

# **BUCKSPORT HIGH SCHOOL ATHLETIC HANDBOOK**



FOR PARENTS AND STUDENTS  
2022-2023

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# Bucksport High School Participation Expectations

Bucksport High School Athletics would like to encourage its fans and participants to follow the expectations below to help ensure that the athletic experience is a positive one for all involved.

BHS Athletics are governed by the Maine Principals Association Interscholastic Division and the National Federation of High School Sports.

## **THE PARTICIPANT SHOULD:**

1. RESPECT THE GAME by being courteous and showing respect for opponents, officials, coaches and fans.
2. UNDERSTAND AND OBSERVE THE RULES of the game and the standards of eligibility.
3. RESPECT THE INTEGRITY AND JUDGMENT OF OFFICIALS and accept their decisions without question.
4. RESPECT THE FACILITIES OF THE HOST SCHOOL and the trust entailed in being a guest.
5. RETAIN HIS/HER COMPOSURE AT ALL TIMES. Play hard but with self control.
6. BE MODEST IN VICTORY AND GRACIOUS IN DEFEAT.
7. PLAY YOUR BEST regardless of discouragement. A true competitor does not give up, nor does he/she embarrass or humiliate the opponent.
8. SET A HIGH STANDARD as a representative of the school, both in competition and in the classroom.
9. PLAY FOR THE LOVE OF THE GAME.

## **THE SPECTATOR SHOULD:**

1. BE AN ENTHUSIASTIC SUPPORTER, cheering for his/her team, not against the opposing team.
2. RESPECT THE GAME. This includes showing respect for participants, officials, coaches, and other spectators.
3. BE MODEST IN VICTORY AND IN DEFEAT.
4. RECOGNIZE THAT THE PRIMARY PURPOSE of interscholastic competition is to promote the physical, mental, moral, social and emotional well-being of the players.
5. REALIZE THAT HE/SHE REPRESENTS THE SCHOOL just as a member of a team and has the same obligation to be a true sportsman.

# Sportsmanship Guide

## *A Guide for Athletes, Coaches, and Parents*

Participation in co-curricular activities is a privilege. As representatives of Bucksport High School, student athletes are expected to conduct themselves in a manner that meets the highest standards at all times.

It is the goal of Bucksport High School to provide students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good citizenship.

Engaging in planned instruction teaches good sportsmanship and proper behavior. It is the responsibility of the administration, staff, coaches, parents, and the community at large to create a climate that fosters the development of these behaviors. This is accomplished by encouraging and modeling positive and appropriate behavior within the sporting environment while, at the same time striving for excellence.

Expectations for the behavior of athletes, coaches, and spectators at athletic contests, practices, and events are outlined below:

### **Athletes**

Athletes are required to meet the following expectations:

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
3. Retain composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and be gracious in defeat. A true competitor does not offer excuses.
5. Maintain a high degree of physical fitness by conscientiously observing team and training rules.
6. Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
7. Play for the love and honor of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Respect the integrity and judgment of officials and accept their decisions without question.
10. Respect the facilities of the host school and demonstrate the behavior expected of guests

### **Coaches**

Coaches are required to meet the following expectations:

- (1) Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
- (2) Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of your players. Make sportsmanship priority #1.
- (3) Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court.

- (4) Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly.
- (5) Be a modest winner and a gracious loser.
- (6) Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
- (7) Cooperate with the school administration in the planning, scheduling, and conduct of sports activities.
- (8) Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgment.
- (9) Pay close attention to the physical condition and well being of players, refusing to jeopardize the health of an individual for the sake of the team.
- (10) Teach athletes that it is better to lose fairly than win unfairly.
- (11) Demonstrate integrity. Do not allow profanity, abusive language, or similar violations.
- (12) Refuse to criticize an opponent, an official, or others associated with sports activities.
- (13) Properly supervise student athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds.

### **Parents/Spectators**

Parent/Spectators are required to meet the following expectations:

- (1) Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive behavior the practice of good sportsmanship by others.
- (2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- (3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the players, victory or defeat are of secondary importance.
- (4) Treat visiting teams and officials as guests, extending to them every courtesy.
- (5) Be modest in victory and gracious in defeat.
- (6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions.

### **Athlete/Parent/Coach Communication**

Bucksport High School encourages open communication among athletes, parents, and coaches. Both athletes and parents are urged to discuss their concerns with the coach in the appropriate setting and at the appropriate time. Appropriate concerns to discuss with the coach include issues of mental and physical well being, strategies for improving individual performance, and issues of behavior. Issues not appropriate for a parent to discuss with the coaches include playing time, starting positions, team strategy, play calling, and other athletes.

### **Conflict Resolution**

It is desirable for conflicts to be resolved by an athlete with his/her coach. Occasionally, however, situations arise where conflicts are not able to be resolved through this interaction and the assistance of the athletic director and/or principal is needed.

### **Spectator Conduct**

The athletic director or other school official may request any person involved in misconduct to leave the premises and may contact the police for assistance. The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. Bucksport High School appreciates positive support from all spectators.

## **PARENT/COACH COMMUNICATION**

### **Parent Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of child's program.

### **Communications You Should Expect from Your Child's Coach**

1. Philosophy of the coach
2. General expectations
3. Locations and times of all practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, guidelines, and consequences for infractions
7. Lettering criteria
8. Team selection process

### **Communication Coaches Expect From Athletes/Parents**

1. Concerns related to your child's general welfare
2. Notification of any schedule conflicts in advance
3. Notification of illness or injury as soon as possible

### **Appropriate Concerns to Discuss With Coaches**

1. Ways to help your child improve
2. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe to be the best for all student athletes involved. As you have seen from the previous list, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

There are situations that might require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

### **If You Have a Concern to Discuss With a Coach**

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic director to help set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature usually do not promote positive resolutions.

### **The Next Step**

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

### **Parent Code**

1. Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
2. Be a "team fan", as well as a "my kid" fan.
3. Weigh what your children say; they might slant the truth to their advantage.
4. Show respect for the opposing players, coaches, spectators, and support groups.
5. Be respectful of all officials' decisions.
6. Praise student athletes in their attempts to improve themselves as students, as athletes, and as people.
7. Gain an understanding and appreciation for the rules of the contest.
8. Recognize and show appreciation for an outstanding play by either team.
9. Help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose.
10. If you as a parent have concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.
11. Please reinforce our drug and alcohol-free policies by refraining from the use of any controlled substance before and during athletic contests.
12. Remember that a ticket to a school athletic event is a privilege to observe the contest.

Be sensible, responsible, and keep your priorities in order. Participating on a Bucksport High School team is a wonderful opportunity for your child to grow physically, socially, and emotionally.

# Safety

RSU 25 recognizes that extra-curricular activities may create certain safety risks therefore, the following procedures have been adopted.

- A. Coaches will be provided with a list of students who have physical conditions that may create an emergency situation prior to the season (i.e. allergies, asthma, etc.). Coaches will also be provided necessary medical supplies to respond to minor injuries and must take them to practice and games. Coaches are required to take first aid or other training that will help them cope with emergencies that arise. Coaches will attend a preseason clinic on how to handle blood borne pathogens.
- A. Coaches may not play athletes who have been injured until a medical doctor has approved his/her return in writing.
- A. See **Concussion Policy** for additional safety guidelines.
- A. Injured players must attend practice while recovering.

## Uniforms and Attire

### Uniforms

Team uniforms assigned to the student athletes are their responsibility. Athletes are expected to keep all uniforms clean and in good condition. The following will also be implemented:

- Uniform apparel for each sport is detailed below. Certain pieces of the uniform need to be purchased but the majority of the uniform is provided by BHS. Only the uniform described below may be worn on the athletic arena.
- Care instructions for the uniform will be provided by the Athletic Director.
- If the uniform is not returned to the Coach / Athletic Director at the end of the completed sport, the parent/guardian will be billed for the cost of the replacement.
- If the uniform is not returned or reimbursement paid, the athlete and or parents/guardian must meet with the Athletic Director to resolve the issue.

| Sport         | Uniform Description                                             |
|---------------|-----------------------------------------------------------------|
| Soccer        | Jersey, shorts and socks                                        |
| Football      | Jersey, football pants, helmets, required safety pads and socks |
| Golf          | Polo shirt                                                      |
| Cross Country | Track jersey, shorts and sweatsuit                              |



|                 |                                                    |
|-----------------|----------------------------------------------------|
| Fall Cheering   | Warm up suit, shirt, and shorts                    |
| Volleyball      | Shirt and shorts                                   |
| Basketball      | Jersey, shorts and shooting shirts (varsity)       |
| Indoor Track    | Track jersey, shorts and sweatsuit                 |
| Winter Cheering | Shell top and cheer skirt                          |
| Wrestling       | Singlet and sweatsuit                              |
| Baseball        | Jersey, pants, socks, jacket, and safety equipment |
| Softball        | Jersey, pants, socks, jacket, and safety equipment |
| Outdoor Track   | Track jersey, shorts and sweatsuit                 |

### **Fees for Consumable Items**

The following will be consumable items that participants must purchase:

- Mouthpiece
- Socks
- Baseball caps
- Softball visors
- Cheering Bodysuits
- Footwear

\*These items can be purchased through the Athletic Department, but will not be provided by the Athletic Department.

\*Payments to be made to BHS.

\*If purchasing these items is an issue, PLEASE talk to the Athletic Director

### **Dress/Attire - Please refer to Dress Code Policy JCDB on the RSU 25 website**

It is common practice and an expectation of coaches that athletes dress appropriately for games. As a school team, representing our school and community, each member should take pride in dressing respectfully. At any time if this is a concern, the student should talk with the Athletic Director.

**Cooperative Teams / Individual Participants-** Bucksport High School does support the MPA's guidelines on students participating on cooperative teams or as individuals in sports not currently sponsored by Bucksport High School. Students interested in participating on these teams need to make arrangements with the BHS Athletic Director prior to beginning participation. Students will be responsible for transportation, equipment, uniforms, and other fees associated with these activities. Examples of these types of activities (but not limited to) are swimming, skiing, fishing, and bowling.

# Eligibility Requirements

## Paperwork

A packet of required papers must be filled out by parent/guardian containing but not limited to:

- Consent form
- Emergency contact form
- Proof of Insurance
- Health questionnaire

## Physical Examination: Board Policy JJIA

Any student who wishes to participate in BHS athletic programs are required to have proof of a **physical examination ONE WEEK PRIOR** to the first tryout/practice of their chosen athletic program. A student athlete will not be allowed to participate in practice or in competition without the required physical exam and medical approval. The cost of the physical is the responsibility of the parents and needs to be updated every two years.

## Academic Standing: Board Policy JJIA

An athlete must meet the academic behavior eligibility requirements as stated in the Student Handbook. Every 2 weeks, we follow a grade-check procedure that requires students to be passing all subjects at all times. The following are the steps of eligibility:

### Step 1: Academic Warning Period

For two weeks a student is allowed full participation and at the end of the two week period all grades must be passing and complete.

### Step 2: Academic Probation

Students may continue practicing, but they are not allowed to participate in any competitions or performances until the end of the two week probation period should all their grades be passing and complete.

### Step 3: Academic Disqualification

Students who do not meet the eligibility requirements after completion of Step 1 and Step 2 will be ineligible to participate for the remainder of the designated extra curricular trimester.

**It is to be understood that if an athlete is struggling with any academic subject, priority will be given to any after school program to assist that student to retain eligibility. The assistance will be considered an excused absence from the practice or game/meet.**

# TEAM EXPECTATIONS AND SPORT SPECIFIC INFORMATION

Each sport has its own unique requirements and risks. To ensure that the parent is informed prior to authorizing a child's participation in interscholastic athletics, the coach of each sport will speak on health risks particular to that sport at the mandatory preseason meeting. Instructional methods used to minimize these risks will also be explained. Questions are welcome.

In addition to becoming eligible and completing the necessary paperwork, each athlete must follow the specific rules developed by the coach. A clear understanding of these rules makes for a pleasant relationship among the parent, coach, and athlete. At the preseason meeting each coach will discuss his/her expectations concerning:

1. School and practice attendance
2. Practice schedule
3. Team selection process including skill level expectations
4. Training rules
5. Citizenship/academic development
6. Sickness/return from injury/emergency care
7. Competition participation criteria
8. Parental involvement
9. Criteria for receiving participation certificates, letters, and other awards
10. Transportation
11. Other Items

Athletes are expected to adhere to all coach-established rules and regulations. Failure to meet expectations may result in discipline and/or exclusion from extracurricular activities.

## Tryouts and Team Structures

### Tryouts

Bucksport High School tries to include as many students as possible for each interscholastic sport. However, not every student is guaranteed to be selected for a team. For sports that require a tryout, students are selected for the team that the coaches believe will best meet the ability of that student and the needs of the team.

Should a sport require a tryout, students are placed on teams using a list of criteria created by the coach prior to the first day of tryouts. For example, "The student must be able to make a lay-up". Tryouts must last for at

least two practice sessions to ensure that students have adequate time to demonstrate their skills. The coach will keep accurate data on how each student's skills compare with the criteria.

### Interscholastic Offerings and Team Structures

Below are the interscholastic offerings for both boys and girls at Bucksport High School.

| Sport         | Boys | Girls |
|---------------|------|-------|
| Soccer        | X    | X     |
| Football      | X    |       |
| Cross Country | X    | X     |
| Golf          | X    | X     |
| Fall Cheering | X    | X     |
| Volleyball    |      | X     |
| Basketball    | X    | X     |
| Cheering      | X    | X     |
| Wrestling     | X    | X     |
| Indoor Track  | X    | X     |
| Baseball      | X    |       |
| Softball      |      | X     |
| Outdoor Track | X    | X     |

### Team Size Guidelines

Number of students per team regular season (MPA tournaments will have established team sizes which may vary from local rosters). Deviations from these numbers must be approved by building administration.

|               |                                                  |
|---------------|--------------------------------------------------|
| Soccer        | 18/20                                            |
| Football      | 50                                               |
| Cross Country | None                                             |
| Golf          | None                                             |
| Basketball    | 12/15                                            |
| Cheering      | 18 (competition team will follow MPA guidelines) |
| Wrestling     | None                                             |
| Baseball      | 12/15                                            |
| Softball      | 12/15                                            |
| Track         | None                                             |

\* Minimum numbers only apply when there are students being cut from a team. If there are not enough student athletes trying out for the sport to meet the minimum number, a determination will be made by administration as to whether or not to run said program.

The athletic director, principal and coach will assess each season as to the level of interest and general age and ability levels of the athletes. We will then make recommendations to the School Board if altering the Team Structures or Team Size Guidelines if necessary.

## PRACTICES, PLAYING TIME AND TRANSPORTATION

### Practices

Athletes are expected to attend all practices and games on time and with a positive attitude.

- In case of a doctor's appointment, illness or other emergencies the athlete or athlete's parents should notify the coach as soon as possible.
- Students who face a conflict of obligations with other extra-curricular activities have a responsibility to communicate with coaches and extracurricular leaders to work out a plan.
- A student athlete will not be penalized for an excused absence or extra-curricular conflict, given proper communication.
  - Extended excused absences could result in a loss of playing time not as a punishment but because of conditioning and missing skills and strategy due to lack of practices.
- Unexcused absence is when a player fails to personally notify the coach before the practice or game he/she is going to miss and/or the unexcused absence is when the excuse given is not acceptable.
  - One unexcused absence impacts playing time in the next game.
  - Two unexcused absences results with the athlete becoming ineligible to participate in the activity and may be asked to turn in their uniform to the athletic director.

Any student athlete who is a member of a Bucksport High School Team and is participating in another recreational sport outside of school **will be expected to give first priority** to practices and games scheduled for the BHS team.

### Absence from School

Students who have an unexcused absence from school may not participate in any after school activities for that day. If a student arrives at school after 8:30, or is dismissed early, he/she may not participate in after school activities. The exception to these rules must be extenuating, usually medical, and **MUST be accompanied by a doctor's appointment note.**

\*Final determination of eligibility will rest with the building administrator.

## **Playing Time**

At the high school level, interscholastic athletic programs will be designed to serve the needs of students who have shown that they are developmentally ready for intense competitive experiences. At this level, the purpose of athletic programs is to promote healthy competition, sportsmanship, cooperation, integrity and citizenship. At the Varsity level playing time will be earned by the player and at the coach's discretion.

Whenever feasible, sub-varsity programs will be available to students. At the sub-varsity level playing time will be more distributed but still based on player skill development and as a preparation for varsity level play.

## **Transportation To and From School Sponsored Activities - Board Policy EEAA**

The RSU 25 Board of Directors expects that students who participate in school sponsored activities or events that take place away from the school they attend must ride to the activity from the school and return to school following the activity on District transportation, subject to the following exceptions.

A student may be released from or following an activity or event to:

- A. His/her parent or guardian;
- B. An adult member of the student's immediate family other than his/her parent or guardian, provided that parental permission has been submitted
- C. The parent/guardian of another participant in the activity, provided that parental permission has been submitted in advance of the activity or event to the building principal/designee.

For the purpose of this policy "immediate family" means parent, grandparent, or sibling.

# Parental Statement of Understanding

## Handbook Disclaimer:

Please note that it is not possible for a handbook to be all-inclusive in covering every possible matter of importance pertaining to schools, however administration reserves the right to act accordingly in the best interest of all on all matters that arise. That may or may not include changing terms of the handbook at any time without notice. Additionally, should there be a conflict between the handbook and Board Policies, policies will dictate the decision-making process.

The School Policy is published in the Student Handbook and also available on the school website: [www.rsu25.org](http://www.rsu25.org)

Thank you in advance for your positive support of the Bucksport High School Programs.

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## Please return the following statement to the Athletic Director

Parental Statement of Understanding:

I understand the policies governing interscholastic athletics at Bucksport High School through the preseason meeting and the Bucksport High School Athletic Handbook, and by my signature grant permission for the student's participation. I also understand that participation in school-sponsored activities is a privilege and not a property right; and therefore, the school's principal may suspend my son/daughter from participation by declaring him/her not in good standing if the student's character, conduct, or academic performance is below expectations.

Print Name of Parent/Guardian

\_\_\_\_\_

Signature of Parent/Guardian

\_\_\_\_\_

Sport(s)

Date: \_\_\_\_\_

Print Name of Student

\_\_\_\_\_

Signature of Student

\_\_\_\_\_

Attended Preseason Meeting: Yes \_\_\_\_\_ No \_\_\_\_\_