

**ASSABET VALLEY REGIONAL
TECHNICAL HIGH SCHOOL**



**2014- 2015
ATHLETIC HANDBOOK**

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Scheduling Information:

- Website – www.assabettech.com (Athletics)
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Welcome to the Assabet Valley Athletic Program

The following information defines the interscholastic athletic policies and procedures for all students participating in our Athletic Programs. The Athletic Department hopes this booklet provides parents and students with information regarding policies, practices, and regulations established by the district and MIAA.

Our Goal-

To promote participation in athletics that encourage lifelong learning experiences that serve to enhance the achievement of our educational goals and cultivate healthy lifelong habits to become productive citizens.

Mission Statement –Athletics at Assabet Valley Regional Technical High School are regarded as an integral part of the school's educational program. The mission of the Assabet Valley Regional Technical High School Athletic Department is to provide for its student athletes an outstanding athletic program that enhances their educational experiences by offering opportunities that foster the characteristics of good sportsmanship, value of teamwork, respect for self and others, the sense of pride in working diligently to reach a goal and leadership development.

Objectives-

Many lessons can be learned and attitudes can be developed through a program of competitive athletics. By challenging our students to excel in competition and the classroom, we seek to instill in and demonstrate to all students-athletes the following attitudes and personal characteristics:

- Develop and Improve confidence, self-esteem, decision-making, time management, and communication skills
- Encourage respect for the rights and abilities of others.
- Develop character, team spirit, fair play, and sportsmanship.
- Develop and maintain high academic achievements.
- Encourage winning attitude with the understanding that winning should never be given priority over fair play, sportsmanship, and a concern for the welfare of individuals and the entire team.

Athletic Offerings:

Fall

Football
Field Hockey
Golf
Boys Soccer
Girls Soccer
Girls Volleyball
Cheerleading
Cross Country

Winter

Boys Basketball
Girls Basketball
Ice Hockey
Basketball Cheerleading
Wrestling (Coop)

Spring

Baseball
Softball
Boys & Girls Track and Field
Lacrosse Boys
Boys Volleyball
Lacrosse Girls (JV)

Levels of Play:

Freshman programs: *At the entry level for high school athletics, athletes and their parents should accept the following concepts:* (1) Development of fundamental skills, (2) learning the rules of the game, (3) sportsmanship and fair play, (4) equal practice opportunities for all participants, (5) development of an orientation toward team effort by each athlete, and (6) the development of the ambition to achieve at the next level of competition.

Sub-varsity programs: *This level is a transitional one that emphasizes:*

- (1) Reinforcement and refinement of fundamental skills, (2) learning the rules of the game, (3) sportsmanship and fair play, (4) emphasis on physical conditioning and development, (5) more emphasis is given to the concepts of commitment and team play and, (6) more advanced athletic strategies.

Varsity programs: *This level emphasizes:* (1) Development of high proficiency in physical skills of the sport, (2) strategies, situations and all mental aspects of the sport, (3) maintaining an encouraging good character, sportsmanship and fair play, (4) specific definition of the individual athletes' role within the team concept, (5) maximum commitment to the athletic team and, (6) physical conditions components of one's sport (7) win League Championship and qualify for post season play.

At the varsity level we look for our teams to compete against opponents at the highest possible level. 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.

Team Tryouts/Selection-

Participation in athletics is a privilege granted to those students who meet all requirements set by the MIAA and Assabet Valley Regional School District. Our goal is to allow as many students as possible to participate and share the experience and benefits derived from team membership by offering a No Cut policy, exceptions can occur during senior year.

Placement of athletes is a coach's discretionary on the basis of skill development, readiness for competition and positive effort. The size of a team is necessarily limited by the availability of supplies, equipment and coaching staff. However, not all students who wish to participate in interscholastic athletics, at the varsity level, may be able to do so. No student will be permitted to compete until, in the opinion of the coach, he or she is ready to do so.

School Attendance and Tardiness-

- Attendance in class is an important requirement for
- Student athletes must be present in the school by 11:00 AM and stay the whole day in order to be eligible to compete in athletic contests or practices on that day.
- Students-athletes must be present in school by 11:00 am on Friday's to participate on Saturday, Sunday and Monday holiday events.
- Student-athletes absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice.
- If a student athlete is not able to attend a practice or game it is the responsibility of the student-athlete to notify their coach prior to practice or game.

Academic Eligibility

- All students participating in athletics must secure during the last marking period preceding the contest a passing grade in the equivalent of four major subjects.
- Any student trying out for sports must have passed his/her shop in the marking period preceding the season, including term three to be eligible for fall sports.
- They may not have failed more than 2 academic subjects during the marking period preceding the start of the season.
- Any athlete receiving a (3 or 4) relative to subject matter performance during his/her season is required to go to help sessions with that teacher.
- A student athlete with a school academic or disciplinary obligation is expected to fulfill that obligation before reporting to an athletic practice or game. Students cannot expect, and should not request, to have academic or disciplinary obligations postponed or cancelled for any athletic reason.

School Discipline Obligations

Student-athletes at Assabet Valley Regional Technical High School are representing themselves, their family, team, school, and community at all times. Therefore, athletes will be held accountable for their actions on and off the field of play.

A student athlete with a school disciplinary obligation must fulfill the disciplinary obligation before reporting to a practice and/or game. Student athletes 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 athlete from a team for excessive disciplinary problems.

Game and Practice Commitment

Every student athlete is expected to attend all practice sessions and games. Practices are held daily for approximately 2-2 ½ hours, or as appropriate to the activity. Some practice may be held on weekends and during school vacation. Most practices sessions begin at 3pm on school days. Any team member who must be late, miss practice or games must confer with his/her coach. The coach's discretion will be used to determine consequences for tardiness and absences.

Team Attendance

Attendance at all practices and games is mandatory. If a student athlete is not going to be present at a practice or a game it is important that they notify the coach prior to the day they will miss. Unexcused absences will be dealt individual by the coach. If student-athlete continues to miss three or more practices the coach will presume the student is no longer apart of the program. All equipment shall be returned at this time.

Injured players receiving needed treatment from the trainer must attend practice after daily treatment. If the injured athlete chooses to withdraw from the team, he/she will receive no end of the season recognition.

Medical/Consent forms

All students who plan to participate in athletics must have a written proof of a current physical examination signed by a physician. In order for an exam to be considered current, it must dated within 13 months of any athletic involvement. *Interim notes signed by a physician are no longer accepted.*

All students interested in trying out for interscholastic sports must complete and have on file in the athletic office the following forms: Current Physical Exam, ImPACT testing, Head Injury Disclosure form and completed Online Registration of Parental/Student Consent Forms. Athletes **WILL NOT** be allowed to participate in any practices until the above forms are on file with the athletic department.

Health Insurance

Student athletes must be enrolled in a health insurance plan. All injuries no matter how minor must be reported immediately to the athletic trainer or your coach and an injury report placed on file with the athletic trainer.

It is the family's responsibility to file all claims under its own plan, or supplemental policy. School medical indemnity insurance for the medical treatment of sport related injuries is applicable only after the parents' health insurance, if any, has been used

Filing forms are available from the athletic director. The trainer or athletic director will assist in filing these claims if needed.

Sportsmanship Policy

Assabet Valley High School expects all parties present at a contest to display the highest possible level of sportsmanship before, during and after the competition. Players, Coaches, and Spectators are to treat opponents, game officials and visiting spectators with respect. The MIAA reserves the right to "warn, censure, place on probation or suspend, up to one (1) calendar year any player, team, coach, spectator or school official determined to be acting in a manner contrary to the standards of good sportsmanship."

Taunting— Taunting, either as an active team member or as a spectator, at a sporting event is forbidden and could lead to suspension or elimination from the team or event. Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist.

School Athletic Equipment Policy-

Student athletes are responsible for, and are expected to maintain proper care of school equipment issued to them. 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.

All equipment is to be returned at the completion of the season. If a student leaves the team during the season due to injury, academics, discipline or quitting, it is his/her responsibility to return all school equipment immediately. If a student loses, fails to return, returns unreasonably damaged clothing or equipment that has been issued to them he/she will be responsible to meet the current cost of the equipment.

No student will be allowed to try out or participate for another sport until all outstanding equipment/uniforms has been returned or paid for from the previous season. **Payment for lost equipment or uniforms is required at the time of the loss, and prior to the next season of athletic involvement or graduation, whichever comes first.**

Athletic shoes

At no time should shoes with cleats or spikes be worn inside the building. Serious injury can occur from slipping on concrete or tiled surfaces, as well as causing damage to the facility.

Time Allowed to Participation

A student has four consecutive years of participation from the day he/she enters grade nine. This means twelve consecutive athletic seasons eligibility. A fifth year student is ineligible to compete in his/her fifth year even if he/she has not played in one of the previous years.

Age Limitation

A student must be less than 19 years of age prior to September 1st of the current school year. For freshmen 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 1st of that year.

Transportation Policy-

The school will provide transportation to all away athletic contests. All team athletes, scorekeepers, and managers are required to ride to and from away games or meets on the team bus/van provided by the school.

In the event there are extenuating circumstances and the parent must transport his or her daughter from an athletic event, it is required that the parent/guardian provide a written 24-hour notice to the athletic director. A parent/guardian then must identify himself/herself to a member of the coaching staff informing the coach that his/her child is leaving with him/her. Student-athletes then may leave with their parent/guardian. Student-athletes may not ride with other student-athletes or anyone else other than their parent/guardian.

Directions to Away Contests

Directions can be found at MIAA.net website – Click on Member School Lookup and proceed from there.

Weight Room-

- No One is to be in weight room without adult supervision.
- All students must be under the supervision of the instructor assigned to the weight room.
- Lifters must have spotters.
- Replace all weights on racks immediately following use.
- Clean off benches immediately when finished with that machine.

Building Access

- No student will be allowed access to any of the athletic facilities without supervision by a school staff member.
- Student athletes are not allowed in the weight room unless it is supervised by a staff member.
- Student athletes are expected to respect the locker room facilities, showers, team rooms. We expect the student athletes to take pride in their facilities by using trash barrels, keeping their athletic facilities in good condition.
- Please report any broken or damage in locker rooms.

Athletic Trainer Room Policies-

Assabet is fortunate to have a highly qualified and skillful certified athletic trainer (ATC) as a member of our staff. On school days our trainer's hours are usually 1:30pm until the conclusion of the last practice or home game.

In an event of an athletic injury, the ATC is in immediate control. If no medical personnel are present, members of the coaching staff are instructed to assess the situation and, if warranted, call for emergency care.

All sport related injuries must be reported to the athletic trainer and student may not return to competition without clearance by the ATC. The athletic trainer /coach will complete Athletic Injury Report form immediately for all athletic injuries or accidents that involve any student under their control during a practice, contest or while traveling to or from a contest.

The athletic trainer, coaching staff and other responsible school officials will do everything within reason to protect your child against injury, including providing the appropriate equipment, safe facilities, and training designed to reduce the risk of accidents, although injuries may occur and on a very rare occasion can be serious and disabling. If you are concerned about this possibility, you should discuss it with your child's coach, Athletic Director or Athletic Trainer.

Return to Athletic Participation-

Student athletes that are subsequent to any serious injury and prior to further participation in that sport can only return to play with an authorized released form from student athlete's PCP, orthopedic surgeon, or school's certified Athletic Trainer.

Concussion protocol

The new concussion law requires student- athletes and their parents, coaches, athletic director, school nurses, and physicians and others learn about the consequences of head injuries and concussions through training programs and written materials. The law requires that athletes and their parents inform their coaches or athletic trainer about prior head injuries at the beginning of the season. If a student- athlete becomes unconscious, suffers a known, or suspected concussion during a game or practice, the law mandates removing the student from play or practice, and requires written certification from a licensed medical professional (i.e. - physician, athletic trainer, etc.) for "return to play." Parents and students who plan to participate in any athletic programs at Assabet Valley Regional Technical HS must take a free on-line course. Two free on-line courses are available and contain all the information required by law. The first on-line course is available through the NFHS. You will need to click the "order here" button and complete a brief registration form to take the course. However, you do not need to be a member of NFHS to access this course. . Go to:

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

The second on-line course is available through the Centers for Disease Control and Prevention at: http://www.cdc.gov/concussion/HeadsUp/online_training.html Concussion in Sports: What You Need to Know from the National Federation of

At the end of the course, you will receive a certificate of completion. The entire course, including registration, can be completed in less than 30 minutes. This is required in order to participate on any athletic team at Assabet Valley Regional Technical HS.

This protocol outlines procedures for managing head injuries and the policy for return to play after a concussion. The new concussion law requires that athletes and their parents inform their coaches or athletic trainer about prior head injuries at the beginning of the season. All athletes must complete the ImPACT test for baseline scores before first day of practice.

Any athlete who becomes unconscious, exhibits signs, symptoms or behaviors consistent with a concussion or suffers a known or suspected concussion during a game or practice shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

The chart below may serve as the Return to Play guidelines*.

*Return to play guidelines.

Stage	Activity	Objective
1. No activity	Complete cognitive (e.g. mental) rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary bicycle keeping intensity less than 50% of maximum predicted heart rate	Increase heart rate
3. Increased Light Aerobic Exercise	Walking, swimming or stationary bicycle keeping intensity less than 75% of maximum predicted heart rate	Increase heart rate
4. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
5. Non-contact training drills	Progression to more complex training drills, e.g. passing drills in football and ice hockey	Exercise, coordination and use of brain
6. Full contact practice	Following medical clearance , participate in normal training activities	Restore confidence and allow coaching staff to assess functional skills
7. Return to play	Normal game play	

The law also prohibits coaches, trainers and others from encouraging or permitting a student athlete to use sports equipment as a weapon or to engage in sports techniques that unreasonably endanger the health and safety of him/her or other players, such as helmet to helmet hits.

Loyalty to the High School Team Rule: 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. *First Offense: Student athlete is suspended for 25% of the season (see chart on Rule 62). Second Offense: Student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.*

Out of Season Activities

The MIAA position on out-of-season activity is simple. Student athletes may do whatever they and their parents chose during the academic school year when they are not participating in interscholastic athletics during a specific high school sport season. In addition, high school coaches are not to have direct influence over those decisions.

The spirit of MIAA Out-of-Season Rules 40 and 41 is probably more important than the letter of the rules. The fundamental concept of these standards is fairness. All student athletes and their families across the state should feel free to make choices about the use of their out-of-season time, without the fear of being placed at a disadvantage within their local school athletic program or in eventual in-season competition against high school opponents. It is the MIAA position that fairness to the student athletes in competing schools can only be ensured if *all* coaches and *all* school administrators are in compliance with the stipulations of these rules.

Locker room and facilities

Student athletes are expected to respect the locker facilities, showers, and general areas of the athletic facilities. We expect our student athletes to take pride in the facilities by disposing of trash in the proper receptacles and keeping the locker room clean and in good condition.

Rules for Athletes

- Roughhousing and throwing towels or other objects is not allowed in the locker room.
- Hazing of other players is not allowed.
- All showers must be turned off after showering. The last person to leave the shower room is expected to check all showers.
- No one except coaches and assigned players are allowed in the team room.
- All spikes or cleaned shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. No metal or hard plastic spikes or cleats are ever allowed in any other part of the school building
- Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sport season.

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 should never leave their locker unlocked or open while at practice or a game.

- Students have obligation and responsibility to care for all athletic equipment issued to them, as well as personal belongings.
- The athlete is responsible for proper care of this equipment from the date of issue, to the date of return. Equipment and uniforms should be stored in a locked locker at all times. (lockers are provided for each athlete).
- If a student loses school equipment or fails to return the assigned equipment in satisfactory condition they are responsible to meet the current replacement cost of the equipment. Please LOCK all belonging into the team rooms.
- Team rooms will be locked after homeroom and not available until end of the day or game time.

MIAA Drug and Alcohol Policy:

Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

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; 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 legally 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.

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. 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. 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 students 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.

Crime of Hazing, Definition, Penalty

Chapter 269, Section 1

1. Hazing is a crime in Massachusetts. The Massachusetts General Laws require that a copy of the law prohibiting hazing be delivered to each team member. A copy of the law that you must deliver is attached to the student athlete handbook. Please read it carefully

Commonwealth of Massachusetts: Anti-Hazing Law

Chapter 269: Section 17. Hazing; organizing or participating; hazing defined

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.

Chapter 269: Section 18. Failure to report hazing

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

Chapter 269: Section 19. Copy of Secs. 17 to 19; issuance to students and student groups, teams and organizations; report

Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership.

It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report.

Athlete-Coach-Parent Communication

Participation in athletics should be an enjoyable experience for all parties involved; student, coach and parent. In most case, athletic competition is extremely positive and compliments the educational experience. Occasionally conflicts between coaches and students arise. There are situations that may require a conference between the coach and the parent. Direct communication with the coach is the best way possible to understand each other's position. Please contact coaches via email and/or phone is appropriate ways to schedule a meeting athletic director.

If a coach cannot be reached, call the Athletic Director to set up a meeting.

Issues that is appropriate for a parent to discuss with coaches

- 1) Treatment of child, mentally and physically
- 2) Concerns about the child's behavior
- 3) Concerns about the child's academic functioning

Issues that is not appropriate for a parent to discuss with coaches

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

It may be very difficult to accept that your child's not playing as much as you hope. As you can see from the above lists, certain things can be discussed and other things are to be left to the discretion of the coach.

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- DO NOT CALL A COACH AT HOME.
- DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. These can be emotional times for both the parent and coaches. If potentially angry, use common sense and use the 24 hour rule before communicating with the coach.

Other Important Information

Admission to Sporting Events- Assabet charges admission to most home contests. These contests include Varsity Volleyball, Varsity Football, Varsity Hockey, Varsity/JV Boys' and Girls' Basketball, Varsity Girls' and Boys' Soccer, and other Night games. Ticket prices for the 2014-15 seasons are \$5 for adults and \$3 for students and senior citizens. MIAA Tournament ticket prices are set by the MIAA.

Assabet Valley Regional Technical High School

IMPORTANT PHONE NUMBERS

Director of Athletics

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Athletic Information can be found on assabettech.com
Twitter @ **AztecAthletics** (results and cancellations)

(All game cancellations will be posted after 1:00 PM)

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