

NARRAGANSETT

HIGH

SCHOOL

**Mariner
Athletic Handbook**



**HANDBOOK FOR
STUDENT-ATHLETES**

Revised July 2009

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Narragansett High School

Mission and Expectations for Student Learning

The **mission** of Narragansett High School is to develop and support a community of responsible citizens by

Empowering all members of the learning community through a rigorous, inquiry-based, and integrated curriculum.

Creating a collaborative culture that inspires confidence through active participation, reflection, and accountability from all members.

Establishing and maintaining a personalized culture for teaching and learning that is respectful, safe, and encourages life-long learning.

Academic Learning Expectations

Narragansett High School students shall

- 1.1 Communicate effectively using oral, written, and technological formats.
- 1.2 Meet proficiency in content and applied learning standards as outlined in the *Rhode Island High School Diploma System*.
- 1.3 Read critically and interpret a wide range of materials with varying degrees of complexity.
- 1.4 Demonstrate the use of reasoning and problem solving skills and strategies through analysis and synthesis of data and information.

Social and Civic Learning Expectations

Narragansett High School students shall

- 2.1 Demonstrate the behaviors and skills for independence and collaboration.
- 2.2 Participate as a citizen in the national, local, and global community.
- 2.3 Demonstrate an understanding of and respect for diversity.
- 2.4 Set individual goals for continued life-long learning.

FOREWORD

The purpose of this handbook is to aid student athletes and their families in understanding the policies and procedures which guide the operation of the athletic program at Narragansett High School. The interscholastic athletic program is conducted in accordance with school committee policies, school rules and the rules and regulations of the Rhode Island Interscholastic League.

Being a member of a Narragansett High School athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Narragansett High School, you have inherited a tradition which you are challenged to uphold. It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but are also willing to assume the responsibilities that go with them.

PHILOSOPHY

The interscholastic athletic program at Narragansett High School is an integral part of a student's life. A dynamic program of athletic activities, therefore, is vital to the academic and social/civic development of students to promote sportsmanship, character development, and leadership. As a result, the Narragansett High School athletic program provides a variety of experiences that help students achieve the social and civic learning expectations of the school's *Mission and Expectations for Student Learning*: demonstrating the behaviors and skills for independence and collaboration, participating as citizens in the local community, demonstrating an understanding and respect for diversity, and setting goals for continued life-long learning.

Narragansett High School offers the following sports:

FALL:	Football Boys Soccer Girls Soccer Girls Volleyball	Boys Cross Country Girls Cross-Country Girls Tennis Football Cheerleading
WINTER:	Boys Basketball Girls Basketball Hockey	Girls Swimming Wrestling Competition/Basketball Cheerleading
SPRING:	Baseball Softball Boys Tennis Golf	Boys Lacrosse Girls Lacrosse Girls Track & Field Boys Track & Field

PROGRAM OBJECTIVES

1. To provide a superior program of athletic activities;
2. To provide a positive image of school athletics at Narragansett High School;
3. To provide opportunities that will allow athletics to serve as experiences where students may cope with problems and handle situations similar to those encountered in the contemporary world. The experiences should provide adequate and natural opportunities for:
 - a. Physical, mental, social and emotional growth and development;
 - b. Acquisition and development of special skills in activities of each student's choice;
 - c. Team play with the development of such commitments as loyalty, cooperation, fair play and ethical conduct;
 - d. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence and the ideals of good sportsmanship that make for winning and losing graciously;
 - e. Achievement of school goals and the student's individual goals;
 - f. Provisions for worthy use of leisure time in later life, either as a participant or spectator;
 - g. Development of leadership qualities;
4. To provide an opportunity for students to experience growth and success in activities they select;
5. To promote conditions which support the best values of athletics; and
6. To strive for playing excellence that will produce winning teams within the bounds of good sportsmanship and the mental and physical health of the student athlete.

STUDENT ATHLETE OBJECTIVES

1. To develop high ideals of fairness in all human relationships;
2. To practice self-discipline and emotional maturity in learning to make decisions under pressure;
3. To develop social competence and operate within a set of rules, thus gaining a respect for the rights of others;
4. To develop an understanding of the value of athletics in a balanced educational process;
5. To display courtesy and respect to officials, spectators and visiting teams;
6. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players; and
7. To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school, official, fan, community, state or nation.

REQUIREMENTS FOR PARTICIPATION

A. Eligibility

In order to participate in interscholastic athletics at Narragansett High School, students must:

- be enrolled in a full schedule.
- not have failed more than two courses at the end of the previous marking period.

Eligibility is based on 1st and 3rd quarters and mid and final semester grades. If a student fails three courses, he/she is academically ineligible until the new grades come out. Students who fail two courses are required to attend extended school day for a minimum of 1-2 weeks. Students are also required to do progress reports for the remaining quarter or semester until the next set of grades come out. Negative comments will prevent the student from being eligible as a player. Courses that meet every day will be considered one course towards eligibility provided that the student still passes at least 60% of his/her courses. Failure in a course that meets daily will result in the need for the student/athletes to initiate the progress report process.

An additional two weeks of satisfactory progress reports is required in order to participate in games. Students with an I or incomplete will be required to make up work within two weeks or the grade will be considered a failure. An athlete who failed more than two courses at the end of the previous marking period will be academically ineligible as mandated by the Rhode Island Interscholastic League. Students who make up (in accordance with the summer school policy) a subject during summer school and receive credit toward graduation for this make-up work may count that credit toward eligibility for the final marking period.

Athletes may not compete in fall sports if they fail more than two academic subjects the preceding semester. To be eligible, they need to pass either a formal summer school program or complete individual tutoring and pass a Narragansett High School departmental exam. All failure make-ups, either by summer school or tutoring, must be completed and filed in the school guidance department by the second Tuesday in August. It is the student and parents' responsibility to make sure this information is on file by this due date. Students who submit information after this deadline will not be able to participate in tryouts for an athletic team. Once school starts, the student with two failures can begin the progress report process in hopes of regaining eligibility.

Students are NOT eligible if:

- they are excused from physical education for medical reasons;
- their 19th birthday occurs prior to September 1st;
- they have represented the school in any one sport for more than four seasons and/or have been in attendance for more than eight semesters in the 9th, 10th, 11th or 12th grade or grades or the equivalent of such grade or grades in any school or schools;
- they have changed schools without a change of legal residence; or
- they do not comply with any other provisions outlined in the most recent edition of the Rhode Island Interscholastic League's Rules and Regulations.

Requirements for Participation continued

B. Equipment and Uniforms

Athletes are responsible for the proper care and security of equipment issued (on a loan basis) to them. School-furnished equipment is to be worn only for contests and practice or when authorized by the coach and Athletic Director. Athletes who do not return their equipment in good condition immediately at the end of the season will be assessed the replacement cost of the equipment. Athletes may not participate in another sport until this obligation has been fulfilled. Students will assume full responsibility for all lost or stolen athletic uniforms and equipment.

Student athletes are encouraged to lock up all valuables for both home and away athletic contests. When traveling, if the home team does not secure the locker room properly, the athletes, led by their team captain, should use a gym bag to store valuables. The bag should be brought to the team bench during the athletic contest. Athletes are encouraged to bring in locks from home to further protect their valuables in our home locker room during practices and games.

C. Insurance

Athletes may not compete on an athletic team unless they are covered by some form of medical insurance coverage.

The school has arrangements with an insurance company by which parents can secure accident insurance for their children at a nominal cost. The school, however, does not assume responsibility for medical expenses resulting from injuries to participants in sports. The family's personal medical insurance is the first step in covering medical expenses. School insurance can only be used to help pay for expenses not covered by your personal insurance. Under certain circumstances, the Rhode Island Interscholastic Injury Fund provides some assistance for medical expenses which are not covered by either personal insurance or school insurance. In order to receive aid from the Rhode Island Interscholastic Injury Fund, student athletes must be covered by some type of insurance. In claims involving school insurance, parents need to pick up an insurance form at the school office. Once the school and attending physician have made out their parts, the parents send the form and bills to the company.

D. Parental Acknowledgement of Athletic Policies

At the time students try out for an athletic team, they will receive this handbook and coaches will have a mandatory team meeting where athletes are required to bring a parent to meet with the coach. At this time, coaches will go over training rules, expectations, goals, and their coaching philosophy. Each parent or guardian will read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district.

Requirements for Participation continued

E. Pre-Participation Form*

Each athlete's parents will complete a parental permission form for each year giving permission to participate in interscholastic sports. The form will be kept on file in the athletic director's office when athlete is not participating and will be in the possession of coaches during a season when student athlete is participating. These forms contain a section that allows emergency medical treatment to take place if a parent is not on hand to give consent.

F. Physical Examination*

A yearly physical examination is required. The physical form or a physician's approval must be completed by a physician and submitted to the coach or athletic director prior to participation. The physical covers all sports for the entire school year provided the examination occurred within one year of the beginning date of the respective athletic season. Students are encouraged to obtain a physical prior to the beginning of the school year in June, July or August. The form will be kept on file in the nurse's office.

G. Risk of Participation*

Athletes and parents must realize the risk of serious injury which may be a result of athletic participation. In order to participate in interscholastic sports, students and parents/legal guardians are required to sign the Rhode Island Interscholastic League's Assumption of Risk form. This form must be notarized and submitted to the coach or athletic director prior to participation.

H. Community Service

Starting in the fall of 2008 all Narragansett High School athletic teams will be required to perform some type of community service. The coaches and athletes of each athletic team will be given a list of options for community service. Teams may elect to pick from the list or they may develop their own community service project with the permission of the athletic director and principal. Community service projects are required so that athletes can give back to the school/community and also for team building.

Coaches will be required to submit names of athletes to the athletic director and principal who fail to comply with our community service component. Failure to comply may prevent eligibility to participate on future Narragansett athletic teams.

*All athletic forms may be obtained online @
www.narragansett.k12.ri.us/nhs/index.html

CODE OF CONDUCT FOR STUDENT ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected to abide by this code of conduct which will earn them the honor and respect that participation and competition in the interscholastic athletic program affords. Conduct which results in dishonor to the athlete, the team or the school will not be tolerated. All rules apply to all athletes including players, managers, trainers, cheerleaders and all other students representing a team from Narragansett High School.

A. **Alcohol, Tobacco and Other Drugs**

Medical research clearly substantiates that the use of alcohol, tobacco and mood modifying substances produce harmful effects on the human organism. You cannot compromise athletics with substance abuse. Athletes who experiment with such substances jeopardize team morale, team reputation and team success and do physical harm to themselves. Students have to decide if they want to be athletes. If they do wish to be an athlete, they must make the commitment in order to be a competitor. A big part of this decision means refraining from the use of alcohol, drugs and steroids. Student athletes, therefore, are considered in violation of this policy if they possess, consume (including being under the influence of) and/or distribute, other than as prescribed by a physician for personal use, any alcohol, tobacco and/or tobacco products, and/or controlled drug not prescribed by the athlete's physician at any time during that sports season whether during school, at a school activity, on school property, or at locations off school property. In addition to penalties required by school committee policy and the Narragansett High School handbook, the student athletes will be held accountable for any violations off of school property during any time of their athletic season. Due to the breach of training rules, the athlete will be suspended from all scheduled contests and practices for five school days (must include at least the next scheduled contest of the season) for the first infraction. In order to be reinstated to the team, the athlete must meet with the athletic director, the athlete's parents and coach. The athlete will be suspended from the team for the remainder of that sports season for a second infraction. The student must also meet with the student assistance counselor for a minimum of two times.

Captaincy

Any captain of a sports' team will forfeit his/her captaincy if found to be in violation of this policy.

Violations of the Narragansett Student Athlete Substance Abuse Policy are as follows:

Possession, Sale, Use or Dispensing of Alcohol or Drugs

The possession of, distribution of, use of (meaning any detectable alcohol or drug within the body), or being under the influence of alcohol or controlled substances, or the possession of drug- related paraphernalia while on school premises, on school-sponsored

Code of Conduct for Student Athletes continued

transportation or at any school-sponsored activity is prohibited and subject to the following disciplinary procedures below. Any staff member concerned about a student's suspected use or abuse of any controlled substance should contact one of the following:

- *Principal
- *Assistant Principal
- *Student Assistance Counselor

FIRST OFFENSE:

1. In-School Counseling: minimum of 3 sessions, with student's choice of either the School Psychologist or the Student Assistance Counselor.
2. Parental Notification
 - *When the student is under the influence, parents will be notified and must remove the student from the school building.
 - *When there is sufficient suspicion that the student is under the influence, parents are notified and must remove the student from the school building.
3. Police will be notified if the student is found in possession of a controlled substance.
4. Three day suspension and attendance at AA or NA meeting with the choice of a family member or peer counselor.
5. Student will be allowed to make up all academic work missed due to the suspension.
6. The student will be placed on social suspension for six weeks following the offense. The student may not attend academic and athletic practices during the suspension, and will not be allowed to participate in or be a spectator at any games, performances, etc.

SECOND OFFENSE

1. The student must see the School Psychologist or the Student Assistance Counselor for at least three additional sessions.
2. The student must follow the recommendation made by the School Psychologist or the Student Assistance Counselor. The recommendations could include: additional individual sessions, outpatient treatment for substance abuse, inpatient treatment, school groups.
3. The student will be placed on social suspension and will be excluded from all extra-curricular activities for 12 weeks or until all recommendations of the counselor are met.
4. Parental and police notification will be the same as listed in the first offense.
5. Five day suspension and attendance at an AA or NA meeting with choice of peer counselor or a family member.
6. The student will meet with an in-school disciplinary review committee. The committee will be composed of administrators, teachers, and peers. The student must appear before the committee to discuss re-eligibility for school functions. The committee will verify that the student has met all the requirements for re-eligibility to school functions. The student will be encouraged to sign a release form giving the alcohol/drug counselor permission to report to the committee on his/her attendance at counseling sessions.
7. After a second offense during the same sports season, the student athlete will be removed from the sports team. If after the second offense, the student enters into a new sports season, an additional offense during the subsequent season will be treated as a second offense and that student will be removed from that sports team. If there is

an additional sports season for that student and an additional offense occurs, that too
Code of Conduct for Student Athletes continued

will be treated as a second offense and that student will be removed from that sports team. Any future violations off of school property in a different sport season will lead to suspension from the team for that season.

THIRD OFFENSE:

Any student violating the established alcohol and drug policy for the third time will automatically be referred to the Superintendent. All second offense procedures will be followed in addition to any other consequences or practices deemed appropriate by the Superintendent.

Our schools will provide counseling referral, without disciplinary action, to any student voluntarily seeking substance abuse treatment. Through our educational programs and working cooperatively with parents, our goal is to provide the information and knowledge that will enable our students to make substance abuse prevention decisions.

Selling/Distribution of Illegal Drugs/Alcohol:

Any student attempting to sell or distribute illegal drugs or alcohol on school grounds will be subject to the following:

*Immediate police and parent notification

*Suspension from school and all school activities until such time that a recommendation for expulsion be acted upon by the School Committee. The expulsion would be either for the remainder of the semester in which the incident occurred or the semester immediately following.

B. Appearance

Athletes assume the responsibility of representing their school; consequently, they are expected to dress presentably on trips and at all athletic-related events. Athletes are issued uniforms so that appropriate dress during athletic contests is insured – students may not alter uniforms in any way.

C. Attendance

Athletes are expected to be in school on the day of any athletic contest. Athletes who miss part of the day due to illness must be in attendance three continuous periods immediately preceding the end of school in order to play in a contest or practice on that date. Athletes missing school for reasons other than illness must be excused in advance of the absence in order to participate. Athletes absent from school on Friday or a day preceding a holiday and/or a weekend contest are ineligible to participate unless the absence is excused in advance by the principal or his designee. Final authority for infractions of this rule will rest with the principal.

D. Conflicts in Extracurricular Activities

Athletes who attempt to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The athletic department recognizes students should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, attempts to schedule events in a manner to minimize conflicts. Athletes have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many

activities where conflicts are bound to happen. It also means notifying the advisors/coaches involved immediately when a conflict does arise.

Code of Conduct for Student Athletes continued

When a conflict arises the advisors/coaches will work out a solution so that students do not feel caught in the middle. If a solution cannot be found, the principal or his designee will make the decision based on the following:

1. The relative importance of each event
2. The importance of each event to the student
3. The relative contribution the student can make
4. How long each event has been scheduled
5. Talk with athlete and/or parents

Once the decision has been made and the student has followed that decision, he/she will not be penalized by either advisor/coach. If it becomes obvious that students cannot fulfill the obligation of a school activity, they should withdraw from that activity.

If a student plays on a school athletic team and is also participates in a non-school sport simultaneously, the school sport must take precedence.

E. Selection of the Team

Selection of athletic teams is the sole responsibility of the coaches of those teams. Their actions, however, must be consistent with the philosophy and policies of the athletic program.

When a team cut is necessary, the process will include two important elements. Each candidate should have competed in a minimum of three practice sessions, and have been personally informed of the cut and the reasons for the action by the coach. The Athletic Director will approve all specific guidelines on team selection prior to their announcement.

A student cut from a squad will be permitted to try out for another team if the coach of the second team so desires. A student cut from a squad for disciplinary reasons, however, will not be eligible to participate on another squad for that sport season.

A student must try out for a team at the official start of the season. An exception may be made in the fall season when practices begin in the summer and incoming new students may not be aware of the season's beginning. In cases such as these the coach and athletic director will determine whether a student may participate.

F. Hazing/Harassment/Intimidation/Bullying

Student athletes at Narragansett High School are expected to abide by all rules listed under the Harassment & Bullying/Cyberbullying Policy in the Narragansett High School Student Handbook.

Under no circumstances will any type of hazing, harassment, intimidation, or bullying an athlete be tolerated. Hazing, as defined by the National Federation of Sports, is "any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate. Please note that hazing can be in the form of mental, physical, emotional and psychological abuse."

Code of Conduct for Student Athletes continued

If an athlete encounters any form of hazing, harassment, or bullying, they need to report it immediately to their coach, athletic director, or principal. Consequences for infractions will vary according to the severity of the incident ranging from talking with coaches, athletic director and administrators to being dismissed from an athletic team, to criminal charges. Athletes are encouraged and expected to treat all students with respect, dignity and courtesy.

G. Individual Coach's Rules

Coaches may establish (with advanced approval of the athletic director and principal) additional rules and regulations for their respective teams. These rules must be given in writing by the coach to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and will be administered by the coach. Additional team rules must be consistent with all other school rules and regulations. Copies will be kept on file in the athletic director's office. Coaches may take reasonable disciplinary action pertaining to any problem that may arise that has not already been reviewed in this handbook.

H. Leaving a Squad

Athletes who leave a squad will have a reasonable amount of time, depending on circumstances, to ask the coach for reinstatement. The coach will act independently on each case. These students are expected to discuss their decision with the athletic director and coach. This is an important step so that they realize their responsibility to the team and themselves.

Within one week of the first contest, a student may drop from the squad without penalty. After this time, the student may not participate in any other athletic activity for that season unless the athletic director and both coaches involved grant permission.

I. Locker Room Regulations

1. Rough-housing and throwing towels or other objects is not allowed in the locker rooms.
2. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
3. Athletes should ensure that all clothing and valuables are locked in their lockers.
4. No glass containers are permitted in locker rooms.
5. All spiked or cleated shoes must be put on and taken off outside of the school building.

J. Practices and Contests

Athletes are expected to attend all contests and practices during the season, vacations included, unless excused by the coach and/or athletic director prior to the absence. Athletes with unexcused absences from contests or practices must practice one day (5 days maximum) for each contest or practice missed prior to resuming competition.

Code of Conduct for Student Athletes continued

Practices may not start prior to 3:00 pm. This is being done to allow students to either make up work or take advantage of extended school day. Coaches have been instructed not to punish athletes or put pressure on them to be at practice prior to 3:00 pm if they are seeking academic help. Furthermore, if coaches are aware that students have been assigned to extended school day for academic help but report to practice instead, coaches will not allow them into practice.

K. Vacations

Vacations (including trips during school vacations) by athletic team members during a sport season are discouraged. Athletes and parents wishing to do so may wish to reassess their commitment to the team. In the event an absence due to a vacation is unavoidable, the athlete must:

1. Present a signed excuse by the parents to the coach at least 2 weeks prior to leaving.
2. It is at the coaches' discretion as to how much practice time is necessary when a student returns from vacation prior to returning to competition.
3. Be willing to assume the consequences related to their playing status on that squad.

L. School Rules

Athletes will abide by all rules and regulations outlined in the "Code of Behavior" published in the Handbook for Students and Parents which is distributed to all students on the opening day of school.

M. Suspension

An athlete who is suspended from school or who is on social suspension is ineligible to participate in contests or practices during the period of suspension.

N. Travel

Athletes must travel to and from athletic contests in transportation provided by the athletic department unless previous arrangements are made by the athlete's parents for exceptional situations. Permission for exceptions must be approved by the athletic director and the coach and, if necessary, the principal. In addition:

1. Athletes will remain with their team under the supervision of the coach when attending away contests.
2. Under extenuating circumstances, athletes may return from athletic contests with their parents only. Some examples of acceptable reasons why athletes may be released from traveling with their teams may include: wakes, funerals, confirmation, or some other very important family, religious or school function. The coach and athletic director (principal, if needed) will make the final determination on the legitimacy of not traveling with your team. To secure permission, parents must supply the coach and athletic director with a written

signed note from parent(s) securing permission prior to the athletic contest. Athletes will be released to the parent only upon the personal recognition of the parent by the coach. Players may not travel with parents other than their own.

Code of Conduct for Student Athletes continued

3. Athletes are not permitted to drive their own vehicles to away contests.
4. Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances, knowledge of which must be known beforehand.
5. All regular school bus rules will be followed.

O. Fundraising

All fundraising must adhere to the fundraising policy for the Narragansett School System. Listed below are the guidelines that coaches and student athletes must adhere to should they be involved in a fundraiser.

1. Teams are limited to one fundraiser per season.
2. All fundraisers must be approved by the Athletic Director and Principal and all paperwork must be in place prior to fundraiser (3 weeks in advance). Coaches must provide all the details on running the fundraiser, and the ultimate decision will be made by the Principal.
3. Door-to-Door sales are prohibited by the Narragansett School Department. Coaches must direct athletes to abstain from this type of sales. Also, fundraisers are not to take place in our schools during the school day where it may impact the educational process.
4. All proceeds from fundraisers should be reported to the Athletic Director and kept in a school account for accountability purposes with our Bookkeeping Secretary.
5. Coaches should not put undo pressure on athletes to be successful in sales. Motivating students is fine but absolutely no punishments for lack of sales may be implemented. This means no physical or verbal repercussions.
6. Although money raised from fundraisers belongs to each specified athletic team, coaches must get clearance prior to using money from the Athletic Director/Principal. This serves as a protective mechanism for accountability purposes.
7. Athlete's performance in fundraising will have absolutely no effect on their team standing and playing time in practices or games.
8. Any questions concerning fundraising should be directed to the Athletic Director/Principal of the high school.
9. Please remember that while athletes are participating in fundraisers, they are ambassadors of Narragansett High School. They need to conduct themselves appropriately at all times.
10. If people in the community ask "Why fundraisers?" – there are two rationales: 1) to develop team building, and 2) to provide extra money to facilitate the program (please note the money is used for extras and not to run the program).

P. Weight Room Regulations

1. Shirts and shoes are required at all times - tank tops are acceptable.

2. Nobody is to be in the weight room alone.
3. Students must be under the supervision of the instructor assigned.
4. Lifters must work with a partner.

Code of Conduct for Student Athletes continued

5. Replace all weights on racks immediately following use.
6. Know your limits! Work with the instructor in determining your limits.
7. Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
8. Warm-up with proper stretching exercises.
9. Because of our limited space, the number of lifts will be determined by the supervisor.
10. No food or drinks inside the weight room.
11. No horseplay or profanity.
12. No abuse of equipment. Any equipment that is broken must be reported immediately.
13. Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.
14. All athletes must sign into the weight room.

Q. Facilities and Equipment

School facilities and/or equipment are not to be used without a coach being present.

R. Selection of Captains

In selection of captains, emphasis is placed on leadership qualities, school spirit and good academic standing. The following character traits of highly effective leaders/captains will be considered in the selection process: positive attitude, sense of humor, integrity, enthusiasm, dedication, tenacity, organization, love of the sport which spreads to others, respect for self and others, superior knowledge of the sport, and good citizenship. The process for the selection of captains is as follows:

- Captains should be chosen by election or appointment before or at the beginning of the season.
- Coaches are to conduct the election or appointment.
- The names of the potential captains should be given to the Athletic Director and Principal for their approval.
- It is the duty of the coach to make the captains aware of their duties and responsibilities.
- Athletes who violate school rules and policies will not be eligible to become a captain. Any current captain who violates school rules and policies may be removed from their position of leadership by recommendation by coach, athletic director or principal. Captains are expected to be exemplary role models. Furthermore, captains who get into trouble with the law outside of school may lose their position based on the severity of the infraction.
- Captains are expected to be at all practices. If a student cannot be present for all practices, even during vacation weeks and exam weeks, they are not eligible for positions of captain. Captains are expected to be exemplary role models on and off the field.

Code of Conduct for Student Athletes continued

The following are the maximum number of captains allowed per sport by either election or appointment:

Baseball.....	2
Basketball.....	2
Cheerleading	2
Cross Country	2
Football	4
Golf	1
Soccer.....	2
Softball (Fast Pitch)	2
Swimming	2
Tennis.....	2
Track/Field (Outdoor).....	2
Volleyball.....	2
Wrestling.....	2
Lacrosse	2
Hockey	3

Any change or alteration of the above listed numbers may be allowed but only after consultation with the Director of Athletics.

S. Parental Conduct and Behavior

Students athletes at Narragansett High School are expected to abide by all the rules listed under the Code of Behavior in the Narragansett High School Student Handbook.

Parents of athletes are expected to conduct themselves appropriately at all athletic contests and practices that they may attend. Parents and officials should serve as positive role models and be supportive of all athletes and coaches before, during, and after athletic contests.

If a problem arises between an athlete and their coach, they should work together to resolve it. The Athletic Department would prefer that parents do not become involved at the first level. Please allow your child and coach to try and work out the issues. If no resolution can be reached, parents may then get involved in the process. The Athletic Department recommends using the chain of command when dealing with issues.

LEVEL I: Player-----→ Coach

LEVEL II: Player/Parents-----→ Coach

LEVEL III: Player/Parents-----→ Athletic Director/Coach

LEVEL IV: Player/Parents-----→ Athletic Director/Coach/Principal

LEVEL V: Player/Parents-----→Ath. Director/Coach/Principal/Superintendent

LEVEL VI: Player/Parents-----→ AD/Coach/Principal/Supt./School Committee

Code of Conduct for Student Athletes continued

For this process to be successful, it is very important that we proceed through the different levels. The Athletic Director's door will always be open to student athletes and parents. If we can follow the prescribed procedures, almost all issues will be resolved with satisfaction at levels I and II. Please respect the integrity of the chain of command by following it as prescribed above.

Fan behavior has become a big problem at all levels of sports in America. Parents can help assist the Athletic Department by being positive role models and exhibiting mature behavior at athletic events. This would include but is not limited to:

1. Spectators must be seated while athletic contest is in progress (Fire Marshall's request).
2. Stay off the court before, during and after contest.
3. No mechanical noisemakers.
4. Cheer for your team but not against your opponents.
5. Keep comments positive. Never direct negative comments to athletes, cheerleaders, coaches, school officials, police, referees, or spectators.
6. Students will sit in designated areas.
7. Obscenities/vulgarity/obnoxious behavior will not be tolerated.
8. Never talk directly to athletes on either team during contests.
9. Good fans should recognize good play by either team.
10. If people around you are acting inappropriately, please make staff members aware.
11. Failure to comply with any of the above rules may result in removal from athletic contest.
12. Not engaging in negative banter with spectators from opposing school.

AWARDS

A. Types of Awards

Varsity competition (major award): six-inch letter for the initial award; subsequent varsity awards will be a bar pin.

Junior Varsity competition (minor award): four-inch letter; subsequent JV awards will be a bar pin.

Certificate of Participation: all team members who finish the season

Division Championship: individual team picture plaque – date listed on school banner

State Championship: individual team picture plaque – date listed on school banner

All-State Award: plaque presented at senior banquet – 1st or 2nd team

NOTE: Jackets or equivalent award may be awarded to team members for Division and

State Championships at the discretion of the Athletic Director and the Narragansett Athletic Boosters Club. However, regardless of where the money comes from, students may purchase jackets or equivalent on their own.

Awards continued

Senior Participation Award: Seniors who participate in sports will receive a senior plaque which will document their entire athletic career at Narragansett High School. Also, any student athlete who competes successfully on two varsity athletic teams in senior year will receive an appropriate award.

Any senior who has participated in any sport for a period of at least three years of competition, but who has not received a varsity letter in that sport, automatically receives such an award upon completion of the final season. Only one varsity letter is awarded to each student for each sport; certificates and pins are awarded for each additional year of varsity competition.

B. Criteria for Awarding Letters to Participants in Varsity Sports

1. **Baseball:** A player who participates in one-half the total number of innings or in 50% of the total number of games receives a letter. One inning constitutes playing in the game. The coach awards all pitching letters.
2. **Basketball:** A player who participates in half the total number of quarters receives a letter. Playing any part of a quarter constitutes a quarter.
3. **Cheerleaders:** A player who attends all scheduled practices and games receives a letter.
4. **Cross Country:** A runner who makes a first place in any scheduled league cross country meet or who finished in one of the top seven positions in at least two meets receives a letter.
5. **Football:** A player who participates in half the total number of quarters receives a letter. Playing any part of a quarter constitutes a quarter.
6. **Golf:** Regular varsity team members receive letters if they play in one-third of all matches or score 12 points.
7. **Soccer:** A player who participates in half the total number of halves receives a letter. Playing any part of a half constitutes a half.
8. **Softball:** A player who participates in one-half the total number of innings or in 50% of the total number of games receives a letter. One inning constitutes
9. **Swimming:** A player who accumulates 20 or more points during the dual meet season or scores in the division championship meet receives a letter.
10. **Tennis:** A player who participates in one-third of the scheduled interscholastic matches, either as a singles or a doubles player, receives a letter.
11. **Track:** A player who wins two first place awards, who totals ten points or more in the season or who scores in a championship meet or large invitational meet receives a letter.
12. **Volleyball:** A player who participates in one-half of the total number of matches receives a letter.
13. **Wrestling:** A player who participates in one-third of the scheduled varsity matches receives a letter.

C. J.V. Awards: J.V. awards are given to designated J.V. teams only and are based on the same criteria for awarding varsity letters.

- D. **Exceptions to Awards:** A student who does not meet the requirements for an award because of injury or other circumstances and, in the judgement of the coach and with the approval of the athletic director, is deserving of such an award receives a letter.

Awards continued

- E. To receive an award, the student-athlete must have been a bona fide member of that team at the end of that sport season.
- F. **Manager Awards:** A student who is a manager of a varsity team is eligible for a major award. A student who is a manager of a freshman or junior varsity team is eligible for a numeral or a junior varsity letter.
- G. Timers, scorers, statisticians and other managers who work games or meets but do not report to practice every day must serve as managers for two years to receive a minor award and three years to receive a major award.
- H. A student who for disciplinary or academic reasons does not finish a season will not be eligible for an award.
- I. **Student Trainer:** A student who participates for one sport season in one year as a student trainer is eligible for a minor award. A student who participates for two years is eligible for a major award.

NCAA ACADEMIC ELIGIBILITY

Information related to NCAA eligibility may be obtained online at www.ncaa.org. Students may contact the Narragansett High School Guidance Department for further assistance.

**NARRAGANSETT HIGH SCHOOL ATHLETICS
ACCEPTANCE OF CODE OF CONDUCT**

It is a privilege to be a Mariner Athlete. Conduct becoming of a Narragansett High School athlete will be in place for athletes during the entire academic year. A Mariner Athlete represents his or her school at all times and will conduct him/herself in a manner that is befitting this honor.

I have read all the requirements in this Athletic Handbook and will conduct myself accordingly. I want to be a part of a Narragansett High School Athletic Team.

Name (Please print) _____

Student Signature *Date*

I have read all the requirements in this athletic handbook and wil support my child’s decision to become a part of a Narragansett High School Athletic Team.

Name (Please print) _____

Parent Signature *Date*

(Sign and tear off the bottom half and submit to Coach or Athletic Director.)

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