

**Upper Cape Cod
Regional Technical School**

Athletic Handbook



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INTRODUCTION

The Athletic Department at Upper Cape Tech is committed to Upper Cape Tech's Mission Statement, which reads, "The mission of Upper Cape Cod Regional Technical School is to educate a diverse student population in order to actualize their personal, social, academic, and technical potential within a collegial learning community."

Athletics are an integral part of the educational program and a means to accomplish the goals of education. The athletic program exists for the welfare of students and the contributions it makes to their educational experience. The interaction between individuals on the fields of sport teaches students the value of teamwork, while developing the proper competitive spirit, combined with a sense of fairness. Sportsmanship and fair play, in an atmosphere of mutual respect, are developed.

Upper Cape Tech offers a co-curricular opportunity for the development of the students' whole being, enabling them to be leaders in service to their community. The athletic program is an integrated part of the high school and school systems total curriculum. At UCT, athletics interact with academics; they are co-curricular, as well as extra-curricular. Unlike at other high schools, many coaches at UCT do more than coach. As faculty members, they also teach in the classroom and their "classrooms" extend to the playing field. In their roles as teacher-coaches, they work with student-athletes to help develop students to their fullest potential.

The athletic program is an extension of the academic program, and all athletes are urged to strive for excellence in both the classroom and on the athletic field. Good sportsmanship, commitment to team, and the development of skills and strategies necessary for interscholastic competition are essential to a successful athletic program. The central goal of this athletic program is to foster respect for self and others, honesty, integrity, commitment, reliability, common sense and perseverance. The values learned through the athletic experience will help individuals become more productive members of the community.

Upper Cape Tech strongly believes in the values inherent in team sports. Through practices and competitions, students learn to work with others, to trust and depend upon others, and to understand the strengths and weaknesses of others, while maintaining a goal of achieving personal and team excellence. Involvement in school life beyond the classroom is an important part of the education of a student. Athletics teach students to control their emotions, while performing under pressure. Athletics also teach the importance of preparation and organization, personal sacrifice, commitment for the betterment of the team, confidence, and the rewards of hard work.

We believe that participation in athletics assists in the emotional, social, and physical development of the individual student. Self-confidence, self-esteem and a competitive spirit are all by products of team sports. Athletics also teach acceptance of winning and losing with dignity and grace.

Participation in the athletic program at Upper Cape Tech is a privilege, which students earn by being in good standing academically, being good school citizens, and maintaining their physical fitness.

GOVERNING BODIES

THE MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION (MIAA)

Upper Cape Tech is a proud member, in good standing, of the MIAA. With membership, the Principal Agrees to abide by all rules, regulations, and decisions of the MIAA.

One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments leading to the determination of geographical district and state champions. When varsity teams qualify for and enter such tournaments, they are subject to specific rules, regulations, and decisions that govern each tournament, as set by the MIAA.

THE MAYFLOWER LEAGUE

Upper Cape Tech is very proud to be a member of the Mayflower League. The Mayflower League is governed by the MIAA and it's own Constitution. The Principal of each member school agrees that his/her school will abide by all Conference rules and regulations.

UPPER CAPE TECH SCHOOL COMMITTEE

The Upper Cape Tech School Committee and the Principal set additional policies, regulations, and rules. Under MIAA guidelines, local communities are allowed to set additional policies, rules and/or regulations as long as they are more restrictive than those stipulated by the MIAA.

COMMITMENT

When trying out for a team and after being selected to be a member of team, Upper Cape Tech students are expected to attend all practices and games of that team. Practices will average 2 hours in duration. Weekend and school vacation practice sessions vary by sport and should be expected.

Interscholastic athletics demands much more commitment than a club or recreational activity. Students should be aware of the time commitment prior to trying out for the team. Once coaches turn in their rosters and teams have been selected, a student may not withdraw from that team and join another during the same season.

SCHOOL/FAMILY VACATIONS/EXTENDED ABSENCES

Every team member is expected to be present for all team practices and games. Because of scheduling parameters, many of our teams practice and/or play during scheduled school vacations.

Students who plan to be absent for an extended period of time due to vacation or a planned extended absence should discuss this situation with the coach prior to trying out for the team.

If excused from practices or games for a good reason, an athlete should expect to have to earn his/her position on the team upon return. Unexcused lateness or absence will affect a student's place on the team and may result in suspension or exclusion from the team.

MIAA “BONAFIDE TEAM MEMBER” RULE

A bonafide team member is a student who is regularly present for and actively participates in all high school team practices and competitions. Bonafide members of a school team are precluded from missing a high school practice or competition in order to practice or compete with a non-school team.

A coach does not have the right to excuse a team member from practice or a game so that he/she may practice for another team. The Athletic Director may request a waiver of this rule in special circumstances.

MIAA “LOYALTY TO HIGH SCHOOL TEAM” RULE

A student may practice or play only once in any one day. Such a practice may include double sessions or prior to the first day of classes in the fall. This rule prohibits a student from practicing or competing for a high school team and a non-high school team on the same day. Violation of this rule shall result in the student being ineligible to participate for his high school team. Only the Athletic Director may request a waiver of these rules for special circumstances.

TRYOUTS

Participation in athletics is a privilege; students try out voluntarily and risk being cut from a team. No student is guaranteed a place on the team simply because of his/her grade or past participation. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student’s responsibility to demonstrate to the coach that he/she can meet these expectations. Students cut from a team are encouraged to try out for another team if there is space on that team and the final cuts have not been made. Students who are cut from a team will be informed as to the reasons for the cut. After tryouts begin, no athlete may voluntarily leave one team and try out for another without the consent of both coaches involved, along with permission from the Athletic Director.

DAILY TEAM ATTENDANCE

It is extremely important that a coach be notified if a student is not going to be present at practice or a game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present at all team related activities. Suspension or dismissal from the team may take place as a result of such absences.

Students are excused from team activities for illness, injury, academic, family emergencies, or religious reasons. Prior notification of an absence is strongly recommended and expected.

SCHOOL ATTENDANCE & TARDINESS

Upper Cape Cod Regional Technical School student-athletes are strongly encouraged to develop habits that reflect the three requirements for good citizenship, as a member of their school and athletic community. They are as follows:

1. Come to school every day.
 - *A student may not practice or play on a day that he/she is absent from school*

2. Be on time for school and classes.
 - *Lateness in school builds bad habits. Make time management your priority in school and in your sport.*
3. Respect all members of the Upper Cape Tech community, as well as your opponents.
 - *You are an ambassador for the school and a role model for your peers. Set a good example by respecting others around you.*

The abuse of any of these school citizenship requirements could result in suspension or dismissal from an athletic team.

PARENTAL PERMISSION, PHYSICAL, AND CONCUSSION FORMS

All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician before the first day of practice. The physical exam report is considered valid for one year. It is **strongly recommended** that your annual physical examination be scheduled **between June and August** of each school year. Such an exam would cover a student for the entire school year. The record will be on file in the school nurse's office. No student will be allowed to participate in any tryout, practice, or contest unless the policy is fulfilled. If you are unsure of the date of your last recorded physical exam, please contact the school nurse, your family physician's office, or the Athletic Department. Medical history forms are available in the Health Office or from your Athletic Director. A sample form is attached on the last page of this booklet.

Each student-athlete is also required to have a parental consent form and a pre-participation head injury/concussion reporting form for extracurricular activities signed and returned at the start of each season. These forms will be distributed to players by their coaches prior to the first day of practice.

Each student-athlete and the parents of each student-athlete must also have on file with the school proof of completion of an online head injury safety training program approved by the Department of Public Health, as mandated by 105 CMR 201.000

ACADEMIC ELIGIBILITY

A student-athlete's priority is in the classroom. All Upper Cape Tech student-athletes are expected to maintain passing grades of at least 60% in all courses, including their shop, in order to remain eligible to participate. Fall sports participation is based upon the last term average for the previous year. Incoming freshmen are automatically eligible. Periodically, your coach will check your academic and shop eligibility and may ask you to complete a progress report. This report will require your teacher's signatures and comments. It is strongly recommended that your performance in the classroom reflect your best efforts, just as you would expect to give during athletic competition.

Please refer to the UCT Student handbook and your guidance counselor for more information.

SUMMER SCHOOL CREDITS

Summer school grades and credits may count toward full participation if they represent make-up work in review classes.

TIME ALLOWED FOR PARTICIPATION

A student has four consecutive years of athletic participation from the day he/she enters the ninth grade. This means twelve consecutive athletic seasons of eligibility, according to the MIAA rules and regulations. A fifth year student is ineligible to play in his/her fifth year even if he/she has not played in one of the previous years.

AGE

A student-athlete must be less than 19 years of age on September 1st of the current school year in order to be eligible for participation. Any exceptions will be considered on an individual basis and the option of applying for a waiver through the MIAA will be determined by the Athletic Director and Principal.

TEAM RULES AND REGULATIONS

At the start of each season, a coach (with the approval of the Athletic Director) will issue a set of team rules and regulations to his/her team. A coach will have the right to enforce all rules related to tardiness or absence from practice, profanity, theft, vandalism, or any other inappropriate behavior, which he/she deems to be detrimental to the team or to the school. Student-athletes, as well as parents, may be asked to read and sign their name, to attest that they have read and agree to adhere to the team's rules, prior to the start of a season.

CARE OF EQUIPMENT

Every student-athlete has an obligation and responsibility for the care, maintenance, and retention of their equipment from the date of issue until the date of return. This includes uniforms, warm-ups, and practice equipment.

All equipment and/or uniforms should be stored in a locked locker at all times when not in use. Experience has shown that most losses are due to lockers left open or unlocked throughout the season. Locks and lockers will be provided to all athletes by their coach at the beginning of the season.

If student loses school equipment or fails to return same, they will be responsible for the current replacement cost of the equipment. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. No student-athlete will be allowed to try out for another sport until all outstanding equipment has been returned or paid in full.

PLAYER LEAVING SQUAD DURING SEASON

If an athlete leaves the team during the season due to injury, academics, discipline, or quitting, it is his/her responsibility to return all school equipment immediately.

PHYSICAL EDUCATION

All student-athletes are required to participate in their regularly scheduled physical education classes. Students being medically excused from physical education may not be allowed to participate in their team practice or game on that day. All class attendance rules apply to Physical Education classes. A note to the Athletic Director and/or head coach from the PE Instructor is required whenever a student-athlete is absent or late for class or does not participate.

TRANSPORTATION TO AND FROM “AWAY” CONTESTS

The school provides transportation to all away contests. All team members are expected to travel to these contests using the school provided transportation. *Exceptions to this policy must be requested in writing, to the Athletic Director, by the student-athlete’s parent/guardian prior to the contest.* It is not our policy to permit an athlete to ride home from an away competition with anyone other than his or her coach and teammates without prior written notification. This will typically be addressed within the team’s specific rules and regulations, set by the head coach and approved by the Athletic Director.

DIRECTION TO “AWAY” CONTESTS

We encourage you to refer to the website www.highschoolsports.net for driving directions to your child’s contest, along with up-to-date, “real time” sports schedules, changes, and final scores. In the event of a weather-related cancellation, information will be posted on this website.

You can also link to this website by logging on to the Upper Cape Tech website (www.uppercapetech.com) and clicking “Students” then “Activities and Sports” link on the left hand menu.

BUILDING AND FACILITY ACCESS

At the conclusion of each school day, student-athletes should bring all items that they will need for school the next day into the athletic locker room area. Students will not be allowed access to the main school building after practice, games, or non-school days.

No student will be allowed access to any of the athletic facilities without proper supervision by a school or coaching staff member. Students may not use the gymnasium unless there is a staff member present.

ATHLETIC SHOES

Upper Cape Tech is privileged to have one of the finest gymnasium floors in the conference. Great care is taken to maintain the quality appearance and safety of the gym and locker room floors, bleachers and entryway areas.

Shoes with cleated soles are not permitted inside the building. Serious injury can occur from slipping on cement or tiled surfaces.

PLAYING TIME

Perhaps the most emotional part of a student-athlete being involved in high school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding than that of their past recreational involvement. Factors such as practice attendance, attitude, work ethic, commitment, and of course athletic skill enter into the decision.

There are many decisions made on a regular basis by the Upper Cape Tech coaching staff. It is the coach's responsibility to decide which athletes should start a contest, which athlete should play, at what time, and what position, and how long each athlete should play in a given contest. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the student-athlete in practice sessions, game-like situations, scrimmages, and at times actual games.

SUB-VARSITY TEAMS (JUNIOR VARSITY, FRESHMAN)

At the sub-varsity levels (junior varsity and freshman), members of the coaching staff will make a strong effort to play all team members for as much time as is practical. At this level, the coaching staff is teaching the offensive and defensive philosophy of the program, along with the fundamental skills necessary to move along to the next level.

VARSITY TEAMS

At the varsity level, we look for our teams to compete against opponents at the highest possible level of execution. This is the highest level of interscholastic competition. Players, coaches, parents, and staff members want the Upper Cape Tech varsity teams to be successful on the field of play. As long as the score is being kept, Upper Cape Tech should attempt to win as many games as possible. In order to accomplish this, there are many instances when the most competitive and skilled team members will carry the major burden of the contest. However, teams cannot and will not be successful without committed substitutes or "second team" players. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these people whose hard work in practice each day prepares the team for the upcoming contest.

Success should never be measured in wins and losses, but in the *performance* of the athletes. If our athletes perform to the best of their abilities, they will always be successful, no matter what the final score might be.

TEAM CAPTAINS

It is a coaching decision as to how team captains are selected. They may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be elected or appointed on a game-by-game basis.

Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director during the school year to discuss the athletic program.

Captains of teams may be relieved of their position for violation of team, athletic department, or school rules. Any such decision will be a joint decision of the head coach and the Athletic Director, with the approval of the Principal.

SECURITY OF PERSONAL BELONGINGS

All personal belongings should be locked in a locker while the athlete is trying out, practicing, or playing on an athletic team. All students should have a lock for their athletic lockers and never leave their locker unlocked while outside of the locker room area, including the shower and bathroom facilities. Upper Cape Tech is not responsible for lost or stolen items belonging to student-athletes. It is their responsibility to use good judgment and common sense in protecting their possessions.

LOCKER ROOMS AND FACILITIES

Athletes are expected to respect the locker facilities, showers, and general areas of the athletic wing. We expect the student-athletes to take pride in their facilities by disposing of trash and keeping their athletic facilities in clean, safe and presentable condition.

SCHOOL DISCIPLINE OBLIGATIONS

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. The Athletic Director reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student-athlete upon sufficient evidence of improvement.

DAILY SCHOOL ATTENDANCE

Students are expected to attend all scheduled periods during the school day in order to participate in practice or play in a game. If a student-athlete is on the absentee list, late for school, or not present for a class, he/she must have a written note from his/her parent, guardian, Vice Principal, or physician in order to be eligible for participation on that day.

UCT CHEMICAL HEALTH POLICY REGARDING ALCOHOL, TOBACCO, AND DRUGS

The Athletic Department at Upper Cape Tech promotes and supports an alcohol, drug, and tobacco-free lifestyle for its student-athletes. The reasons we feel that this position must be enforced are two-fold.

1. Alcohol, for people under 21 years of age, tobacco, for people 18 years of age, and drugs are all violations of the Massachusetts State Law.
2. We want our practice and game environment to be as safe and injury free as possible. In order to accomplish our team and individual goals, we require our student-athletes to be as physically fit and as mentally alert as possible. Alcohol, drug, and tobacco usage is counterproductive to this concept.

The UCT Athletic Department highly recommends that any student that violates the Chemical Health Policy enroll and seek rehabilitation to promote a healthier lifestyle. We recognize the importance of the opportunities that athletics offer all of our students. We feel that the athletic program at Upper Cape Tech is a preventative program. The success of our chemical Free Health Policy depends on the commitment of student-athletes and the support of parents both in season and out.

MIAA CHEMICAL HEALTH RULE REGARDING ALCOHOL, TOBACCO AND DRUGS

“During the season of practice or play, a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids, or any controlled substance. 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 physician.”
(NOTE: this rule, during an athletic season, is in effect seven days a week, twenty-four hours a day.)

THE MINIMUM PENALTIES

According to the MIAA rules, the minimum penalties are as follows: “When a Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next 2 consecutive interscholastic events, or 2 weeks of a season in which the student is a participant, whichever encompasses the greater number of contests. 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.”

SECOND AND SUBSEQUENT VIOLATIONS

“When a Principal confirms, following an opportunity for the student to be heard, that a second or subsequent violation has occurred, the student shall lose eligibility for the next 12 consecutive interscholastic events or 12 weeks, whichever encompasses the greater number of contests in which the student is a participant. If, after the second or subsequent violation, 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 period of six weeks. The director or counselor of a chemical dependency treatment center must issue such certification. Penalties shall be cumulative each academic year, but a penalty period will extend into the next academic year, (e.g. 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)”.

OUT OF SEASON ATHLETES

For out of season athletes violating the chemical health policy, Upper Cape Tech has its own policy. The MIAA Chemical health rule will be in effect whenever school is in session and at all extra-curricular and school sponsored activities. School is considered in session from the start of fall practice sessions until the last athletic activity of the spring or the close of school, whichever ends later.

SPORTS OFFERED AT UPPER CAPE TECH

Fall Sports

Cross Country (coed)

Football (boys)

Volleyball (girls)

Golf (coed)

Soccer (boys and girls)

Cheerleading

Winter Sports

Basketball (boys and girls)

Ice Hockey (boys)

Cheerleading

Spring Sports

Baseball

Softball

Lacrosse (boys)

HAZING

Massachusetts State Law, Chapter 536, Sections 16-19:

“Hazing is defined as 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 person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug, or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subject such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.”
Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably possible.

Massachusetts State Hazing Law, Section 17:

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

Massachusetts State Hazing Law, Section 18:

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

SPORTSMANSHIP

Upper Cape Tech expects all parties at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat opponents, game officials, and visiting spectators and players with the same poise and class we speak about in our philosophy.

The MIAA reserves the right to “warn, censure, place on probation, or suspend up to one calendar year any player, team coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship.”

Upper Cape Tech in turn, reserves the right to impose the same penalties on spectators and fans displaying poor sportsmanship at any of our contests, both home and away.

UCT INFORMATION

Upper Cape Tech Phone Numbers

Main Office	(508)759-7711 ext.202
FAX	(508)759-7208
Athletic Director	(508)759-7711 ext.256
Dean of Students	(508)759-7711ext. 205
School Nurse	(508)759-7711ext. 208

Useful Websites

Upper Cape Tech	www.uppercapetech.com
High School Sports	www.highschoolsports.net
Massachusetts Interscholastic Athletic Association	www.miaa.net