullying may be subject to disciplinary action, which may include suspension, expulsion or a series of graduated consequences including alternative discipline or other behavioral interventions.

The Board retains the right to impose disciplinary consequences for bullying and other conduct that occurs at any time or place that substantially disrupts the instructional program, operations of the schools or welfare of students. Any student violating this policy may also be subject to civil or criminal penalties.

### **EQUIPMENT ISSUANCE AND RECALL**

1. Permission to issue equipment by the coach or the equipment manager shall be given by the Athletic Director.
2. Issue sheets shall be completed for each athlete before any equipment is issued. The number, size, condition, and replacement cost of each item of equipment shall be recorded.
3. All lost or stolen athletic equipment shall be reported at once. Payment for the lost or stolen equipment is within two weeks after the end of each sports season. Fees will be refunded should the lost equipment be returned.
4. Coaches shall collect all equipment from ineligible players and from those whom have left the team.

5. At the end of the season, players shall return all equipment. Returned equipment shall be tallied on the master sheet and checked against the equipment list book. Any missing equipment shall be paid by the athlete within two weeks after the end of the season.
6. An athlete may not start another season until all equipment has been returned, or has been paid for.
7. No awards shall be given to any athlete that has not returned or paid for all equipment.

### **ACQUISITION OF EQUIPMENT**

1. The Athletic Director is solely authorized to purchase equipment. No student or coach shall acquire any item for any athletic team without specific authorization from the Athletic Director.
2. The Athletic Director is responsible for disposing of equipment no longer needed. Such equipment shall be removed from the inventory list.
3. All new equipment shall be marked in a manner designated by the Athletic Director.
4. Each Head Coach shall examine all equipment at the end of the season and within two weeks make recommendations to the Athletic Director for replacement of new equipment for the following year.

