



Athletic Handbook 2018 - 2019

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WELCOME TO ATHLETICS AT RISING TIDE

Dear Families,

The interscholastic athletic experience at Rising Tide serves to enrich students' educational experience in a manner consistent with the mission and goals of the school by further cultivating honesty, trust, respect, and responsibility. We strive to help students fulfill the following goals; being honest and open in team relationships, trusting teammates and coaches, demonstrating respect for opponents at all times and fulfilling the responsibility that comes with being a committed member of a team.

Striving to win is a natural byproduct of competition, as it should be, but athletics at Rising Tide is centered on process, skills, and improvement more than on outcomes. Participants place enough stress on winning without adults overly emphasizing this as well. While striving for excellence is to be commended, teams, both collectively and individually, should value the many successes and opportunities for improvement which they encounter daily in the athletic arena.

Just as an effective collaboration is necessary between the parents and the school for optimal academic success of the child to be achieved, it is also critical for parents to be involved with and supportive of the implementation of the athletic offerings. Being on the same team in this respect is essential. This handbook outlines effective ways for a parent to be supportive and constructive in his/her child's interscholastic athletic growth.

This handbook provides information regarding the goals, mission and policies of Rising Tide athletics and in doing so should serve as a resource for both the student and the parent. Please refer to it as questions come up throughout the course of the season.

Kelsey Kincade
Athletic Director
Rising Tide Charter Public School

RISING TIDE CHARTER PUBLIC SCHOOL - ATHLETICS MISSION STATEMENT

The athletic program at the Rising Tide Charter Public School focuses on the best interests of the student in accordance with the principles of the greater Rising Tide community. Through an emphasis on commitment, skill development, fitness, teamwork, and sportsmanship, we offer a safe and positive environment in which students are guided toward personal growth. While competition is a valuable part of athletics, coaches highlight individual & team effort and improvement as benchmarks rather than winning or losing.

PROGRAM GOALS

Rising Tide Athletics has the following goals for all athletes:

- Develop a healthy outlook on competition: strive to win but do not define oneself by the outcome.
- Develop skills specific to the sport.
- Develop tactical skills and strategy relating to the sport.
- Improve physical conditioning.
- Develop confidence.
- Develop respect for coaches, officials, teammates and opponents.
- Increase capacity for responsibility and dedication.
- Develop effective communication skills, both verbal and non-verbal.
- Learn the rules of the sport.
- Learn to work as a team member in striving to meet common goals.
- Develop leadership skills.

GOVERNING BODY

Rising Tide is a member of the Massachusetts Interscholastic Athletic Association (MIAA). The Mission of the MIAA is to “serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic athletics which will enrich the educational experiences of all participants.”

The MIAA sets minimum standards which all member schools must adhere to, but Rising Tide frequently chooses to enforce more stringent guidelines.

MIAA Handbook link: [MIAA Handbook 7/17 - 6/19](#)

ATHLETIC OFFERINGS

Fall Sports

- Boys and Girls Soccer
- Boys and Girls Cross Country
- Co-ed Fall Golf

Winter Sports:

- Boys and Girls Basketball
- Co-operative co-ed Hockey (Winter 2017/18 - Winter 2018/19) guest - Sacred Heart host (grades 7-12)

Spring Sports

- Boys Baseball
- Girls Softball
- Boys and Girls Tennis

All athletic offerings and level (Varsity, JV, Middle School) are contingent upon the number of participants.

TEAM UNIFORMS

All uniforms are the property of the Rising Tide. Each team member will receive a uniform to use for the season. If the uniform is not returned at the end of the season the student's parents/guardians will be charged for the replacement cost.

At different times throughout the season a team's coach may designate a particular "Team Spirit Day" when team members will be allowed to wear their jerseys to school, but not the complete uniform. Jerseys may only be worn to school on these designated "Spirit" days.

ATHLETIC EVENT LOCATIONS

Soccer:

Rising Tide Field at 59 Armstrong Rd., Plymouth
West Recreation Fields at 154 South Meadow Rd., Plymouth.
Forges Field at 83 Jordan Rd., Plymouth
Elmer Raymond Field at 1138 Long Pond Rd., Plymouth

Cross Country:

Rising Tide at 59 Armstrong Rd., Plymouth
Morton Park at the intersection of Morton Park Rd. and Little Pond Rd.

Golf:

Squirrel Run Golf Course at 32 Elderberry Dr. Plymouth
Village Links Golf Course at 265 South Meadow Rd. Plymouth

Hockey:

Kingston Bog at 188 Summer St. Kingston
Armstrong Arena at 103 Long Pond Rd, Plymouth

Basketball:

The Wolves Den at 340 Oak St., Pembroke

Tennis:

Eel River Beach Club at Warren Ave., Plymouth
Stephens Field Tennis Court at Union St., Plymouth

Baseball/Softball:

Rising Tide at 59 Armstrong Rd.
Team Mizuno Facility in the Industrial Park - 14 Apollo 11 Rd. #7, Plymouth
4 For 4 in the Industrial Park - 100 Armstrong Rd. - Rear of building
Siever Field at 14 Liberty St., Plymouth
Govoni Field -33 Summer St., Kingston
Forges Field at Forges Field Rd., Plymouth
Stephens Field at Union St., Plymouth

COMPETITION

Rising Tide is a member of the Cape and Islands athletic league, which is made up of 10 area schools. The other member schools are Cape Cod Academy, Falmouth Academy, Nantucket High School, Sturgis East Charter School, Sturgis West Charter School, Cape Cod Regional Technical High School, St. John Paul II, Martha's Vineyard

& Monomoy High School. We also compete against other local MIAA member schools that are not in our league, which are considered to be “non-league” opponents.

Our Middle School teams are part of the Cape Cod Super Six League, which is made up of 6 area schools. The other member schools are Cape Cod Academy, Falmouth Academy, Saint Pius X, Trinity Christian Academy & Saint Francis Xavier.

LOYALTY TO HIGH SCHOOL TEAM

Students may participate on a town or club team simultaneously with a Rising Tide team, but they are expected to commit to and attend all Rising Tide team practices, games, and events. The athletic priority for the season needs to be fulfilling their commitment to their Rising Tide teammates and coach. This policy is explained in the MIAA handbook under Bona Fide Rule 45.

REQUIREMENTS FOR PARTICIPATION

- **Forms, Health, and Athletic Fees:** All students must complete the necessary forms and submit them before the deadline. Not until all forms have been submitted will the student's status be reviewed.
 - **Signed athletic participation waiver form.**
 - **Completed concussion awareness form.** Both the student and a parent/guardian must take the NFHS or CDC online concussion course and sign the form as proof of successful completion.
 - **Completed pre-participation head injury form.** Must be signed by both the student and a parent/guardian.
 - **Opioid Misuse Prevention Information for Student-Athlete and Parent**
 - **Opioid Misuse Prevention - Student Athletes (Packet)**
 - **Nurse Physical:** All students must have a nurse physical form on file dated within the past 13 months. If the season of participation happens upon the 13th month deadline, the student will be considered ineligible until an updated physical is completed and the proper form is filed with the school Nurse.
 - **Athletic Fee:** Varsity Fee - \$200. Sub-varsity Fee - \$175. Rising Tide will never hold back any of our student-athletes due to financial reasons. It has been our practice that if a student is receiving free/reduced lunch, he/she will receive a discounted fee. For the 2018-2019 school year, students who qualify for Free or Reduced Lunch qualify for a fee reduction subsidized by the school on all school fees. Any student fee for those who qualify for Free or Reduced Lunch will be 50% of the standard

fee. We will need documentation of the free/reduced program for this discount to be created. If there is an individual issue and you are unable to afford this user fee please contact the Athletic Director.

STUDENT, BEHAVIOR, ATTENDANCE, AND ACADEMICS

Community Standards of Behavior

In school and in athletic team activities, students are expected to follow the school's Community Standards of Behavior as outlined in the Student Handbook.

If a student is suspended in-school or out-of-school, the student will not be allowed to participate in any athletic practices or games during the duration of the in-school or out-of-school suspension. Any multiple-day in-school or out-of-school suspension that carries over the weekend will also disqualify the student from participating in athletic activities over the weekend.

During a season, any concerns about a student's behavior raised by the Coach, Athletic Director, Principal, Assistant Principal, Advisor, or Teachers will be addressed by the Athletic Director, the Principal, the Advisor, and the Coach, and may result in a student being temporarily or permanently suspended from all team activities.

Attendance

Students must attend all classes during the school day in order to participate in athletic practices or games. Exceptions can be made in cases of an excused absence, tardiness, or early dismissal.

Academic Eligibility

A student must meet the minimum academic expectations to try-out for, or join, a team. If a student has failed two or more credited courses, in any subject, in the term previous to the season, the student is ineligible to try-out for or join a team, or participate in any team activities. If a student has earned a term grade point average (GPA) below 1.7 in the term previous to the season, the student is ineligible to try-out for or join a team, or participate in any team activities.

For the Fall season, if a student has failed two or more credited courses, in any subject, in the fourth term of the previous year, or if a student has failed two or more credited courses for for the previous year, the student is ineligible to try-out for or join a team, or participate in any Fall team activities. If a student has earned a term

GPA below 1.7 in the fourth term of the previous year, the student is ineligible to try-out for or join a team, or participate in any Fall team activities.

If, during the season, a student has received a failing term grade in two or more credited courses, in any subject, the student will be dismissed from all team activities immediately upon the date the term report card is issued. If, during the season, a student has earned a term GPA below 1.7, the student will be dismissed from all team activities immediately upon the date the term report card is issued.

During a season, any concerns about a student's academic progress raised by teachers, the student's Advisor, the Assistant Principal, or the Principal will be addressed by the Athletic Director, the Principal, the Advisor, and the Coach, and may result in a student being temporarily suspended from all team activities.

SPORTSMANSHIP

Members of Rising Tide athletic teams must strive to demonstrate the highest standards of sportsmanship at all times. Our athletes represent both themselves as individuals as well as their team and the school as a whole. Winning with dignity, losing with grace, supporting teammates and abiding by the rules of their sport are all necessary components of sportsmanship. In every contest there is a winning team and a losing team; the collective outcome is out of the hands of any one individual. However, each member of a Rising Tide team has control over his/her personal conduct and should be an exemplary model of sportsmanship. Failure to do so may result in disciplinary action.

Listed below are some fundamental sportsmanship guidelines:

- **Respect for opponents and their facilities:** When traveling to an away game the home team will be treated as gracious hosts; the team should leave the grounds and facilities cleaner than when they found them. For our home games visitors are important guests to be welcomed and treated with dignity and respect.
- **Respect for officials:** The authority of an official should not be questioned. If a student feels there is an issue that the official needs to be made aware of, the student should tell the coach and the coach will decide how best to proceed.

- Self-Control: Students should keep the game in perspective and do not let their desire to win lead to inappropriate actions towards the opposition, teammates, coaches, officials, or spectators.
- Appreciation of the success of others: Students should recognize the skillful play of teammates and opponents and acknowledge them both publicly.

EXPULSION FROM A GAME

If a student is expelled from an athletic contest s/he will not be allowed to participate in the following game. If an athlete is expelled from a contest twice in the same season they will be disqualified from further participation in that sport for the remainder for the season.

TRANSPORTATION POLICY

Transportation to Away Games

Students will be transported to away games via bus or carpool. Carpools will be arranged by the Athletic Director for games in closer geographic proximity to Rising Tide when necessary.

When students return to Rising Tide by bus or carpool following away athletic contests they will be dropped off at Rising Tide at 59 Armstrong Rd. Students should wait for their rides on the side of the school at the main student entrance and office entrance.

When a bus has been rented for an away game all team members must ride on it from the school to the game. A Rising Tide coach & or designated assistant will be on the bus for all trips. Students are expected to meet appropriate standards of behavior on the bus and failure to do so may result in disciplinary action from the coach and/or school.

RETURNING FROM AWAY GAMES WITHOUT THE TEAM

The period of time after the conclusion of a game can be a hectic one, and written notification is the only way for a coach to effectively track the location of all players not on the bus or in the carpool. Students may go home with a parent after the game as long as the parent presents themselves to the coach before leaving the game location with their child.

If a student is getting a ride home with the parent of a friend, s/he must also provide a note to the coach from their parent 24 hours before the game.

CHEMICAL HEALTH VIOLATIONS

According to the MIAA Handbook, section 62.

A student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor.

If a chemical health violation has occurred between the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), the minimum penalties will be adhered to. If a student is unable to participate in interscholastic sports due to an injury, academics, or conduct, the chemical health violation penalty will not take effect until the student is able to participate.

Minimum PENALTIES: (also see Rule 32.8 - Ineligible Students) First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season. | | MIAA Handbook July 1, 2017 - June 30, 2019 61

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All

decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

All penalties are cumulative for each academic year. If a penalty is not complete during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

Any student declared to be in violation of the chemical health policy are ineligible for post-season honors and recognition (all-star, mvp award) for any and all sports from which the student was ineligible to participate.

CONCUSSIONS

Massachusetts Concussion Requirements

The Commonwealth of Massachusetts Executive Office of Health and Human Services requires that all schools grades 6 through graduation adhere to the following:

Student athletes and their parents, coaches, athletic directors, and school nurses must all be educated about the consequences of head injuries through training programs and written materials. This is accomplished through the completion of one of two free online concussion awareness courses. Links to both of these sites are provided in the *Concussion Awareness Form*, to be signed by both the student and parent/guardian after successful completion of the course, and can be found in the pre-season packet as well as the athletic section of the school's website.

The law also requires that athletes and their parents/guardians notify their school about any history of prior head injuries before the start of each season. This is done through the completion and submission of a *Pre-Participation Head Injury Awareness Form*, which is also provided in the pre-season packet and located in the athletic section of the school website.

If a student becomes unconscious or is suspected of having a concussion during a practice or game, that student must be removed from the practice or game and will not be permitted to return until a *Post Sports Related Head Injury Medical Clearance Form* has been completed by a licensed medical professional and is filed in the school nurse's office. This form may also be found on the school's website.

HAZING

There is no place in the Rising Tide community for hazing. Athletics is no exception. Please see below for the Massachusetts laws pertaining to hazing. We encourage parents to contact the school immediately if they are concerned that their son or

daughter has been involved in a hazing incident. The Coach, Athletic Director, or Head of School are all appropriate school members to contact in this scenario.

Massachusetts Hazing Laws:

Chapter 269: Section 17. Hazing; organizing or participating; hazing defined

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term “hazing” as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Chapter 269: Section 18. Failure to report hazing

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

PROCESS FOR CONFLICT RESOLUTION

Coaches make decisions based on what they feel is best for the team and for all of the individual athletes involved, yet the season may not always unfold in a manner envisioned by a particular student and/or parent. If there are concerns, it is best to communicate with the coach in an appropriate manner so the issue can be addressed.

It is not appropriate to approach the coach to discuss such issues as team strategy, play calling, or team members that are not your own children.

As we emphasize the importance of responsibility at Rising Tide, taking ownership for addressing problems is important. For this reason we ask the student-athlete to take initiative in addressing their concerns. If a conflict arises, these steps should be followed:

1. The student approaches his/her coach personally to discuss the matter. If this is too difficult for the student s/he may ask the team captain to accompany him/her or approach the coach on his/her behalf.
2. If this initial discussion does not solve the issue the student/and or parent may contact the Athletic Director.
3. If contacting the Athletic Director failed to reach a resolution, the student and/or parent should contact the Head of School.

The following times should be avoided when contacting the coach with a concern:

- Just before, during, or directly after an athletic contest.
- During a practice session.
- When other students are in close proximity and would likely overhear a conversation of such a personal nature.

The best way to contact a coach is by email to arrange a time to discuss the concern. Email contacts will be shared at the beginning of each season.