



FRAMINGHAM HIGH SCHOOL

ATHLETIC DEPARTMENT

115 A Street, Framingham, MA 01701

Phone: 508-782-7510 Fax: 508-788-0630

Website: www.flyerathletics.com

2022-2023 FRAMINGHAM HIGH SCHOOL

ATHLETIC HANDBOOK

For Student-Athletes, Coaches, and Parents

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”

---- John Wooden

Paul Spear
Athletic Director
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Assistant Athletic Director
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STATEMENT OF ATHLETIC PHILOSOPHY

Framingham High School Athletics mission is to support our students as they represent our city in interscholastic athletics. It is our goal to develop their skills and passion for athletics so they will have a lifelong love of sport. Students will learn self-discipline and habits of mind that foster success in all areas of life.

Athletes will serve through community service, accept a role on a team, and serve a purpose larger than themselves.

Athletics teaches wellness. Athletes should learn good habits in the areas of nutrition and exercise. Likewise, athletes learn time management as well as how to balance competition and fatigue.

Athletics teaches the growth mindset. Athletes get better through focused, purposeful practice. Skills and development of a team will be fostered through time dedicated to practice.

Finally, athletics teaches fun. Every athlete should be playing because they love their sport. Every athletic event is an opportunity to create memories and lifelong friendships.

We will not be outcome driven in determining the success of our teams. We will be driven by effort and it will be our effort, commitment to community service, wellness, and growth by which we judge ourselves.



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EXPECTATIONS FOR STUDENT-ATHLETES

As members of their team, a student athlete serves as a role model. They are admired and respected by many, including younger athletes, and their behavior and actions often have a significant impact on others. The student athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship.

1. Accept the responsibility and privilege that a student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship, and discipline in all aspects of the game.
2. Demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
3. Win and lose graciously.
4. Abide by all rules of the game as well as relevant school and MIAA policies.
5. Work for the good of the team at all times.
6. Cheer for your team, not against your opponent.
7. Congratulate opponents in a sincere manner following either victory or defeat.
8. Refrain from the use of illegal or unhealthy substances to gain an unfair advantage.
9. Leave locker rooms (home and away), buses, and playing facilities clean and in good repair.

MIAA BONA FIDE TEAM MEMBER RULE

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

First Offense: Student-athlete is suspended for 25% of season

Second Offense: Suspension for an additional 25% of the season and Ineligible for tournament play immediately upon confirmation of violation

A student-athlete must be a team member for 50% of the regular season schedule for that sport to participate in any MIAA Tournament competition.

If ineligible, cannot be in uniform. Attendance at event to be determined by High School Principal.

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments or championships in that season. For the purposes of this rule only, a student-athlete officially becomes a member of his/her team for the sport season on the date of that school's first regular season contest in that sport.

Exception: If a licensed physician recommends that an athlete terminate participation in a sport for medical reasons after the first contest, the athlete will be permitted to join another team if he/she receives the written approval of a licensed physician.

Exception: A school may approve a varsity or sub-varsity request to join a second varsity or sub-varsity team after terminating his/her membership with the first varsity or sub-varsity team, providing written approval is received from the principal, athletic director, and both coaches involved with the change, and it happens within the first ½ of the season.

PENALTIES: If a student-athlete violates this rule, he/she will be ineligible For that season, and all contests in which he/she participated in both sports must be forfeit.

● Framingham Inclusive Sports Participation Policy

Definitions of words used within this policy: The following definitions intend to create a common vocabulary, understanding that the administrators, school staff, volunteers, students and others who interact with students must be respectful of the ways in which individual people ask to be identified and in general employ the terms that students use to describe themselves. 1. Sexual orientation means a person's romantic or sexual attraction to people of the same sex, different sex or any sex. Transgender and gender expansive people may have any sexual orientation. 2. Gender identity is an individual's sincerely held core belief regarding their gender, whether that individual identifies as male, female, both, neither or in some other way (for example, students who identify in some other way such as nonbinary, queer, genderqueer or gender fluid). 3. Gender expression means an individual's external expression of their gender, through such means as clothing, hairstyling, accessories, voice, behavior and mannerisms. 4. Transgender is an umbrella term for people whose gender identity is different from that traditionally associated with their assigned sex at birth. 5. Gender expansive is an umbrella term used to describe people who expand notions of gender expression and identity beyond what is perceived as the expected gender norms for their society or context. Some gender-expansive people identify with being either male or female, some identify as neither, and others identify as a mix of both. Gender-expansive people include those with transgender and nonbinary identities as well as those whose gender in some way is seen to be stretching society's notions of gender.

PHILOSOPHY OF GENDER IDENTITY PARTICIPATION Framingham Public Schools believes that interscholastic athletic and co-curricular participation are valuable to students' physical, intellectual, social, and/or character development and accordingly, we value inclusion. Guided by this value and in compliance with all applicable laws, our policy ensures that students can participate in athletics and co-curricular activities in a manner consistent with their gender identity.

POLICY REGARDING GENDER IDENTITY-BASED PARTICIPATION All students shall have the opportunity to participate in Framingham Public Schools athletics and/or co-curricular activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records and without prior medical or mental health care.

Eligibility to participate. A student has the right to participate in athletics and co-curricular activities in a manner consistent with the gender listed on their school records. A student whose gender identity is different than the gender listed on the student's registration records shall have the right to participate in a manner consistent with their gender identity. For students whose school records indicate "non-binary" the student has the right to participate in sports team of either gender; however, pursuant to MIAA policy, students are not permitted to try out simultaneously for MIAA sports teams of both genders.

ADDITIONAL POLICIES

FOR INCLUSION IN ATHLETICS The Framingham Public Schools endorse the following policies to ensure the full inclusion of students participating in Framingham Public Schools' athletics. 1. Changing Areas, Toilets, and Showers. Student-athletes shall be able to use the locker room, shower, and toilet facilities consistent with the student's gender identity. Every student-athlete has the right to access a private enclosed changing area, shower, and toilet. No student-athlete shall be required to use separate facilities. 2. Hotel Rooms. Student-athletes shall be assigned to share hotel rooms based on their gender identity, with a recognition that any student who needs extra privacy should be accommodated whenever possible. 3.

Language: Affirmed Names and Pronouns. A student may have a name and pronouns that are different from what may be indicated by the student's school records. Coaches, administrators, and officials shall use the student's affirmed name and pronouns and shall ensure that the student's name and pronouns are respected by others including teammates, opponents, fans, volunteers, announcers, etc. 4. Dress codes and team uniforms. All team members shall have access to uniforms that are appropriate for their sport and that they feel comfortable wearing provided it maintains compliance with MIAA and National Federation sport specific uniform regulations. No student shall be required to wear a gendered uniform that conflicts with the student's gender identity. Dress codes for athletic teams when traveling or during a game day at school shall be gender-neutral. (Instead of requiring a girls' or women's team to wear dresses or skirts, for example, ask that team members wear dresses or slacks that are clean, neat, well cared for and appropriately "dressy" for representing their school and team.) 5. Competition at another School. When discussing competitions and student expectations, decisions shall be made in consultation with the student and without violating a student's confidentiality or privacy. If requested by the student, school leaders, athletic directors, and coaches should communicate with their counterparts at other schools prior to competitions in which a transgender or gender expansive athlete is participating about expectations for treatment of student-athletes on and off the field, including to ensure access to appropriate changing, showering, or bathroom facilities, and to request the use of affirmed names and pronouns by coaches, opponents, officials, announcers, fans, and media. 6.

Training and Education: The District shall provide culturally-competent training regarding this policy to all staff, including but not limited to athletic department staff and coaches, and to all student-athletes, including captains, on an annual basis as well as at the start of each athletic season for the student-athletes.. This policy shall be distributed to all staff, students and parents and posted on the District's website. References: FPS Policy JBD - Gender Identity Support Policy MIAA policy 28.3 and policy clarification

<http://www.doe.mass.edu/ssce/GenderIdentity.pdf> An Act Relative to Gender Identity (Chapter 199 of the Acts of 2011) MGL c.4



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ATHLETIC AND CO-CURRICULAR ELIGIBILITY (As stated in the FHS Student Handbook)

Athletics and Co-curricular activities are privileges at Framingham High School. Our standards exceed MIAA standards as a minimum requirement for participation. Therefore, participants are required to be in good standing with regard to academics, attendance and student wellness. Standards for participation are outlined below. Administration reserves the right to deny participation on an individual basis for failure to meet these standards. For a more complete description of athletic eligibility, please refer to www.miaa.net.

Academics:

To be eligible to participate in athletics and co-curricular activities, a student must pass a minimum of four major subjects and must have a minimum 70 cumulative average for each term immediately preceding the activity. If a student is ineligible for athletics, he/she may not participate in any team events, games, or practices. If a student is ineligible for co-curricular activities, he/she may not participate in meetings, rehearsals, or any club-sponsored activities. All freshmen are eligible for fall sports, but must meet the above criteria beginning in the winter season of their ninth grade year.

Attendance:

A student who is absent, suspended in-house, or suspended out of school may not participate in a game, rehearsal, practice, event, or meeting held on that day without the grade administrator's permission. If this occurs on Friday, the student may not participate in any activity held on Saturday or Sunday without the grade administrator's permission. For purposes of attendance, students **must be present for at least half of the school day** to be considered present for that day. Students with extenuating circumstances who will be absent for more than half the day must request prior approval from their Vice Principal to participate on that day. Students with pending Saturday School obligations must satisfy their obligations in order to participate in sports or extracurricular activities.

MIAA Chemical Health Policy (see Appendix A).

State Law on Hazing (see Appendix B)

Framingham Public Schools Anti-Bullying Information (see FHS Student Handbook- page 28)

Use of Internet and Social Media: The Athletic Office encourages safe and responsible behavior with regard to internet use and social media. We highly recommend our students avoid inappropriate use of public websites such as Twitter, Instagram, Snap Chat, Facebook, etc. Any identifiable image, photo, video, or posted on-line conversation which implicates a student-athlete in a violation of our Alcohol and Drug Policy or our Core Values may be investigated by the administration.



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Registration for a sport: All registrations are conducted on-line through flyerathletics.com. The process must be completed prior to the start of the season. In addition, proof of a physical must be submitted to the athletic office. Students are expected to adhere to the deadlines established. Failure to do so will result in the inability to try out for a sport. Registrations will not be allowed after cuts have been made during the initial week of practice.

Transportation: The athletic office works with the Transportation Department to arrange busses for away games and practices. Unfortunately, there have been occasions when events have been postponed due to the inability to find a bus or driver. Students are expected to be respectful of the wishes of the driver and leave the bus clean. We encourage teams to travel together. Parents who wish to transport their child home after an event must obtain prior approval from the coach and athletic director.

Varsity Letter: A varsity letter and pin are earned through satisfactory participation at the varsity level for the first time during a particular year. If an athlete letters in more than one sport per year, he/she will be awarded a pin to designate the sport, but not an additional letter. If an athlete letters in the same sport, he/she will receive an additional sport pin indicating years of service at the varsity level in that sport. Coaches will recommend the awarding of letters based on the following criteria:

- A) attend practice and games on a consistent basis
- B) display a cooperative spirit with the coach, teammates, and opponents
- C) display respect for others on and off the playing surface
- D) observe all rules and regulations as outlined in this handbook
- E) be an actual participant in varsity contests.
- F) End the season in good standing

The coach and athletic director will have the prerogative to award varsity status to a senior who has not met the seasonal requirements. A student manager who has successfully met all of his/her responsibilities may be awarded a letter at the discretion of the coach.



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EXPECTATIONS FOR TEAM CAPTAINS AT FRAMINGHAM HIGH SCHOOL

The role of team captain is one of honor and privilege, and brings with it a great deal of responsibility. The leadership necessary to be a successful team captain can be difficult and will be supported by the FHS Administration.

Team Captains will be expected to exhibit the following qualities:

- Honest, strong focus on academics, dedicated, leads by example
- Hard working, selfless, recognizes and values team needs over individual accomplishments
- Respectful, appropriate behavior and conduct in and out of school
- Enthusiastic, dependable, positive outlook

Team Captains will attend Leadership Academy at 6:55am each Thursday morning during their season.

Failure to meet the above leadership expectations may subject a student athlete to lose the privilege of being a “Captain”.

The method by which captains are chosen shall be determined by each coach.



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EXPECTATIONS FOR PARENTS/SPECTATORS

As your child's first "coach" in life, we ask for your help in making our athletic program of the highest quality. High School athletics, when done the right way, is a thing of beauty. While winning will always be important as long as a scoreboard exists, we all know that there are more important and enduring lessons to be learned from participation in athletics. In the long run, your son or daughter's high school career will not be measured by wins and losses but by how he/she conducted him/herself on the field, court, or track. Together, let us strive to model the virtues of honor, integrity, respect, and character. Specifically, I ask you to keep each sporting event or activity in perspective and pledge that you will:

- Use positive encouragement
- Be respectful of all players, coaches, game officials, and other spectators.
- Never target anyone for abuse- physical, verbal, or emotional.
- Refrain from taunting, harassment, obscene language, or other acts of disrespect.
- Recognize and show appreciation for sportsmanship and fair play by either team
- Respect the judgment of the coach and do not openly criticize players
- Trust that our coaches and administrators have the best interests of your child in mind



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COMMUNICATION PLAN FOR ATHLETIC CONCERNS

Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student. Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times. The coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. **The student, not the parent, is strongly encouraged to talk to the coach about any issues or problems that arise during the season.** This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

The following protocol will be used for registering concerns:

1. The student-athlete meets with the coach.
2. The parent contacts the coach to set up a meeting with the student-athlete present.
3. If the issue is not resolved, call and set up an appointment with the Athletic Director (508-782-7650).
4. After this step, an additional meeting may be held with the parent, coach, athlete, and AD.

IMPORTANT: PLEASE DO NOT...

1. Confront a coach before, during, or after a practice or contest. These can be emotional times for both parties. Meetings of this nature do not promote resolution.
2. Discuss the following issues with coaches: playing time, play calling, team strategy, other team members. This will only undermine the coach's ability to help your child improve and to develop team harmony and constructive team play.

The intent of this communication plan is to help make the experience in the Framingham High School Athletic program more enjoyable and productive for all athletes, coaches, parents and fans.



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EXPECTATIONS FOR COACHES

THE IMPACT OF A COACH

I have come to a frightening conclusion.

I am the decisive element at the field, court, or track.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

I possess tremendous power to make an athlete's life miserable or joyous.

I can be the tool of torture or an instrument of inspiration.

I can humiliate or honor, hurt or heal.

In all situations, it is my response that decides whether a crisis will be escalated or

De-escalated, and an athlete humanized or dehumanized.

(An Adaptation of Haim Ginott, published by the Washington State Coaches Assoc.)

COACHING PHILOSOPHY

The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches shall through words and example, strive to build the character of their student athletes by teaching them to be trustworthy, respectful, responsible, and fair. Success in the classroom is the first priority of any student-athlete. This message should be consistently delivered to student-athletes and their parents throughout the season. Coaches must model respectful behavior and demand that their athletes refrain from verbally abusing opponents and officials, profane and belligerent trash-talking, and taunting or inappropriate celebrations.

EVALUATION OF COACHES

Each Head Coach will be evaluated by the Athletic Director. The Coach will also complete a self-evaluation and meet with the Athletic Director at the conclusion of the season to discuss progress and future goals. The Head Coach is responsible for evaluating his/her assistants.

ADMINISTRATORS' GUIDE FOR INTERPRETING AND ENFORCING MIAA HANDBOOK RULE #62

Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

This policy has been developed to assist school administrators in the implementation and administration of the MIAA Chemical Health Rule, (MIAA Handbook Part IV-Rules Affecting an Individual Student Athlete or Coach, Rule #62–Student

(and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco. Hopefully, it will be of some help when you have to deal with the sometimes difficult task of determining whether or not a student is in violation of the Chemical Health Rule.

PART I – CHEMICAL HEALTH RULE

RULE 62: Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes); marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a defined drug specifically prescribed for the student’s own use by his/her doctor.

This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

FIRST VIOLATION MINIMUM PENALTIES*:

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, penalties will be determined by the current or next season of participation. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. Any fractional part of an event will be dropped when calculating the 25% of the season.

of Events/Season # of Events/Penalty

1-7 1

8-11 2

12-15 3

16-19 4

20 or over 5

*Also see rule 32.8 – Ineligible Students

SECOND & SUBSEQUENT VIOLATIONS AND MINIMUM PENALTIES:

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. For the student, penalties will be determined by the current or next season of participation. Any fractional part of an event will be dropped when calculating the 60% of the season.

of Events/Season # of Events/Penalty**1-3 1****4 2****5-6 3****7-8 4****9 5****10-11 6****12-13 7****14 8****15-16 9****17-18 10****19 11****20 or over 12**

If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

of Events/Season # of Events/Penalty**1-4 1****5-7 2****8-9 3****10-12 4****13-14 5****15-17 6****18-19 7****20 or over 8**

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year. (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty(ies) during the fall season of the next academic year.)

Hazing

Section 17. Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

