



Collegiate Charter School of Lowell

To: All Parents and Guardians of CCSL Student-Athletes
Fr: Kyle Pelczar, Athletic Director

WELCOME TO THE COLLEGIATE CHARTER SCHOOL OF LOWELL ATHLETICS

Dear Parent / Guardian and Prospective Athlete:

As Director of Athletics, I would like to welcome you to the Collegiate Charter School of Lowell Middle School and High School Athletics. I look forward to getting to know you as you progress through our athletic programs.

This handbook is designed to provide information about the Collegiate Charter School of Lowell athletic programs available to you. It also serves as a guide for all athletes, parents, and coaches.

Successful athletic programs have specific goals. They include: a positive experience for every athlete and a great sense of camaraderie and unity within their team; an environment that ensures high ethical standards and expectations for fairness, equity, and sportsmanship for all of our student-athletes and coaches.

As a coach, it has always been my belief that there is a big difference between athletic teams and athletic programs. A successful program includes dedicated coaches, active support from the student body, outstanding leadership from school administrators, and most importantly, a great sense of pride fostered by the entire community. It will be our mission to facilitate all those facets together to create the best athletic programs possible.



A *true* athlete is someone of high moral character with a genuine work ethic. They contribute to a team in many different roles and always strive for improvement and efficient execution of skills, in practice as well as in competition. Play hard, play fair, and dedicate yourself to be the best you can possibly be, but most importantly, have fun! The rewards will stay with you for the rest of your life.

Go Wolves!

Kyle Pelczar

Athletic Director

Physical Education Teacher

Collegiate Charter School of Lowell

978-458-1399 x1140

kpelczar@lowell.sabis.net



The goal of the interscholastic athletic program is to expand your child's academic experience. The CCSL Athletic Department believes that competitive sports teach your child the benefits of preparation, teamwork, positive self-esteem, and long-lasting relationship building amongst teams that will carry on later into their jobs. While the expectations for your child may differ depending on the level of his/her own team, in all cases we hope to ensure that your child will be treated fairly, without bias and with dignity and respect at all times. Placement on sub-varsity teams leans heavily on the teaching and learning components, while placement on the varsity teams will reflect a more competitive approach and playing time in games will be selective by coaches. In all cases, sportsmanship is the hallmark of collegiate teams and all student-athletes are expected to act with respect for themselves, respect for their coaches and teammates, and respect for others on and off the playing field accordingly.

Our athletic programs are governed by the rules and regulations of the Massachusetts Interscholastic Athletic Association (MIAA), Massachusetts Charter School Athletic Organization (MCSAO), and Ecumenical Athletic Association (EAA). Student-athletes must be familiar with and follow these rules.

As you review the Collegiate Charter School Athletics Program Procedures and Guidelines, please pay close attention to the School Attendance and Academic policies and how they relate to both weekend and weekday eligibility for your child to play a sport.

I look forward to seeing you at our games and hope you will contact me if you have any questions, comments, or concerns. GO WOLVES!



Collegiate Charter School Athletics Program Procedures and Guidelines

Governance

The Collegiate Charter School of Lowell is a member of Ecumenical Athletic Association (EAA) for Middle School and the Massachusetts Interscholastic Athletic Association (MIAA), and the Massachusetts Charter School Athletic Organization (MCSAO) for the High School.

Try-Out Eligibility

In order for a student-athlete to “try-out” for and participate on an interscholastic athletic team, the following criteria must be met:

All Parents/Guardians must complete the Athletic Registration Form.

All student-athletes must have an up-to-date physical on file at school. Physicals are valid for 13 months from date signed by physician. **Student-athletes with expired physicals will not be permitted to participate in practice or competitions.** All physicals must be delivered to the Nurse’s Office before the first day of practice.

All student-athletes must secure a passing grade in all five (5) major subjects during the reporting period preceding the sports season to earn full eligibility.

Athletic Team Selection

The Collegiate Charter School of Lowell Athletics Program desires participation from as many students as possible. We encourage coaches to select as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, athletic abilities, and other factors will place limitations on the most effective squad size for any particular sport. It is understood that slots on a team are limited; athletes will be selected for the team based on individual merit, attitude, and respect shown towards others. Coaches, in consultation with the Athletic Director, are the ones who make the final decision on roster size.

Cuts

Justification for cutting includes, but is not limited to:

- Appropriate skill level for competition
- Safe player/coach ratio
- Managing fair playing time
- Showing respect towards Coaches, Team, teachers, and themselves
- Understand and know how to follow rules and safety



Try-Out Period

The following guidelines pertain to all student-athletes trying out for a team:

All students must try out each year for each team. Prior positions on teams are not guaranteed. Due to interest level or other appropriate reasons, some sports may not make cuts and may have the ability to keep all the students interested in the program.

No student is allowed to “try out” for an athletic team after cuts have been made in that sport. The only exceptions to this rule are injury, illness, transfer, or vacancies created by student-athletes leaving the team.

There are some teams that athletes must try out for and risk being cut.

During the tryout period, the coach will provide an explanation of his/her expectations.

It is the student-athlete's responsibility to demonstrate to the coach that he/she can meet those expectations.

Student-athletes who are cut will be informed in person by the coach as to the reason for not making the team, if requested.

Playing Time

Sub-varsity Teams

At the freshman and junior varsity levels (within programs without freshman teams), students become accustomed to interscholastic practice and play. For many, it is their first introduction to competitive sports. Gaining experience through training and play is paramount, not the win/loss record. The focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition. As safety and positive participation during practices allow, all players will receive playing time. Playing time during competitions may not be equally divided and will ultimately be the decision of the coach.

Junior Varsity Teams

This level has increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful at the Junior Varsity level is important, winning is not the sole objective. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations. Attempts will be made to allow as many participants as possible to play, but not all will play equally. At the Junior Varsity level, playing time will be based on the degree of effort, skill improvement, ability to compete and execute skills at game speed demonstrated by the student-athlete in practice and games. This will be determined by the individual coaches.



Varsity Teams

Varsity competition represents the culmination of each sport program. Normally, high school students make up the majority of the roster. Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and be informed of the importance of that role. The number of roster positions is relative to the number of students and their acceptance of their roles in pursuit of the team goals. Game participation over the course of a season is never guaranteed.

Performance should be the focus in determining which athlete plays. It is the responsibility of the coaches to make clear to each student-athlete what their role is on any sports team. Positive attitudes and advanced levels of skills are prerequisites for positions on varsity teams, as is the realization that varsity sports require full commitment. This commitment often extends into vacation periods for all sport seasons or weekend practices and games. The dedication and commitment needed to conduct a successful varsity program should be taken seriously.

Chain of Command/Conflict Resolution

Athletic involvement can be highly emotional and very time consuming. Occasionally, conflicts and issues between student-athletes and coaches occur. Avoid meeting prior to or immediately after a game or during practice. Conflicts and issues should be addressed as soon as possible. Issues should be resolved at the lowest level possible.

1. Student-athlete contacts the coach
2. Parent of student-athlete contacts the coach
3. Student-athlete or parent contacts Athletic Director. AD informs coach.
4. Student-athlete or parent contacts the School Director.

Athletic Injuries

All injuries sustained during athletic participation should be reported immediately to the coach and the Athletic Director. Minor injuries can become serious if not treated properly. The coach/Athletic Director will fill out an accident report for injuries that may need further medical attention.

Concussion Policy (Brief Overview)

Any athlete showing signs of a head injury is to be removed from practice or a game immediately. That athlete will not be allowed to participate until checked by a qualified health professional (Doctor, certified athletic trainer, nurse). If the athlete shows signs of a head injury, he/she will be referred to a physician. Any athlete referred to a physician will not be allowed to return to practice or a game until written permission is received from the physician saying the athlete is clear to participate back into practice. State law also requires that athletes and their parents/guardians notify the school about any prior head injuries at the beginning of the season. For more information about our Concussion Policy, please open the Concussion Policy links on our school or athletics website.



Note: CCSL will add info and the links to the concussion forms and links to the concussion videos on the CCSL website

A Parent's Guide to Concussion in Sports

WHAT IS A CONCUSSION? A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

CONCUSSION FACTS: It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System) Concussions occur most frequently in football, but girls' lacrosse, girls' soccer, boys' lacrosse, wrestling and girls' basketball follow closely behind. All athletes are at risk. A concussion is a traumatic injury to the brain. Concussion symptoms may last from a few days to several months. Concussions can cause symptoms that interfere with school, work, and social life. An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury. A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

Athletic Equipment

Athletic Transportation Procedures

As part of the interscholastic athletic team process, The Collegiate Athletic Department requires that all student athletes ride the team bus to every "away" interscholastic athletic event **as well as** return to the school on the team bus. **Parents may not opt to transport their children to or from "away" athletic events.** Exceptions may occur during a school vacation and will be announced prior to the event. Unless otherwise noted, the same team bus will provide a return trip ride back to the school at the end of the athletic event.

Student athletes who return to Collegiate on the team bus must be picked up from school within **fifteen (15)** minutes of their arrival on school grounds. Failure to abide by this policy multiple times, will result in the athlete being removed from the sports team. In the event of extenuating circumstances that impede parents from arriving on time for pick-up, the parent must call the child's coach.

Rules

All athletes are expected to follow MIAA, and EAA rules as they pertain to athletics. The rules listed below are just a partial list of rules that athletes/parents should be aware of.



Ongoing eligibility for participation:

Attendance - Student-athletes must be in school for a minimum of six (6) academic periods in order to practice or to play in a contest on that day. The School Director must clear any exceptions.

Academic Eligibility Requirements – Eligibility in sports, school sponsored activities, and academic competitions that require a student to practice and participate over a period of time, requires that a student meet the academic eligibility in addition to the general eligibility criteria outlined above.

Initial eligibility for participation will be determined by the following:

- Fall Season- End of Term Report Card from previous year
- Winter Season- Term 1 Report Card
- Spring- Term 2 Interim Report

In season eligibility will be determined by the following:

- Bi-weekly ACAD 301 reports that will be reviewed by the athletic director.

In order to fully participate in extracurricular activities, a student must receive a passing grade (60% or above) in each of the four major academic subjects during the marking period used to determine eligibility for the particular sport or activity. The four major subjects are English, Math, Social Studies, and Science. If a student receives a failing grade (59% or below) in any of the major academic subjects listed above in the determining marking period, the student is placed on academic probation (see below).

Academic Probation - *Academic Probation begins on the day that grades are considered official.* Students failing one subject only will be allowed to practice but will not participate in competitions until the student attains a 60 % or above determined by bi-weekly ACAD 301 reports. Students failing two or more subjects will not be allowed to practice or participate in competition but will be **REQUIRED** to attend practices as a study session. In addition, students will be **REQUIRED** to attend any and all other school offered tutoring opportunities.

The District has an obligation to provide disabled students with an equal opportunity to participate in nonacademic/extracurricular activities, as necessary to afford an equal opportunity for participation. Students with an IEP or 504, the district must take steps, including the provision of supplementary aids and services determined appropriate and necessary by the child's IEP Team to provide nonacademic and extracurricular services and activities in the manner necessary to afford children with disabilities the opportunity for participation in those services and activities. (34 C.F.R. 300.107(a))



School Suspension - Students that have internal or external suspension are not allowed to practice and/or play on the day of suspension.

Physical Education Requirement - All student-athletes must participate in physical education. If a student-athlete is unprepared for physical education or if they have a medical excuse, the student-athlete may not participate in interscholastic athletics that day.

Bona Fide Team Member Rule - A bona fide member of a high 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 high 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. MIAA penalties will be applied, which include a school imposed suspension of play for 25% of the season for the first offense.

Sportsmanship – Collegiate student-athletes are expected to demonstrate good sportsmanship at all times. Student-athletes are required to familiarize themselves with and abide by all of the relevant sportsmanship rules in the MIAA Handbooks, a sampling of which are set out below:

MIAA - "The ideals of good sportsmanship, ethical behavior and integrity should permeate all interscholastic athletics in our community. In perception and practice, good sportsmanship shall be defined as those qualities of behaviors which are characterized by generosity and genuine concern for others. Our athletic fields should be the laboratory to produce good citizens reflecting "fair play" in every area of life."

MIAA Penalties

Range from a minimum of one additional competition of ineligibility, to a maximum of one-year (e.g. for "intent to injure"). In baseball, ice hockey and soccer, because of past concerns about behaviors in these sports, the minimum penalty is two contests immediately following the contest in which the disqualification occurred. *It is also two contests in all sports if ejection was for fighting, punching or kicking an opposing player, or spitting at someone.*

MIAA Sportsmanship - "All participants, coaches, spectators and anyone associated with or MIAA event are required to display, at all times, the characteristics associated with "good sportsmanship." Sportsmanship is the ability to treat everyone involved in an athletic contest with fairness, generosity, respect and courtesy regardless of the outcome of a game. This is symbolized by appropriate "handshakes" at the end of athletic competition. With regards to offenders being required to leave the contest area immediately and not being allowed to return, please refer to rule 3.16. All of the rules listed below include but are not limited to; before contests, during contests, after contests, social media, electronic communication, etc.:



MIAA Penalties -

5.1 Taunting/Trash Talk - any action or comment that is used to demean, bait or embarrass/humiliate others is strictly prohibited. Game officials are to treat any form of taunting as a flagrant unsportsmanlike foul and immediately disqualify the offender(s). The offender(s) are required to leave the contest area immediately and are not allowed to return.

5.2 Threats of Physical Bodily Harm - any participant, coach or spectator who willfully threatens physical bodily harm to anyone associated with a MIAA contest/event before, during or after said event, must be immediately removed from the game site and will be suspended until further notice by the MIAA and EAA Board of Directors until a hearing can be scheduled and conducted.

5.4 Direct Profanity - any participant, coach or spectator who uses profane language directed towards a game official, participant, coach, spectator or anyone associated with a MIAA and EAA contest/event before, during or after said event, must be removed from the game site and suspended for the next two (2) league games.

5.5 Indirect Profanity - any participant, coach or spectator who uses profane language indirectly during a MIAA and EAA contest/event will receive a warning on their first offense. Any further violations are subject to all rules pertaining to technical fouls.

5.6 Spitting - any participant or coach who spits directly or indirectly at an opposing player, official or coach during a MIAA and EAA contest/event will be removed from the game site and suspended for the next two (2) league games.

5.7 Failure to Report – any incident that goes unreported will be considered a violation of the “Member in Good Standing Agreement.”

EXPECTATIONS OF PARENTS, GUESTS AND OTHER FANS: Game attendance is a privilege and not a license to verbally assault others or to be obnoxious. Respect the entire playing of the National Anthem. Respect decisions made by contest officials. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs. Become aware of the purpose of the league and rules to keep winning in its proper place. Respect fans, respect coaches, and respect participants on other teams and respect teammates. Be a fan . . . not a fanatic! Recognize outstanding performances on either side of the playing field.

SUGGESTED POSITIVE BEHAVIORAL GUIDES: Applaud during introduction of players, coaches and officials. Accept all decisions by officials. Acknowledgement between participants and coaches at end of contest, regardless of outcome is necessary for good sportsmanship behavior. Treat competition as a game, not a war. Search out opposing participants to recognize them for outstanding performance or coaching.



Applaud at the end of the contest for performances of all participants.
Demonstrate concern for injured player, regardless of team.

UNACCEPTABLE BEHAVIOR: Yelling or negative chanting or gestures toward opponent. Booing or heckling an official's decision. Do not criticize officials in any way, by displays of temper. Do not taunt or trash talk. Do not refuse to give recognition for good performances and other student-athletes. Do not blame a loss of game on officials, coaches, or participants. Do not laugh or engage in name calling to distract an opponent. Do not use profanity or display anger drawing attention away from the game. Any displayed behaviors having a negative impact on peers will not be tolerated and consequences will be; ejection of game, student-athlete loss of game time, student-athlete kicked out of the game, or student-athlete kicked off the sports team.

Chemical Health/Alcohol/Drugs/Tobacco

MIAA - *From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer.” It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. 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: When the School Director confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season. Second and subsequent violations: When the School Director confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

Hazing

Hazing is prohibited in all aspects including in athletics. Please see Massachusetts state laws on hazing below:



Chapter 269, Section 17

Crime of Hazing, Definition, Penalty

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 person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Chapter 269, Section 18

Duty to Report Hazing

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St. 1985, c.536; amended by St. 1987, c.665. Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime, shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

Added by St. 1985, c. 536; amended by St. 1987, c. 665

Chapter 269, Section 19

Statutes to be provided to Student Groups; Compliance Statement and Discipline Policy Required

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

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team, or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team, or organization has received a copy of



this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.