

RISING TIDE
CHARTER PUBLIC SCHOOL

Athletic Handbook 2014 - 2015

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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.

Tyler Post
Athletic Director
Rising Tide Charter Public School

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.

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 effort and improvement as benchmarks rather than winning or losing.

Coaches will use the school-wide objectives (communicator, investigator, self-directed learner, and community steward) in designing and evaluating their team culture and performance.

Communicator

- Responds thoughtfully and appropriately to teammates, coaches, game officials and opponents.
- Communicates effectively with teammates during game situations (executing game strategy).
- Demonstrates effective communication using both verbal and non-verbal methods.
- Listens to teammates.
- Exhibits appropriate body language.

Investigator

- Asks relevant questions.
- Explores, “What is my role on this team.”
- Analyzes sport specific strategy.
- Attempts to apply new skills to practice and game situations.
- Takes healthy and positive risks.

Self Directed Learner

- Consistently attends practice and games and is on time to all required athletic functions.
- Brings the necessary equipment – comes prepared to play.
- Demonstrates motivation during activities.
- Makes positive choices for self and teammates.
- Demonstrates an understanding of personal strengths and weaknesses within the sport.
- Displays an awareness of coaching strategies that are most effective for him/her.

Community Steward

- Respects personal and team property.
- Works with teammates to achieve team goals.
- Independently follows team rules and guidelines.
- Demonstrates willingness to compromise with others.
- Works to keep bullying out of the athletic experience.
- Helps all team members feel valued.
- Takes pride in team.
- Wins and loses with dignity.

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.

ATHLETIC OFFERINGS

Fall Sports

- Boys and Girls Soccer
- Boys and Girls Cross Country

Winter Sports:

- Boys and Girls Basketball

Spring Sports

- Baseball
- Softball

ATHLETIC EVENT LOCATIONS

Soccer: Both boys and girls soccer practices are held at the Plymouth Boys and Girls Club across the street from the Rising Tide middle school. Home games are held at Forges Field Adult Soccer Field #3.

Cross Country: Boys and girls cross country begin and end practice from the Plymouth Boys and Girls Club across the street from the Rising Tide middle school. Home meets are held at Morton Park in Plymouth.

Basketball: Boys and girls basketball practices are held in three locations: the multi-purpose room at the Rising Tide middle school, the Plymouth Boys and Girls Club, and the Kingston Sports Club. All home basketball games are held at the Boys and Girls Club.

Baseball/Softball: The baseball and softball teams practice on the Plymouth Boys and Girls Club soccer field. Baseball also holds indoor practices at the Team Mizuno facility in the Industrial Park, and while softball has indoor practices at the Atlantic Baseball Club, also in the Industrial Park. There is no home game field so all games are away contests.

COMPETITION

Rising Tide is a member of the Cape and Islands athletic league, which consists of eight member 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, and Pope John Paul II. We also compete against other local schools that are not in our league.

STANDARDS FOR PARTICIPATION

Eligibility to try out for a team:

- All students must meet MIAA requirements in order to participate on a team at Rising Tide.
- All students should complete the necessary forms and submit them before the deadline. Not until all forms have been submitted will the students status be reviewed.
- All students are academically eligible to try out for fall sport provided they meet the minimum MIAA academic standard.
- For the winter and spring sports, a student must be deemed to be in “good standing” by the school in order to try out for a sport at Rising Tide. There is no set grade point average requirement – the advisor, team leader, grade level team members and dean of students are in the greatest position to determine whether or not a student is prepared to handle the privilege and demands of participating on an athletic team. The athletic director will provide a list of participants to the grade level team prior to the try out start date. The academic team and the dean of students will make a collective decision as to whether the student will be permitted to participate. Poor academic performance and/or not meeting the community standards of behavior and expectations for conduct outlined in the Student Handbook may result in a student failing to receive the “good standing” status necessary to try out for a team.
- “Bubble” Candidates: If a student is close to being deemed ineligible but has been given permission to try out for the team s/he will have a meeting with his/her advisor. The advisor will outline how, should the student be selected for the team, s/he needs to improve in order to remain on the team for the full duration of the season.
- If a student is not eligible to try out, the dean of students will inform both the student and the parents.

Criteria to Remain on the Team

- A student may be removed from a team if s/he is not meeting academic expectations or the community standards of behavior outlined in the Student Handbook. The grade level team and dean of students will make a decision as to whether or not a student should be removed for academic or behavior reasons, and weekly team reviews will take place. If a student is removed from the team for academic or behavior reasons the dean of students will inform the student. The coach may also participate in the meeting. Once the student has been informed, the dean of students will notify the parents.
- A student may also be removed from the team by the coach for failing to meet team and athletic program standards. The coach will make a decision about removing a student athlete from a team for violation of team rules/guidelines but will do so with the consent of the athletic director. If a decision had been made by the coach to remove a player from the team both the coach and the athletic director will meet with the player and

explain the decision. Once the student has been informed the athletic director will notify the parents.

TRY OUT PACKET

For the winter and spring seasons a pre-try out packet will be distributed approximately two weeks prior to a try out start date. For the fall season the necessary materials will be placed on the school website in the athletics section as well as at the front desk of both the middle school and high school.

TRY OUT REQUIREMENTS

1. A physical form on file with the school which has been completed within 13 months of the try out date.
2. A completed Concussion Awareness form (one per school year).
3. A Pre-Participation Head Injury/Concussion Reporting Form (every season).
4. A signed waiver form.
5. A signed Student Athlete/Parent Athletic Handbook form indicating receipt and understanding of the Athletic Handbook.
6. A user fee.

REQUIREMENTS WHEN SELECTED FOR THE TEAM

1. If the student is selected for the team both the student and a parent/guardian will be expected to read and follow the policies and guidelines outlined in the Athletic Handbook.
2. If a pre-season meeting is held, both the student and one parent/guardian must attend.

LATE ENROLLMENT POLICY

If a student enrolls late to Rising Tide and their first day attending the school is after the try out period has occurred, but before the first game of the season, then s/he may attend practices that will serve as his/her try out period. The coach will determine how many practice sessions will constitute the try out period.

PRE-SEASON MEETINGS

Pre-season meetings may be held prior to or shortly after the try out date for a sport. If a meeting is held the date for the meeting will be provided in the try out packet, and at least one parent or guardian must attend.

PARENT INVOLVEMENT

There are many ways for parents to become productively involved in the athletic experience.

- Work to make sure their child attends all practices and games
- Demonstrate support of the coach in determining playing time, game strategy, and practice plans
- Emphasize and acknowledge effort and improvement as benchmarks for success in their child's athletic experience
- When attending games show respect for the authority of game officials
- Help other spectators and parents maintain an attitude reflecting a high level of sportsmanship

END OF SEASON CELEBRATIONS

Each season will conclude with an end-of-season gathering on a weeknight shortly after the end of the season. It is an informal pot-luck celebration of the season's successes, and an opportunity for coaches to distribute awards. The date and time of the event will be provided in the pre-season packet, or during the first few weeks of the season.

WEBSITE RESOURCES

The following items will be posted in the athletics section of the Rising Tide website during the season for families to access for their convenience:

1. The Athletic Handbook
2. Link to the MIAA
3. The team schedule on Schedulestar.com
4. The Rising Tide Concussion Policy
5. Pre-Participation Head Injury Concussion Reporting Form For Extracurricular Activities
6. Report of Head Injury During Season Form
7. Post Sports-Related Head Injury Medical Clearance and Authorization Form
8. School Version CDC ACE Care Plan
9. Concussion Facts for Parents

USER FEE

1. Each family is required to pay a user fee for each season. This fee helps to pay for transportation, facility rental, game officials, and equipment costs. If a student is not selected for the team his/her check will be returned. Checks will not be cashed until after team members have been selected.
2. There is no discount for participating in multiple seasons throughout the school year.
3. There is a discount for families with multiple siblings playing in the same season; the details of the discount will be announced in the pre-season packet.
4. If a student is removed from the team before the conclusion of the season for any reason, Rising Tide has the right to keep the entire user fee.

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.

GRADE LEVEL ELIGIBILITY

The grades eligible for try outs will vary from sport to sport and year to year, depending on the level of participation with the upper school grades.

TEAM SELECTION

The team coach is responsible for selecting team members. There are many factors involved when selecting students for a team. They include, but are not limited to, the following traits as demonstrated during the try out period: skill, effort, athletic ability, conditioning level, support of others, etc.

SELECTION OF TEAM CAPTAINS

Individual coaches will determine the policy for the selection of team captains. They may be elected by the team, appointed by the coach, or some combination of the two. Team captains are expected to be leaders and undertake responsibilities provided to them by their coach. Serving as a team captain is an honor that comes with significant added responsibility. Each coach will designate specifically how s/he want his/her captains to serve in this critical student leadership role.

PLAYING TIME

It is the responsibility of the coach to determine playing time for each player. His/her assessment of an athlete's skill level, attitude and commitment will all be determining factors. Team coaches also need to consider the age and size of the competition. Playing time can be a sensitive topic for players and their parents, and we understand that not everyone will be satisfied with their playing time. If a player is unhappy s/he should approach the coach and express his/her feelings. The coach will be able to communicate why the player is receiving his/her current playing time and what s/he can work on to potentially improve playing time for the future. It is important to remember that every individual on a team is an invaluable, contributing member regardless of his/her playing time.

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 or Assistant 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 phone. Most Rising Tide coaches are school employees and can be reached on their individual phone lines. Please leave a message and they will do their best to get back to you within 24 hours. If the coach is not a Rising Tide employee ask the Athletic Director for contact information.

ATTENDANCE POLICY

- 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.
- If a student is not in school s/he may not participate in a practice or a game that day. If s/he is tardy or dismissed s/he must have attended school for at least four hours in order to participate in athletics that day.
- If a player will be late or miss a practice or game, s/he must communicate this with his/her coach. Failure to do so will result in an unexcused absence.
- It is important for players to understand that both excused and unexcused absences from practices and games have an impact on the team and may affect playing time. Safety for the individual who has been absent, team strategy, and fairness to the team as a whole are some of the factors a coach must consider when assessing how playing time for an individual might be affected by both unexcused and excused absences.
- A student is not eligible to attend athletics on a day s/he serves either an in-school or out of school suspension.
- A student dismissed from school by the nurse for medical reasons should not participate in athletics that day.

ATTENDANCE FOR AN INJURED ATHLETE

There are many ways an injured athlete can personally gain from the athletic experience while simultaneously enriching the experience for others. If a student is injured and cannot actively participate in a practice or game for any period of time s/he is still expected to attend both practices and games until s/he is able to return to play. This gives the student an opportunity to keep up on tactics and strategy while supporting teammates and providing assistance to the coach. Joining a team is a commitment; this commitment is not suspended when a student is physically unable to participate.

INJURIES AND ACCIDENTS

- Rising Tide does not have an Athletic Trainer, but when possible an EMT will attend home contests.
- Coaches are trained annually in first aid and CPR. Athletes should report all injuries to the coach immediately.
- If a student is prevented from participating in a practice or game due to an injury s/he may not return to play until they provide their coach with a doctor's note stating s/he are able to return.

The coach and other athletic personnel should be prepared to do the following if an injury or accident takes place during a practice or game.

- If the EMT, School Nurse, or Athletic Trainer is present, that particular individual will immediately respond to the injury or accident.
- If the above mentioned individuals are not present, the coach will be the one to respond.
- In the event of an emergency, the coach will call (911) and request ambulance transportation to the hospital. S/he will notify the parent that the student has been taken to the hospital. If the parent is not available, a member of school personnel will remain with the student and accompany him/her to the hospital until a parent or guardian arrives.
- Under no circumstances will an injured student be left alone or transported without a competent adult accompanying him or her. If necessary, the game will be forfeited and the coach and team will accompany the injured student for medical treatment.
- If the accident requires hospital treatment, the coach will contact the Head of School and the Athletic Director as soon as possible.
- The coach will submit a completed Accident Report Form to the School Nurse by noon of the first school day following the injury or accident. Forms may be obtained from the Nurse or Athletic Director.
- When a student has received medical attention for an injury s/he needs to submit a Return to Athletic Participation Form, signed by his/her physician, to the Nurse's office before returning to play.

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.

PRACTICE TIMES/DAYS, SEASON LENGTH, TRY-OUTS

There will be a two-day or three-day try out for every team. The specifics will be provided in a pre-season packet. Since soccer starts the first week of school, information will be provided on the school's website, at the front offices of both the middle school and high school, and in the August letter home to families.

Varsity teams practice five days a week, usually from 3:20 – 5:00.

Teams may occasionally play on weekends and vacations.

WEDNESDAY EARLY RELEASE DAYS

Games and practices will be scheduled for Wednesday early release days, but will not begin until 3:00 or 4:00pm. Rising Tide is not able to supervise students between school dismissal and the start of their practice or game. Therefore, students must leave school at dismissal and return in time for their practice or game.

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.

At times a carpool will bring students back and drop them off at the middle school after an away game. For games closer to the school parents may be required to pick their child up at the game location. Parents should check the season schedule for specific information regarding pick up times and locations.

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

Pick up times for game days are listed in the schedule which is distributed at the beginning of the season. Keep in mind that these times are estimates and every game runs for a different amount of time based on a variety of factors. Traffic conditions vary as well and are difficult to predict; whenever possible it is best to have your child contact you when s/he is on the way back to the school in order to give you a more accurate arrival time.

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 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.

Carpools will be arranged for a number of athletic contests during each season, as they significantly cut down on our transportation costs, thus allowing us to schedule more games over the course of a season. Parents invest their own valuable time and resources in order to drive carpools. It is expected that students riding in carpools will be gracious and well behaved at all times, thanking their driver sincerely and helping out in any way possible.

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 if they provide the coach with a written note 24 hours prior to the game. The parent must also present 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.

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 EQUIPMENT

The athletic equipment used during the course of each season is the property of the Rising Tide Charter School, and it is important that it is treated with respect in order to ensure its safe use and longevity.

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, Assistant Head of School 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.

RISING TIDE CHARTER PUBLIC SCHOOL

Middle School Building (508) 747-2620

Upper School Building (508) 747-1889

www.risingtide.org