

MAYFLOWER SCHOOLS

STUDENT/PARENT

ATHLETIC HANDBOOK



2018-2019

High School Phone
Middle School Phone

501-470-0388
501-470-2111

Board Approved: 8/1/16

TABLE OF CONTENTS

CHAPTER ONE (INTRODUCTION)	4
1.1 Introduction (The Question)	4
1.2 Superintendent's Letter	5
1.3 Athletic Director's Letter	7
1.4 Administration	8
1.5 Coaching Staff	8
1.6 Athletic Conferences	9
CHAPTER TWO (ATHLETICS PROGRAM OVERVIEW)	10
2.1 Purpose of the Handbook	10
2.2 Athletic Philosophy	10
2.3 Athletic Program Objectives	10
2.4 Indicators of a Successful Athletic Program	11
2.5 Philosophy & Responsibilities of Coaches	12
CHAPTER THREE (REQUIREMENTS FOR PARTICIPATION)	13
3.1 Requirements for Participation	13
3.2 Sports Physicals	13
3.3 Code of Ethics, Consent, Acknowledgement and Release Form	13
3.4 Academic Eligibility-GPA	13
3.5 Eligibility/Age	14
3.6 Insurance	14
3.7 Eligibility for Game Participation	14
3.8 Eligibility for Team Try-outs	15
CHAPTER FOUR (GENERAL DISCIPLINE STATEMENT)	16
4.1 Introduction	16
4.2 Athletics Discipline Rules	16
4.3 Mandatory Drug Testing Program	17
4.4 Suspension from School	17
4.5 Hazing	18
4.6 Athletic Code of Conduct	18
4.7 Violations	18
4.8 Student Athlete's Expectations	19
CHAPTER FIVE (REGULATIONS, PROCEDURES AND GUIDELINES)	21
5.1 Athletic Department Chain of Command and Issue Resolution	21
5.2 Arkansas Activities Association Conference Sportsmanship Award	22

5.3 Awards and Letters	22
5.4 Banners	23
5.5 Cheerleading	23
5.6 Release from Class	23
5.7 School Closings	23
5.8 Out-of-Season Programs	23

CHAPTER FIVE (cont'd)

5.9 Conflicts with School/Other Activities	24
5.10 Practices and Sunday Participation	24
5.11 Injuries	24
5.12 Locker Rooms	24
5.13 Game Day Dress Code	24
5.14 Dressing Out	25
5.15 Missing Practices	25
5.16 Statistics	25
5.17 Athletic Uniform Return/Charge Policy	25
5.18 Athletic Travel Policy	26
5.19 All Sports Have Equal Standing	26
5.20 Season Start and End Dates	26
5.21 Officials	26
5.22 Fundraising	26

CHAPTER SIX (PARENTS)

6.1 Message to Parents	27
6.2 Code of Conduct for Spectators	27
6.3 Parent's Expectations	28
6.4 Late Night Contest	29
6.5 Parents' Pre-Season Meeting	29

CHAPTER SEVEN (ATHLETIC ORGANIZATIONS)

7.1 Arkansas Athletic Association (AAA)	30
7.2 AAA Handbook	30
7.3 National Federation	30
7.4 Federation Rulebooks	30
7.5 NCAA Clearinghouse-Division I or II Athletics	30

*APPENDIX A (What Makes a Nightmare Sports Parent-And What Makes a Great One) 31

*APPENDIX B (Code of Ethics, Consent, Acknowledgement and Release Form) 35

CHAPTER ONE - INTRODUCTION

1.1

The Question

“Grandpa, Why Did You Play Sports?”

In a room where memories of ancient battles
Echo from polished plaques and trophies,
An old man sits in his favorite chair –
His grandson at his side.

His life has come full circle now.
He is in the twilight years.
But there is a passion in his eyes,
A rekindling of the competitor’s stare.
For he knows this is also the place
For question and answer time,
And his grandson guided him there.

And, as in other rooms with other warriors,
The questions are many:
“Grandpa, did you really run that fast?”
“Grandpa, did you really hit that far?”
And, “Grandpa, what’s this one for?”
And, “Grandpa, what was the score?”

The questions will be paced by the boy’s eagerness
And laced with a child’s admiration.
And the athlete, his body robbed of its agility and grace,
Answers each question with patience.
For he awaits the more important questions.
The answer to which must be free of vanity
And the trappings of legend’s lore.

“Grandpa, why did you play sports?”
Is what the boy will inquire.
And Grandpa, eyes watering and mind bursting
With memories of sun filled days
And teammates at his side,
Will crack a smile and say to the boy,
“Joy son.
Simply for the JOY.”

1.2 SUPERINTENDENT'S LETTER

Dear Parent/Guardian,

The athletic component of a public school is exciting and very motivating for both students and parents. It is a highly valued program and provides a lot of happiness, success and most of all life learning for the athletes. It is an excellent addition to the academic program as it helps motivate students to be more academically successful. Overall it makes for a wonderful school experience for everyone involved.

The athletic program is wonderful and is just one integral part of what the school does. For it to be successful it takes a lot of work by all of those involved. It takes much intellectual thought, ability and planning to be successful. A successful program is the product of many components all coming together and working well to support each other. Any one component that works well has a positive effect on the others and vice versa. I would suggest the components are: 1. Parent and Community Support, 2. Coaching, 3. Athletes and 4. School Support.

Of all these components there is normally only one you can work on. If you are an athlete you rely on the others doing their jobs while you work on being the best athlete you can be. If you are a parent you need to work on the best parent you can be.

The athletes are the recipients of all this work, support and resources. It is important to remember the goal of the athletic program. The program is about developing character, leadership, teamwork, and work ethic. All these characteristics will be useful in developing their future, careers, family and community as well as enhance their academic achievements.

The parent component is the area that most parents and visitors have the opportunity to make a difference. There is a right way and a wrong way. The right way is accomplished by being positive at all times, respect the officials and support the other components of the program.

The wrong way is to expect to do the jobs of the other components and be run by emotion and not be an excellent role model. My suggestion to you is to act the way you expect the students to act. The athletes want to be proud of you and enjoy your support. It is important to remember that we are all here to support our student athletes and help them meet the goals of the program.

When a supporter goes to a game and gets frustrated by something, it is so easy to start thinking, "I am right so I am going to do whatever it takes to make my opinion heard." I have seen people yell at officials, coaches, run on the floor, even yell at the other team players. The reality is that it does not matter how much you feel you are right, it does not justify these actions. All it does is

embarrass our student athletes. When you get frustrated the best solution is to support our players. This means call out support for the team on the floor, call support to the players who are playing well. If a player makes a mistake call out, "You will get it next time!" This support always makes the players do a better job and you will feel better as well.

Some great ideas of support are to:

- * Call out support to the players. This is especially important to help them play a little harder. It makes such a difference and is the most powerful when things are not going as planned. Positive support changes a negative situation to your favor.
- * Help the team you support with meals before the game, when they get on the bus, pizza parties for a win, snacks for success.
- * At the beginning of the game tell the players you are looking forward to the game and will be watching them. Wish them well. After the game, tell them they tried hard and did well. Pat them on the back and make positive comments no matter what. No player should reach a competition without being supported by several people.
- * Volunteer some of your time in the concession stand. This raises a lot of money for the athletic program. Your service will be appreciated and you will get to visit with many people.
- * Respect our visiting teams and spectators. Treat them like visitors to your home. Welcome them to our facilities. Help them find their way around. Thank them for coming to the school. These little things help to build respect and make the school stronger. Our visitors will leave and say we are a great school, whether they win or lose.
- * Treat the officials with respect no matter what. This way we can build up a good relationship with the officiating community. Let our coaches deal with the officials. It is in their interest and they will do what they can.
- * Be observant and look for ways to help. There may be a student whose shoes are worn out and cannot afford new ones. Another student may need a bandage. Some come and play hard and cannot afford a burger, so they go home hungry. All students are different and have different needs. Some just may need a hug and/or to hear you say, "Good effort".
- * Talk positively about the program and coaches at home, at school and everywhere. When your child hears negative, they will also be negative. The rule to remember is: If you have concerns with the program, talk to the coach. Your child should never know.
- * Some of our parents are leaders. If that is you, then do what you can to encourage everyone to be positive. Organize parents to sit together so the support you call out can be heard by the players. Show by example how to support a program. If something starts to get unpleasant, start by making an extra effort to call out support to our players. **Remember that our students judge us by what we do, not what we say.**
- * Most of all support our kids. Build relationships with our athletes. Show them you care.

GO EAGLES!!!!!!

John Gray
Superintendent
Mayflower School District

1.3 ATHLETIC DIRECTOR'S LETTER

Dear Student Athlete and Parents,

Welcome to the Mayflower High School Athletic Program. This handbook is designed to help students and parents become familiar with our athletic program. We believe that participation in athletics provides the opportunity for developing lifetime skills that will help the students in becoming well-rounded individuals capable of making decisions and handling problems that will enable them to lead a happy and prosperous life.

The main goal of the Mayflower Athletic Program is to provide experiences that are fun and promote individual growth within a safe and healthy environment. We hope that all students will participate in some phase of our athletic program. These will be memorable school experiences that will last a lifetime. Through sports, students will gain lifelong friends who often help define and develop standards of personal wellness, sportsmanship, tolerance, and cooperation.

When students choose to participate in one of our athletic programs, we feel that their families have committed to certain responsibilities and obligations. This handbook will acquaint parents with some specific policies/rules that are necessary for a well-organized program of athletics.

If there is anything I can do to make your experience in the Mayflower Athletic Program a better experience, please contact me at my office at 501-470-0388.

Sincerely,

Brent Stallings
Athletic Director

1.4 ADMINISTRATION

John Gray	Superintendent
TJ Slough	High School Principal
Jeff Cox	High School Assistant Principal
Kim Koch	Middle Principal
Christie Burns	High School Counselor
Jennifer Lee	Middle School Counselor
Brent Stallings	Athletic Director
Torasa Lawrence	School Nurse

1.5 COACHING STAFF

Brent Stallings	Head Sr. Boys Basketball, Asst. Jr. Boys Basketball
Steve Herron	Head Softball
Cody Storms	Head Baseball
Candice Lawless	Head Sr. / Head Jr. Volleyball
Austin Emerson	Head Sr. / Asst. Jr. Football; Sr. Girls Track
Tyler Chenault	Asst. Sr. / Jr. Football; Sr./ Jr. Boys Track
Jeff Hill	Head Jr. / Asst. Sr. Football; Asst. Softball
John Pipkins	Sr. /Jr. Cheerleading
John Atkins	Asst. Baseball
Lacy Frost	Head Sr. / Head Jr. Girls Basketball; Jr. Girls Track
Mike Harville	Head Jr. / 7 th / Asst. Sr. Boys Basketball; Golf; 7 th Boys Track
Tyler Shaw	7 th Football, Asst. Sr. /Jr. Football; Sr. Girls Track
Ryan Easley	7 th Football; 7 th Girls Track; Bowling
Alaina Riley	7 th Volleyball/Basketball; Asst. Jr. /Sr. Volleyball; Asst. Jr. /Sr. Basketball

1.6 ATHLETIC CONFERENCES

Football 3 A 4

Atkins
Baptist Prep
Danville
Glen Rose
Jessieville
Mayflower
Perryville
Two Rivers

Basketball, Baseball, Softball 3 A 5 -District

Benton-Harmony Grove
Baptist Prep
Episcopal
Glen Rose
CAC
Mayflower
Lisa Academy
Jacksonville Lighthouse

Volleyball 3 A Central

CAC
West Helena Central
Harding Academy
Jacksonville Lighthouse
Mayflower
Riverview
Rose Bud

Track, and Golf are the same as the Basketball Conference.

CHAPTER TWO – ATHLETICS PROGRAM OVERVIEW

2.1 PURPOSE OF THE HANDBOOK

The Student Athlete Handbook is an agreement signed by student-athletes and parents as an acknowledgement of the understanding of the rules and procedures governing participation in the athletic program. The philosophy of the handbook is that there is an acceptable code of conduct and behavior for the student-athletes and parents to follow that will assure safety, well being, and enjoyment of athletic participation.

Mayflower Schools' student-athletes represent our school in a special way. Participation in athletics is an opportunity demanding academic achievement, physical fitness, healthful lifestyle, leadership, sportsmanship and cooperation. **The student-athlete has the responsibility to faithfully observe and respect the rules of the Student-Athlete Handbook and those identified by the coaching staff.**

2.2 ATHLETIC PHILOSOPHY

The Mayflower School District Athletic Program is an integral part of the education program and conforms to the district's mission and vision. It is the Mayflower School District's intent to provide an interscholastic program that educates students on the value of comradery, individual effort, and the value of hard work, competition, team play, sportsmanship, leadership, and character. Such participation is a privilege that carries with it responsibilities to the school, activity, student body, community and to the students themselves. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. Though wins and losses are often indicators of the level of success, the real triumphs are often those that teach skills needed for effective decision-making and commitment throughout life. Although wins and losses are often indicators of success, the real success of the program will be measured through the character of the participants (students, coaches, supporters, etc) and the manner in which the competition is carried out.

2.3 ATHLETIC PROGRAM OBJECTIVES

- To give the Mayflower student body a variety of opportunities to experience the benefits of participation in athletics and to be meaningfully engaged after school hours
- To ensure that student athletes are exposed to positive role models through their coaches, teammates, parents, students, and community
- This handbook sets the expectation for the entire athletic program.
- To develop life skills, which will include:
 - Self-discipline – ability to do what is necessary without the need of being told
 - Work ethic – a dedication to work or a belief in the moral value of hard work

- Motivation – the feeling of enthusiasm, interest, or commitment that makes somebody want to do something
 - Leadership – the ability to guide, direct, or influence people positively
 - Time management – ability to utilize time available to accomplish the task
 - Sportsmanship – observance of rules of fair-play, respect for others, and graciousness in winning and losing
 - Responsibility – the state, fact, or position of being accountable to somebody or something
 - Self-esteem – confidence in your own merit as an individual person
 - Ethics – moral principles governing the appropriate conduct for a person or group
 - Morality – standards of conduct that are generally accepted as proper
 - Character – having the traits of trustworthiness, respect, responsibility, fairness, caring, and citizenship
 - Integrity – choosing that which is right, fair, and honorable in ALL situations
 - Understanding of the relationship between individual effort and team success
- To support achievement at the highest academic level
 - To develop positive school spirit and community pride
 - To teach **all** student athletes to master the skills, safety, and knowledge necessary to competitively engage in the sport in which they are participating
 - To teach student athletes the benefits derived and lessons learned from both winning and losing
 - To ensure student athletes and coaches work to their fullest potential to be successful during practice and competition (NEVER GIVE UP)
 - To ensure that the student athlete is enjoying the experience that participation brings
 - To be continually evaluating for improvement
 - Compete for the Conference Sportsmanship Award (AAA)

2.4 INDICATORS OF A SUCCESSFUL ATHLETIC PROGRAM

At the end of each school year, the success of the athletic program should be continually evident. Every coach has an important role in the success of the athletic program. Desired attributes of the Mayflower Interscholastic Athletic Program include:

- A wide variety of athletic teams that provide opportunities for all Mayflower students
- All approved athletic teams are staffed with the best available coaches
- Coaches and athletic department staff are excellent role models for student athletes

- Student athletes are excellent role models for other students;
 - good grades,
 - good behavior in and out of school,
 - motivated to continue as a role model after high school and as a positive member of our community

- Athletic program consistently supports the development of student athletes and their teams to be the best that they can be
- Student athletes prepare themselves mentally and physically for the demands of their sport

- Athletic program receives consistent positive feedback regarding their programs from student athletes, parents and coaches

- Students freely encourage younger student athletes to participate in the athletic program

- A significant number of students participate in the sports programs

- Issues are addressed and resolved in a timely manner

- Meet the objectives of the athletic program

2.5 PHILOSOPHY & RESPONSIBILITIES OF COACHES

This will be in accordance with the Mayflower School District Coaching Handbook and Evaluation Process as approved by the School Board.

CHAPTER THREE – REQUIREMENTS FOR PARTICIPATION

3.1 REQUIREMENTS FOR PARTICIPATION

Mayflower Athletics follows the rules and regulations of the Arkansas Activities Association. The AAA governs co-curricular activities for all member schools in Arkansas. The AAA can be contacted at:

Phone - 501-955-2500
Fax - 501-955-2600
Website - <http://www.ahsaa.org/>

3.2 SPORTS PHYSICALS

A student who wishes to participate in athletics must obtain a physician's athletic examination. This physical examination may be performed by either the student's own physician or by the school physician. A free sports physical is offered by the high school to all students each May.

Understand that the coach **cannot** allow any student to participate in a sport, including practice or tryouts, unless he/she has submitted a physical form.

3.3 CODE OF ETHICS, CONSENT, ACKNOWLEDGEMENT AND RELEASE FORM

Before participation on an athletic team, athletes are required to submit Consent, *Acknowledgement and Release* form signed by a parent/guardian and the athlete. This form gives permission for the athlete to participate in the Mayflower High School sports program and states that both the athlete and parents understand and accept the risks involved in athletics. When an athlete voluntarily participates in a school sponsored athletic activity, the athlete and parents assume the risks of injury.

The school takes seriously its responsibilities in the area of student participation in athletics when issues of health and safety are involved. Students who provide any documents with forged signatures will be disciplined and may forfeit their eligibility for team membership for that season.

3.4 ACADEMIC ELIGIBILITY-GPA

High school athletes must have a 2.0 GPA and passed 4 academic courses the previous semester in order to be eligible for participation in athletics. If they do not have a 2.0 GPA, they must attend the Supplemental Improvement Plan (SIP) for a minimum of 100 minutes per week. The coach of the sport in season, the SIP coordinator, and the Athletic director will coordinate this class time. Athletes may take summer school, correspondence courses, or do community service in the summer to improve their GPA for fall eligibility.

7th grade athletes are eligible all year long. 8th grade athletes are eligible the first semester. Second semester 8th grade athletes must have passed 4 classes the previous semester. First

semester 9th grade athletes must also have passed 4 classes the previous semester. Second semester 9th grade athletes must have passed 4 classes.

3.5 ELIGIBILITY/AGE

A junior high athlete is not eligible for junior high competition if the student's 16th birthday is on or before September 1. The student may be allowed to participate for the senior high if all other eligibility rules are met.

A senior high student is not eligible for participation if the student's 19th birthday is on or before September 1.

3.6 INSURANCE

We are concerned for the health and safety of our athletes and realize that injuries are often a part of athletics. Because of this we require your child be covered with an insurance policy and be on file with the Athletic Department in order to participate. For student athletes that do not have a primary insurance policy, Mayflower High School will provide a policy that may be purchased or **ARKIDS FIRST** could be an option if parents qualify. If there are concerns about the availability of insurance for your child, **please inform** your coach or administrator.

WEB SITE www.arkidsfirst.com

3.7 ELIGIBILITY FOR GAME PARTICIPATION

To participate in school athletic activities, the student must:

- be in good standing regarding grades and not on suspension,
- be present on the day of the activity for a minimum of **four** periods. (In exceptional circumstances approval may be granted to play, with A.D and Principal approval.)

Whenever a school activity interferes with an athletic practice or game, the student athlete shall not be suspended from the next or any following contests. The student athletes who attended the other activity shall be inserted into the game at the discretion of the coach. When events are in conflict, all staff shall reach a mutual agreement that is in the best interest of the student athlete. It is the responsibility of the staff to negotiate these agreements, not the student. Student athletes need to understand that compromises may need to be made.

3.8 ELIGIBILITY FOR TEAM TRY-OUTS

In order to become a member or to try out for an athletic team, the following eligibility requirements must be satisfied.

1. The student athlete must satisfy the eligibility requirements of the AAA and Mayflower High School.
2. The student athlete and their parent or guardian must review and sign required forms (2.5), return them to the coach, and have them filed with the Athletic Director before the student is eligible to participate.
3. Student athletes are required to have passed a physical examination by a medical doctor, and the record of the examination must be on file with the Athletic Director.
5. Any student athlete deemed by the Principal and Athletic Director whose conduct or character would reflect discredit upon the school is ineligible.
6. A student athlete with a prolonged illness or sustained injury must have written permission from a physician to engage in athletics.
7. Meet AAA requirements

CHAPTER FOUR – GENERAL DISCIPLINE STATEMENT

4.1 INTRODUCTION

All student athletes in Mayflower High School and Mayflower Middle School will abide by school policies and regulations regardless of age, when on school district property or when participating in any school approved activity including field trips and excursions.

The Mayflower School Board has adopted a discipline policy that is described in both the students', teachers' and coaches' handbooks. All student athletes are subject to this policy at all times while on school property, at a school sponsored event, or representing the school.

Furthermore, all student athletes and their parents are expected to sign and abide by a code of ethics (Code of Ethics, Consent, Acknowledgement and Release Form), in order to consistently apply common sense, self-discipline and understanding for the benefit of the Athletic Program. Copies of the Student Athlete Agreement and the Parent Agreement are located in the Student Handbook.

The following discipline requirements apply to student athletes as well as discipline requirements provided by each coach.

4.2 ATHLETICS DISCIPLINE RULES

For all athletic teams:

1. Benching of a student athlete by a coach for disciplinary reasons.
 - Benching of a student athlete is interpreted as allowing a player to dress in a uniform for a game but not being allowed to participate in the game for disciplinary reasons.
 - It is the coach's prerogative to bench a student athlete for one game.
 - If a student athlete is to be benched for more than one game, then the coach must notify the Athletic Director of the reason and the duration of the benching.
2. Suspension of a student athlete for the remainder of the season.
 - The coach recommends in writing to the Athletic Director the suspension of a student athlete for a period of time and states that facts and reason(s) concerning the recommendation.
 - Written notice of the suspension will be sent to the parents or guardians by the Athletic Director.
 - If a student athlete is suspended from a sport in season, the athlete **will not** be allowed to join another athletic sport until the original sport season is completed.
 - If a student is participating in more than one sport, the suspension will not affect participation in their other sports.
3. If a student athlete chooses to quit a sport in season, the athlete **will not** be allowed to join another athletic sport until the original sport season is completed or wait 30 calendar days. (Students with coaches' approval may trial a sport for ten days with no penalty.) Coaches, on their discretion, may release a student from a sport at any time without penalty. If a student does choose to quit one sport, this will not affect participation in any other sport they are currently participating in.

4. Inappropriate parent behavior may result in a student being suspended from a team.
5. Athletes and parents should understand that missed practices and games might affect the playing time of the athlete. Family vacations that conflict with organized practices and or games should be discussed with the coach in advance.
6. All student athletes are to follow the provided rules and behavior expectations as provided in writing by the sport's Head Coach.
7. All students are subject to the same discipline plan and participation expectations as determined by the Head Coach.
8. All students have the same and equal opportunity to participate in any sport provided by the School District according to the sports entry, performance and eligibility requirements. Any student who does not meet these requirements to competitively participate in the sport is to be removed from the sport by the Head Coach.

4.3 MANDATORY DRUG TESTING PROGRAM

All Mayflower athletes are subject to a random drug test. Mayflower athletes understand that their performance and the reputation of their school are dependent, in part, on their conduct as an individual.

The athlete must agree to accept and abide by the standards, rules, and regulations set forth by Mayflower School District and the coaches for the activities in which he/she participates.

They will be required to authorize Mayflower School District to conduct a test on a urine specimen that the athlete provides to test for drugs and/or alcohol use. They will also authorize the release of information concerning the results of such a test to the Mayflower School District and their parents and/or guardian.

This shall be deemed consent pursuant to the Family Education right to Privacy Act for the release of information to the parties named above.

Student athletes are forbidden to possess or use illegal drugs, alcohol, or tobacco products while they are a member of a school interscholastic team. Student athletes agree to abstain from alcohol, illegal drugs and tobacco products while a member of a Mayflower Athletic Team.

Any student athlete determined to be possessing, selling, purchasing, using, or otherwise furnishing or having used such illegal drugs, alcohol or tobacco products, including smokeless tobacco, by school officials or law enforcement agencies on school property or at a school sponsored event, shall be disciplined from school in accordance with the school district drug policy.

Furthermore, any student athlete enrolled in the Mayflower School District determined to be possessing, selling, purchasing, using, or otherwise furnishing or having used such illegal drugs, alcohol or tobacco products, including smokeless tobacco, by school officials or law enforcement agencies not on school property shall be subject to disciplinary action as determined by the head coach.

MISSION STATEMENT:

The Mayflower School District recognizes that drug abuse is a significant health problem for students, detrimentally affecting overall health, behavior, learning ability, reflexes, and the total development of each individual. We are determined to help student by providing another option for them to say “NO”. Drug abuse includes, but is not limited to, the use of illegal drugs, alcohol, and the misuse of legal drugs and medications.

DEFINITIONS:

DRUG: Any substance considered illegal by Arkansas Statutes or which is controlled by the Food & Drug Administration unless prescribed by a licensed physician.

ACTIVITY PROGRAMS: Any Activity that meets the guidelines of the Arkansas Activities Association.

These activities are listed below:

Football	Basketball	Track	Cheerleading	Golf
Bowling	Cross Country	Softball	Baseball	Volleyball
Band	Student Council	Choir	Spanish Club	FBLA
FHA	Journalism	FFA	Yearbook	FCA
Quiz Bowl	Odyssey of the Mind	Art Club	BETA	NHS
Student Drivers	Flag Line	FBLA		

POLICY STATEMENT:

Mayflower School District is conducting a mandatory drug-testing program for students. Its

purpose is threefold: (1) to provide for the health and safety of the student in all Activity Programs grades 7-12; (2) to undermine the effects of peer pressure by providing a legitimate reason for student to refuse to use illegal drugs; and (3) to encourage students who use drugs to participate in drug treatment programs.

PROCEDURES FOR STUDENTS:

Consent: Each student wishing to participate in any activity program and the student’s custodial parent or guardian shall consent in writing to drug testing pursuant to the District’s drug testing program. Written consent shall be in the form attached to this policy as FORM A. No student shall be allowed to participate in any activity program absent such consent. Students not involved in activities may be allowed to voluntarily participate in the testing pool with a consent form signed by the parent.

Student Selection: At the option of the district, all students involved in activity programs may be drug tested at the beginning of the school year. In addition, students involved in the interscholastic contests will be randomly selected for testing each month. Testing based on reasonable suspicion may be conducted at the discretion of the administration and the specific coach or sponsors of an activity. Selection for random testing will be done by a data generator through an off-site third party that will consist of all students participating in activity programs in the district at the time of the drawing.

SAMPLE COLLECTION:

Testing will be administered by guidelines and standards prescribed by the Federal Motor Carrier Safety Regulations as well as what is seen fit by administration and School Nurse.

PRESCRIPTION MEDICATION:

Students who are taking prescription medication may provide a copy of the prescription or a doctor’s verification, which will be considered in determining whether a “positive” test has been satisfactorily explained. That documentation will be forwarded to the testing lab with instructions for the lab to consider the student’s use of such medication to assure the accuracy of the result. Students who refuse to provide verification and test positive will be subject to the actions specified below for “positive tests.”

SCOPE OF TESTS:

The drug screen tests that are used are a 5 panel rapid test cup. These tests are used to screen all students. As a quality control measure, the school reserves the right to send any urine sample that appears unusual in color and/or consistency to a laboratory for testing and confirmation or non-confirmation.

PROCEDURES IN THE EVENT OF A POSITIVE RESULT:

Whenever a student's test result indicates the presence of illegal drugs ("positive test"), the following will occur: If the sample tests positive, a custodial parent or legal guardian will be notified and a meeting will be scheduled via phone or in person with the Superintendent or his designee, the student, the custodial parent or legal guardian, and the student's principal, and the head coach, and/or club sponsor. After re-entering said sport/club/activity following a positive test result, the student will be tested for the next three months on a monthly basis.

FIRST POSITIVE RESULT:

For a positive result, the student will be immediately suspended from participation in any competitions, presentations, and activities that represent Mayflower Schools. To be reinstated, he/she must complete a drug counseling or rehabilitation program that is recognized and accepted by the school district. The student may provide proof of completion to the school, upon completion of counseling/rehabilitation program the student must also obtain a negative test result. The student is responsible for the cost of treatment and re-testing. The student is to then be tested each month for the next three months.

SECOND POSITIVE RESULT:

A second positive test will result in immediate suspension from participation in any competitions, presentations, and activities that represent Mayflower Schools for a full calendar year. To be reinstated the following year, the student must complete another treatment program and provide proof to the school, followed by a negative test result. The student is responsible for the cost of treatment and re-testing. The student is to then be tested each month for the next three months.

THIRD POSITIVE RESULT:

In the event of a third positive test, the student will be immediately suspended from any participation in all competitions, presentations, and activities that represent Mayflower Schools for the remainder of their enrollment in Mayflower Public Schools.

NON-PUNITIVE NATURE OF POLICY:

No student shall be penalized academically for testing positive for illegal drugs. The results of drug tests pursuant to the policy will not be documented in any student's academic records. Information regarding the results of drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the district shall not solicit. In the event of service of any such subpoena or legal process, the student and the student's custodial parent or legal guardian will be notified as soon as possible by the district.

OTHER DISCIPLINARY MEASURES:

The District by accepting this policy is not precluded from utilizing other disciplinary measures set forth in the Student Discipline Policy and this policy does not preclude the District from taking disciplinary procedure and resulting action when founded upon reasonable belief and suspicion that a student has participated in drug related activities.

4.4 SUSPENSION FROM SCHOOL

IN-SCHOOL SUSPENSION: Athletes may not participate in practice or games during the school day of suspension but are allowed to attend practice and games after school.

OUT OF SCHOOL SUSPENSION: Athletes may not practice, play, or attend games during the time of suspension.

4.5 HAZING

Hazing is not permitted.

4.6 ATHLETIC CODE OF CONDUCT

Athletics provides opportunities for athletes with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance. Since good citizenship extends beyond the school it is expected that athletes will behave appropriately in the broader community.

During the season of participation, an athlete who engages in illegal behaviors will be subject to disciplinary actions including, but not limited to, practice and/or game suspension and possible removal from the team.

Student athletes are expected to:

- Maintain appropriate academic standards
- Fulfill school attendance requirements
- Comply with all school rules of behavior
- Notify coach of injuries or illness
- Attend all practices and contests

4.7 VIOLATIONS

The importance of enforcement of all regulations in this book should be apparent. A firm and fair policy of enforcement is necessary to achieve the goals and objectives of the program. It is our intent to preserve these rules, which pertain to the health and safety of the athletes. The welfare of athletes is our major consideration.

In the event an athlete fails to comply with these necessary standards he/she will be subject to disciplinary actions including but not limited to extra work, loss of playing time, loss of position on the team, suspension from practice or games, removal from the team, or in extreme cases, removal from athletics entirely.

**Mayflower High School and Middle School
Student Athlete's Expectations**

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character sm"). I understand that, in order to participate in high school athletics, I must act in accordance with the following:

TRUSTWORTHINESS

Trustworthiness — be worthy of trust in all I do

Integrity — lives up to high ideals of ethics and sportsmanship and always pursues victory with honor; do what's right even when it's unpopular or personally costly

Honesty — lives and competes honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct

Reliability — fulfills commitments; do what I say I will do; be on time to practices and games

Loyalty — is loyal to my school and team; put the team above personal glory

RESPECT

Respect — treat all people with respect all the time and require the same of other student athletes

Class — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals

Disrespectful Conduct — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport

Respect Officials — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event

RESPONSIBILITY

Importance of Education — be a student first and commit to getting the best education I can; Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

Role-Modeling — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field.

Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Self-Control — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle — safeguards your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game — protects the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

Be Fair — live up to high standards of fair play; be open-minded; always be willing to listen and learn

CARING

Concern for Others — demonstrates concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to me or others

Teammates — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches

CITIZENSHIP

Play by the Rules — maintain a thorough knowledge of and abide by all applicable game and competition rules

Spirit of rules — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship

CHAPTER FIVE – REGULATIONS, PROCEDURES AND GUIDELINES

5.1 ATHLETIC DEPARTMENT CHAIN OF COMMAND AND ISSUE RESOLUTION

The goal of the athletic program is to resolve issues at the level at which the problem occurs. Coaches should notify the Head Coach and the Athletic Director of any issues where the coach is not able to resolve the issue at their level or if the coach would like help in resolving an issue.

Coach to Student Athlete: Coaches are expected to communicate their expectations to student athletes and their parents clearly and consistently. It is required that coaches document their expectations and place a copy with the Athletic Director’s Office. Coaches should encourage student athletes to approach them if they have any issue about their experience on an interscholastic school team. The athletic experience that the Mayflower School District provides for the opportunity for young people to develop communication skills with adults and those in positions of authority. The student athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of each other’s roles, responsibilities and perspectives.

Coach to Parent: Coaches are expected to communicate with parents. Coaches should encourage parents to schedule meetings or phone calls to discuss important matters to enable each person to be prepared for the discussion. Parent meetings will not be held before, during, or after competitions.

Topics that are appropriate to discuss with parents:

- The treatment of their child, mentally and physically
- Ways to help their child improve individually and as a team member
- Concerns about their child’s behavior or academic status

Topics that are not appropriate to discuss with parents:

- Playing time or performance time
- Team strategy
- Play calling
- Other student athletes
- Coach’s skill and knowledge of the game

Unresolved issues should be appealed based on the established Chain of Command.

Chain of Command

Communication Order	High School	Middle School
1	Coaches	Coaches
2	Head Coach	Head Coach
3	Athletic Director	Athletic Director
4	Principal or designee	Principal or designee
5	Superintendent	Superintendent

Failure to follow this chain of command will limit the School District’s legal ability to deal with issues whether the issue is legitimate or not. As this is policy and in some cases due to law (teacher fair dismissal act) the chain of command must be used. Following the

chain of command is the best solution to solving problems that occur in the School District. It ensures that all parties are treated fairly, legally and results in effective communication by all involved. Following the chain of command results in school policy being followed and the School Boards expectations of an excellent athletic program are achieved.

5.2 ARKANSAS ACTIVITIES ASSOCIATION CONFERENCE SPORTSMANSHIP AWARD

The athletic program will compete each year for this award. It represents the achievements of the athletic program. A rating scale is used focusing on cheerleaders, student body, players, coaches/bench personnel, support groups, adult spectators and administrative supervision.

5.3 AWARDS AND LETTERS

Coaches establish the awards and letters criteria for each varsity sport. This criterion is communicated to student athletes at the beginning of each season. The coach, the Athletic Director and the Principal should discuss specific cases not meeting the established requirements. Student athletes who do not complete the season because of disciplinary action or quitting the team are not eligible for an award or letter.

1. **Certificates of Participation** may be awarded to participants who complete their sports seasons.
4. **Athletic Recognition-Varsity**
 - In order to earn a letterman jacket (at student expense) an athlete must letter in a sport beginning with their first full varsity season. The criteria for this recognition are up to the coach of that particular sport.
5. Senior student athletes who earn at least three letters in multiple sports for at least 3 years will also receive a special plaque to celebrate their accomplishment.
6. Athletes will be recognized at annual academic award events.

5.4 BANNERS

Athletic Banners will be awarded and displayed in the gymnasium to varsity teams who meet one of the following criteria:

1. Purple Banners:- The team achieved a region, district or conference championship in that particular sport.
2. Gold Banners:- The team achieved a state or runner-up state championship in that particular sport.
3. All banners will be uniform in size, lettering and colors.

5.6 RELEASE FROM CLASS

Academics have priority over athletic events. Students can be released from class with prior

notice to the teachers so necessary academic requirements can be completed. Sufficient prior notice to the teacher is necessary so academic requirements may be met. The athlete is responsible and accountable for all class work and assignments.

It is the basic policy of the Mayflower School District to keep to the very minimum the number of times that a student is given permission to leave class for participation in extra-curricular activities. Any dismissals of student athletes for athletic events will be determined by the Athletic Director after conferring with and the approval of the principal.

5.7 SCHOOL CLOSINGS

In the event of an official school closing or early dismissal due to inclement weather, all scheduled practices and contests will be cancelled, unless permission is given by the Superintendent.

5.8 OUT-OF-SEASON PROGRAMS

Mayflower High School is a member of and follows the rules and regulations of the AAA regarding out of season competition. Please refer to section 16 of the AAA Handbook.

The following also apply:

- In-school programs have priority over out-of-school activities/programs/sports. **Once An Eagle Always An Eagle!** Being an Eagle is the priority. Coaches have the authority to discipline student athletes who do not follow this requirement which could include suspension, expulsion, and loss of game time.
- All coaches shall encourage and support their players to participate in other sports. The final decision for participation will be the athlete's.
- Students can participate in out of season programs, but coaches of the other programs need to ensure it does not adversely affect the in-season sport.

Participation in multiple sports shall not adversely affect a student's participation in any sport.

5.9 CONFLICTS WITH SCHOOL/OTHER ACTIVITIES

ATHLETES SHOULD NOTIFY THE COACH(S) INVOLVED IMMEDIATELY IF A CONFLICT ARISES.

Athletes have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. Naturally, if an athlete continuously misses practices or games it will affect their performance as well as the team and may affect their status on the team. When conflicts do arise, coaches will do their best to work out a solution.

5.10 PRACTICES AND SUNDAY PARTICIPATION

Student athletes are expected to attend all practices. The coach will provide practice and competition schedules at the beginning of each season and must include vacation and Sunday practice times. If a student does not attend a Sunday practice and notifies the coach in advance, missing the practice will not be held against them.

5.11 INJURIES

Any athlete sustaining an injury while participating in a sport should report the injury to their coach immediately. If the injury is severe enough that the athlete must sit out of games and practices, a release form from a doctor is required before they can return to competition or practice. It will be the coach's discretion whether the athlete must attend practices or games during the injury.

5.12 LOCKER ROOMS

Mayflower High School requires all students to keep lockers locked at all times. The school is neither responsible nor liable for your personal property.

- Do not share your combination with others.
- Do not bring valuables or large amounts of money to school with you.
- Locker rooms are expected to be left in a clean condition. Team lockers will be cleaned out at the conclusion of each season.

Under the direction of the coach, student athletes are responsible for keeping locker rooms clean and tidy.

5.13 GAME DAY DRESS CODE

A member of an athletic team will be expected to be well groomed. "He shows up best that shows off least." Appearance influences people's opinion of athletes, the team, and the school. Once you have chosen to be a member of a team, you have made a choice to uphold certain standards expected of athletes at Mayflower. Team members will adhere to the following grooming and dress rules:

- * Hair will conform to the standards established by the coaching staff.
- * All school dress code rules apply at all times at an athletic event.

Note: A coach may require additional dress requirements.

Parents of student athletes are requested to be clean and presentable and follow the similar guidelines as provided to their students. If it is important for our students, it is important for parents to show similar support for our student athletes.

5.14 DRESSING OUT

All Mayflower athletes are required to dress out in order to practice. What is considered dressing

out will depend on the sport and the coach of that sport. If an athlete does not dress out or participate in practice they may be disciplined by the coach, playing time may be restricted, or may be reason for dismissal from the team.

5.15 MISSING PRACTICES

Athletes should always consult their coach in advance before missing practices or games. Missing practice or a game without having a good reason will be dealt with according to the Coaches discipline policy. Sudden illness or some other emergency would be a good reason for missing a practice or game. Practices are often planned ahead of time to involve as many players as possible. When a player misses, without informing the coach, inconvenient adjustments have to be made that may affect the entire team.

5.16 STATISTICS

Student athletes, individually and as a team, may be recognized for outstanding achievement. This achievement may be determined through the compilation of statistics that are routinely tracked in their respective sport. Coaches will identify the statistics to be tracked each season, designate a team statistician, and provide a final tally to the athletic director at season end. These achievements may be used in consideration for athletic awards and other recognition.

5.17 ATHLETIC UNIFORM RETURN/CHARGE POLICY

Please make sure that all uniforms are properly taken care of and returned on time as these items represent a large investment by the district. Upon completion of the season, when leaving the team for any reason, and/or withdrawing from school, each athlete must return all pieces of their uniform(s) **immediately**.

If this/these uniform(s) is/are not returned to the school district, the athlete will be charged for replacement of the uniform and all records will be held until that is legal for the district to so.

This means that if your student is a graduating senior, they will not be issued a diploma until the uniform(s) is/are returned or paid for. Likewise, if your student is transferring schools, records will not be released until this issue is resolved.

All athletic uniforms are the property of Mayflower School District. Legal action will be taken if they are not returned.

5.18 ATHLETIC TRAVEL POLICY

All athletes and cheerleaders are required to ride to all athletic events on the bus provided unless the parents, coaching staff, and building administrator have made prior arrangements.

All athletes are encouraged to ride home on the bus provided. Student athletes not riding on school approved transportation may be ineligible for participation in that event. Coaches have the discretion to release a student to ride home with their parents or legal guardian from an event providing a release is signed by the parent or legal guardian.

The coaches are completely responsible for the conduct and actions of their players on the bus. Buses are to be left clean.

5.19 ALL SPORTS HAVE EQUAL STANDING

The athletic department is a team much like the teams we try to build among our athletes. Our coaches will make every effort to advance their programs but **not** at the expense of other school programs - athletic or academic. The overall good of the athlete will provide our guidance in decision-making and conflict resolution. In-season sports take precedence over off-season with regard to time, facilities and equipment.

5.20 SEASON START AND END DATES

The season starts at the first official practice as determined by the head coach. Season ends with the completion of the competition for that team/sport.

5.21 OFFICIALS

Officials will be hired from the AAA's list of approved officials for all varsity games for that sport.

Assigning agencies will be used as needed. **At all times, officials will be treated with all the respect and courtesy that any professional deserves working in the school district or other school districts.**

5.22 FUNDRAISING

Any and all fund raising activities must have the approval of the principal and superintendent. All major business donations should be coordinated through the Superintendent.

Follow the District Policy and Superintendent guidelines.

CHAPTER 6 - PARENTS

6.1 MESSAGE TO PARENTS

As parents, you can be a tremendous asset to the attainment of the Mayflower Athletic Program's goals and the goals of your child. Mayflower parents have traditionally provided support, loyalty and encouragement to the teams and staff. We believe that only through a close level of cooperation and communication between parents and the school can the necessary guidance, leadership, concern and encouragement, which are so important during your child's teenage years, be provided. We ask that you continue your support in both actions and words.

It must also be recognized that the coach has been appointed to a leadership and decision-making position. His/her responsibility is to the individual participant, the team as a whole, as well as our fine high school. As a result, all coaches have been instructed to make the best decisions they can in light of their global responsibilities. As a parent, you know these decisions are not often easy or liked by all parties. Please respect these difficult decisions and support our coaching staff.

Mayflower's goal is to earn a good reputation and to display good sportsmanship. We ask that you continue to serve as positive role models for our student body by exhibiting the highest ideals of good sportsmanship.

THANK YOU FOR YOUR SUPPORT OF THE MAYFLOWER EAGLES!

6.2 CODE OF CONDUCT FOR SPECTATORS

Spectators are an important part of athletic contests and are encouraged to conform to established standards of good sportsmanship and behavior. We encourage all parents and spectators to set an example that our program can be proud of.

- Spectators should at all time respect officials, visiting coaches, players and cheerleaders as guests in the community and extend all courtesies to them.
- Enthusiastic cheering for one's team is encouraged.
- Booing, whistling, stomping of the feet and disrespectful remarks, including profanity, are prohibited.
- Bell, horns or other noisemakers are not permitted at contests. The throwing of debris, confetti, or other objects from the stands is prohibited.
- Spectators will respect and obey all school officials and supervisors at athletic contests.
- Spectators who do not abide by the rules of the school district or directions of the administration will be asked to leave the premises and subject to long term removal from athletic events according to district policy.

6.3 Mayflower High School and Middle School Parent's Expectations

As parents of student athletes, I understand the importance of my role in their success. In support of my student athlete, I will commit to following the guidelines established for the athletic program participants. These guidelines are based on the "Six Pillars of Character" (SM).

Trustworthiness

Be worthy of trust in all that I do

Be ethical, encourage my son/daughter to adhere to a high standard of personal ethics. Be reliable by being on time to pick up my son / daughter from practices and competitions.

Be loyal to my son/daughter by providing encouragement to be the best that they can be and do not criticize them regarding their competitive performance during competitions.

Be loyal to the coaching staff by respecting their effort to create a program for a team of student athletes. Do not undermine their efforts. If there is a problem, communicate it to the coach or Athletic Director.

Respect

Be respectful in actions and in words, follow the Golden Rule

Be respectful of my son / daughter, coaches, officials, other student athletes, and other parents by exhibiting sportsmanship at competitions

Be a positive role model for other parents and students at competitive events.

Responsibility

Be accountable

Provide support to my son/daughter to improve their skills and experience both during the season and during the off- season – it is the responsibility of each student athlete to take responsibility for their own development during the off- season if they desire to be competitive.

Fairness

Play by the rules

Become aware of and adhere to the school district policies, rules and procedures. Support my son /daughter in complying with school policy, rules and procedures.

In the event of any issues, agree to follow the established chain of command for issue resolution. Do not seek an unearned advantage for my son/daughter.

Caring

Be compassionate

Attend my son's/daughter's competitive events such as games and matches;
Attend team and individual recognition events such as banquets and award ceremonies; Provide positive encouragement to my son/daughter

Citizenship

Help make the program better

Participate in program and/or team support organizations such as the booster clubs. Participate in program and/or team feedback opportunities provided by the coach, Athletic Director, or Superintendent of Schools.

6.4 LATE NIGHT CONTEST

There may be occasions where an athletic competition runs into the late evening hours and the team does not return to school grounds until late at night. In this case coaches will try to inform the athletes beforehand that this might be a possibility. However in some cases even the coaches have no control because of the length of a game or meet. In this case we ask for understanding from parents. Cell phones will be allowed to be used on the way home.

6.5 PARENTS' PRE-SEASON MEETING

At the beginning of each season there is a meeting for all parents who have a child involved in athletics that season. During this meeting general department rules are outlined by the athletic director and coaches where they will discuss their philosophy and rules regarding their program. All parents are encouraged to attend.

CHAPTER 7 – ATHLETIC ORGANIZATIONS

7.1 Arkansas Athletic Association (AAA)

Mayflower High School is a member of the AAA. The basic purpose of the AAA, as an organization of secondary schools, is to serve the interests of, and to act for the member school of the Association in all matters pertaining to interscholastic athletics. As such matters are delegated by local school boards and superintendents to the principal of the school, the AAA's responsibility is directly and immediately to the AAA member schools through their principals.

All contact between member schools and the Association shall be made through the principal of the school, and the Association shall rely only on decisions made known to it through the principal, and it is specifically understood that the Association shall have no direct contact with any other administrative officers of the school unless the principal delegates his authority in writing and such is on file in the AAA office.

The AAA can be contacted at:

Phone -	501-955-2500
Fax -	501-955-2600
Website -	http://www.ahsaa.org/

7.2 AAA Handbook

The AAA Handbook is issued yearly and is the reference in which all activities are listed with specific guidelines regarding player eligibility, non-school competition, requests for eligibility ruling, new programs, protest procedure, classification of schools, starting and ending dates, tournament requirements and formats, specific playing rules, game and practice limitations, sports' officials' fees, sanctioning procedures for athletic competition, and past record and championships.

Copies are available from the AAA website.

7.3 National Federation

The AAA is a member of the National Federation of High School Athletic Associations whose rules govern the various sports.

7.4 Federation Rule Books

Copies may be purchased at the NHIAA office (Telephone: 603-228-8671).

7.5 NCAA CLEARINGHOUSE - DIVISION I OR II ATHLETICS

To participate in Division I or II athletics as a freshman, an athlete must register and be certified by the NCAA Initial Eligibility Clearinghouse. Fill out the online form at the [Initial-Eligibility Clearinghouse Web Site](#) or call the NCAA publications hotline at 800-638-3731 and ask for a free copy of the "Guide for the College-Bound Student Athlete" which contains the registration forms and a Clearinghouse brochure. This guide can also be viewed online in the NCAA

Student-Athlete Eligibility and Recruiting section.

For more information and NCAA academic requirements for incoming college freshman consult the high school guidance counselor or go to the NCAA website (www.ncaa.org).

APPENDIX A

What Makes A Nightmare Sports Parent -- And What Makes A Great One

Wednesday, February 15, 2012 8:20 pm

Written by: Steve Henson

Hundreds of college athletes were asked to think back: "What is your worst memory from playing youth and high school sports?"

Their overwhelming response: "The ride home from games with my parents."

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, speaking at colleges, high schools and youth leagues to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame.

Their overwhelming response: "I love to watch you play."

There it is, from the mouths of babes who grew up to become college and professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned from spectator – or in many instances from coach – back to mom and dad. ASAP.

Brown, a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.

"Overall, grandparents are more content than parents to simply enjoy watching the child participate," he says. "Kids recognize that."

A grandparent is more likely to offer a smile and a hug, say "I love watching you play," and leave it at that.

Meanwhile a parent might blurt out ...

"Why did you swing at that high pitch when we talked about laying off it?"

"Stay focused even when you are on the bench."

"You didn't hustle back to your position on defense."

"You would have won if the ref would have called that obvious foul."

"Your coach didn't have the best team on the field when it mattered most."

And on and on.

Sure, an element of truth might be evident in the remarks. But the young athlete doesn't want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

"Let your child bring the game to you if they want to," Brown says.

Brown and Miller, a longtime coach and college administrator, don't consider themselves experts, but instead use their platform to convey to parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of few places in a child's life where a parent can say, 'This is your thing,' " Miller says. "Athletics is one of the best ways for young people to take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong.

"Once you as a parent are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformed from keenly interested spectator and athlete back to parent and child:

"We loved watching you play. ... Now, how about that homework?"

FIVE SIGNS OF A NIGHTMARE SPORTS PARENT

Nearly 75 percent of kids who play organized sports quit by age 13. Some find that their skill level hits a plateau and the game is no longer fun. Others simply discover other interests. But too many promising young athletes turn away from sports because their parents become insufferable.

Even professional athletes can behave inappropriately when it comes to their children. David Beckham was recently ejected from a youth soccer field for questioning an official. New Orleans radio host Bobby Hebert, a former NFL quarterback, publicly dressed down LSU football coach Les Miles after Alabama defeated LSU in the BCS title game last month. Hebert was hardly unbiased: His son had recently lost his starting position at LSU.

Mom or dad, so loving and rational at home, can transform into an ogre at a game. A lot of kids internally reach the conclusion that if they quit the sport, maybe they'll get their dad or mom back.

As a sports parent, this is what you don't want to become. This is what you want to avoid:

- **Overemphasizing sports at the expense of sportsmanship:** The best athletes keep their emotions in check and perform at an even keel, win or lose. Parents' demonstrative in showing displeasure during a contest are sending the wrong message. Encouragement is crucial -- especially when things aren't going well on the field.
- **Having different goals than your child:** Brown and Miller suggest jotting down a list of what you want for your child during their sport season. Your son or daughter can do the same. Vastly different lists are a red flag. Kids generally want to have fun, enjoy time with their friends, improve their skills and win. Parents who write down "getting a scholarship" or "making the All-Star team" probably need to adjust their goals. "Athletes say their parents believe their role on the team is larger than what the athlete knows it to be," Miller says.
- **Treating your child differently after a loss than a win:** Almost all parents love their children the same regardless of the outcome of a game. Yet often their behavior conveys something else. "Many young athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning," Brown says.
- **Undermining the coach:** Young athletes need a single instructional voice during games. That voice has to be the coach. Kids who listen to their parents yelling instruction from the stands or even glancing at their parents for approval from the field are distracted and can't perform at a peak level. Second-guessing the coach on the ride home is just as insidious.
- **Living your own athletic dream through your child:** A sure sign is the parent taking credit when the child has done well. "We worked on that shot for weeks in the driveway," or "You did it just like I showed you" Another symptom is when the outcome of a game means more to a parent than to the child. If you as a parent are still depressed by a loss when the child is already off playing with friends, remind yourself that it's not your career and you have zero control over the outcome.

FIVE SIGNS OF AN IDEAL SPORTS PARENT

Let's hear it for the parents who do it right. In many respects, Brown and Miller say, it's easier to be an ideal sports parent than a nightmare. "It takes less effort," Miller says. "Sit back and enjoy." Here's what to do:

- **Cheer everybody on the team, not just your child:** Parents should attend as many games as possible and be supportive, yet allow young athletes to find their own solutions. Don't feel the need to come to their rescue at every crisis. Continue to make positive comments even when the team is struggling.
- **Model appropriate behavior:** Contrary to the old saying, children do as you do, not as you say. When a parent projects poise, control and confidence, the young athlete is likely to do the same. And when a parent doesn't dwell on a tough loss, the young athlete will be enormously appreciative.
- **Know what is suitable to discuss with the coach:** The mental and physical treatment of your child is absolutely appropriate. So is seeking advice on ways to help your child improve. And if you are concerned about your child's behavior in the team setting, bring that up with the coach. Taboo topics: Playing time, team strategy, and discussing team members other than your child.
- **Know your role:** Everyone at a game is either a player, a coach, an official or a spectator. "It's wise to choose only one of those roles at a time," Brown says. "Some adults have the false

impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide.” Here’s a clue: If your child seems embarrassed by you, clean up your act.

• **Be a good listener and a great encourager:** When your child is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent. Above all, be positive. Be your child's biggest fan. "Good athletes learn better when they seek their own answers," Brown says.

And, of course, don’t be sparing with those magic words: "I love watching you play."

-- *Steve Henson is a Senior Editor and Writer at Yahoo! Sports. He has four adult children and has coached and officiated youth sports for 30 years. He can be reached at henson@yahoo-inc.com and on Twitter @HensonYahoo*

MRSA Information website

[http://cifncs.org/sports/CIF%20MRSA%20Alert%20Coaches%20 2 .pdf](http://cifncs.org/sports/CIF%20MRSA%20Alert%20Coaches%202020.pdf)

APPENDIX B

On the following page is the *Code of Ethics, Consent, Acknowledgement and Release Form* it must be filled out and returned. This Form summarizes important statements that must be understood and agreed upon by each athlete and their parent(s) or guardian(s). No student will be able to participate in any practices or games until they have turned in the form filled out in its entirety.

The Code of Ethics, Consent, Acknowledgement and Release Form, summarizes important statements that must be understood and agreed upon by each athlete and their parent(s) or guardian(s).

PLEASE MAKE SURE ALL INFORMATION IS FILLED OUT AND SIGNED. ONCE YOU HAVE DONE SO, PLEASE CUT OUT THE FORM AND RETURN IT TO THE ATHLETIC DEPARTMENT.

The staff at Mayflower Schools is excited about the upcoming season and look forward to coaching your son or daughter. For Mayflower Schools' athletics to be successful, we need your support from chain crews, booster club, clock keepers, bookkeepers, etc. Get involved and support your young people. We appreciate your continued support of our schools, our athletic program, and our student athletes.

CODE OF ETHICS, CONSENT, ACKNOWLEDGEMENT AND RELEASE FORM

PLEASE SIGN AND RETURN TO THE COACH BY

_____ Date

Athlete's Last Name (Print)

First Name (Print)

Grade

Parent's Name (Print)

1. We hereby give consent for the above named student to compete in approved sports and go with the coach on any approved trips.
2. We give consent, in case an accident or injury occurs, for the coaches to secure treatment at the best facilities available to them. We understand that there is a chance a participant can be injured. It is understood that Mayflower School District or its employees will assume no responsibility in case an accident or injury occurs. Medical expenses are the responsibility of the parent/guardian.
3. We also understand that in the event a random drug test is called and the above named student is drawn; a urine specimen that the student provides will be tested for drugs and/or alcohol use and information concerning the results of such a test will be released to the Mayflower School District and the concerning parents and/or guardian.
4. We have received an athletic handbook and agree to abide by all rules and regulations.
5. I have read and agree to the "Student Athlete's – Expectations" and Parent's - Expectations" provided in the student athletic handbook.
6. To learn how to support my student athlete I have read and understand the article "What Makes A Nightmare Sports Parent -- And What Makes A Great One" provided in the student athletic handbook.

Athlete's Signature

Date

Parent's Signature

Date