



# FRAMINGHAM HIGH SCHOOL

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## ATHLETIC DEPARTMENT

115 A Street, Framingham, MA 01701

Phone: 508-782-7510 Fax: 508-788-0630

Website: [www.flyerathletics.com](http://www.flyerathletics.com)

## 2015-2016 FRAMINGHAM HIGH SCHOOL

### ATHLETIC HANDBOOK

For Student-Athletes, Coaches, and Parents

**“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”**

**----- John Wooden**

Ron Sudmyer  
Interim Athletic Director  
508-782-7650

Karen Fimlaid  
Administrative Assistant  
508-782-7510



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## STATEMENT OF ATHLETIC PHILOSOPHY

The athletic program at Framingham High School serves the curriculum and mission of the school and district outside building walls and school hours. Interscholastic athletics offers students a dual experience. First, they develop their skills and passion for specific sports. Second, and more importantly, they will learn self-discipline and habits of mind that foster success in all areas of life.

Specifically, athletics teaches community service. At the most basic level, to accept a role on a team requires athletes to serve a community and a purpose larger than themselves.

Athletics teaches wellness. Athletes learn how to tune their bodies through nutrition and exercise. Likewise, athletes learn how to tune their minds to find balance in the face of competition and fatigue.

Athletics teaches the growth mindset. Athletes get better through focused, purposeful practice of their craft. Whatever tools an athlete receives through birth pale in comparison to the skills and coordination that will develop through dedicated practice.

Finally, athletics teaches fun. Every athlete plays, or began playing, because they loved their sport. Every game and practice is an opportunity to reconnect with the joy we all felt as young children.

The success of our teams will not be marked solely by how much we win or lose. It will be marked by our commitment to community service, wellness, growth and fun. If we focus on these attributes, the wins will follow.

**LET'S GO FLYERS!!!**

(This statement is adapted with permission from Mr. Peter Elenbaas, Director of Activities And Athletics, Lincoln-Sudbury Regional High School)



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## EXPECTATIONS FOR STUDENT-ATHLETES

As members of their team, a student athlete serves as a role model. They are admired and respected by many, including younger athletes, and their behavior and actions often have a significant impact on others. The student athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship.

### **Every Framingham High School student-athlete will:**

1. Accept the responsibility and privilege that a student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship, and discipline in all aspects of the game.
2. Demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
3. Win and lose graciously.
4. Have a thorough knowledge of and abide by all rules of the game as well as relevant school and MIAA policies.
5. Work for the good of the team at all times.
6. Cheer for your team, not against your opponent.
7. Congratulate opponents in a sincere manner following either victory or defeat.
8. Refrain from the use of performance enhancing substances and drugs not specifically prescribed by a doctor for a student's own use.
9. Leave locker rooms (home and away), buses, and playing facilities clean and in good repair. The head coach or one of his designees is responsible for monitoring locker room behavior and cleanliness.

# MIAA BONA FIDE TEAM MEMBER RULE

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. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

**First Offense:** Student-athlete is suspended for 25% of season

**Second Offense:** Suspension for an additional 25% of the season and Ineligible for tournament play immediately upon confirmation of violation

A student-athlete must be a team member for 50% of the regular season schedule for that sport to participate in any MIAA Tournament competition.

If ineligible, cannot be in uniform. Attendance at event to be determined by High School Principal.

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments or championships in that season. For the purposes of this rule only, a student-athlete officially becomes a member of his/her team for the sport season on the date of that school's first regular season contest in that sport.

Exception: If a licensed physician recommends that an athlete terminate participation in a sport for medical reasons after the first contest, the athlete will be permitted to join another team if he/she receives the written approval of a licensed physician.

Exception: A school may approve a varsity or sub-varsity request to join a second varsity or sub-varsity team after terminating his/her membership with the first varsity or sub-varsity team, providing written approval is received from the principal, athletic director, and both coaches involved with the change, and it happens within the first ½ of the season.

**PENALTIES:** If a student-athlete violates this rule, he/she will be ineligible for that season, and all contests in which he/she participated in both sports must be forfeit.



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### **ATHLETIC AND CO-CURRICULAR ELIGIBILITY (As stated in the FHS Student Handbook)**

*Athletics and Co-curricular activities are privileges at Framingham High School. Our standards exceed MIAA standards as a minimum requirement for participation. Therefore, participants are required to be in good standing with regard to academics, attendance and student wellness. Standards for participation are outlined below. Administration reserves the right to deny participation on an individual basis for failure to meet these standards. There is no waiver process for students who are ineligible. For a more complete description of athletic eligibility, please refer to [www.miaa.net](http://www.miaa.net).*

#### Academics:

To be eligible to participate in athletics and co-curricular activities, a student must pass a minimum of four major subjects and must have a minimum 70 cumulative average for each term immediately preceding the activity. If a student is ineligible for athletics, he/she may not participate in any team events, games, or practices. If a student is ineligible for co-curricular activities, he/she may not participate in meetings, rehearsals, or any club-sponsored activities. All freshmen are eligible for fall sports, but must meet the above criteria beginning in the winter season of their ninth grade year.

#### Attendance:

A student who is absent, suspended in-house, or suspended out of school may not participate in a game, rehearsal, practice, event, or meeting held on that day without the grade administrator's permission. If this occurs on Friday, the student may not participate in any activity held on Saturday or Sunday without the grade administrator's permission. For purposes of attendance, students **must be present for at least half of the school day** to be considered present for that day. Students with extenuating circumstances who will be absent for more than half the day must request prior approval from their Vice Principal to participate on that day. Students with pending Saturday School obligations must satisfy their obligations in order to participate in sports or extra-curricular activities.

MIAA Chemical Health Policy (see Appendix A).

State Law on Hazing (see Appendix B)

Framingham Public Schools Anti-Bullying Information ( see FHS Student Handbook- page 28)

Use of Internet and Social Media: The Athletic Office encourages safe and responsible behavior with regard to internet use and social media. We highly recommend our students avoid inappropriate use of public websites such as Twitter, Instagram, Snap Chat, Facebook, etc. Any identifiable image, photo, video, or posted on-line conversation which implicates a student-athlete in a violation of our Alcohol and Drug Policy or our Core Values may be investigated by the administration.

The use of a mobile device's recording capabilities in locker rooms is not permitted.



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**Registration for a sport:** All registrations are conducted on-line through [flyerathletics.com](http://flyerathletics.com). The process must be completed at least two weeks prior to the start of the season. In addition, proof of a physical must be submitted to the athletic office two weeks prior to the first practice. Students are expected to adhere to the deadlines established. Failure to do so will result in the inability to try out for a sport. Registrations will not be allowed after cuts have been made during the initial week of practice. A fee of \$225 must be paid once a coach has instructed players to do so. An application for a waiver to this fee is available for students who qualify for free and reduced lunch. This application can be found on the website [flyerathletics.com](http://flyerathletics.com).

**Transportation:** The athletic office works with the Transportation Department to arrange busses for away games and practices. Unfortunately, there have been occasions when events have been postponed due to the inability to find a bus or driver. Students are expected to be respectful of the wishes of the driver and leave the bus clean. We encourage teams to travel together. Parents who wish to transport their child home after an event must obtain prior approval from the coach and athletic director. The head coach or one of his designees shall monitor bus travel. All coaches should carry a list of team players with contact numbers in case of emergencies.

**Varsity Letter:** A varsity letter is earned through satisfactory participation at the varsity level for the first time during a particular year. If an athlete letters in more than one sport per year, he/she will be awarded a pin to designate the sport, but not an additional letter. If an athlete letters in the same sport, he/she will receive an additional sport pin indicating years of service at the varsity level in that sport. Coaches will recommend the awarding of letters based on the following criteria:

- An athlete must: A) attend practice and games on a consistent basis B) display a cooperative spirit with the coach, teammates, and opponents C) display respect for others on and off the field D) observe all rules and regulations as outlined in this handbook E) be an actual participant in varsity contests.

The coach and athletic director will have the prerogative to award varsity status to a senior who has not met the seasonal requirements. A student manager who has successfully met all of his/her responsibilities may be awarded a letter at the discretion of the coach.







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## EXPECTATIONS FOR TEAM CAPTAINS AT FRAMINGHAM HIGH SCHOOL

The role of team captain is one of honor and privilege, and brings with it a great deal of responsibility. You are expected to be a leader on and off the playing field, a role model inside the school building, and a source of pride in the Framingham community. The leadership necessary to be a successful team captain is not always easy. At times, you may be called upon to make some difficult decisions to support and improve your team.

Team Captains will be expected to exhibit the following qualities:

- \*\* Honest, strong focus on academics, dedicated, leads by example
- \*\* Inspiring, good communicator, strives to be his/her best and in so doing brings out the best in his/her teammates
- \*\* Hard working, selfless, recognizes and values team needs over individual accomplishments
- \*\* Respectful, appropriate behavior and conduct in and out of school
- \*\* Enthusiastic, dependable, positive outlook

Failure to meet the above leadership expectations may subject a student athlete to the immediate loss of the title of "Captain". Likewise, any captain who misses a practice or game without a valid reason and who does not notify the coach in advance will be subject to the same penalty.

The method by which captains are chosen shall be determined by each coach.

As the Interim Athletic Director, I will always be available to assist you in this very important leadership role. Please be proactive rather than reactive and speak with your coach and me before any issues become major problems for the team.

Best wishes for a successful season,

Ron Sudmyer, Interim Athletic Director



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## EXPECTATIONS FOR PARENTS/SPECTATORS

As your child's first "coach" in life, we ask for your help in making our athletic program of the highest quality. High School athletics, when done the right way, is a thing of beauty. While winning will always be important as long as a scoreboard exists, we all know that there are more important and enduring lessons to be learned from participation in athletics. In the long run, your son or daughter's high school career will not be measured by wins and losses but by how he/she conducted him/herself on the field, court, or track. Together, let us strive to model the virtues of honor, integrity, respect, and character. Specifically, I ask you to keep each sporting event or activity in perspective and pledge that you will:

- \_\_\_ use positive encouragement to **fill the Emotional Tanks** of student-athletes, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere. (courtesy of Positive Coaching Alliance)
- be respectful of all players, coaches, game officials, and other spectators.
- never target anyone for abuse- physical, verbal, or emotional.
- refrain from taunting, harassment, obscene language, or other acts of disrespect.
- recognize and show appreciation for outstanding play by either team.
- \_\_\_ respect the judgment and strategy of the coach and will not criticize players or coaches for loss of a game
- \_\_\_ trust that our coaches and administrators have the best interests of your child in mind

***NO FOOD OR DRINKS ARE ALLOWED IN THE GYM DURING EVENTS***



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## COMMUNICATION PLAN FOR ATHLETIC CONCERNS

Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student. Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times. The coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. **The student, not the parent, is strongly encouraged to talk to the coach about any issues or problems that arise during the season.** This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

The following protocol will be used for registering concerns:

1. The student-athlete meets with the coach.
2. The parent contacts the coach to set up a meeting with the student-athlete present.
3. If the issue is not resolved, call and set up an appointment with the Athletic Director (508-782-7650).
4. After this step, an additional meeting may be held with the parent, coach, athlete, and AD.

IMPORTANT: PLEASE DO NOT...

1. Confront a coach before, during, or after a practice or contest. These can be emotional times for both parties. Meetings of this nature do not promote resolution.
2. Discuss the following issues with coaches: playing time, play calling, team strategy, other team members. This will only undermine the coach's ability to help your child improve and to develop team harmony and constructive team play.

The intent of this communication plan is to help make the experience in the Framingham High School Athletic program more enjoyable and productive for all athletes, coaches, parents and fans.



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## EXPECTATIONS FOR COACHES

### THE IMPACT OF A COACH

I have come to a frightening conclusion.

I am the decisive element at the field, court, or track.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

I possess tremendous power to make an athlete's life miserable or joyous.

I can be the tool of torture or an instrument of inspiration.

I can humiliate or honor, hurt or heal.

In all situations, it is my response that decides whether a crisis will be escalated or

De-escalated, and an athlete humanized or dehumanized.

(An Adaptation of Haim Ginott, published by the Washington State Coaches Assoc.)

### COACHING PHILOSOPHY

The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches shall through words and example, strive to build the character of their student athletes by teaching them to be trustworthy, respectful, responsible, and fair. Success in the classroom is the first priority of any student-athlete. This message should be consistently delivered to student-athletes and their parents throughout the season. Coaches must model respectful behavior and demand that their athletes refrain from verbally abusing opponents and officials, profane and belligerent trash-talking, and taunting or inappropriate celebrations.

### EVALUATION OF COACHES

Each Head Coach will be evaluated by the Athletic Director. The Coach will also complete a self-evaluation and meet with the Athletic Director at the conclusion of the season to discuss progress and future goals. The Head Coach is responsible for evaluating his/her assistants.



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## PERSPECTIVES ON COLLEGE SCHOLARSHIPS

Many high school athletes dream of becoming a professional athlete. It is a noble dream, but somewhat unrealistic for most high school athletes. Many parents dream of their son getting a football scholarship or their daughter a full-ride college scholarship. That, too, is unrealistic for most kids and parents. The type of athletic program offered at Framingham High School emphasizes discipline, character, and cooperation. It accentuates the classroom and getting an education first. It doesn't emphasize winning at all costs nor displaying one player so that a given athlete is more important than the team. We want every athlete who is deserving of a scholarship, to get one. Coaches at FHS will do everything they can to help athletes go to college and to procure a scholarship, if one is merited.

Some parents will agree with the above for everyone except their son, who was All-League or All-American. To those parents we say, look at the following statistics which shows the likelihood of a high school senior getting an athletic scholarship and moving on to the professional ranks:

- 50% of high school football and basketball players believe they will get a college scholarship.
- 98 out of 100 high school athletes will never play in college.
- Only 1 out of every 100 high school athletes will receive a scholarship to a Division I school.
- Only 1 out of 12,000 athletes will go on to become a professional athlete.
- Only 1 in every 5,200 college football players will go on to become a professional player.
- 67% of all NFL players do not have a college degree.
- The average career in the NFL lasts 3 1/2 years.

Participation in athletics is highly valued in Framingham. The importance of scholarships, however, must be placed in a broader perspective.

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Student Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
% High School to College	2.9%	3.1%	5.8%	5.6%	12.9%	5.7%
% College to Pro	1.3%	1.0%	2.0%	10.5%	4.1%	1.9%
% High School to Pro	0.03%	0.02%	0.09%	0.5%	0.4%	0.08%



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## STUDENT-ATHLETE, COACH, PARENT CONTRACT

Thank you for taking the time to read the Framingham High School Athletic Handbook. Your support and contribution to FHS athletics is greatly appreciated. We anticipate an exciting season of amazing performances by our teams and student-athletes.

**“My signature below indicates that I have reviewed, understand, and agree to all parts of the Framingham High School Student-Athlete, Coach, and Parent handbook.”**

Printed Student Athlete Name: \_\_\_\_\_

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Coach: \_\_\_\_\_

Please remove or print this page and submit it to your coach. Coaches will turn these in to the Athletic Office.

# ADMINISTRATORS' GUIDE FOR INTERPRETING AND ENFORCING MIAA HANDBOOK RULE #62

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

This pamphlet has been developed to assist school administrators in the implementation and administration of the MIAA Chemical Health Rule, (MIAA Handbook Part IV-Rules Affecting an Individual Student Athlete or Coach, Rule #62—Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco. Hopefully, it will be of some help when you have to deal with the sometimes difficult task of determining whether or not a student is in violation of the Chemical Health Rule.

## **PART I – CHEMICAL HEALTH RULE**

### **RULE 62: 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); marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a 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 MINIMUM PENALTIES\*:**

*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, penalties will be determined by the current or next season of participation. 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. Any fractional part of an event will be dropped when calculating the 25% of the season.*

#### **# of Events/Season # of Events/Penalty**

**1-7 1**

**8-11 2**

**12-15 3**

**16-19 4**

**20 or over 5**

\*Also see rule 32.8 – Ineligible Students



**SECOND & SUBSEQUENT VIOLATIONS AND MINIMUM PENALTIES:**

*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, penalties will be determined by the current or next season of participation. Any fractional part of an event will be dropped when calculating the 60% of the season.*

**# of Events/Season # of Events/Penalty****1-3 1****4 2****5-6 3****7-8 4****9 5****10-11 6****12-13 7****14 8****15-16 9****17-18 10****19 11****20 or over 12**

*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.*

**# of Events/Season # of Events/Penalty****1-4 1****5-7 2****8-9 3****10-12 4****13-14 5****15-17 6****18-19 7****20 or over 8**

*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.)*



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 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 or safety 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.

Appendix B



# Framingham High School

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## **FHS Wellness Center Policies and Procedures**

### **The goals and objectives of the FHS Wellness Center are to**

- Provide students, staff, and the Framingham community a facility where they can exercise, be active, and learn how to work out properly.
- Increase awareness of the benefits of a healthy, active lifestyle.
- Create an environment that promotes positive lifestyle choices.
- Provide a safe environment where athletes can work out properly.

### **The goals and objectives of the FHS Strength and Conditioning Program are to:**

- Teach student athletes how to exercise properly
- Improve strength and power
- Improve flexibility and mobility
- Introduce students to proper nutrition
- Improve speed and agility
- Reduce the risk of injury
- Improve cardiovascular conditioning

### **Expectations of ALL Student-Athletes**

- follow all weight room rules and regulations
- arrive on time prepared to train
- follow instruction from the strength staff
- be respectful of teammates and fitness center members
- work hard and give full effort during training

### **Wellness Center Rules**

- Students/Athletes must adhere to the coaching, direction, and authority of the Wellness Center Staff.
- All students and staff must sign in and enter through the front door of the facility.
- All teams and staff must use the facility during normal operating hours which are from 2pm-8pm daily.
- The wellness center is open daily after school only. Please visit [www.flyerathletics.com](http://www.flyerathletics.com) for hours during vacations.

## *Facility Rules*

- Use spotters when lifting
- Use collars on bars
- Strip bars, platforms, and machines when finished with an exercise
- Replace weights properly to the weight trees
- Replace belts, straps and all other equipment used to proper location
- Wear athletic clothing including shirt, shorts or sweats, and sneakers **NO TANK TOPS**
- *Replace workout cards to file*
- Do not remove equipment from the facility
- Do not drop weights, bars or dumbbells to the floor or Olympic platforms
- Do not lean against mirrors
- Do not bring food into the weight room
- All water bottles must be kept in the front
- Do not chew gum in the wellness center
- Do not touch the radio
- Do not bring cell phones and valuables into the wellness center
- Headphones can only be used on cardiovascular equipment

## **Scheduling**

**A scheduling e-mail will be sent before the start of each sport season to secure a training time.**

The FHS Wellness Center serves as a performance training facility for 27 athletic teams. Due to the volume of athletes, scheduling is a very important administrative aspect of the strength and conditioning program. Each team will be allotted a one-hour training session during the off-season and a 30 minute training time during the competition season.

It is imperative that athletes be on time to scheduled training sessions. No one is permitted access to the performance training facility or to utilize equipment in the facility without the consent and supervision from the wellness center director. **A minimum of 5 athletes must be present per workout to maintain a team training time.**

## **Training Philosophy**

Each training program is constructed to meet the needs of each sport individually using educated experience and proven scientific research. Success of any training program relies on the trust and adherence to the prescribed training program.

This is established by educating the athletes about their training. Educated athletes are more likely to train harder and smarter. Our program is designed to promote discipline, accountability, commitment, sacrifice, effort, and team unity. Our training program includes all aspects of strength, speed, agility, flexibility and injury prevention with emphasis on technique and athlete safety.

Our program is centered on the use of ground-based, multi-joint and multi-planer exercises such as Olympic lifts. These exercises are ideal for preparing the athlete for competition and the demands of their sport.

## **Periodization**

Periodization is a systematic planning of training that involves the progressive cycling of specificity, intensity, and volume of training. Planning is done over the course of a year, which is divided into periods and phases such as offseason, pre- season, and the competition season.

The aim of periodization is to achieve peak fitness levels for important competitions, and introduce new movements in a progressive fashion. The most critical phase in a training cycle is the offseason. Athletes should train at least 2/3 times per week during this phase. The greatest physiological improvements are made during the off-season. All progress made during the off-season WILL deteriorate rapidly if not maintained during the competitive season.

Appendix C



# FRAMINGHAM HIGH SCHOOL

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## ATHLETIC DEPARTMENT

115 A Street, Framingham, MA 01701

Phone: 508-782-7510 Fax: 508-788-0630

Website: [www.flyerathletics.com](http://www.flyerathletics.com)

## EXPECTATIONS OF ATHLETIC TRAINER

### Athletic Trainer Coverage

A certified athletic trainer (ATC) will be provided, under physician supervision, to help care for our Framingham High School student-athletes and help keep them safe and healthy. In general, the ATC will be available after school on normal school days to cover practices and home events. On weekends, holidays and vacations, the ATC will be available to cover only home varsity events. The ATC will also travel only with varsity football to away games. The ATC's specific schedule will be provided by the ATC to the athletic director AD and all coaches, as well as weekly hours posted on the door of the athletic training room (K125).

### Policies

The ATC will be a part of the committee that reviews and edits the *FPS Concussion Policy* each year, and will also be responsible for implementing this policy for FHS Athletics. The FPS Concussion Policy, along with a Parents' Guide to Sport Related Concussion can be found on [flyerathletics.com](http://flyerathletics.com).

All student-athletes, parents and coaches are expected to abide by the *Injury Communication Policy*. This policy, which all parents/guardians agree to when they register their student, states that "Whenever any student-athlete receives medical attention for injury or illness, student will bring documentation to the FHS athletic trainer as soon as possible." Abiding by this policy ensures that all members of the athlete healthcare team are informed and up-to-date on a specific student-athlete's status. It also ensures that the student-athlete is following proper protocol and instruction from the appropriate medical and healthcare personnel.

During FHS sports registration, there are two additional items that concern the ATC: *Consent to Treat* and *Medical Information Release*. Parents/guardians registering student-athletes for sports are expected to thoroughly read through these items, and sign off accordingly. Parents/guardians are NOT required to agree to either item.

### Communication with Coaches

Coaches are responsible for communicating to the ATC about injuries that occur when the ATC is not present. Coaches are also responsible for abiding by the protocols and policies set forth by the administration and carried out by the ATC.

The ATC is responsible for communicating to the coaches about FHS Athletics policies and protocols, student-athlete injury updates, and the ATC's schedule and coverage. At each pre-season meeting, the ATC will review all of this information with the coaches.

### **Medical Supplies Provided**

The ATC will supply water bottles and water jugs for each team to use during their respective season. The ATC will also stock and supply Med Kits for each sports team. Medical Rosters and Emergency Contact Cards will be created and supplied by the ATC for every team (information for both of these is taken from each student-athlete's sports registration).

### **Athletic Training Room (ATR) Rules**

There will be absolutely no entry to or use of the athletic training room (K125) or the supplies within it if the ATC is not present, or without explicit permission from the ATC or AD.

The following additional rules are posted outside of each ATR door, and must be followed by all student-athletes, coaches, parents, staff, etc:

- no cleats or equipment
- no food or drinks
- no foul or disrespectful language
- no book bags
- no shoes on tables
- ASK before helping yourself to supplies
- DO NOT cut through to or from the Wellness Center