



ATHLETIC REFERENCE GUIDE

at

FRAMINGHAM HIGH SCHOOL



WELCOME

We believe the following information will help answer many of your questions regarding interscholastic athletics at Framingham High School. This booklet contains information regarding policies, practices, and regulations that govern the athletic program at Framingham High.

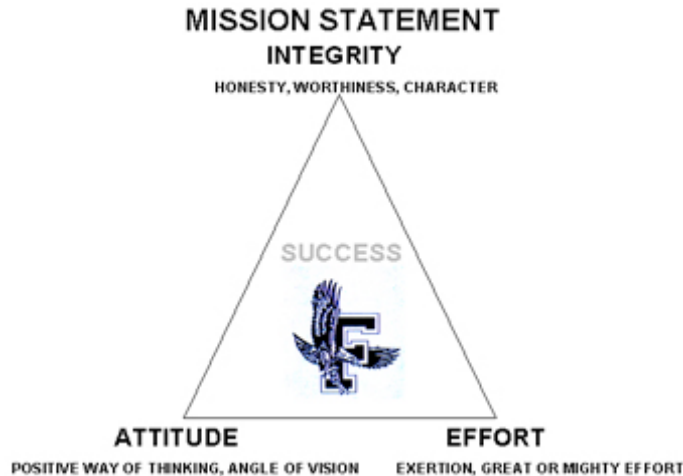
Keep this booklet and refer to it whenever you have a question or a concern regarding your child's athletic experience. If you feel that your questions or concerns are not answered in this booklet, contact your child's coach or call the school's Athletic Director's office. Please do not let your questions go unanswered.

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MISSION STATEMENT

The Interscholastic Athletic Program at Framingham High School is committed to the belief that success happens when our athletes continually live with integrity, a positive attitude and give great effort both in the classroom and on the playing field. This belief is advertised in our Mission Statement: Integrity-Attitude-Effort.



I. ATHLETIC INFORMATION

PHILOSOPHY:

Athletics are an extension of the academic day where our coaching staff is charged with the responsibility to teach the values of Accepting Success Graciously, Accountability, Citizenship, Sportsmanship, Confidence, Tolerance, Handling Disappointment, Leadership, Organizational Skills, Participation Within the Rules, Performing Under Pressure, Persistence, Work Ethic, Physical Well Being, Responsibility, Sacrifice, Self Discipline, Social Skills, Striving Towards Excellence, Taking Instruction, and Teamwork.

SPORTS OFFERED AT FRAMINGHAM HIGH SCHOOL

FALL	WINTER	SPRING
Field Hockey G (V-JV-F)	Gymnastics G (V)	Baseball B (V-JV-F)
Cross Country B&G (V)	Basketball B&G (V-JV-F)	Lacrosse B & G (V-JV-F)
Swimming G (V)	Indoor Track B & G (V)	Outdoor Track B & G (V)
Football B (V-JV-F)	Ice Hockey G & B (V-JV)	Softball G (V-JV-F)
Golf B (V)	Swimming B (V)	Tennis B& G (V)
Soccer B & G (V-JV-FR)	Wrestling B (V)	Volleyball B (V-JV)
Volleyball G (V-JV-F)		

Framingham also offers Fall and Winter Cheerleading, Winter Dance and other activities that fall under the direction of the Principal of FHS.

SCHEDULE INFORMATION

Framingham High School Athletic Schedules can be found on the internet in two locations: flyerathletics.com which has schedules, team information, game locations and sites as well as directions and at highschoolsports.net where you can find a daily or monthly schedule of games or you can bring up only the schedule you want to see. Parents, students and fans are also encouraged to sign up for email notification for their sport by following the directions on the bottom of the page when you log onto highschoolsports.net and type in Massachusetts and then Framingham. This feature will allow you to have any game changing information such as postponements and cancellations emailed to you when it happens.

MEDICAL QUESTIONNAIRES

All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. Physicals are valid for thirteen months from the date of the physical. Once a student begins the season with a valid physical, students are eligible to participate for the remainder of that season even if the physical runs out. It is strongly recommended that an annual exam be scheduled between June and August of each school year. Such an exam would cover a student for the entire school year. Medical questionnaire forms are available in the Nurse's office and athletic office. All Medical forms must be submitted to the Nurse's office (copies should be given and originals should be kept for backup.)

PARENTAL PERMISSION FORMS

All Students who participate in athletics must submit a parent-permission form signed by both, the participating athlete as well as a parent or guardian. A copy of this registration form can be found online at flyerathletics.com.

USER FEES

Student athletes must pay a \$250 user fee per sport at Framingham High School. User fees (checks) are due on the day uniforms for each sport. Checks need to be made out to Town of Framingham and parents are encouraged to write the students name on the memo line of the check for record keeping purposes. There is a family cap of \$1,000. Those families in need of financial assistance there is a waiver form available online at flyerathletics.com. Waiver forms must be submitted in advance and must be completed by the students' parent or guardian. Students on free or reduced lunch will be waived from paying the user fee provided they complete a waiver form.

TEAMWORK.

Our program strives to have all athletes play with "Poise and Class." This should be a very important part of the instruction that takes place at each practice session. Tryouts are open to all students, providing that they are in good standing academically, are good school citizens, and are physically fit to participate. Participation in the program is a privilege, which students earn by meeting and maintaining these standards. The coach has the prerogative to select his/her team following observation of all those trying out during the pre season.

A coach may remove a player at any time for violation of team, school or MIAA policies.

BUILDING AND FACILITY ACCESS

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

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

ATHLETIC SHOES

At no time should shoes with cleated soles be worn inside the building. Serious injury can occur from slipping on cement or tiled surfaces. Students coming off the turf field are encouraged to bang the rubber pellets off their cleats prior to entering the building.

WELLNESS CENTER

The Framingham High School Wellness Center is available to all students whenever it is supervised by a staff member. There is a supervised after school program for most of the school year. All athletes are encouraged to utilize the wellness center throughout the year to prevent injury and reach their maximum potential as an athlete. No coach shall prohibit an athlete from using the wellness center unless directed by a physician. Any student who is injured in any way must receive recommendations by their physician or a wellness staff member depending on the severity of the injury. Students must have a valid student ID with them in order to enter the Wellness Center.

ATHLETIC TRAINER AND TRAINING ROOM

Framingham High School has a full time licensed Athletic Trainer on site to evaluate and treat athletic injuries as they occur. The trainer provides medical coverage for athletic contests and practices.

The training room is a fully equipped facility with state of art physical therapy equipment used in assisting the athlete in a quick and healthy return to participation. On school days, the trainer is available from 1:30pm until the conclusion of the last practice session or home contest. On weekends or non school days, the trainer will be on site for home contests or scrimmages. Occasionally, the trainer will be on site for non school day practice sessions.

In the event of an injury, the trainer will evaluate and recommend to the parent or guardian, the direction of care. If a visit to the hospital or physician is necessary, a written medical note releasing them for treatment or return to participation is mandatory. Athletes may come anytime after school for evaluation and treatment by the trainer.

SUB VARSITY TEAMS

At the sub-varsity levels (junior-varsity or 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 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 and players, coaches, parents, and staff members want the Framingham High School varsity teams to be successful on the field of play. As long as the score is being kept, Framingham High School should attempt to win as many games as possible. In order to accomplish this, there are many instances when the major burden of the contest will be carried by the most competitive, skilled team members. 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 athletes. If our athletes perform to the best of their abilities they will always be successful no matter what the final score might be.

SECURITY OF PERSONAL BELONGINGS

All personal belongings should be locked in a locker while the student athlete is trying out, practicing, or playing. All students should have a lock for their athletic lockers and never leave their locker unlocked or open while in the shower. In the event that a student does not have a lock they should bring their clothing and books to practice with them and leave these items where they can be easily observed. Framingham High School cannot be responsible for personal belongings of student athletes.

LOCKER ROOMS AND FACILITIES

Student 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 using trash barrels and keeping their athletic facilities in good condition.

INSURANCE

All members on interscholastic teams are covered by an excess policy, which covers expenses that your family plan may not cover.

All injuries must be reported to the Athletic Trainer immediately. Insurance forms may be obtained from the Trainer.

It is a good idea to file a claim on all injuries just in case of excessive charges coming about at a later date

COLLEGE / CAREER GUIDANCE

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Framingham High School athletic staff are willing and eager to assist all of their students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send video tapes (if available) and write letters of recommendation. The least coaches will be able to do is guide students to more knowledgeable resources that can help students with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations. The NCAA has a website with a wealth of information to assist students and their families with the process and rules of the recruiting process.

The high school Guidance Department has a wealth of information and experience on NCAA regulations. They also have copies of the NCAA Clearinghouse Registration Forms which must be completed by all students planning to participate at the college level.

II. MIAA POLICIES

THE MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION (MIAA) is the governing body for athletics in Massachusetts. Framingham High School is a member in good standing of the MIAA. With membership, the Principal agrees to abide by all rules and 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, we are subject to specific rules and regulations and decisions that govern each tournament, as set by the MIAA. The MIAA does not sponsor or sanction any sub-varsity tournament competition. MIAA rules can be found at MIAA.net, go to rules, then click on bluebook for information on all MIAA rules.

TIME ALLOWED FOR PARTICIPATION

A student has four consecutive years of participation from the day he/she enters ninth grade. This means twelve consecutive athletic seasons of eligibility. 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 shall be under 19 years of age, but may compete during the remainder of the school year, provided that his/her 19th birthday occurs on or after September 1 of that year. For Freshman competition, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year.

MIAA BONAFIDE TEAM MEMBER RULE

Loyalty to the High School Team: Bona Fide Team Members

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA.

(Rule 45) - The first offense of the bona fide team rule will result in only a suspension for 25% of the season. The second offense will result in a suspension for 25% of the season, and ineligibility for tournament participation.

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

MIAA CHEMICAL HEALTH RULE REGARDING ALCOHOL, TOBACCO & 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.)

Minimum PENALTIES:

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 totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. 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. 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 totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be

determined by the season the violation occurs. 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. The director or a counselor of a chemical dependency treatment center must issue such certification. 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. 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 Framingham High School has its own policy. The MIAA Chemical Health rule will be in effect 365 days a year. (See the FHS Chemical Health Policy in the student handbook for more information)

SUMMER SCHOOL CREDITS

Summer school grades and credits may count toward fall participation only if they represent make up work from a course that was tried previously and failed.

HAZING

Massachusetts State Law-Chapter 536, Section 16-19

Hazing is defined as any conduct or method of initiation into any student organization, which willfully or recklessly endangers the physical or mental health of any student or person. Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practical.

III. FHS POLICIES

SCHOOL ATTENDANCE AND TARDINESS

Framingham High School students are instructed at the beginning of each year of the five requirements for good school and team citizenship. They are as follows:

1. Come to school every day.
2. Be on time for school and classes – unexcused lateness precludes any athlete from practicing or playing on that day.
3. Do your homework.
4. Attend all classes – cutting class precludes and athlete from practicing or playing on that day.
5. Respect all members of the Framingham school community.

The abuse of any of these school citizenship requirements could result in suspension or dismissal from an athletic team. A student may not practice or play on a day which he/she

is absent from school without permission of the grade administrator or director of athletics.

ACADEMIC ELIGIBILITY

Student Athletes must attain a 70% cumulative average combined in all courses (with a minimum of four major classes) in order to remain eligible to participate.

A student must secure during the last marking period preceding the contest (e.g. second quarter marks and not semester grades determine third quarter eligibility) a passing grade, and full credit, in the equivalent of four traditional year long major English courses.

A transfer student may not gain academic eligibility if he/she was not, or would not be, eligible at the sending school. Incoming freshman are automatically eligible.

COMMITMENT

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

Interscholastic athletics demand 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.

DAILY TEAM ATTENDANCE

It is extremely important that a coach be notified if a student is not going to be present at a 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 is strongly recommended and expected.

PHYSICAL EDUCATION

All students are required to participate in their regularly scheduled physical education classes. Students medically excused from physical education may not be allowed to participate in their team practice or game on that day without permission from their grade administrator.

All class attendance rules apply to physical education classes. A note to the Athletic Director and/or coach from the Class Administrator is required whenever a student athlete is absent or late for class.

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.

CARE OF EQUIPMENT

Students have an obligation and responsibility for all equipment issued to them. Each student is responsible for the proper care and retention of their equipment from the date of issue to the date of return.

Equipment 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.

If a student loses school equipment or fails to return the same, they are responsible to meet 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 will be allowed to try out for another sport until all outstanding equipment has been returned or paid for.

PLAYER LEAVES TEAM 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. Students who do not readily hand in the equipment issued by the team may forfeit the right to participate the following season.

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. Students cannot expect, and should not request, disciplinary action to be postponed or cancelled for any athletic reason. The athletic department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement.

TEAM RULES AND REGULATIONS

At the start of each season, a coach, with the approval of the Athletic Director and Principal, may issue a set of team rules and regulations to his/her team. It is suggested that these be in written form and passed out to the athletes. 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.

IV. PROCEDURES

TRYOUTS

Participation in athletics is a privilege; students try out voluntarily and, for some of our teams, risk being cut. 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 and the final cuts haven't been made. Students who are cut will be informed as to the reason 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 and the Athletic Director.

TRANSPORTATION TO AND FROM AWAY CONTESTS

The school provides bus transportation, or a suitable substitute, to most "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. A coach may give permission for student athletes to ride home from a game site with their parents. This usually will come under the heading of team rules and regulations. No athlete will be released to friends or neighbors without express written consent from the parent.

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. Factors such as practice attendance, attitude, commitment, and of course athletic skill enter into the decision.

There are many decisions made on a regular basis by the Framingham High School coaching staff. It is their responsibility to decide which athletes should play. 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 games.

COMMUNICATION PROTOCOL

At Framingham we believe athletics is an extension of the classroom where your son or daughter is concerned. As part of the maturation process, our communication policy is as follows:

If there is an issue or problem involving your son or daughter, here is the protocol to follow:

1. Athlete speaks to Coach directly to resolve the issue.
2. If issue is not resolved – Player AND parent(s) speak to coach.
3. If there is no resolution – Player, Parent, and Coach meet with athletic director.
4. If still no resolution – Player, Parent, Coach and AD meet with Principal.

(If there is a safety or health concern please notify the appropriate school officials as soon as possible and disregard the above policy.)

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.

It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student athlete responsibilities. Captains are expected to communicate with the coach and team in the event of any problems that may effect 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, department, or school rules. Any such decision will be a joint decision of the Coach and Athletic Director with the approval of the principal.

THE BAY STATE CONFERENCE

Framingham High school is very proud to be a member of the Bay State Conference. The Bay State League is governed by the MIAA and its own Constitution. The Principal of each member school agrees that his/her school will abide by all Conference rules and regulations

FRAMINGHAM SCHOOL COMMITTEE

Additional policies, regulations, and rules are set by the Framingham School Committee and the Principal. 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. Students should refer to their student handbook which also contains rules that may affect the students' after school activities.