

## WEBSITES

### VERMONT PRINCIPALS' ASSOCIATION WEBSITE

The Vermont Principals' Association (VPA) website has a lot of valuable information on it including their policies, important post season dates, SAT dates, playoff pairings, sport rankings, and other important information. The website address is [www.vpaonline.org](http://www.vpaonline.org). Parents and athletes are encouraged to visit their website.

### DIGITAL SPORTS

The website [amhs.digitalsports.com](http://amhs.digitalsports.com) offers information on team schedules throughout the school year.

### SCHOOL WEBSITE

The school website [www.arlingtonmemorialhighschool.org](http://www.arlingtonmemorialhighschool.org) has information on team schedules and important forms such as student physical forms. This is also a good place to check for any cancellations or schedule changes.

### AMHS ATHLETIC EMAILS

Be sure to give your email address to the AMHS Athletic Office if you wish to receive updates on game and practice cancellations and other changes to the schedule.

# Student Athlete & Parent Handbook

**2016-2017**



**Arlington Memorial  
Athletic Director Ashley Hoyt**

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# WELCOME

Welcome to athletics at Arlington Memorial High School & Middle School. This handbook is designed to provide AMHS students and families with a variety of information about Arlington sports. All student-athletes and their parents/guardians are expected to: (1) have read and (2) follow the athletic policies and procedures outlined here.

If you have questions or concerns about this information, please contact Arlington Athletic Director Ashley Hoyt at [hoytas@bvsu.org](mailto:hoytas@bvsu.org) or 375.2589, extension 137.

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## INTERSCHOLASTIC SPORTS\*

### FALL

*Cross Country:* Boys & Girls—Varsity & MS

*Soccer:* Boys & Girls—Varsity, JV & MS

### WINTER

*Basketball:* Boys & Girls—Varsity, JV & MS

*Snowboarding:* Boys & Girls—Varsity

### SPRING

*Baseball:* Boys—Varsity, JV & MS

*Golf:* Boys & Girls—Varsity & MS

*Softball:* Girls—Varsity, JV & MS

*Track & Field:* Boys & Girls—Varsity & MS

\*Sports change with student interest and team sign-up numbers.

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# POLICIES

## VARSIITY LETTER AWARD POLICY

All AMHS & Middle School student-athletes receive a certificate of participation during the annual spring Academic & Athletic Awards ceremony. First-time varsity athletes will receive a letter and a pin for their sport. Subsequent letters earned for the same sport are recognized with a sports bar.

## VERMONT PRINCIPALS' ASSOCIATION (VPA) ELIGIBILITY

VPA eligibility rules and activities policies apply to all activities, sanctioned or sponsored by the Vermont Principals' Association. Waiver requests regarding undue hardships must be submitted through the school principal. The following are VPA eligibility rules:

- Transfer students are eligible at once, provided they were bona fide students in the school from which they transferred.
- Participants must be under 19 years of age, except that a student whose 19th birthday occurs on or after August 1st, is eligible for all activities in the ensuing year.
- Students are ineligible if they have graduated from any course of study in a secondary school comparable to the Vermont system.
- Students have four consecutive years (8 semesters) of eligibility. Attendance of 30 days of any semester will be regarded as a semester. Eighth graders playing on high school teams get five years of eligibility.

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## POLICIES

### TRANSPORTATION

Students are required to ride to and from all games in AMHS-sponsored vehicles. Students **may be** released to parents or guardians after *AWAY* games **with permission** from the AD or coach. Approvals, granted to students requesting to travel not on the bus **TO** an AMHS activity, will be granted only in extenuating circumstances. Students, who do not ride **TO** a game on the bus and who have not previously requested the change in travel to the AD or coach, **will not participate** in that game. Students can only be released to their parents or legal guardians. Requests to ride home with other parents must be given in writing from the parent or legal guardian to the AD or coach. Students are not allowed to ride home with other students.

### TWO AMHS SPORTS

If a student-athlete participates in two AMHS sports in the same season, the TEAM sport takes precedent over the individual sport. All AMHS TEAM sport practices and games take priority over the individual sport. Varsity letters can be earned for both sports.

### AMHS Team Sports:

Baseball, Basketball, Soccer, Softball

### AMHS Individual Sports:

Cross Country, Golf, Snowboarding, Track & Field

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## ATHLETIC PHILOSOPHY & GOALS

Arlington Memorial athletics strive to promote the physical and mental well-being of student-athletes. We encourage all students to participate in at least one sport each year to complement their academic goals.

### The goals of Arlington Memorial athletics are to:

- Promote athletics as a source of physical fitness and mental well-being.
- Promote good sportsmanship among players and coaches.
- Encourage teamwork and the principles of competition.
- Instill a sense of pride in one's work ethic as both an individual and a team player.
- Instill the importance of attending practice as a way to show dedication to the sport and respect to teammates.
- Promote a sense of personal pride and team spirit at the end of each competition.

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# POLICIES

## ACADEMIC ELIGIBILITY

### Fall Season

All Arlington Memorial students are eligible to play sports at the start of the fall season. However, any student who fails a Fourth Quarter course of the preceding year must be passing all courses when Progress Reports are first issued. A Progress Report in any course indicating a failing grade results in the student-athlete being ineligible for a minimum of two games.

### Winter Season

A student, who failed a course in the First Quarter, must raise that grade to passing as of the date of the first contest. Failure to do so will result in the student-athlete being ineligible for a minimum of two games. If the student who fails the First Quarter subsequently receives a failing grade in any subject during the Second Quarter, he/she is then ineligible for the remainder of the season. A student who fails a subject for the first time during the Second Quarter is ineligible for a minimum of two contests.

### Spring Season

Any student who fails a subject in the Third Quarter is ineligible for a minimum of two contests.

#### NOTE:

- If a student drops a class prior to the end of a quarter, eligibility will be determined by the student's average at that time of that marking period.
- An athlete cannot drop a class to retain eligibility.

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# POLICIES

## SIGN-UPS

Sign-up sheets are posted for AMHS sports in the Middle School wing and outside the lockers rooms near the gym. Sign-up forms are used to determine student interest, to hire coaches, to alert families of the need for physicals and to create team rosters. If a current AMHS student does not sign-up in school, his/her name will not be included on the roster and a physical form will not be given to the coach, ensuring that the player cannot participate on the first day of practice. After one week from the VPA start date, no AMHS student-athlete can join the team. For new and transfer students, sign-ups must be completed within one week of the VPA start date of the season unless approved by the AD and coach.

## SPORTSMANSHIP

Arlington promotes sportsmanship among athletes and fans. We encourage everyone to attend games and support our teams in a positive manner.

## TRAINING RULES

It is the policy of the Battenkill Valley Supervisory Union that no student shall possess, use, sell, give or otherwise transmit, or be under the influence of any illegal drug, regulated substance, or alcohol on any school property or at any school-sponsored activity away from or within the school. Policies and punishments for drug, tobacco, and alcohol can be found in the Parent Student Handbook.

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## POLICIES

### PLAYING TIME

Decisions regarding playing time are made by the coach in the best interest of the team. Students who have questions about their own playing time should address them directly to the coach. It is never okay for a student to discuss a teammate's playing time with the coach.

**Middle School**—All players participate. Goals are to have fun, gain experience and improve the player's skill.

**Junior Varsity**—All players receive playing time, individual playing time is earned and at the coach's discretion. Goals are to further develop a player's skills and prepare for varsity-level play.

**Varsity**—Athletes who display the best of both skills and attitude will receive the most playing time at the coach's discretion.

### PRACTICE

Attending practice is an important part of team play. Coaches rely on players to attend practice for physical fitness, to learn plays and to foster teamwork. If an AMHS student-athlete has missed THREE practices, which are unexcused, he/she is removed from the team. **Excused absences include**, but are not limited to: death in the family, family emergency, school absence, school function. **Note:** Family vacations, non-AMHS sports, and doctor's appointments for physicals are not considered excused absences.

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## POLICIES

### ATTENDANCE

To participate in a practice/game, the student-athlete must be at school by 11 a.m. Students absent from school or who arrive after 11 a.m. may not participate in a game/practice unless approval is given by the administration for extenuating circumstances. AMHS students who leave school after 11 a.m. must have an approved absence from the Athletic Director, or he/she will not be able to participate in a game/practice.

**Students with an unexcused absence** from school cannot attend a game/practice on that day. They must notify the coach of their absence. Players who do not inform their coach and participate in a game or practice with an unexcused absence will receive the following sanctions:

**First Offense:** The practice/game is considered a skipped practice/game, and the player must follow the coach's rule for skipped practices/games.

**Second Offense:** Two-game suspension.

**Third Offense:** Removal from the team.

***Players with three offenses in one sport's season will not be allowed to participate for the rest of the season.***

### AWARDS

At the conclusion of each sports year, an awards night is held. Certificates of completion will be distributed to players, along with any pins or letters earned.

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# POLICIES

## COMMUNICATION OF ATHLETIC CONCERNS

**It is never appropriate to discuss concerns right before, during or right after a game.** When a concern arises, these procedures are expected to occur at a scheduled time:

- Student-athlete discusses concern with the coach.
- If the problem continues, parents discuss concern with coach.
- If the problem continues, parents discuss concern with AD.

*Appropriate concerns to discuss with coaches:*

- Physical and emotional treatment of the student-athlete.
- Ways parents can help the player improve performance.
- Concerns about the player's behavior on the court/field.

*Issues not appropriate to discuss with coaches:*

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

## CUT POLICY

At Arlington Memorial, we encourage all students to be involved in sports, so we do not cut players from any team. Every student has the opportunity to be a part of a team. Depending on the sport and the coach, Varsity and JV teams will practice together.

Beginning this year, AMHS will add a limited Varsity Roster level of competition. Students named to the Varsity Roster will suit up for home games and will travel to away competitions. Students not named to the Varsity Roster will participate in a separate schedule of home/away games as available. The Varsity Roster list is at the discretion of the team's head coach.

No athletes will be cut from the program. Student-athletes not on the Varsity Roster will be given practice opportunities and a modified game schedule; however, they will not receive a varsity letter or pin.

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# POLICIES

## NCAA AND COLLEGIATE ELIGIBILITY

To be academically eligible to participate in athletics after high school, the NCAA requires certain minimums on core courses, grades, and SAT/ACT standardized scores. If you have questions, contact the AMHS Guidance Office.

## NON-SCHOOL SPORTS

We understand that students participate in sports outside of school. In the event of a conflict, we expect the student's priority to be to the Arlington school team. If the player misses an AMHS practice/game because of a conflict, the absence is unexcused.

## PERSONAL PROPERTY

Arlington is not responsible for property that is lost, stolen or damaged during athletic activities. We urge students to keep belongings with them at all times and/or ask their coach to secure valuables and/or money.

## PHYSICAL EXAM

All players are required to have a doctor's physical exam within the last TWO calendar years before they compete in any game or practice. In addition, an Arlington Memorial Physical Participation Form is required from each student-athlete before starting practice. If a student misses practice because he/she does not have a completed physical form on file, the absence is considered unexcused. AMHS Physical Forms can be downloaded from the school's website.

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## POLICIES

### FAMILY VACATIONS

Family vacations during a sports season are discouraged. AMHS student-athletes who miss practices/games due to vacations may have their playing time adjusted. As the academic year calendar is provided months in advance, Family Vacations are considered unexcused absences.

### HAZING

Hazing is a crime in Vermont. Hazing is a form of harassment and will not be tolerated in the Arlington athletic program. Students found in violation of hazing will face consequences that range from individual suspension to cancellation of an entire athletic schedule, depending upon the incident and number of students involved. For more information on the district's hazing policy, see our student handbook.

### INJURIES

Injuries occurred while participating in an AMHS sport must be reported to the coach. If an AMHS student-athlete is removed from a practice or game because of injury, he/she cannot return to practice or participate in a game without written permission from a physician. High school coaches are trained in basic sports first aid, but they are not physicians. AMHS student-athletes treated by a physician must obtain written permission to return to play.

#### **Concussions**

Anytime a concussion is suspected or anytime a student-athlete experiences a bump or blow to the head, the coach must remove the player from the game/practice. The player cannot return to games/practices until he/she is evaluated, and written notification is provided by a health care professional.

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## POLICIES

### EIGHTH GRADE POLICY

Vermont Principals' Association rules state that Division IV schools may use eighth grade students on sub-varsity teams provided those students are *needed* to maintain the school's sub-varsity team. If a Division IV school does not have a sub-varsity team, eighth grade students may be used on a varsity team provided that (1) a waiver has been granted by the VPA, and (2) no students in grades 9-12 have been cut from the program. **Note:** The AD and coach will determine the level of need and the individual student's athletic ability for varsity-level play.

### EQUIPMENT & UNIFORMS

**It is the responsibility of the student to return all school-issued equipment, uniforms, and supplies to the coach.** Students who fail to do so will be billed for the value of missing items. Students who have not turned in uniforms/equipment **will not** receive any further uniforms/equipment until the equipment is returned or reimbursed.

### EXCUSAL FROM PHYSICAL EDUCATION CLASS

A doctor or parent excuse note to miss PE class due to injury or sickness automatically makes that student ineligible to practice or play in any athletic event that day.