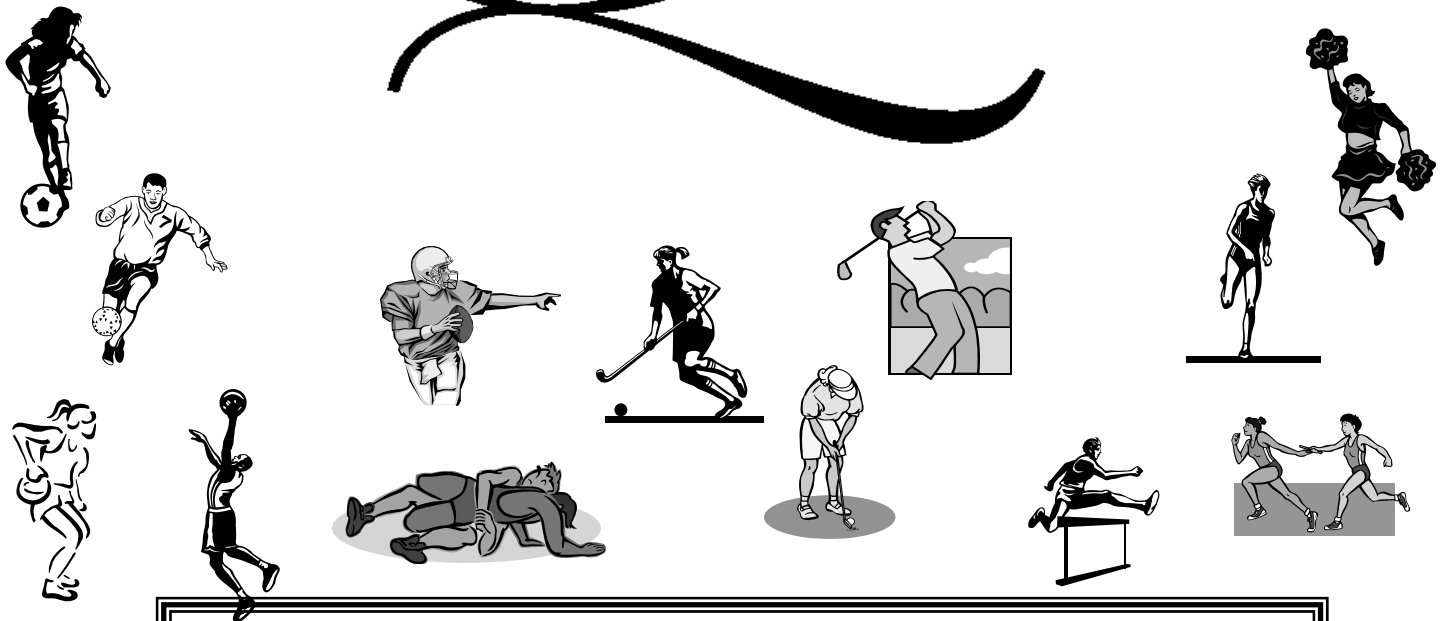
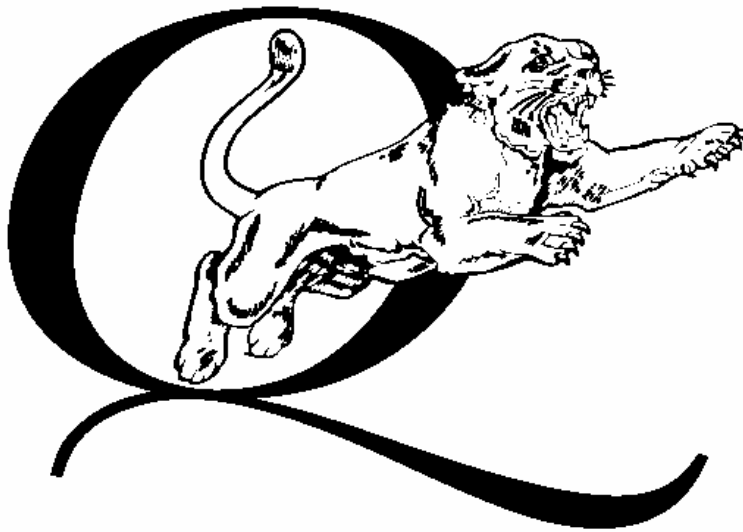


QUABBIN REGIONAL MIDDLE / HIGH SCHOOL
STUDENT ATHLETIC HANDBOOK

FOR
ATHLETES / PARENTS / GUARDIANS
2007 - 2008



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WELCOME TO QUABBIN REGIONAL MIDDLE/HIGH SCHOOL ATHLETICS

This handbook provides information regarding interscholastic athletics at Quabbin Regional Middle/High School. Please keep it and refer to it whenever you have a question or concern regarding your child's athletic experience. If this handbook does not answer your concern or question, please call your child's coach or the school (978) 355-4651x8004.

I. ATHLETIC PHILOSOPHY

The Interscholastic Athletic Program at the Quabbin Regional Middle/High School, or QRM/HS, is committed to the Mission Statement of the Quabbin Regional School District. The *Mission Statement* affirms: *A school is essentially a community of learners organized for the care and development of young minds. A public school assumes the added responsibility of preparing all young learners for their future as productive citizens in a free and democratic society. The two purposes are intertwined: the faith that built our public schools holds education to be the key to our nation's future. We are committed to that mission. Indeed, the Quabbin Regional School District believes that the continued well being of our society and its citizenry in the next century depends on the attainment of higher levels of education. It is not enough to restore old standards; these must be surpassed. Where we once expected competence, we must now expect and envision a pursuit of mastery in both learning and teaching.*

The steeply increasing demands on the intellectual resources of our citizenry require that we regard learning as a lifelong endeavor. Credentials that once spoke to learning attained now signify only what further learning one is ready to pursue. The high school diploma no longer secures a place in our society. Certification no longer secures a professional position in our schools. Greater demands on students mean greater demands on staff. We must envision that our purpose as a public school system is to prepare students to continue their education beyond the diploma, through vocational training or higher education, onto a lifetime of independent learning. Our responsibility to our staff is to assure that certification is just the beginning of their professional development that they are continually prepared for the challenges ahead. We must all be learning how to learn to be ready for the future.

The Quabbin Athletic Program is an extension of the academic classroom. As such, it is committed to teaching not only the skills and strategies of particular sports, but also the ability to accept success graciously and to handle disappointment maturely. The athletic program also inculcates accountability, sportsmanship, loyalty, confidence, tolerance, respect, sacrifice, self-discipline, positive work ethic, teamwork, striving for excellence, leadership, physical well-being, social skills and citizenship.

The Quabbin Regional Middle/High Schools offer the following sports:

MIDDLE SCHOOL		
FALL	WINTER	SPRING
Boys/Girls Cross Country Boys / Girls Soccer Field Hockey	Boys / Girls Basketball Cheerleading Wrestling	Baseball Softball Boys / Girls Track & Field
HIGH SCHOOL		
FALL	WINTER	SPRING
Boys / Girls Cross Country Boys / Girls Soccer Boys Golf Cheerleading Field Hockey Football	Boys / Girls Basketball Boys / Girls Indoor Track Cheerleading Wrestling	Baseball Softball Boys / Girls Track & Field Boys / Girls Tennis Girls Golf

II. GOVERNING BODIES

A. **The Massachusetts Interscholastic Athletic Association or MIAA:**

Quabbin Regional High School is a member in good standing of the MIAA and, as such, abides by all its rules and regulations. The MIAA serves its member schools in a variety of ways including sports specific rules, academic standards, sportsmanship guidelines, assistance in drug and alcohol education, and post-season regional and state tournaments for varsity level competition. The MIAA does not sponsor or sanction sub-varsity tournament competition.

B. **The Midland-Wachusett League or MidWach:**

Quabbin Regional School District is a member of the Midland-Wachusett League, which is governed by the rules of the MIAA and its own constitution. The league is divided into four divisions according to high school population. the divisions are:

DIVISION A	DIVISION B	DIVISION C	DIVISION D
Algonquin	Gardner	Clinton	Bromfield
Leominster	Nashoba	Oakmont	Ayer
Fitchburg	Groton-Dunstable	Hudson	Littleton
Milford	Quabbin	Lunenburg	Maynard
North Middlesex	Westborough	Murdock	Tahanto
Shrewsbury	Marlboro	Narragansett	West Boylston
Wachusett			

III. STUDENT QUALIFICATIONS

A. Each student must have a physical exam. School physicals are administered **each June for the following school year**. Students **who do not have** a school physical **MUST** have one with their family doctor. Evidence of that physical examination must be on file in the Nurse's Office **before** the start of tryouts and practices.

B. **Permission forms**, signed by a parent or legal guardian must be on file in the Athletic Office.

C. **Medical emergency forms** must be completed and on file in the Nurse's Office.

D. **Academic Eligibility: Revised 2003**

To be eligible for participation in interscholastic competition, a student must earn a passing grade in every subject. Specifically:

1. A student must secure during the last marking period preceding the contest, a passing grade in **all subjects**.

2. At the conclusion of the **second and fourth marking periods**, to be eligible, a student must secure a passing grade in both the term and the semester in all subjects. A grade of "U" will deem a student ineligible.

3. **If a student fails fourth quarter only, yet passes the course for the semester, then to regain eligibility that student can take a summer school, night school or online course. A new course will be added to the database entitled "Summer School/Term 4 Athletic Eligibility." This course will show a 4th quarter grade and a semester grade, but will not generate any credits. The grade earned in this external course will not impact the computed GPA. The original failing grade will remain, but the transcript will also reflect this summer course.**

4. **Withdrawn grades: A Withdrawal Failure** in the marking term preceding a season will make an athlete ineligible for participation.

5. The scholastic eligibility of all students shall be considered as official and determined only on the date when report cards for that marking period have been issued to the general student population. The athletic director and the building principal must determine the eligibility of all students on the basis of these criteria. (MIAA Regulation)

E. ATHLETIC PARTICIPATION FEE

Each student will be assessed an Athletic Participation Fee per sport, per season. Students who receive free or reduced lunch will have this fee waived. Fees will be collected by the athletic administration or coaches. It must be paid prior to the first scheduled event in that sport. The fee will be refunded to students who do not make a team.

F. SPORTSMANSHIP & DISCIPLINE

Any student ruled out of a contest by game officials for fighting or conduct lacking in sportsmanship shall not participate in the next two regularly scheduled contests. A student ruled out of contest twice in the same season for conduct lacking in sportsmanship or fighting shall be disqualified from further participation in her/his sport season for a year from the date of his or her second disqualification (State Regulation).

Repeated disciplinary actions may result in the removal of a player from a team. Two athletic referrals on any athlete means automatic removal from the team. The athletic director, principal and coach may also make decisions on an athlete's removal from a team based on circumstances that are contrary to good sportsmanship and sound moral behavior but are not outlined on the athletic referral form.

IV. POLICY REGARDING CHEMICAL USE

Please refer to current year QRM/HS Student Handbooks for the updated policy. It is the responsibility of student-athletes to be aware of the policy.

A. MIAA POLICY

In addition to the QRM/HS policy, the following MIAA Policy will be enforced. This policy is in force from the first day of full practice through the end of the academic year or final athletic competition of the year, whichever is later.

1. SUBSTANCE USE

During the season of practices or play, a student shall not, regardless of the quantity, use or consume, possess, buy, sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any dangerous or controlled substance. This policy includes products such as 'NA or near beer'. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his or her doctor. Member schools are alerted that this rule represents a minimum standard upon which schools could develop some more stringent requirements. 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. If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate.

2. Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco (the MIAA Policy) MIAA Handbook July 1, 2005 – June 30, 2007

During the season of practice or play, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer". It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. any student athletes might be present at a party where only a few violate this standard. If a student in

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

Minimum PENALTIES:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season. Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contest totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If 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. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year. 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.

1st Offense

# of Events / Season	# of Events / Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5

2nd Offense

# 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

2nd Offense w/Dependency Program

# 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

V. HAZING: Massachusetts State Law Chapter 536, Sections 16-19

Hazing is defined as any conduct or method of intimidation 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 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.

Section 17 further states: "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 (\$3,000) or by imprisonment in a house of correction for not more than one year, or by both such fine and imprisonment."

Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably practical.

VI. MESSAGE TO PARENTS

A. COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the team
3. Location and times of all practices and games
4. Team requirements, i.e. practices, special equipment, out-of-season conditioning
5. Discipline that may result in the denial of your child's participation
6. Procedure followed should your child be injured during participation

B. COMMUNICATION COACHES SHOULD EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concerns with regard to the coach's philosophy or expectations

C. APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH

1. The treatment of your child, physically and emotionally
2. Way to help your child improve
3. Concerns about your child's behavior

Coaches take their profession seriously. They work very hard to make decisions that are best for the team and individual athletes. While there are some things that are appropriate in addressing the coach, there are some items that must be left to his or her discretion.

D. ISSUES NOT APPROPRIATE TO DISCUSS WITH COACH

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

Please do not call the coach at home or attempt to confront a coach before or after a game. Emotions of both the parents/guardians and the coach are best to await another day. There may be times when a meeting is necessary between the coach, athlete, and parent. These meetings are encouraged provided that the parties involved have a clear understanding of the others' position. Contact the coach to schedule an appointment. If the meeting with the coach did not provide a satisfactory resolution, call to make an appointment with the AD (978) 355-4651 x 8004.

F. SPECTATORS

Inappropriate behavior by spectators will not be tolerated at any event home or away.

Spectators who are demonstrating unsportsmanlike behavior will be asked to leave the school

grounds. Please model good behavior at all times

VII. ATHLETES' RESPONSIBILITIES

- A. A student should never lose sight of the fact that interscholastic athletics is a co-curricular activity and his or her primary reason for being in school is to get an education.
- B. A student who participates on an interscholastic athletic team is expected to honor the expectations of the coach and athletic department. Often students like to be involved in both the music and athletic programs. We encourage students to take part in both athletics and music activities. Both the student and the AD and the music director should do a careful check of the music department calendar and the athletic schedule. The student and respective directors should deal with any conflicts as soon as possible. Open lines of communication should be a priority for the respective parties (including student).

League, district/state and national athletic competitions will take precedence over music practices/exhibitions and in-school exchanges. Participation in the Quabbin Valley Music Festival/Central District Music Festival, All-State Music Festival/New England Music Festival and traveling exchanges will take precedence over athletic practices and regular season competitions.

Athletic and music departments will respect the right of students and their parents to freely choose participation in optional music programs or athletics. Realizing that there is still the possibility of conflicts, the AD, music director, and student will resolve the problem. The school administration will become involved if no decision is reached.

- C. All students must emphasize proper behavior and good sportsmanship. Athletes will be informed of the expectations of each sport. The **Fundamentals of Good Sportsmanship** include:
1. Showing respect for the opponent at all times
 2. Showing respect for all officials
 3. Knowing, understanding and appreciating the rules of the contest
 4. Maintaining self control at all times
 5. Recognizing and appreciating skill in performance regardless of affiliation
 6. All students are responsible for keeping the locker room clean
 7. Personal hygiene habits of the highest degree will be followed
 8. Teacher retention, office detention, and extra help sessions take precedence over the participation of the student in a practice or a game.
 9. All students must be in school for three blocks in order to practice or play.
Exceptions to this rule, e.g. doctor's appointments, will be granted by the AD after a discussion of the particular situation with the student
 10. Any student who spends **more than one** period of the school day in the Nurse's Office will not be allowed to participate in *that* day's activities. Exceptions to this rule will be granted after the AD, school nurse or athletic trainer have discussed the situation. The decision of the AD will be final in these situations.
 11. All athletes should have proper equipment and attire when participating.
 12. All athletes who have complaints relative to the athletic program should register them with their coach for a solution; if not resolved at that level, the AD should be involved.

13. All athletes on bus trips will behave in manner that is not distracting to the bus driver. All athletes will travel to and from athletic contests on the team bus. The only time an athlete does not have to ride home on the team bus is when his or her parents are at the game and they tell the coach that the athlete will be going home with them.
14. Team members must be on the bench during a contest. There should be no wandering around. When teams travel together, the team not competing, i.e. when JV is competing, varsity teammates will sit together. No one is permitted on the bench unless he or she is a team member or associated with the team. There should be no abusive language or any derogatory remarks from a team bench directed toward officials or opponents. After the game all players will cross the playing surface and shake hands with opponents.
15. All coaches will inform team members and their families, in writing, of the expectations of the athletes at the start of the season. This will include training procedures commitments, strategies, conduct, etc. The AD will insure that all varsity coaches are distributing expectations.
16. No group of students should be permitted to practice unless under the direct supervision of the coach.
17. All athletes are reminded that when visiting other schools to compete in interscholastic athletic events, they are guests at the host school. We expect that our athletes will act in a responsible and courteous way; therefore, respecting the facilities and equipment of the host school is a priority. Any malicious destruction of property will result in dismissal from the team and the athlete's responsible may be financially assessed for damages.

Any disregard or violation of rules and expectations may lead to dismissal from the team. Whenever the athletic department takes disciplinary action against an athlete, the AD will immediately notify the parents of the situation. A summary letter will follow with details of the action.

D. TRYOUTS

Participation in athletics is a privilege; students try out voluntarily and, for some of our teams, the student may not make the team. During the tryout period, the coach will provide a written explanation of his or her expectations. It is the student's responsibility to demonstrate to the coach that he or she can meet these expectations. Students cut from a team are encouraged to try out for another team if there is space on that team and the final cuts have not been made. Students who are cut from a team will be informed as to the reason for the cut. After tryouts begin, no athlete may voluntarily leave one team and try out for another without the consent of both coaches involved and the approval of the AD.

E. TRANSFER STUDENTS

All transfer students are subject to Rule 57 of the **MIAA policy**.

F. COMMITMENT

After being selected to be a member of a team, QRM/HS students are expected to attend all practices and games of that team. Practices will average two hours in duration. Weekend practice sessions vary by sport and may be expected. Interscholastic athletics demands much more commitment than a club or recreational activity. Students should be aware of the time commitment prior to trying out for the team.

G. SCHOOL & FAMILY VACATIONS OR EXTENDED ABSENCES

Every team member is expected to be present for all team practices and games. Because of schedule parameters, many of our teams practice and/or play during scheduled school vacations. Students who plan to be absent for an extended period of time due to vacation or a planned extended absence should discuss this situation with the coach **prior to trying out**

for the team.

H. MIAA BONA FIDE TEAM MEMBER RULE: MIAA RULE 85

The Bona Fide Team Rule requires that members of a school team actively participate in all team practices and competitions. Members of a school team are precluded from missing a high school practice or competition to participate in a non-school event or activity in any sport recognized by the MIAA. On occasion, a student might find him or herself in potential conflict with this rule. This can happen when a student-athlete has an association with an out-of-school team or has an opportunity to participate in a special tournament or on a special team. A waiver of the Bona Fide Team Rule excusing the student from the school activity that day and allowing the student to participate in such a non-school event is possible under the guidelines set forth below. Before a waiver request is submitted ALL of the following considerations must be present: (See White Book for form.)

- 85.1 The non-school event must be a significant experience – not one normally available to most anyone.
- 85.2 The invitation must have come from a personalized invitation – not a form letter that went to large number of students.
- 85.3 It must be clear that the student is not being exploited and that the student is truly being singled out to participate.
- 85.4 The amount of time being missed from school will definitely be considered.
- 85.5 The number of school team activities being missed will be a factor considered.
- 85.6 There is a limit to the number of times that a student could qualify for a waiver. It would be extremely rare that a student-athlete would be granted more than one waiver.
- 85.7 The request for a waiver must have the written support of the school principal, the AD and the coach.

Waivers will be considered on an individual basis on the merits of each case. The AD will request a waiver to the MIAA. (AD has MIAA White Book for form.)

The first offense of the bona fide team rule will result in a suspension for 25% of the season. The second offense will result in a suspension for 25% of the season and ineligibility for tournament participation

I. DAILY TEAM ATTENDANCE

It is extremely important that a coach be notified if a student is not going to be present at practice or a game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present at all team related activities. Suspension or dismissal from the team may take place as a result of such absences. Students are excused from team activities for illness, injury, academic, family emergencies, or religious reasons. Prior notification is strongly recommended and expected.

J. CARE OF EQUIPMENT

Students have an obligation and responsibility for all equipment issued to them. Each student is responsible for the proper care and retention of his or her equipment from the date of issue to the date of return. Equipment should be stored in a locked locker at all times when not in use. Experience has shown that most losses are due to lockers being left open and unlocked. If students lose school equipment or fail to return same, they are responsible to meet the current replacement cost of the equipment.

Payment is required at the time of the loss, prior to the next season of athletic

involvement, or graduation, whichever comes first. No student will be allowed to try out for another sport until all outstanding equipment has been returned or paid for.

K. PLAYER LEAVING SQUAD DURING SEASON

If an athlete leaves the team during the season due to injury, academics, discipline, or quitting, it is his or her responsibility to return all school equipment immediately.

L. PHYSICAL EDUCATION

All students are required to participate in their regularly scheduled physical education classes. Student being medically excused from physical education may not be allowed to participate in their team practice or game on that day.

M. BUILDING AND FACILITY ACCESS

At the conclusion of each school day, student-athletes should bring all items that they will need the next day into the athletic locker room area. Students will not be allowed access to the main school building after practice, games, or on non-school days.

N. ATHLETIC SHOES

At no time should shoes with cleated soles be worn inside the building. Serious injury can occur from slipping on cement or tiled surfaces.

O. WEIGHT ROOM

The QRM/HS weight room is only available to all students whenever a staff member directly supervises its use. Failure to abide by this policy will result in loss of privilege in using the facility.

P. PLAYING TIME

Perhaps the most emotional part of an athlete's participation in high school athletics centers around playing time. Student-athletes participating in interscholastic athletics find that practices and expectations are intense and demanding. It is the responsibility of the QRM/HS coaching staff to decide which athletes should start a contest, who should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after the coaches have observed the athletes in practice sessions, game-like situations, scrimmages and, at time, games. Factors such as practice, attendance, attitude, commitment, and of course, athletic skill enter into the decisions.

Q. SUB-VARSITY TEAMS (Middle School, Freshman, JV)

At the sub-varsity levels, members of the coaching staff will make a strong effort to play all team members for as much time as is practical. The emphasis at these levels is the teaching of fundamental skills and team play.

R. VARSITY TEAMS

At the varsity level, our teams will compete against opponents at the highest possible level of execution. This is the highest level of interscholastic competition and players, coaches, parents and staff members want the QRHS varsity teams to be successful and competitive on the field of play. As long as the score is being kept, QRHS should attempt to win as many games as possible. To accomplish this, there are many instances when the most competitive, skilled team members will carry the major burden of the contest. However, teams cannot and will not be successful without committed substitutes or "second team" players. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these players whose hard work in practice each day prepares the team for the upcoming contest.

Success should never be measured in wins and losses but in the performance of athletes. If our athletes perform to the best of their abilities, they will always be successful, no matter what the final score might be.

S. TEAM CAPTAINS

It is a coaching decision as to how team captains are selected. They may be elected by the team

or appointed by the coach prior to the first regularly scheduled contest. Captains may also be elected or appointed on a game-by-game basis. It is expected that team captains be leaders of their team and be ready to assume duties as outlined by their coach. They are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains may be asked to meet with the AD during the school year to discuss the athletic program. Captains may be relieved of their position for violation of team, department, or school rules.

T. SECURITY OF PERSONAL BELONGINGS

All personal belongings should be locked in a locker while the student-athlete is trying out, practicing, or playing. All students should have a lock for their athletic lockers and never leave their locker unlocked or open while in the shower. In the event that students do not have locks, they should bring their clothing and books to practice with them and leave these items where they can be easily observed. QRM/HS cannot be responsible for personal belongings of student-athletes.

U. LOCKER ROOMS AND FACILITIES

Student-athletes are expected to respect the locker facilities, showers, and general areas of the athletic wings. We expect the student-athletes to take pride in their facilities by using barrels and keeping their athletic facilities in good condition. Students who remain after school for practices or games are not to be wandering the building. Students will be directed by their coach to a designated area until practice or the game begin.

VIII. COLLEGE & CAREER GUIDANCE

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the QRHS athletic staff are willing and eager to assist all of their students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send videotapes, if available, and write letters of recommendation. They can guide students to a more knowledgeable resource that can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations. See your guidance counselor for information.

IX. SPORTSMANSHIP

QRM/HS expects all parties at a contest to display the highest level of sportsmanship. Players, coaches, and spectators are to treat opponents, game officials and visiting spectators with respect.

The MIAA reserves the right to "warn, censure, place on probation, or suspend up to one calendar year ,any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship." The QRM/HS reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

X. ATHLETIC AWARDS

A. Middle School

1. Certificates are awarded to all 7th grade participants
2. A "Q" letter and sports-specific pin are awarded to all 8th grade participants
3. Special certificate awards are given to MIP (Most Improved Player) and Coach's Award recipients. No MVP (Most Valuable Player) is awarded.

B. High School

1. **Certificate Award** - given to all those who participate on a freshman or junior varsity team. Special certificate awards are given to MIP and Coach's Award recipients. No MVP is awarded.
2. **Varsity Letters**
 - a. In football, soccer, basketball, baseball, softball, field hockey, golf and

- cheerleading, letters are awarded to all who participate and complete the season and who have been recommended by the coach.
- b. In track and cross-country, members must score 15 points or be recommended by a coach.
- c. In wrestling, members must score 9 team points or wrestle in 2/3 of varsity meets or be recommended by coach or placing in tournament while winning more than one match.

3. Special Awards

- a. District E Athletic Directors Awards - Senior Award is presented to an athlete who:
 - 1. Displays athletic proficiency;
 - 2. Has achieved scholastically;
 - 3. Displays citizenship;
 - 4. Displays leadership;
 - 5. Contributes to school and community.
- b. Sportsmanship Award - presented to an athlete who:
 - 1. Earns a varsity letter;
 - 2. Shows concern for others;
 - 3. Plays by the rules;
 - 4. Behaves in such a manner as to be a good role model.
- c. Senior Plaque Award - presented to seniors who:
 - 1. Received letter awards in two sports in both junior and senior years
- d. Buelow Award - presented to a senior who:
 - 1. Displays loyalty and determination, courage and sportsmanship;
 - 2. Does not have to be outstanding athletically, but has achieved success through determination and persistence.
- e. Scholar-Athlete Awards - presented to seniors who:
 - 1. Has earned honor roll status during four of the previous seven marking terms (four terms of junior year and first three of senior year);
 - 2. Has earned two consecutive varsity letters in a single sport;
 - 3. Displays such qualities as sportsmanship and school-community citizenship.
- f. Top Scholar Athlete Award - two single awards will be presented - one girl, one boy, under the following criteria. Athletes must meet all above criteria plus:
 - 1. Have participated in more than one varsity sport;
 - 2. Have been judged superior to all others according GPA.

(Coaches are asked to nominate athletes for Sportsmanship Award and Buelow Awards).

DISCLAIMER

The laws, school committee policies, and school rules stated in this handbook are intended to ensure the safe, orderly, and educationally sound operation of the schools in the Quabbin Regional School District. In addition to these written provisions, there may be times where, to further ensure the safe, orderly, and educationally sound operation of these schools, the school administration may enforce a standard of conduct upon students that furthers this end. Furthermore, the school administration has the right to enforce any law, ordinance or school committee policy not written in this handbook. If a new law is passed, it supersedes current rules.

The Quabbin Regional School District does not discriminate on the basis of color, religion, sexual orientation, age, disability, or national origin.