

## Dear Students and Parents/Guardians,

The South Burlington School District recognizes the important role played by co-curricular activities in our students' education. Participation in activities outside the classroom contributes to the physical, emotional and social health of our students, and promotes a sense of unity and cooperation among athletes, the student body, and the larger school community.

Students: You are encouraged to get involved in any of the wide variety of sports and activities presented here for your selection. Participating in activities adds so much to the outstanding classroom education you will receive in our schools. It is a fun and rewarding way to connect with your school, and it creates memories and friendships that will last a lifetime. Get involved!

Parents and Guardians: Encourage your students to participate! There is an activity appropriate for everyone and with your encouragement and support your student should have an enjoyable and productive experience. Your positive support is always welcome at games and activities.

This guide contains important information regarding policies for activities at South Burlington Schools. Please familiarize yourself with them and discuss them with your student in order to understand and accept responsibility for them. Feel free to contact me if you have any questions.

Have a great school year! GO REBELS!

Ed Hockenbury, Activities Director

## **ACTIVITIES & CLUBS**

Art Club	Journalism Club	Robotics Club
Athletic Leadership Council	Key Club	Rowing Club
Back Country Ski Club	Latin Club	Rugby Club
Coalition for Community Service	Mathematics League	Scholar's Bowl
Dartmouth Model UN	Medical Club (Youth Health Services)	Smash Club
DECA	Mountain Biking Club	Speech/Debate Club
Dramatics	Multi-Media Club	Strength/Conditioning Club
French Club	National Honor Society	Student Council
Future Educators of America	NextGenVest	Table Tennis Club
Green Team	Outing Club	Unified Sports
HEARD (American Sign Language)	PACTeens Club	VT Teens Against Dating Violence
International Cuisine and Culture		

## **INTERSCHOLASTIC SPORTS**

**FALL:** Field Hockey, Soccer, Cross Country Running, Cheerleading, Football

**WINTER:** Basketball, Ice Hockey, Cheerleading, Gymnastics, Alpine Skiing, Nordic Skiing, Dance, Snowboarding, Indoor Track, Bowling

**SPRING:** Baseball, Softball, Lacrosse, Track & Field, Tennis, Ultimate Frisbee, Golf

**PHILOSOPHY:** At South Burlington High School, we understand and appreciate the importance of extracurricular activities in the overall education of our student-athletes. Experiences teach values such as hard work, commitment, leadership, discipline, teamwork, and physical fitness, all within a framework of academic excellence. The coach/advisor should utilize this situation to instill in the students the values that will help them enter society as well-adjusted, useful, emotionally and morally mature individuals. To achieve these values, a coach/advisor must treat all individuals equally while simultaneously realizing the potential and limitations of each individual.

Our athletic teams will strive to win, but emphasis will be placed on effort, improvement, respect for coaches, teammates, opponents, and officials, and learning to win graciously and lose with dignity. Winning is emphasized more strongly at the varsity level, but never at the expense of healthy attitudes, values and perspective. At sub-varsity levels, winning remains a goal, but is subordinate to participation and skill development. Above all, we want all of our athletes to have a rewarding and enjoyable experience.

## GOALS AND OBJECTIVES

1. The development of student abilities through healthy competition and participation.
2. To bring about the realization in our students that participation and competition is a privilege that carries definite responsibilities.
3. To represent SBHS in a manner that brings respect for the school and each individual participant.
4. To develop a healthy attitude towards opponents, realizing that they deserve our most sincere effort to emerge victorious while simultaneously understanding that their purpose is to defeat us in a healthy, sporting/academic encounter.
5. To allow every individual the maximum opportunity to participate in an activity while recognizing that some activities and sports, like life, is a competitive situation in which some will excel, some will succeed, some will fail, and all will benefit merely by being participants.

## **GENERAL POLICIES FOR ALL CO-CURRICULAR ACTIVITIES AND ATHLETICS**

**TRYOUTS:** In some activities it may be necessary to reduce the number of participants to a manageable size, particularly when considering safety, fiscal resources, equipment, facilities, and coaching staff. It is the responsibility of the coach/advisor to make decisions concerning the number of participants. The coach/advisor's decision regarding selections will be final. No candidate (including seniors and students who have participated previously) is guaranteed a spot on the roster or in the activity. The decisions reached will be consistent with the goals and objectives of the specific co-curricular program. Students can increase their chances of making a team by reporting to practice on time, in shape, with the necessary paperwork, and with a good attitude. If extenuating circumstances will not allow you to attend all or part of tryouts, contact the coach ahead of time.

**ACADEMIC ELIGIBILITY** South Burlington High School recognizes and promotes the priority of academics within our athletic and student activities programs. While these activities are an important part of education, academic success remains the primary objective. Coaches and advisors support this position, and will make every effort to accommodate students' needs as they balance academics with co-curricular activities.

It is essential that students and parents understand the following academic eligibility regulations:

1. Any South Burlington High School student who wishes to participate in co-curricular activities and/or interscholastic athletics must be enrolled for the academic year, and not received a grade of "F" on the preceding marking period (quarter) grade report.
2. Students who fall below this criterion will be notified by the coach/advisor. The student will become ineligible until the progress report day of the subsequent quarter. If the student shows no failing grade averages on the individual progress report, the student will regain eligibility to participate in co-curricular activities immediately. If the student is failing any course at progress report time, the student is ineligible for the remainder of the marking quarter. There is no "rolling" eligibility check; the PROGRESS REPORT DATE is the ONLY date to regain eligibility.
3. Eligibility can only be gained at "Progress Report" time at mid-quarter. Eligibility cannot be "lost" at mid-quarter progress reports.
4. For fall sports, eligibility for sophomores, juniors and seniors will be determined by fourth quarter grades from the previous school year. Students who are not eligible for fall sports are placed on probation until the mid-quarter progress report check. This is for only fall sports. Students then either go off probation and become eligible or lose their eligibility (and cannot compete) for the remainder of the first marking period.
5. Students may appeal their loss of eligibility to the principal, only if "extenuating circumstances" exist. "Extenuating circumstances" will be defined by the Principal, but will usually include some kind of hardship on behalf of the student.
6. The Principal, or designee, will provide a final determination on a case by case basis.
7. The student will be allowed to tryout and/or practice, but may not play or participate in any co-curricular contest/production during the period of ineligibility.
8. Ineligible students may not dress in uniform for contests, may not travel with the group/team and may not be dismissed early from school for team travel purposes.

**ATTENDANCE:** In order to practice, compete, or take part in club activities all co-curricular activity participants must be present at school and/or have no unexcused absences on the day of the event. Parents are strongly encouraged to assist in enforcing this policy. **Any Senior who takes part in a "Senior Skip Day" will be considered unexcused and will not be allowed to participate on that day.** The Activities Director will inform the coaches/advisors of those students who are absent. Any exceptions must be determined by the Activities Director. Student-athletes are expected to notify their coach/advisor of any planned absences.

**EQUIPMENT:** As all issued equipment and uniforms belong to SBHS and are only loaned to students, it is expected that you will return equipment with no more than normal wear. Uniforms and equipment must be returned within one week after the activity is over. You will be assessed replacement costs for unduly damaged or missing equipment and uniforms. For underclassmen, future participation in co-curricular activities may be denied for failing to return or reimburse the school district for lost or damaged articles.

**TRANSPORTATION :** The following policies have been developed in order to establish universal practices for all groups when traveling in vehicles provided by the school district. Traveling together is an integral part of school activities.

1. While traveling on the bus, everyone must adhere to any safety rules stated by the driver, coach and/or advisor.
2. Only team and class members are allowed on school trips. Friends of team and class members are not allowed.
3. You must return on the school designated transportation. Exceptions are:
  - a) Parents/Guardians who attend the event and wish their son or daughter to return with them. These requests must be approved by the coach or advisor.
  - b) In some circumstances, students may return home by other means. You must submit a note (24 hours in advance of the trip) to the Coach/Advisor, signed by your parent or guardian indicating the plan. The coach/advisor or the Activities

Director may contact the parent or guardian to discuss the request.

## **GENERAL POLICIES FOR ATHLETICS**

**PHYSICAL EXAMS :** It is the policy of South Burlington High School to require a physical examination every two years for students who engage in interscholastic athletics. Physical exams are at the expense of each individual. The student activity office has a recommended form, which we are asking each student to have completed. A record of the physical exam will be kept on file in the school health office. The interscholastic activity permission form and the participation contract must be completed by the candidate's parents or guardian and submitted to the coach prior to participation.

**INSURANCE:** All candidates are required to furnish proof of accident/health insurance before participating in any tryouts, practice sessions, or athletic contests. South Burlington does not purchase insurance for its athletes.

**TRAINING RULES:** It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules. These rules include restrictions on tobacco, alcohol, and drugs which include steroids and other performance enhancing drugs. The coaches/advisors of the South Burlington School District are concerned with the health habits of the student/athletes of this community, and are convinced that athletics/activities and the use of these substances are not compatible.

Since participation in co-curricular activities at SBHS is a privilege for each individual, it is important that students, parents, and interested persons are aware of the necessary rules and regulations. We believe that participation in activities is a vital part of the student's educational experience. The Activities Department, consistent with school district policy, therefore prohibits the use/abuse of alcohol, marijuana, tobacco, vapor pens or any form of electronic cigarettes, any substance used as an inhalant, alcohol and illegal use of drugs of any form. Training Rules are in effect from the date of the first official team practice, through the conclusion of the final event/competition. The training rules also extend beyond school time, school grounds, and school functions. We, as a department, feel that abstinence should be a way of life in and out of school.

A "violation" of training rules is: "Any drug or alcohol related incident which occurs during the activity's season and includes the purchase, use, possession, being under the influence of alcohol and/or drugs, dealing in alcohol or other drugs and the possession of devices specifically or reasonably associated with alcohol or drug use, the refusal of a student to "cooperate fully" as set forth in IV A.2 of the SBSB Policy, or any other specific drug or alcohol related action(s) that, in the best judgment of school personnel who are familiar with the student's normal behavior, impairs the normal functioning of a student.

**DUE PROCESS** will include: The consequences and due process afforded the student/athlete for violation of the training rules of the South Burlington Activities Department shall be consistent with district wide policy for alcohol and drug abuse.

For possession or use of tobacco, alcohol, drugs, or any other mood altering chemicals or devices specifically or reasonably associated with alcohol, or drug use the consequences are:

- A. **First Offense:** 2 week suspension from all athletic competition. Student cannot dress for any games, travel to any contests with the team, or be associated with the team at away contests or activities. The athlete will be expected to participate in all scheduled practice sessions. The student may also be required to participate in a socially rehabilitative/counseling program. Failure to meet or to work toward meeting this requirement will result in immediate dismissal from the team for the remainder of the season, and will also prohibit the athlete from participating on any other athletic team, until the obligation has been met.
- B. **Second Offense (Cumulative grades 6-12):** A four (4) week suspension from all school related team/group activities, regardless of location. Also, the athlete will be required to participate in a socially rehabilitative/counseling program according to district wide policy.
- C. **Third Offense (Cumulative grades 6-12):** Immediate dismissal from co-curricular activities for the remainder of the current school year. Also, the student must once again complete the social rehabilitative/counseling program before he/she can request to join any co-curricular activity.

**INJURIES:** The fundamentals of playing sports safely will be taught and emphasized. No protective equipment can totally eliminate the inherent physical risks of playing sports, which may include serious brain and/or neck injuries including paralysis or death. Although the risk of serious injury is small, you need to be aware of the risk and stress the importance to your child of following and adhering to the techniques and direction of the coaches. SBHS employs an Athletic Trainer who is available to students to assist and/or advise in the care, prevention, treatment, referral and rehabilitation of injuries. All injuries occurring while participating in athletics or activities must be reported to the coach/advisor and/or trainer. Students who are treated by a physician, whether or not they are being treated by the trainer, must obtain written permission from the physician before returning to the activity.

**CONCUSSIONS:** The Vermont Legislature and Department of Education have adopted legislation around the informing and management of concussions in schools. South Burlington High School will be in full compliance with all aspects of the law. Our coaches meet NFHS and VPA

guidelines, our athletic equipment - including helmets - meets all NOCSAE (National Operating Committee on Standards for Athletic Equipment) requirements, our athletic training staff receives the latest information and training, we provide coaches, parents and athletes with the necessary information, and we follow the Return to Play Guidelines that have been adopted by the VPA. We do all we can to provide a safe environment for our athletes. However, we cannot prevent concussions, and they remain a risk with participation in sports. We rely on student-athletes and their parents to communicate openly and honestly with our coaches and athletic trainers regarding concussion symptoms. More information regarding concussions is available on the athletic department web page.

**PERFORMANCE-ENHANCING DRUGS/SUPPLEMENTS:** Healthy student-athletes do not need supplements. Our students are encouraged to maintain a healthy diet, lifestyle, and exercise regimen in order to optimize performance. Use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc is now included in our athletic training rules and will result in the relevant consequences. There are many other commercially available products (such as creatine and other nutritional supplements) marketed for the purpose of enhancing athletic performance. We advise against use of these products -- studies on their long-term affects are incomplete, and they may be detrimental to the health and performance of young student-athletes. And, they can be dangerous when used inappropriately. Our athletic training staff is knowledgeable about the use and dangers of these products and they are available to answer questions from students and parents.

**GENERAL CONDUCT EXPECTATION:** The student's general conduct in and out of school shall be such as to bring no discredit to the student, team, or school. The participant is expected to behave in a legal, reasonable, and appropriate manner. Failure to abide by this behavior expectation may result in loss of playing privileges, up to and including, dismissal from the team. It is hoped that parents will encourage their child to maintain good attendance patterns regarding practice and scheduled competitions.

**SOCIAL MEDIA AND OTHER CONCERNS:** SBHS encourages safe and responsible student behavior with regard to internet and cellular phone use. Students must avoid inappropriate use of social media and are expected to be upstanding "digital citizens." Issues such as cyber-bullying, online harassment, sexting, etc. will be considered as possible violations of the above referenced general conduct expectation. Any image, photo, video, or on-line conversation which implicates a student-athlete to have been in violation of our training rules or general conduct expectation will be investigated by school officials and parents will be notified. Students and parents are expected to cooperate fully in any school or police investigation related to inappropriate conduct online, via text message and/or social media.

**HAZING :** Hazing is a form of harassment and will not be tolerated in conjunction with the South Burlington High School athletics/activities program. Hazing is defined as "a willful act, occurring on or off school grounds, directed against a player or prospective player of a school-sponsored team or group, that endangers the mental or physical health or safety of a player or prospective member for the purpose of initiation, admission into, or continued membership of any such team or group."

If a student is in violation of "hazing", consequences may range from individual suspension from participation in the athletic/activities program for a period of time, to cancellation of an athletic schedule, depending upon the magnitude of the incident and the number of students involved. Consequences for hazing violations brought to the attention of the administration after the season may be applied to and/or include subsequent athletic/activities participation, athletic letter awards, or athletic/activities probation. The Director of Student Activities and the Principal will determine consequences. There is also a Vermont law making hazing a crime, and students should be aware that, in addition to the school penalties outlined above, they could face prosecution for engaging in hazing. Any incidents of hazing must immediately be reported to your coach, advisor, Director of Student Activities or any school administrator.

**ACADEMIC MAKE-UP WORK:** Students who miss class as a result of co-curricular activities/contests or excused absences are expected to make up academic work as soon as possible. This may include after school sessions. Participants and coaches/advisors should understand that practice is not an acceptable excuse for failing to complete make-up work or for failing to attend after school help sessions.

**PERSONAL PROPERTY:** There is a strong emphasis to secure all those items considered valuable. All lockers should be locked at all times. If necessary, all valuables and money should be secured with the individual coaches/advisors.

**AWARDS CRITERIA:** The recognition for successful participation in an activity is important to the participants, the school, and the community.

- All sub-varsity and varsity participants will receive a certificate of participation.
- All sophomores will receive a numeral pin depicting their year of graduation.
- A participant who is a member of a varsity level co-curricular activity for the entire duration of the respective season may be awarded a varsity letter and/or the appropriate metal insert award. The award will be based upon the recommendation of the head coach/advisor and concurrence of the administration.

**END OF SEASON AWARDS:** End of the season awards are presented by the individual coaches/advisors in an appropriate manner, at the discretion of the coach/advisor. The All-Sport Awards Night will be held in the late spring and will recognize graduating seniors and underclass outstanding athletes who have participated in athletics during their years at SBHS.

**NCAA AND COLLEGIATE ELIGIBILITY:** Students may wish to participate in intercollegiate athletic activities upon completion of high school. In order to be academically eligible, the NCAA requires certain minimums on high school core courses, grades, and SAT/ACT standardized test scores. It is the responsibility of the student to monitor his/her status with regard to meeting NCAA requirements.

For information about NCAA eligibility requirements, students should communicate with their guidance counselors, and go to [http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)

For a copy of the NCAA Guide for the College-Bound Student-Athlete, go to <http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

**NON-SCHOOL SPORTS:** We understand students may participate in sports outside of school, and we encourage them to do so as they choose. However, SBHS expects the commitment to school teams to be the students' first priority should a conflict arise. Students choosing to participate in a non-school team event in favor of an SBHS team event, should expect to face consequences as decided upon by the coach – including reduced playing time and potential suspension and/or dismissal from the team. The coach must be informed of any such conflicts well in advance, but we do want to make it very clear that all student participants are expected to honor their commitment to our teams for the duration of the season.

**TWO SPORT POLICY:** Students may participate in two activities at SBHS during a single sports season provided they fulfill the following criteria:

- The athlete will present a 2-sport proposal to both teams & varsity coaches (in separate meetings) of both programs involved, stating their request and intentions for dual participation, including designating their "priority sport." The coaches will seek input and feedback from their respective team members regarding the dual sport participation request.
- The coaches of both teams involved must next agree to allow the student to participate in their activity.
- The athlete **MUST** indicate in writing with a copy going to both head coaches and the Director of Student Activities which team is their number one priority. Should a conflict arise, then the student **MUST** take part in the activity of the team given priority or not compete at all. There will be no opportunity to change priorities after the initial decision has been made. This decision will be irreversible. No exceptions allowed.

**PLAYING TIME:** Decisions regarding playing time are made by the coach in the best interests of the team. At sub-varsity levels, every effort will be made to get all students playing time in each contest, regardless of their ability, provided the coach determines they meet the following requirements:

- The student is in good mental and physical health, and playing will not place the student or the team at unreasonable risk of injury.
- The student abides by all school, department and team rules.
- The student strives to "earn" playing time by consistently demonstrating good sportsmanship, respectful behavior toward teammates, coaches and officials, a positive attitude and a strong work ethic.

At the varsity level winning is emphasized more strongly, and playing time is not guaranteed. Playing time is determined by the criteria listed above, as well as an individual's ability, and the team situation. Students who have questions about their playing time should address them directly to the coach. Coaches are not required to discuss playing time with parents.

**COMMUNICATION OF ATHLETIC CONCERNS:** Good communication is critical in athletic situations. 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.

It is recognized that situations may arise where parents find it necessary to raise a concern with a coach, and it is imperative the parent(s) adhere to the following communication guidelines:

Appropriate Concerns to discuss with coaches:

- The treatment of your child, mentally and physically
- Ways the parent can help the child improve

- Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

- Playing Time
- Play Calling
- Team Strategy
- Other student-athletes

Protocol for registering concerns:

- Contact the coach first. If you cannot make contact, call the Director of Student Activities and a meeting will be set up for you.
- If the meeting does not provide satisfactory resolution, call to set up an appointment with the Director of Student Activities.

**DO NOT ATTEMPT TO 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.**

**SPORTSMANSHIP:** "The ideals of good sportsmanship, ethical behavior and integrity permeates our culture. In perception and practice, good sportsmanship should be defined as those qualities of behavior which are characterized by generosity and concern for others. Good sportsmanship is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity."

The goal of interscholastic athletics is to give young men and women the opportunity to expand their educational horizons by experiencing fair and friendly competition with peers. Ingrained in that competition are fairness, respect for rules, regulations, opponents, and officials. South Burlington School District subscribes to this goal and will strive in all co-curricular programs to achieve that objective.

South Burlington School District believes the ideals of good sportsmanship, ethical behavior and integrity are the essence of interscholastic activities.

South Burlington School District believes the concept of "sportsmanship" must be taught, modeled, expected and reinforced in the classroom as well as in competitive activities.

South Burlington School District believes that interscholastic activities provide an arena for participants to grow, excel, understand and value the concepts of sportsmanship and teamwork.

South Burlington School District believes that good sportsmanship shall be defined as those qualities of behavior which are characterized by unselfishness and genuine concern for others.

South Burlington School District urges all administrators, coaches, athletes, officials and spectators to demonstrate and promote good sportsmanship as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

We commend you all for actions which display sportsmanlike behavior.

**PARENT/LEGAL GUARDIAN WARNING:** By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems to their coaches or the athletic trainer, follow a proper conditioning program, and inspect their own equipment daily.

# **South Burlington High School**

## **STUDENT ACTIVITIES**

**"The Other Half of Education"**



***2015 – 2016***

### **Co-Curricular Activities Digest for Students and Parents**

**Ed Hockenbury, CAA**  
Director of Student Activities  
(802) 652-7005  
ehockenbury@sbschools.net

**Patrick Burke**  
Principal

***SBHS Athletics Web Site: [www.sbrebels.com](http://www.sbrebels.com)***

***Please Read Carefully***