



STUDENT ATHLETE HANDBOOK

Sportsmanship Wins!

BARRINGTON PUBLIC SCHOOLS

NONDISCRIMINATION POLICY

Barrington Public Schools does not discriminate on the basis of race, color, creed, national or ethnic origin, gender, religion, disability, age, sexual orientation, gender identity or expression, citizenship, or status as a disabled veteran, or Vietnam-era veteran with respect to access to, the provision of, or employment in its educational services, programs and activities, including admissions, athletics and other District programs. Any person aggrieved by a violation of this policy may file a complaint with the Nondiscrimination Compliance Officer, Paula Dillon, Director of Curriculum and Instruction Barrington Public Schools, 283 County Road, Barrington, RI 02806, 401-245-5000 or may also file a complaint with the following: The Rhode Island Commission for Human Rights, 180 Westminster Street, Providence, RI 02903; The Equal Employment Opportunity Commission, One Congress Street, Boston, MA 02114; Office of Civil Rights, U.S. Department of Education, 140 Federal Street, Boston, MA 02110. The full policy is available upon request.

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INTRODUCTION

The purpose of this handbook is to provide student athletes and their families with an overview of the Barrington High School Interscholastic Athletic Program and the policies, procedures and rules that govern it. Questions regarding any material in this handbook, as well as questions about any aspect of the program not addressed in this booklet, should be directed to Mr. George Finn, Director of Athletics and Student Activities.

Barrington High School is a member of the Rhode Island Interscholastic League (RIIL), whose purpose is to organize, regulate and promote interscholastic athletics for secondary schools of Rhode Island. As an RIIL member school, Barrington High School abides by their rules and regulations, and subscribes to the guidelines set forth by this organization. In addition, school committee policies and school rules also govern the school's athletic program. Information about the Interscholastic League can be found online at www.riil.org

Being a member of a Barrington High School athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team of Barrington High School, you have inherited a tradition which you are challenged to uphold to a high standard. When you wear the blue and gold colors of our school, you indicate a willingness to assume the responsibilities that go with those traditions.

PHILOSOPHY

Barrington High School's interscholastic athletic program is an integral part of the total curriculum; therefore, a comprehensive program of athletic activities is vital to the educational development of students. The athletic program provides a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life. These experiences are designed to serve the school, assist in the development of respect for self and others, promote fellowship and goodwill, promote self-realization and all-around growth, and encourage learning the qualities of good citizenship, and school, community, and self-pride.

- Additional Information can be found in section F of the Handbook

OBJECTIVES

- To provide a positive atmosphere of school athletics at Barrington High School.
- To provide opportunities that will allow athletics to serve as experiences where students may cope with problems and handle situations similar to those encountered in the contemporary world. To provide adequate and natural opportunities for:
 - physical, mental, social and emotional growth and development;
 - acquisition and development of special skills in activities of each student's choice;
 - team play with the development of such commitments as loyalty, cooperation, fair play and ethical conduct;
 - directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and instilling the highest ideals of good sportsmanship and character above wins and losses;
 - achievement of school goals, interscholastic program, and the student's individual goals;
 - provisions for worthy use of leisure time in later life, either as a participant or spectator; and
 - development of leadership qualities.
- To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

REQUIREMENTS FOR PARTICIPATION

A. Eligibility

In order to participate in interscholastic athletics at Barrington High School, students must (#1) take a minimum of five courses in addition to physical education (2.75 credits) per semester, (#2) take a minimum of 5.50 credits per year, and (#3) not have failed more than one course, including physical education, at the end of the previous marking period (Quarter). Students who have failed two courses at the end of the previous marking period will be academically eligible if they are not failing more than one course at the midterm reporting date of the current marking period. A progress report will be requested from each of the student's teachers. A student who has failed more than two courses at the end of the previous marking period will be academically ineligible for the complete marking period. The marking period will be considered the quarterly report card marks. Therefore, students' eligibility will be determined equally and fairly for each and every quarter. Eligibility is based on grades earned for each of the four quarterly marking periods.

A student who has two or more "incompletes" grade entries or one failing grade and at least one incomplete grade at the end of the quarter will have two weeks to satisfy the requirements of the incomplete courses. If they are not completed the student will be academically ineligible for the remainder of the current marking period.

Students are NOT eligible if:

- they are excused from physical education for medical reasons (including a nurse's note);
- their 19th birthday occurs prior to September 1 of that academic school year;
- they have been in attendance for more than eight semesters in the 9th, 10th, 11th or 12th grade or the equivalent of such grade or grades in any school or schools;
- they have changed schools without a change of legal residence, unless a transfer rule affidavit is approved by the Rhode Island Interscholastic League. Students may have to sit 50% of the first scheduled varsity contests of each individual sport season within the next year;
- they played or practiced with an outside team in any sport that conflicts with the high school practice or contest;
- they do not comply with rules outlined in the Rhode Island Interscholastic League's Rules and Regulations. This publication may be found at www.riil.org.
- they miss or cut any class or study hall on the day of a competition, unless excused by an administrator at the high school.

B. Paperwork Required Prior to Participation

1. Physical Examination and Health History Form

In order to try out for a team, a student must have a health physical on file prior to participation. The physical covers all sports provided the examination occurred within one year of the ending date of the respective athletic season(s). This form will be kept on file in the nurse's office. Fall sport athletes must have a physical on or after January 1 of that year, winter sport athletes must have physical on or after March 15 of that year, and spring sport athletes must have a physical on or after June 15 of the previous year. Students and Parents will be responsible for communicating with the medical staff any preexisting conditions that may affect athletic participation.

2. Rhode Island Interscholastic League - Risk of Participation Form (2)

Athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. In order to participate in interscholastic sports, students and parents/legal guardians are required to sign two copies of the *Rhode Island Interscholastic League's Assumption of Risk Form*. This form must be notarized and submitted to the coach prior to participation. One copy will be kept on file in the Director of Athletics and Student Activities' office. The second copy will be filed at the Rhode Island Interscholastic League office. This process is required only once during the four years of high school for each new athlete, including transfer students.

3. Insurance

The school district has made arrangements with an insurance company through which parents can secure additional accident/medical insurance for their children at a nominal cost. Students participating in interscholastic sports are required to carry *accident/medical insurance*. The school does not assume responsibility for medical expenses resulting from injuries to participants in sports. The family's personal medical insurance is the first step in covering medical expenses. Supplemental accident/medical insurance will be used to help pay for expenses not covered through the athletes personal insurance.

For information regarding additional coverage please contact the Athletics Office.

In claims involving school accident/medical insurance, parents need to pick up an insurance form at the school office or online. Once the school and attending physician have completed each individual part, the parent/guardian sends the form and bills directly to the insurance company.

Under certain circumstances, the Rhode Island Interscholastic Injury Fund provides some assistance for medical expenses which are not covered by either personal insurance or accident/medical insurance. The Rhode Island Interscholastic Injury Fund is a nonprofit organization which provides financial assistance for medical expenses incurred by an athlete during Interscholastic League competition. The Injury Fund will consider payment for medical bills and physical therapy above and beyond what the primary medical insurance of the athlete will pay. The Injury Fund is not an insurance company, but a Board of dedicated volunteers committed to the health and well-being of Rhode Island High School athletes. Parents are asked to complete an application to request reimbursement from the Injury Fund.

4. Parental Permission and Acknowledgement of Athletic Policies

At the time students begin preseason practices each parent or guardian and athlete must read the Student Athlete Handbook (Document copy online at www.barringtonschools.org/BHS/athletics, hard copy provided upon request). Each athlete's parent or guardian will complete online a *Parental Permission and Acknowledgement of Athletic Policies* for each sport the student participates in during the academic school year. Parent/guardian and athlete are to have thorough

knowledge and understanding of all school district policies and procedures, and interscholastic league eligibility rules.

5. Concussion Awareness Information

Rhode Island State Law requires that Athletes and Parents/Guardians review materials about signs and symptoms of concussions and return to play guidelines. An electronic signed consent agreement will be required by both the Athlete and Parent/Guardian during the online registration process. Additional information on concussions and head injuries can be found on the Barrington Athletics Webpage at www.barringtonschools.org/BHS/athletics.

CODE OF CONDUCT FOR STUDENT ATHLETES

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected to abide by this code of conduct, which will earn them the honor and respect that participation and competition in the interscholastic athletic program affords. Inappropriate conduct which results in dishonor to the athlete, the team or the school will not be tolerated. All rules apply to all athletes including players, managers, trainers, cheerleaders and all other students representing a team from Barrington High School.

A. Sportsmanship

"Good sportsmanship, ethical behavior, integrity, and the respect for others" are the guiding principles that permeate all interscholastic activities in our school. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. All individuals, regardless of their role, are expected to model sportsmanship because of their influence on the behavior of others.

STUDENT ATHLETES MUST:

- appreciate and understand that their behavior is observed and emulated by many who are younger;
- live up to the high standard of sportsmanship established by the RIIL;
- accept and understand the seriousness of their responsibility and the privilege of representing their school and community;
- live up to the standards of sportsmanship established by the school administration and the coaching staff;
- learn the rules of the game thoroughly and discuss them with parents, fans, and peers;
- treat opponents the way they would like to be treated, as a guest or friend;
- refrain from taunting, trash-talking, or making any kind of derogatory remarks, especially comments of ethnic, racial or sexual nature, to their opponents during the game;
- wish opponents good luck before the game and congratulate them in a sincere manner that they would like to receive following a victory or defeat;
- respect the integrity and judgment of game officials;
- win with humility and lose with grace.

B. Alcohol and Drugs, Including Tobacco

Medical research substantiates that the use of alcohol and mood modifying substances produces harmful effects on the human body and will affect athletic performance. You cannot

compromise your participation with substance abuse. Students who experiment with such substances jeopardize program morale, reputation and success, and they do physical harm to themselves and risk personal injury and harm to others during their activity. Students must decide if they want to hold a leadership position or want to be part of an athletic team. If they do wish to be a participant, they must make the commitment in order to do so. A big part of this decision means refraining from the use of alcohol, drugs, tobacco, and steroids. Student athletes are considered in violation of this policy if they are “in the presence of”, “possess”, “consume” (including being under the influence of), and/or “distribute”, other than as prescribed by a physician for personal use, any tobacco product, controlled drug and/or intoxicant or steroid at any time (see Year Round Expectations) whether during school, at any school activity, on school property, or at locations off school property.

Alcohol and Drugs

For a first offense, a student athlete will be:

- suspended from all interscholastic competitions and practices for the next fifteen (15) consecutive calendar days. After ten (10) days, the athlete may return to the team for practice only. The suspension must include at least the next two (2) scheduled interscholastic contests of the season. The student will be fully reinstated for athletic competition after the fifteenth day, once all the requirements have been met.
- reinstated to the team, provided the athlete meets with the Athletic Director, Coach, and Student Assistance Counselor.
- Parent(s)/Guardian(s) and student will meet with Athletic Director and/or Assistant Principal before reinstatement to the team
- required to forfeit their captaincy if they hold that position (see Captains section).
- If there is not sufficient time remaining in that season to complete the suspension, it will be carried over to the next interscholastic sport season in which that athlete participates.
- See year round expectations

For any additional violation in the same calendar year or subsequent calendar year, a student athlete will be suspended from all interscholastic athletic competitions and extracurricular activities for 365 calendar days

Cigarette, Cigar and Smokeless Tobacco

Students who use or possess tobacco products, including but not limited to, cigarettes, e-cigarettes, cigars or smokeless tobacco, etc... will be in violation of school policy.

For a first offense, a student athlete will be:

- suspended from all interscholastic competitions and practices for the next seven (7) consecutive calendar days. After five (5) days, the athlete may return to the team for practices only. The suspension must include at least the next one (1) scheduled interscholastic contest of the season. The student will be reinstated for athletic competition after the seventh day, once all the requirements have been met. This suspension will be completed during an athlete’s season. reinstated to the team, provided the athlete meets with the Athletic Director, Coach, and Student Assistance Counselor.
- Parent(s)/Guardian(s) and student will meet with Athletic Director and/or Assistant Principal before reinstatement to the team
- required to forfeit their captaincy if they hold that position (see Captains section).

- If there is not sufficient time remaining in that season to complete the suspension, it will be carried over to the next interscholastic sport season in which that athlete participates.
- See year round expectations

For any additional violation in the same calendar year or subsequent calendar year, a second offense, a student athlete will be suspended from all interscholastic athletic competitions and extracurricular activities for 45 calendar days. For a third or more offenses, a student athlete will be suspended from all interscholastic athletic competitions and extracurricular activities for 365 calendar days each time.

Year Round Expectations

The substance use policy at Barrington High School is in effect year round, in and out of season, on and off the field, in and out of uniform for all student athletes. There is a reason for this ... ***We care about the welfare of our student athletes.*** We expect a year round commitment from you if you want to be involved in the athletic program at Barrington High School. Violation of this policy will be enforced at the beginning of the next full season the student athlete participates in.

Presence at Parties with Alcohol and Drugs

If a student athlete attends a party where alcohol or drugs are being illegally dispensed, the Student athlete must leave the party immediately.

C. Cyber Images

Any identifiable image, text, photo, or video which shows a student athlete in possession or in the presence of alcohol and/or drugs, actual use of alcohol and/or drugs, or inappropriate behavior or a crime, may constitute evidence of a violation of the code of conduct. Since there is no way to establish a time frame for when or the location of where the image was taken, it shall be a responsibility that the student athlete must assume. Athletes must take every precaution to not place themselves in such an environment.

D. Bullying

Bullying means the use by one or more students of a written, verbal or electronic expression or a physical act or gesture or any combination thereof directed at a student that:

- Causes physical or emotional harm to the student or damage to the student's property;
- Places the student in reasonable fear of harm to himself/herself or of damage to his/her property;
- Creates an intimidating, threatening, hostile, or abusive educational environment for the student;
- Infringes on the rights of the student to participate in school activities; or
- Materially and substantially disrupts the education process or the orderly operation of a school.

The expression, physical act or gesture may include, but is not limited to, an incident or incidents that may be reasonably perceived as being motivated by characteristics such as:

Race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression or mental, physical, or sensory disability, intellectual ability or by any other distinguishing characteristic.

To report a suspected bullying incident please contact a school administrator or coach and refer to the State Wide Bullying Policy on the front page of the Barrington High School Website,

E. Hazing

Under no circumstances will any type of hazing, bullying, and/or initiation be tolerated. The term “hazing”, as defined by Rhode Island State Law, means any conduct or method of initiation that of student organization which willfully or recklessly endangers the physical or mental health of any student or other person (abbreviated from State of Rhode Island Hazing Law, section 11-21-1(b)). Violation of this policy will result in strong disciplinary action, including suspension from the athletic team and loss of captaincy.

The following activities include, but are not limited to some examples of violation of this standard:

- Requiring the consumption of any food, alcohol, drug, or other substance;
- Mandating participation in physical activities not associated with regular in season or out of season training and conditioning, such as calisthenics, exercise, or other games or activities requiring physical exertion;
- Exposing another to weather elements or other physically or emotionally uncomfortable situation;
- Forcing excessive fatigue from sleep deprivation, physical activities or exercise;
- Requiring anything that would be illegal under any applicable law, including laws of the State of Rhode Island;
- Requiring anything that can be reasonably expected to be morally offensive to another;
- Committing or requiring any act that demeans another based on race, gender, ability, sexual orientation, religion, or age;
- Committing any act of physical brutality against another, including, but not limited to, paddling, striking with fists, open hands, or objects, and branding;
- Kidnapping or transporting another with the intent of stranding him or her;
- Committing verbal abuse;
- Forcing or requiring conduct that can be reasonably expected to embarrass or adversely affect the dignity of another, including the performance of public stunts and activities such as scavenger hunts;
- Intentionally creating labor or work for another;
- Denying sufficient time for study or other academic activities; or
- Committing or requiring another to commit any sexual act or engage in lewd behavior.

F. Selection of a Team

High School Athletics is built on an educational based program that has a strong commitment to developing fundamentals and skills for all student athletes. Coaches will determine the selection of athletic teams for Varsity, Junior Varsity, and Freshman teams and will evaluate the ability levels to meet the needs of the program. Their actions will be consistent with the philosophy and policies of the athletic program.

Varsity Teams

- Understand the competitive nature of a varsity team
- Goal is to place the best student athletes on a team for program success
- Student Athletes should have a clear understanding of their role on a varsity team

Junior Varsity/Freshman Teams

- The goal of these programs is to develop fundamentals and skills within a competitive environment
- Team members should have the opportunity to participate in all contests based on ability, commitment, and attitude

Team selection will be based on their evaluation during the tryout/preseason period. When player selection is necessary, the process will include three important elements. Each candidate should have:

- competed in a minimum of three (3) practice sessions;
- performed in at least one (1) intra-squad scrimmage; and
- been personally informed of the player selection and the reasons for the action by the coach.

The Director of Athletics and Student Activities will approve all specific guidelines on team selection prior to their announcement.

A student not selected for squad will be permitted to try out for another team if the coach of the second team agrees. A student not selected for disciplinary reasons, however, will not be eligible to participate on another squad for that sport season.

G. Individual Coach's Rules

Coaches may establish (with advanced approval of the Athletic Director and Principal) additional rules and regulations for their respective teams. These rules must be given in writing by the coach to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and will be administered by the coach. Additional team rules must be consistent with all other school rules and regulations. Copies will be kept on file in the athletic director's office. Coaches may take reasonable disciplinary action pertaining to any problem that may arise that has not already been reviewed in this handbook.

H. Captains

Captains will be appointed by coaches with team input. Candidates must submit a letter of interest to and meet with the teams head coach. Prior to the selection of captains, athletes will be informed by the coach of the criteria for selection and obligations of the position. The position of team captain is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school.

Any student involved in a violation of the code of conduct that results in a suspension from school, or any student who is associated with, in possession of, or found to be involved with drugs, steroids, alcohol, tobacco use, weapons, or crimes outside of school, will lose the ability to serve as captain of any school-sponsored athletic team or leader of a student club or activity for a period of one calendar year.

The maximum number of captains allowed per sport is listed. Any change or alteration of the above listed numbers may be allowed by Coach, but only after consultation with the Director of Athletics and Student Activities.

Sport	#		Sport	#
Baseball	2		Lacrosse	2
Basketball	2		Soccer	2
Cheerleading	2		Softball	2
Cross Country	2		Swimming	2
Field Hockey	2		Tennis	2
Football	3		Track/Field (indoor)	3
Golf	2		Track/Field (outdoor)	3
Gymnastics	2		Volleyball	2
Ice Hockey	2		Wrestling	2

I. Attendance

In order to participate, athletes must be present in school during the whole day. This means students must be in attendance at the beginning of the 1st Period Block by **8:30am** (9:04am on late start days). Athletes missing school for reasons other than illness must be excused in advance of the absence in order to participate. Athletes absent from school on Friday or a day preceding a holiday and/or a weekend contest are ineligible to participate unless the absence is excused in advance by an Administrator.

If an athlete must be dismissed from school for a medical appointment, etc... they will be required to return to school with a note from the medical office or other official entity, in where the athlete was during the time released from school. A note dismissing an athlete for a complete school day does not permit that student to practice or play, unless excused in advance by an Administrator.

J. Practices and Contests

Athletes are expected to attend all contests and practices during the season, **vacations included**, unless excused by the Coach and/or Director of Athletics and Student Activities prior to the absence. Athletes with unexcused absences from contests or practices must practice one day (5 days maximum) for each contest/practice missed and is not eligible to play in at least the next scheduled interscholastic league contest of the season, prior to resuming competition.

K. Vacations

Vacations (including trips during school vacations) by athletic team members during a sport season are discouraged. Athletes and parents wishing to do so should assess their commitment to the team. In the event of an absence due to a vacation that is unavoidable, the athlete must:

- contact the coach at least one (1) week prior to the vacation, preferably before the beginning of the season;
- present a signed excuse by the parent or guardian at least one (1) week prior to leaving;
- practice or be in attendance at games, one (1) day for each contest or practice missed (5 days maximum) to include at least one (1) interscholastic league contest prior to resuming competition; and
- accept their playing status on that squad following the return to competition.
- Students who have an option to participate in a school sponsored or an approved community service related trip will not incur a penalty, however, they must accept their playing status on that squad following the return to competition.

L. Conflicts in Extracurricular Activities

Athletes who attempt to participate in several extracurricular activities may be in a position of conflict with each of these groups obligations. Athletes must notify the advisors/coaches involved immediately when a conflict does arise.

If a conflict does arise, the advisors/coaches will work with the student on a solution so they do not feel caught in the middle. If a solution cannot be found, the Principal or his designee will make the decision based on the following:

- the relative importance of each event;
- the importance of each event to the student;
- the relative contribution the student can make;
- how long each event has been scheduled; and
- a conversation with the athlete and/or parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either advisor/coach. If it becomes obvious that students cannot fulfill the obligation of a school activity, they should withdraw from that activity.

M. Leaving a Squad

Athletes who leave a squad will have 48 hours to ask the coach for reinstatement. The coach will act independently on each case. These students are expected to discuss their decision with the Director of Athletics and Student Activities and Coach. This is an important step so that they realize their responsibility to the team and themselves. Within the first week of the preseason, a student may drop from the squad without penalty. After this time, the student may not participate in any other athletic activity for that season unless the Director of Athletics and Student Activities and both coaches involved grant permission.

N. Locker Room Regulations

- Rough-housing and throwing towels or other objects is not allowed in the locker rooms.
- All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- Athletes should ensure that all clothing and valuables are locked in their lockers.
- No glass containers are permitted in locker rooms.
- All shoes that have spikes or cleats must be put on and taken off outside of the school building.

O. Student Behavior and School Policies/Rules

Athletes will abide by all rules and regulations outlined in the “Code of Conduct” published in the Handbook for Students and Parents which is distributed to all students on the opening day of school.

Students who do not abide by the “Code of Conduct” in the student handbook, may be subject to suspension from athletics. Consequences, if any, will be determined by school administration and the Athletic Director. Inappropriate behavior and/or criminal offenses could result in suspension or elimination of the privilege to participate in the athletic program.

P. Suspension/Detention

An athlete cannot participate in athletics while serving a suspension or detention.

An athlete who is issued a detention must attend the session(s) assigned regardless of home game or practice conflicts. Athletes with an away contest must meet with an assistant principal to be reassigned to the next open day to serve the detention.

Suspended athletes are not permitted to participate during any school suspension and shall miss at least one (1) or more interscholastic contests. Reinstatement will be determined by the School Administrators, Athletics Director, and Coach. An Athlete who is suspended more than once in a season will jeopardize their involvement, and may not be permitted to continue participation for the remainder of that program.

Q. Appearance

Student athletes assume the responsibility of representing their school; consequently, they are expected to dress appropriately and professionally for practices, contests, and travel.

R. Travel

Athletes must travel to and from athletic contests in transportation provided by the Barrington Public Schools unless previous arrangements are made by the athlete's parents for exceptional situations. The Director of Athletics and Student Activities and coach must approve permission for exceptions. In addition:

- Athletes will remain with their team under the supervision of the coach when attending away contests.
- Athletes may return from an away contest only with their parents. In that event, the parent must request permission from the Director of Athletics and Student Activities and coach prior to the contest. The athlete will be released only to their parents upon the personal recognizance of the parent by the coach.
- Athletes are not permitted to drive their own vehicles to away contests.
- Athletes who miss the bus departure will not be allowed to participate in the contest unless there are extenuating circumstances.
- All regular school bus rules will be followed.

S. Fitness Center Regulations

Students will be allowed in the weight room only if there is an assigned supervisor or coach in the facility at all times. In addition:

- Shirts and shoes are required at all times.
- Students must be under the supervision of the instructor assigned.
- Lifters must work with a partner.
- Replace all weights on racks immediately following use.
- Know your limits! Work with the instructor in determining your capabilities for exercise.
- Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.

- Warm-up with proper stretching exercises.
- Because of our limited space, the number of lifts will be determined by the supervisor.
- No food or drinks inside the weight room.
- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.
- Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.
- Students will only be allowed in the weight room if there is an assigned supervisor/coach in the facility at all times.

T. Equipment and Uniforms

Athletes are responsible for the proper care and security of all equipment issued/loaned them. School furnished equipment is to be worn only for contests and practice or when authorized by the coach. All equipment must be returned immediately after the season.

Failure to return this equipment may result in not being able to sit for end of semester exams. Athletes who do not return their equipment in good condition or who lose their equipment will be assessed the replacement cost of the equipment. Additionally, athletes may not participate in another sport until this obligation has been fulfilled.

- It is the student's responsibility to make sure any issued and personal belongings are secured properly in the locker room, on the field, court, pool, bus, etc....
- Athletes will be charged the value of replacement costs for equipment that is not returned.
- The replacement cost for any lost or damaged equipment must be paid for before the athlete sits for end of semester exams.

Due to Rhode Island Interscholastic League Rules, school equipment and uniforms cannot be issued to any student out of season.

PARENT AND COACH COMMUNICATION

Both parenting and coaching are extremely difficult and different vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication parents should expect from coaches:

- philosophy of the coach;
- expectations the coach has for your child as well as all the players on the squad;
- locations and times of all practices and contests;
- team requirements, i.e., practices, special equipment, out-of-season conditioning;
- procedure followed should your child be injured during participation; and
- discipline that may result in the denial of your child's participation.

Communication coaches should expect from parents:

- concerns should be expressed directly to the coach;
- notification of any schedule conflicts well in advance; and
- specific concerns with regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Barrington High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

- the treatment of your child, emotionally and physically;
- ways to help your child improve; and
- concerns about your child's behavior.

Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain topics can be and should be discussed with your child's coach. A Coach may reach out to you if there are issues or concerns about your child in the program. Other topics must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

If you have a concern to discuss with a coach, you should:

- Contact Coach to set up a meeting
- Contact Athletic Director, if unable to reach the Coach
- You may contact the Athletic Director first, but you will be encouraged to speak with the Coach

Coaches will have a better understanding of a concern/situation and will be able to answer direct questions about your child within the program.

Please do not attempt to confront a coach before or after a contest or practice. These times can be emotionally sensitive for both the parent and the coach. Meetings of this nature do not promote a positive resolution.

If the meeting with the coach did not provide a satisfactory resolution, you may call and set up an appointment with the Director of Athletics and Student Activities to discuss the situation (401-247-3150).

AWARDS

A. Types of Awards

Varsity Competition (major award): six-inch letter for the initial award; subsequent awards will be a pin. In future sports the athlete may receive a letter.

Any senior who has participated in any sport for a period of at least three years of competition, but who has not received a varsity letter in that sport, automatically receives such an award upon completion of their final season. Only one varsity letter is awarded to each student for each sport; certificates and pins are awarded for each additional year of varsity competition.

Junior Varsity Competition (minor award): four-inch letter. J.V. awards are given to designated J.V. teams only, and are based on the same criteria for awarding varsity letters.

Freshmen Awards: Numeral pins may be awarded for participation in interscholastic competition or on a coach's recommendation.

Certificate of Participation: awarded to all team members who finish the season.

State Championship Award: Given out by Barrington Boosters Club includes team picture plaque, chenille emblem, and an award jacket (one per high school career). Jackets shall be awarded to those students who participated for the season. (Students who may have been called up at the end of the season may not be eligible.)

Manager Awards: A student who is a manager of a varsity team is eligible for an award as deemed appropriate by the Director of Athletics and Student Activities and Head Coach.

B. Criteria for Awarding Letters to Participants in Varsity Sports

1. Baseball: A player who participates in one-half the total number of innings or in 50% of the total number of games receives a letter. One inning constitutes playing in the game.
2. Basketball: A player who participates in half the total number of halves receives a letter. Playing any part of a half constitutes a quarter.
3. Cheerleaders: A player who attends all scheduled practices and games receives a letter.
4. Cross Country: A runner who finishes in one of the top seven team positions in at least two meets or places first in one scheduled league cross country meet receives a letter.

5. Field Hockey: A player who participates in half the total number of halves receives a letter. Playing any part of a half constitutes a half.
6. Football: A player who participates in half the total number of quarters receives a letter. Playing any part of a quarter constitutes a quarter.
7. Golf: Regular varsity team members receive letters if they play in 25% of all matches.
8. Gymnastics: A gymnast who has performed in one-half the number of meets receives a letter.
9. Hockey: A player who participates in one-half the number of total periods receives a letter. Playing any part of a period constitutes a period. (18 games - the athlete could have played in 27 periods: 13 or more periods would qualify for a letter)
10. Lacrosse: A player who participates in half the total number of halves/quarters receives a letter. Playing any part of a half/quarter constitutes a half/quarter.
11. Soccer: A player who participates in half the total number of halves receives a letter. Playing any part of a half constitutes a half.
12. Softball: A player who participates in one-half the total number of innings or in 50% of the total number of games receives a letter. One inning constitutes playing in a game.
13. Swimming: An athlete who accumulates 20 or more points during the dual meet season receives a letter.
14. Tennis: A player who participates in 25% of the scheduled interscholastic matches, either as a singles or a doubles player, receives a letter.
15. Track: An athlete who accumulates seven points during the season or participates in 50% of the varsity meets, or scores in a major meet, receives a letter.
16. Volleyball: A player who participates in one-half of the total number of matches receives a letter.
17. Wrestling: An athlete who participates in one-third of the scheduled varsity matches receives a letter.

C. **Exceptions to Awards:** A student who does not meet the requirements for an award because of injury or other circumstances and, in the judgment of the coach and with the approval of the Director of Athletics and Student Activities, is deserving of such an award will receive that award.

The NCAA and Eligibility Center

What is the NCAA?

The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,300 colleges, universities, conferences and organizations. The national office is in Indianapolis, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three NCAA divisions. The NCAA is committed to the student athlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

- 337 active Division I members;
- 290 active Division II members; and
- 435 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer athletics scholarships, while Division III colleges and universities may not. Please contact the NCAA with your questions.

NCAA

P.O. Box 6222

Indianapolis, IN 46206-6222

317/917-6222 (customer service hours: noon – 4 p.m. Eastern time Monday – Friday)

What is the NCAA Eligibility Center?

The NCAA Eligibility Center certifies the academic and amateur credentials of all college-bound student-athletes who wish to compete in NCAA Division I or II athletics. To assist with this process, the NCAA Eligibility Center staff is eager to foster a cooperative environment of education and partnership with high schools, high school coaches and college-bound student-athletes. Ultimately, the individual student-athlete is responsible for achieving and protecting his or her eligibility status

How to find answers to your questions

The answers to most questions can be found by:

- Accessing the NCAA Eligibility Center's resource page on its website at www.eligibilitycenter.org, clicking on “Resources” and then selecting the type of student you are. You can then navigate through the resources to find helpful information.
- Contacting the NCAA Eligibility Center at the phone number on this page. In addition, if you are sending transcripts or additional information to the NCAA Eligibility Center or have questions, please use the following contact information...

NCAA Eligibility Center:

Certification Processing
P.O. Box 7136
Indianapolis, IN 46207-7136

Package or overnight delivery:

Certification Processing
1802 Alonzo Watford Sr. Drive
Indianapolis, IN 46202

Web address:

www.eligibilitycenter.org

NCAA Eligibility Center customer service:

U.S. callers (toll free): 877/262-1492
International callers: 317/223-0700
Fax: 317/968-5100

Steps to Achieving your Eligibility**High School Freshmen and Sophomores**

- Start planning now!
- Work hard to get the best grades possible.
- Take classes that match our high school's list of NCAA courses. The NCAA Eligibility Center will use only approved core courses to certify your initial eligibility.
- You can access and print our high school's list of NCAA courses at www.eligibilitycenter.org. Click the
NCAA College-Bound Student-Athlete link to enter and then navigate to the "Resources" tab and select
"U.S. Students" where you will find the link for the list of NCAA courses.
- If you fall behind, use summer school sessions before graduation to catch up.

High School Juniors

- At the beginning of your junior year, complete your online registration at www.eligibilitycenter.org
- Register to take the ACT, SAT or both and use the NCAA Eligibility Center code "9999" as a score recipient. Doing this sends your official score directly to the NCAA Eligibility Center.
- Double check to make sure the courses you have taken match your school's list of NCAA courses.
- Ask your high school counselor to send an official transcript to the NCAA Eligibility Center after completing your junior year. If you have attended more than one high school, the NCAA Eligibility Center will need official transcripts from all high schools attended. **(The NCAA Eligibility Center does NOT accept faxed transcripts or test scores.)**
- Before registering for classes for your senior year, check with your high school counselor to determine the amount of core courses that you need to complete your senior year.

High School Seniors

- Take the ACT and/or SAT again, if necessary. The NCAA Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score
- Continue to take college-prep courses.
- Check the courses you have taken to match our school's list of NCAA courses.
- Review your amateurism responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees).
- Continue to work hard to get the best grades possible.
- Graduate on time (in eight academic semesters).
- After graduation, ask your high school counselor to send your final transcript to the NCAA Eligibility Center with proof of graduation

Division I and II Initial Eligibility Requirements

Core Courses

- **NCAA Division I and II requires 16 core courses.**
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.

o As of August 1, 2016, it is possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.

Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive athletics aid and practice **after August 1, 2016**, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B at the Eligibility Center website).
- **Division I** GPA required to be eligible for competition **after August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B at the Eligibility Center website).

- **The Division II** core GPA requirement is a minimum of 2.000. GPA required to be eligible for competition **on or after August 1, 2018**, is 2.200 (corresponding test-score requirements are listed on Sliding Scale B at the Eligibility Center website).
- Remember, the NCAA GPA is calculated using NCAA core courses only.

Division I – 16 Core Courses

4 years of English.

3 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

1 year of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Division II – 16 Core Courses

3 years of English.

2 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

3 years of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Go to NCAA Eligibility Center for the sliding scale of GPA, SAT's, and ACT's

It is your responsibility to make sure the NCAA Eligibility Center has the documents it needs to qualify you for Division 1 and Division 2 Athletics Participation

CRITERIA FOR ADDING INTERSCHOLASTIC SPORTS

1. Barrington High School offers sports where there is continuing interest from the student body.
2. The School Committee will provide funds for coaches, transportation, and normal operating costs of the sport in so far as the funds are available. This funding will not be diverted from existing athletic programs to create new programs.
3. The sport must be consistent with the educational goals of the school district and the philosophy as stated in the Student Athlete Handbook.
4. The sport, by its nature, must be a competitive athletic activity.
5. There must be an indication of continuing interest.
6. Appropriate and sufficient facilities must exist, and it must be possible to coordinate use of facilities so as not to conflict with existing programs.
7. All sports must have a coach who is appointed by the Superintendent of Schools and who possesses a current coaching certificate from the R.I. Department of Education.
8. The potential for scheduling competition on a league and/or regional basis will be a priority.
9. The sport must be conducive for adequate practice and competition given the local weather and geographical conditions.
10. Priority will be given to those sports that best equalize the opportunities for boys and girls.
11. The sport must be sponsored the R.I. Interscholastic League or other appropriately sanctioned league competition recognized by the Barrington School Committee.
12. A sport will not be added at the middle school unless there is a corresponding sport at the high school.
13. Criteria for adding junior varsity and freshman teams at the high school will be the same as adding a sport.

CRITERIA FOR DELETING INTERSCHOLASTIC SPORTS

1. If budget cuts necessitate deletion of a sports program, the Principal and the Director of Athletics and Student Activities will evaluate which programs will be deleted based on criteria such as the following:
 - Insufficient student participation
 - Lack of an appointed and certified coach
 - Lack of appropriate facilities
 - Scheduling of facilities conflicts with other academic or athletic programs
 - Lack of appropriate funding
 - Difficulty of scheduling contests at the local or regional level
 - Difficulty of scheduling contests or practices due to weather or geographical conditions