

## websites

### VERMONT PRINCIPALS' ASSOCIATION WEBSITE

The Vermont Principals' Association (VPA) website, [www.vpaonline.org](http://www.vpaonline.org), has valuable information including, but not limited to, policies, important post season dates, SAT dates, playoff pairings, and sport rankings. Parents and athletes are encouraged to visit their website.

### DIGITAL SPORTS

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

### SOCIAL MEDIA

The school website [www.arlingtonmemorialhighschool.org](http://www.arlingtonmemorialhighschool.org) has information on team schedules and important forms necessary for athletic participation.

**INSERT FACEBOOK AND TWITTER HANDLES**

# ARLINGTON MEMORIAL

# ATHLETIC HANDBOOK



*Athletic Director  
Reg Trayah*

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## Welcome

Welcome to athletics at Arlington Memorial Middle/High School. This handbook is designed to provide students and families with information about athletics. All student-athletes and their parents/legal guardians are expected to have read and follow the athletic policies and procedures outlined here.

If you have questions or concerns about this information at any time, please contact Athletic Director Reg Trayah at [trayahr@bvsu.org](mailto:trayahr@bvsu.org) or 375-2589, extension 137.

## Interscholastic Sports\*

### FALL

*Cross Country* / Boys & Girls / Varsity & MS  
*Soccer* / Boys & Girls / Varsity, JV & MS  
*Golf* / Boys & Girls / Varsity & MS

### WINTER

*Basketball* / Boys & Girls / Varsity, JV & MS

### SPRING

*Baseball* / Boys / Varsity, JV & MS  
*Softball* / Girls / Varsity, JV & MS  
*Track & Field* / Boys & Girls / Varsity & MS

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## Procedures

### VARSIY LETTER AWARD

All non-varsity athletes will receive a certificate of participation upon completion of the sport season. First-time varsity athletes will receive a letter and a pin for their initial varsity experience. Subsequent letters earned for the same sport are recognized with a sports bar. Sub-varsity certificates are passed out at the completion of the season upon successful return of all uniforms/equipment.

### VERMONT PRINCIPALS' ASSOCIATION (VPA) Policies

VPA eligibility rules and activities policies apply to all activities, sanctioned or sponsored by the Vermont Principals' Association.

Please review the [VPA High School Policy](#) page for more information.

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## **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 any school property or at any school-sponsored activity away from or within the school. Policies and consequences for drug, tobacco, and alcohol can be found in the AMHS Family Handbook.

## **TRANSPORTATION**

Students are required to ride to and from all games in school sponsored vehicles. Students may be released to parents/guardians after away games with permission from the AD or coach. Approvals granted to students/parents requesting to NOT travel on the bus to an 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 to the AD or coach. Students are not allowed to ride home with other students.

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# **Athletic Beliefs & 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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## ACADEMIC ELIGIBILITY

All Arlington Memorial students (Grades 6-12) are eligible to play sports at the start of the fall season. Once school begins, the Athletic Director will check grades for all athletes (Grades 6-12) every other Friday, beginning the second Friday of the school year. If a student-athlete is failing a class at the check-in date, the student:

- will not be allowed to participate in any games or practice until the grade is passing (60 or above)

### Information

- To regain eligibility, student athletes need to meet with the teacher to discuss the failing grade.
- When the grade is at 60 or above, it is the student's responsibility to bring a hand-written note from the teacher to the AD or administration confirming the passing grade.
- If a student fails two bi-weekly grade checks during any single sporting season, a meeting between the parents, coaches and teachers will be required prior to returning to play.
- 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 must be passing a class when they drop a class in order to be eligible for play. An athlete cannot drop a class to retain eligibility

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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, and athletes should not discuss a teammate's playing time with coaches.

- *Middle School*—All players participate. Goals are to have fun, gain experience and improve the player's skill.
- *Junior Varsity*—All players are given the opportunity to gain substantial experience. Goals are to further develop a player's skills and enjoy the spirit of competition. JV players may be asked to play at the varsity level, and varsity players may be asked to play at the JV level to provide depth to the program.
- *Varsity*—Athletes who display the best of both skills and attitude will receive the most playing time.

### Two Team Policy

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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## **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.

## **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.

## **ATTENDANCE**

To participate in a practice/game, the student-athlete must be at school by 11:30 a.m. Students absent from school or who arrive after 11:30 a.m. may not participate in a

game/practice unless approval is given by the administration for extenuating circumstances.

## **AWARDS**

At the conclusion of each sports season, an awards assembly is held. Certificates of completion will be distributed to players.

## **COMMUNICATION OF ATHLETIC CONCERNS**

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

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

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## **CUT POLICY**

At Arlington Memorial, we do not cut players who are interested in the sport. Every student has the opportunity to be a part of a team.

Students named to the Varsity Roster will suit up for home games and travel to away competitions. Students not named to the Varsity Roster will participate in a separate JV schedule of home/away games as available. The Varsity Roster list is at the discretion of the team's head coach.

## **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:

(a) a waiver has been granted by the VPA, and (b) no students in grades 9-12 have been cut from the program.

## **EQUIPMENT & UNIFORMS RETURN**

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 returned or reimbursed.

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## **EXCUSED FROM PHYSICAL EDUCATION CLASS?**

A doctor or parent's 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.

## **FAMILY VACATIONS**

Family vacations during a sports season are discouraged. Student-athletes who miss practices/games due to vacations may have their playing time adjusted.

## **HAZING**

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

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## **INJURIES**

Injuries occurring while participating in sports must be reported to the coach. High school coaches are trained in basic sports first aid, but they are not physicians. Athletes treated by a physician must obtain written permission from the physician to return to the activity.

### ***Concussions***

Anytime a concussion is suspected or anytime a player experiences a bump or blow to the head, the coach must remove the player from the game/practice. The player cannot return to games or practices until they are evaluated and written notification is provided by a healthcare professional.