

Welcome to Greater Lawrence Technical School Athletics

The GLTS coaching staff and I would like to take this opportunity to welcome you and invite you to become a part of our athletic program. Participation in athletics can be very important in high school and in the future. The GLTS coaches pride themselves on being characterized as hard working, knowledgeable, passionate and dedicated in their field. Most importantly, our coaches care for the student-athletes as people and for their overall well-being.

PHYSICALS

Every athlete must receive a physical examination in order to be eligible to participate in interscholastic athletics at GLTS. This examination is valid for 13 months and it is highly recommended submitting a new copy at the start of the school year.

Athletes will not be allowed to participate in a practice, or a game, without having fulfilled their physical exam requirement. The athlete is deemed ineligible the day following the 13 month.

Any athlete who was treated by a physician for an injury or a prolonged illness must produce a release note from the physician prior to resuming participation in a sports program. This process will be coordinated by the athletic trainer.

ELIGIBILITY

Greater Lawrence Technical School is a member of the Massachusetts Interscholastic Athletic Association (M.I.A.A) and the Commonwealth Athletic Conference (CAC). Therefore, as well as school eligibility standards, there are also State requirements. These requirements are set for all levels of competition.

All policies and procedures are in accordance with the MIAA and Greater Lawrence Technical School.

1. In order to be eligible candidates must:

- A student must secure, during the last marking period preceding the performance/contest and athletics (e.g. second quarter marks and not semester grades determine third quarter eligibility), a passing grade and full credit in CTE, and may not fail more than one additional class; this includes all core academic classes, physical education, health education, and related. If the student fails more than one subject, or fails CTE they will be ineligible until the next marking period. Eligibility is in effect the day report cards are handed out. To be eligible for the fall marking period, students are required to have passed and received full credits for the previous academic year. If a student is found to be academically ineligible and continues to play, each game that student participated in will be counted as a forfeit. Incomplete grades may not be counted toward eligibility until they are made up following school policy. Any student absent will not be allowed to participate in school-sponsored event(s) on the day or days they are absent. Students will not become eligible until they have returned to school. The Principal may intervene in cases with extenuating circumstances. A student arriving to school after 11:00 will be considered absent and therefore ineligible to participate in an activity on that day. Students who are academically ineligible may practice with the team but cannot participate in any interscholastic MIAA/MSSAA sanctioned events.*
- 2. Receive a valid physical exam prior to the season as required by the MIAA. Physical exam must be within 13 months. Physical must stay current throughout the season. An expired physical will result in suspension of play until new physical is submitted*
- 3. Return or pay for all athletic equipment and school obligations.*
- 4. Be in good standing in school and the community as determined by the principal and athletic director. Students deemed not to be in good standing would be removed or suspended from teams.*
- 5. Athlete and parent/guardian must register online, via www.FamilyID.com*

** Under no circumstance can a student participate in a game/practice if these requirements are not fulfilled; regardless of level or sport*

1. Candidates must be aware of GLTS rules and regulations for athletes that state:

- a. *The recipient of all athletic equipment assumes full responsibility for its proper care, complete and satisfactory return, or payment for loss thereof.*
- b. *All athletic injuries must be reported to the coach or athletic trainer immediately.*
- c. *Unauthorized removal (stealing) of GLTS equipment or any equipment from other school districts means dismissal from the team for the season.*
- d. *Athletes removed from a game for fighting or unsportsmanlike conduct will be ineligible to play in the next league contest, and if the occurrence is repeated, he/she will be ineligible for one calendar year.*

RULES AND REGULATIONS

The following regulations have been set forth by the Greater Lawrence Technical School Athletic Department to govern the participation in the school athletic program. These are minimum standards and coaches may add to their individual sports if they feel the need is warranted.

ATTENDANCE

A student cannot participate in school sports or practice unless he/she is present in school on that day. If the event is scheduled for a weekend, the student must be present on the Friday before the game. If the violation becomes known at a later date, it will be enforced the next game. Students must be in school by 11:00 a.m. to play/practice. If you arrive to school after 11:00 a.m. you need to see the Athletic Director and provide an excused letter from parent/doctor, etc.

If a student has an excused dismissal he/she must present a note to the Athletic Director.

In-school/External suspension policy: If a student has in-house or external suspension they cannot participate or attend anything that day.

Each athlete must make every effort to be in school, on time, the school day following an athletic event. Regular tardiness will result in disciplinary action.

If a player becomes ill during the day, and gets dismissed from school, he/she cannot practice or play unless authorized by AD and school nurse.

Team members must be present and on time for all scheduled practices and games. Any athlete who is present in school but absent or late to the athletic event without permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to suspension to dismissal from the team/program.

A player who misses five consecutive practices due to illness or injury must have a minimum of one practice session prior to participating in an athletic event. The coach may determine more reconditioning time may be needed.

Student-athletes should contact the coach if they are unable to attend a practice or game.

Vacation Policy: Athletes must personally contact the coach prior to any vacations, which may cause the athlete to miss a practice or an athletic contest. The individual coach will determine the consequence. Non-family/non-school vacations are unacceptable and unfair to teammates and coaches.

A player who misses a scheduled bus for an away athletic activity will not be permitted to participate in the activity. A player must use school transportation to and from athletic events except when the athlete has secured prior written permission from the Athletic Director, the athlete's parent/guardian, and coach.

FAN BEHAVIOR POLICY:

The GLTS Athletic Department expects all fans to demonstrate proper sportsmanship at all times. If a student is removed from a sporting event for inappropriate behavior the consequences will be as follows:

1st Offense: 1 month of no social events

2nd Offense: 6 months of no social events

3rd Offense: 1 year of no social events

MIAA BONA FIDE TEAM RULE:

All students are responsible for following the MIAA Bona Fide Rule and the penalties associated with it. Please refer to the MIAA Handbook for exact wording; but basically an athlete cannot miss a game, try-out, competition, practice, etc. for a non-school activity. First penalty – out of 25% of the season.

TRANSPORTATION/BUSES:

Athletes must show their school ID for all late buses. Only athletes required to use the late bus should be taking the bus.

THE ROLE OF THE CAPTAIN:

Being elected as a team captain is a tremendous honor and privilege that you should be very proud of. However, this role also brings a great deal of responsibility. You are no longer just a member of the team. You are expected to be leader on-and-off of the field and a role model within Greater Lawrence Technical School, as well as, within the community(s). GLTS Captains are selected on such factors as: strong leadership skills, dedication, focus, honesty, commitment, talented skill level, sportsmanship qualities, appropriate behavior, and much more. The coach may have players vote on this leadership role, but it is ultimately the coach's determination of who their Captain(s) should be. The coach will discuss the selection(s) with the Athletic Director for final approval.

Throughout the school year captains are welcomed to be a member of the 'Student-Athlete Leadership Council'; in which discussion on the role of the Captain will be continuously discussed.

MIAA TEAM CAPTAIN POLICY:

Once a student is elected a team captain and he/she violates the MIAA or their own schools' drug and alcohol policy at any time during the year they will lose the privilege of being a team captain. The position of captain is one of honor, leadership and responsibility. As a result, student athletes serving in that capacity are expected to conduct themselves in an exemplary manner in and out of school. Any captain involved in any violation of the discipline code that results in a school or athletic suspension may lose their captainship.

CHEMICAL HEALTH POLICY:

Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), 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.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

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.

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.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed 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 (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close and the student would face no consequence.

Prior to any chemical health violation a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.

HAZING POLICY:

Section 17. 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, [sic] 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 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. 269:18 FAILURE TO REPORT HAZING. Section 18. 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. 269:19 Copy of secs. 17-19;

issuance to students and student groups, teams and organizations; report Section 19. Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team, or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams, or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations. Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its member, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communication the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.

Greater Lawrence Technical School will not tolerate any form of hazing within the sports teams. Hazing is defined as "any conduct or method of initiating students onto any team or organization, which subjects a student to physical or mental abuse and or publicly embarrasses or humiliates the student." Any instance of hazing should be reported immediately and directly to the Athletic Director.

Such examples may be considered hazing:

- Picking on Freshman/Underclassmen
- Humiliating any person
- Making anybody feel uncomfortable
- Improper locker room antics

Athletes participating in any form of hazing could be dismissed from their team for the remainder of the season, as well as, future teams. The school administration and/or police department will deal with student(s) conducting such acts.

CARE OF EQUIPMENT

GLTS provides its athletes with uniforms and other valuable equipment. The athlete is responsible for the uniforms and/or the equipment issued to him/her. GLTS will provide each athlete with a locker to protect his/her valuables. The athlete is responsible for his/her valuables. All student-athletes should lock their valuables inside their locker.

All uniforms and equipment issued to the athletes will be collected at the end of the season. It is the responsibility of the student to insure uniforms are returned clean and in good condition. Lockers must be cleaned out after the season has ended. If an athlete quits during the season, it is his/her responsibility to turn in his/her equipment to the coach. An athlete will be subject to school discipline if his/her equipment is not returned or he/ she does not reimburse the school. The athlete will not be issued any further equipment until all previous equipment has been returned. If a uniform or equipment is ruined/broken/ lost the athlete will be issued a school obligation and will pay to replace the uniform/equipment.

CARE OF FACILITIES

Starting in 2017-2018, Greater Lawrence Technical School will have one of the best athletic facilities in Massachusetts. This athletic complex is for the benefit of all the athletes at GLTS and the communities that we service. GLTS also recently updated our weight room/fitness room and is a focal point for conditioning. These athletic facilities are great additions to the school. Any athlete who is caught abusing any of the indoor or outdoor facilities will be subject to disciplinary actions by the school and police.

STEPS TO FOLLOW IF AN ATHLETE IS INJURED

The athlete should immediately report the injury to his/her coach during their practice or game. The athlete and coach should immediately report the incident to the Athletic Trainer, Ms. Meagan Foley. This information will be forwarded to the Athletic Director. Proper communication between parents, athletic trainer, coach, and player is vital.

CONFLICT RESOLUTION PROCEDURE:

Athletic involvement, while fun and rewarding, can be very time consuming and emotional. Due to the level of effort and emotion invested, conflicts between players and coaches will inevitably arise. All conflicts should be addressed professionally and as soon as possible. To accomplish this, please follow these guidelines.

FIRST STEP: STUDENT-ATHLETE AND COACH CONTACT

The student athlete should meet individually with the coach to share concerns and/or discuss any issue or conflict. It is the student athlete's responsibility to make an attempt to meet with the coach before involving others, if at all possible. Times to be avoided when initiating contact:

- Immediately prior to and/or right after a contest.
- During an active practice session.
- During a time when other students are present and/or when the discussion is visible to others.
- When it is apparent that there is not sufficient time to allow for a complete discussion.

SECOND STEP: PARENT/GUARDIAN AND COACH CONTACT

If a conflict between a student athlete and a coach remains unresolved or becomes a chronic issue, the parent/guardian **and** student athlete should schedule a meeting with the coach. The student athlete should be involved and present at this meeting.

THIRD STEP: PARENT/GUARDIAN AND ATHLETIC DIRECTOR CONTACT

If a satisfactory resolution is not reached through direct contact with the coach, the student athlete and parent/guardian should inform the coach that they intend to contact the athletic director. A meeting with the Athletic Director should be scheduled through the Athletic Office.

FOURTH STEP: PARENT/GUARDIAN AND PRINCIPAL CONTACT

If existing concerns remain following a meeting with the athletic director, the student athlete and parent/guardian should acknowledge such, and initiate contact with the high school principal.

Please note: If you believe that due to the seriousness and/or nature of your concerns and/or complaint, you are unable or unwilling to follow these procedures, you may express your concerns directly to the athletic director and/or building principal.

NOTABLE RULES/REGULATIONS:

*Student-athletes who fight during a game or display unsportsmanlike conduct are subject to the penalties as stated in the M.I.A.A. handbook and sanctions as determined by Greater Lawrence Technical School

*A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate. MIAA waivers are at the discretion of the athletic director and building principal.

*All athletic injuries must be reported to the coach or athletic trainer immediately. The athletic trainer has the final decision on the playing status of any injured student- athlete, no exception. Please contact athletic trainer for exact 'Return to Play' procedure.

* Students transferring into GLTS or are 19 years of age must see the Athletic Director prior to the season; a waiver must be executed to participate in athletics

*Student-athletes must adhere to the rules of the GLTS Student-Handbook and GLTS Student-Athlete Handbook

*Student-athletes and parents should familiarize themselves with all rules/regulations within both the MIAA Handbook and CAC Handbook.