



Honor

Unity

Humility

Service

PURSUING VICTORY WITH HONOR

2013-2014

Student-Athlete Handbook

The HUHS Highlander Code:

Honor-

Pursue Victory with Honor

Unity-

Feel the Pride of being a member of the Highlander family, and demonstrate support for all Highlanders!

Humility-

Accept victory or defeat with grace; recognize the contributions of all team members, and opponents. Be humble and thankful in your pursuit of success.

Service-

Seek opportunities to use your talents and skills to be of service to your family, community, school and team. Lead by serving.

Dear Student-Athletes and families,

Welcome to the 2013-2014 Harwood Sports seasons! By becoming a member of our Harwood Athletic program you are helping to continue a great tradition! Our coaches and staff have made a commitment to offering our students outstanding opportunities to learn and grow through athletics preparation and competition. Our teams as a whole and our athletes as individuals have long exemplified the highest ideals of good sportsmanship and competitive fire.

We start this new season asking all involved to join us as we renew our commitment to **“Pursue Victory with Honor”**. We want all involved to feel empowered to help us **Honor the Game** by our words and actions, by our intolerance for any display of poor sportsmanship, and our willingness to step up and speak out if necessary to address any inappropriate behaviors. Harwood has made a commitment to the principles of the Positive Coaching Alliance, and we ask you, our student-athletes, and your parents or guardians to join us! You have a right to expect that your coaches will honor this commitment, and help you achieve your best, while Honoring the Games we all love.

What we expect from you is simple, but not necessarily easy... We expect all who participate: coaches, student-athletes, fans and families, to accept the Double Goal model of youth sports. We want to win, but more importantly, we want to use sports participation to help us produce young people who will learn positive life lessons, and be **Winners** in life. In our eyes, a **“Winner”**: Gives maximum **Effort**, continues to **Learn** and improve, and refuses to let **Mistakes** stop them! By making this commitment, we believe that you will develop habits that will serve you well throughout your life!

Our program strives to represent the very best in personal effort, competition, coaching, equipment, schedules and organization. Participation in a sport is a wonderful complement to your education. We hope that it will foster your growth, not only in your particular sport, but in your personal development as well. Life-long lessons learned through sport involvement will benefit you well beyond your years at Harwood. But interscholastic competition demands a serious commitment. It will require long hours of dedication and perseverance but will enable you as an individual to learn to work within a group to achieve a collective goal.

This handbook has been put together specifically for you, the student-athlete (and your family), who will be competing on one or more of high school athletic teams. I hope the contents will help you better understand our program, policies, procedures, and expectations for you as a student-athlete.

We appreciate all of your efforts and wish you personal success as you join the many outstanding student-athletes who have enjoyed and enriched Harwood. Best of luck in your academic and athletic pursuits! If you have any questions or concerns to stop into the Athletic and 882-1156 throughout the year, please feel free Activities Office or call me at

GO HIGHLANDERS!!

Sue Duprat
Activities and Athletic Director



A Person of Character 453.4

Let's face it: It's not easy to become a person of character. It takes a good heart, but it also requires wisdom to know right from wrong and the discipline to do right even when it's costly, inconvenient or difficult.

Becoming a person of character is a lifelong quest to be better.

A person of character values honesty and integrity, and pays whatever price is needed to be worthy of trust, earning the pride of family and friends and self-respect.

A person of character plays fair even when others don't and values no achievement unless it was attained with honor.

A person of character has strong convictions, yet avoids self-righteousness.

A person of character believes in the inherent dignity of all people and treats everyone with respect, even those whose ideas and ideologies evoke strong disagreement.

A person of character deals with criticism constructively and is self-confident enough to take good advice, admit and learn from mistakes, feel and express genuine remorse and apologize graciously.

A person of character knows what's important, sacrifices the now for later, is in control of attitudes and actions, overcomes negative impulses and makes the best of every situation.

A person of character willingly faces fears and tackles unpleasant tasks.

A person of character is consistently and self-consciously kind and empathetic, giving generously without concern for reward.

A person of character feels and expresses gratitude freely and frequently.

A person of character is not defeated by failure or dissuaded by disappointment.

A person of character seeks true happiness in living a life of purpose and meaning, placing a higher value on significance than success.

This is Michael Josephson reminding you that character counts.

To read more from Michael Josephson, or to sign up for email newsletters concerning ethics in sport and character education, please visit Mr. Josephson's website: www.charactercounts.org

The Harwood Mission Statement:



**Harwood Union
Middle/High School will
provide an educational and
creative environment in
which every person is valued
as an individual, challenged
as a learner, and inspired to
contribute to a democratic
society.**

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**If you always do what you always did,
you'll get what you always got...**

**If you want something you have never had,
you have to do something you have never done!**

Harwood Middle/High School Co-Curricular Policy

The Harwood Interscholastic Program shall provide a broad and diverse range of student-centered sporting activities that provide every student of both genders the opportunity to explore and develop their individual interests and potential. The fundamental model of such activities shall be a continuum that supports broad and equal access to each activity in the more junior grades (7th through 8th) where students can acquire the basic skills of the sporting activity. In the more senior grades (9th through 12th), sporting activities may become more selective based upon student abilities.

Co-Curricular Operational Principles

The following shall describe the co-curricular programs at Harwood:

Student Centered. Program offerings and designs shall be based on the expressed interests of students, and also to prepare students for adulthood and citizenship.

Supportive. Activities are conducted in a manner that provides each student with a secure context for personal exploration and interaction with the school's community. Students are actively and systematically encouraged to participate in a broad array of co-curricular activities.

Diverse. Harwood will offer a diverse range of activities that provides each student with many opportunities to explore his or her individual interest and potential. The school will offer a wide variety of sporting, non-sporting and recreational activities outside classes.

Equitable and Inclusive. Equity and inclusion in its broadest sense lies at the core of the co-curricular mission statement. The program will ensure that as many individual students as possible are given an opportunity to participate.

While the ideal is full student access to any and all activities, the reality of limited fiscal, facility, and human resources as well as the appropriate number of students to effectively conduct the activity impose constraints. With recognition of both the ideal and the constraints, the following shall be adhered to:

Middle School: There shall be in place a support system that insures a positive introduction to co-curricular activities at this level. All students will be assured of participation in the activities of their choice offered by Harwood. In regard to sports, seventh and eighth grade students will be offered access to equitable coaching, practice, and playing opportunities regardless of ability. Students will be made aware in the middle school that participation may become more restricted in grades 9-12 as skill levels become limiting factors.

High School: Reasonable attempts will be made to assure open access to all 9-12 co-curricular activities.

Interscholastic Goals and Objectives

The program will use competitive experiences to aid students in the development of favorable habits and attitudes that will prepare them for adult life in a democratic and pluralistic society. The program shall be conducted in accordance with VPA, School Board, Harwood and team policies and regulations. While the Harwood Administration takes great pride in successful programs, it does not condone "winning at any cost" and discourages any and all pressures that might tend to undermine good sportsmanship and good mental health. At all times the interscholastic program will be conducted in such a way so as to justify it as an educational and co-curricular activity.

Our students will learn and grow to be effective citizens in a democratic, competitive and pluralistic society. Working successfully in our society requires that a person learn teamwork, develop self-discipline, have respect

for authority and embrace hard work and sacrifice. Athletes must place the family, team and school objectives higher than personal desires.

Be Successful: Our society is very competitive and student-athletes must learn that they will not win every contest. However, students will be successful when they continually strive to do their personal best.

Be a Good Sport: Student-athletes will accept success humbly and defeat gracefully and know that they have done their best, and have competed fairly. They will treat others as they themselves would like to be treated. Our student-athletes will develop positive social traits including emotional control, honesty, cooperation, self-discipline and dependability.

Strive to Improve: Continual improvement is essential to good citizenship. Our student-athletes will establish positive, attainable goals in the classroom and on the playing field and will constantly aim to reach those goals.

Enjoy Athletics: Our student-athletes will acknowledge all of the personal and team rewards they derive from competition and will have fun in doing so. Coaches will instill a sense of pride and a desire to promote and improve the program.

You Are successful the moment you start moving toward a worthwhile goal .- Charles Carlson

IMPORTANT 2013-14 ATHLETIC DATES *

August 175	All High School Fall Sports may begin
August 20	HS Fall Sports Parent/Athlete Meetings
August 29	MS Fall Parent/Athlete Meeting
August 30	MS Fall Sports begin
October 26	Cross Country State finals
November 5	MS Winter Sports Parent/Athlete Meeting
November 1/2	Field Hockey and Boys & Girls Soccer Finals
November 12	HS Winter Sports Parent/Athlete Meeting
November 18	Boys and Girls Hockey practices start
December 2	All other High School Sports start
February 22	Gymnastics Championships
February 28-March 1	Wrestling State Meet
February 28/March 1	Girls Basketball Championships
February 20 & 25	Nordic Ski Championships
March 4-5	Ice Hockey Finals
March TBD	Alpine State Championships
March 7-8	Boys Basketball Championships
March 14	Middle School/High School Spring Sports meeting
March 18	Practice Begins for Baseball Pitchers & Catchers
March 17	HS/MS Spring Sports Parent/Athlete Meeting
March 24	Spring sports may begin
May 26-June 14	Spring Sport playoffs
June 7	State Track meet

Please note that there will be regular season and playoff games during the Winter Break (February 24-March 4)

- All are subject to change due to scheduling conflicts or weather

It is possible to do everything right with no mistakes and still lose. That's just life! But if you approach a challenge tentative and afraid that you will make mistakes, you will lose! Do your best; trust in yourself and what you have learned.

-Tony Calabrese

General Expectations for Participation in the Harwood Athletic Program:

1. Student must be enrolled as a full-time student;
2. Student must be under 19 years of age;
3. Student must have private/public health insurance on file with Athletic Department;
4. Student must have a current physical on file at Harwood;
5. Student must have returned a completed and signed Athletic Participation Consent Form.
6. Student must be in compliance with any academic and/or discipline plans (PAR, etc)
7. All uniforms and equipment from previous seasons must be turned in prior to beginning another season.

Please see individual sections for more information about the general expectations for each athlete. Note: No student-athlete will be allowed to tryout, practice or participate without satisfying all of the above expectations.

PURSUING VICTORY WITH HONOR:

Responsibilities of a Harwood Athlete

Participation in co-curricular activities is a privilege, not a right. Being a member of a Harwood interscholastic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be managed and maintained. A great interscholastic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad, you have inherited a wonderful tradition that you are challenged to uphold and continue.

The Harwood tradition is to win with honor. We desire to win, but only with dignity and honor to our athletes, our school and our community. Such a tradition is worthy of the best effort of all concerned. Over many years, our squads have achieved more than their share of league and tournament championships. Many of our athletes have set records and won individual honors.

It will not be easy to contribute and add to such a great athletic tradition. To compete for Harwood may mean that you will have to say “no” to temptations an athlete cannot afford. When you wear the Black and Gold, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go along with them. The contributions you will make should be a satisfying accomplishment to you and your family.

Responsibilities to your school: Harwood cannot maintain its position as an outstanding school unless you do your best in whatever activity in which you wish to engage. By participating in interscholastic sports to the best of your ability, you contribute to the reputation of your school. You assume a leadership role when you are on an athletic team. Your peers, neighbors, friends and other Vermont students are watching you. You are on stage and the spotlight is on you. People will copy you in many ways, so set good examples for them. Other students, our community and other towns will judge our school, spirit and pride by your behavior and attitude. Make Harwood worthy of respect and admiration by your faithful exemplification of good character.

Responsibilities to yourself: The most important responsibility you have is to broaden your horizons and develop strength of character. As a student-athlete you have a choice everyday regarding the attitude that you will embrace for that day. You owe it to yourself to get the greatest possible good from your school experience. Academics and participation in co-curricular activities will give you excellent preparation for your life as an

adult. When you are proud of yourself because you measure up to all team and school rules, practice to the best of your ability every day, and have played the game “all out”, you will develop and strengthen your self-esteem.

Responsibilities of the Parents and Guardians of Harwood Athletes

1. Be positive with your child. Let him or her know that he or she is accomplishing something simply by being part of the team.
2. Encourage your child to work hard, reach his or her potential and contribute to the team’s efforts. Do not offer excuses for your child if he or she is not playing as much as he or she would like.
3. Be openly supportive of the coaches rather than being openly critical of them. By openly criticizing the coaches, your child will be trapped between the coach’s authority and the parent’s criticism. This situation merely erodes your child’s effectiveness and lessens his or her ability to contribute to the team effort.
4. Encourage and support your child’s efforts to follow the Harwood Interscholastic Policy, school and team rules. Your positive role modeling is critical to your child’s success and well-being.
5. Emphasize the importance of academics and understand school and VPA academic guidelines. With few exceptions, most student-athletes do not receive collegiate athletic scholarships. Your child’s future as an active, contributing citizen is determined by his or her academic abilities, not his or her athletic abilities.
6. Sport is a game, and games are supposed to be fun. Do not criticize or envy the failures or successes of your child’s teammates or the children on the other team. Most are trying their hardest on any given day and they deserve respect for their efforts.
7. Focus your energy toward being a supporter of the team. Every team is composed of three groups; athletes, coaches and parents. Be a positive part of the team.
8. Emphasize being a good sport with your child. Win or lose, your child must show respect for his or her opponent and demonstrate the maturity necessary to show class. Self-respect begins with self-control.
9. Remember that officials are professionals who occasionally make mistakes. When a coach, player or official participates in a contest, he/she is always trying to do his/her best. Please respect the contributions and feelings of all officials.
10. Emphasize that “team” must take precedence over the individual. Recognition of individual contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual’s contribution to the team’s success.
11. The lessons learned through athletic competition are lessons for life. Keep sports in perspective. It is not life and death.

*Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch you habits, for they become character.
Watch your character, for it becomes your destiny.
- Unknown*

Harwood Union School

Current/Anticipated Athletic Team Offerings

FALL	VARSITY	JUNIOR VARSITY	MIDDLE SCHOOL	JVB/ Freshman	BOYS	GIRLS
Cross Country	X	X	X *		X	X
Field Hockey	X	X	X *			X
Soccer	X	X	X		X	X
Football (w/U-32)	X	X	X		X	X
WINTER						
Basketball	X	X	X		X	X
Gymnastics	X		X			X
Ice Hockey	X				X	X
Alpine Ski	X				X	X
Nordic Ski	X		X		X	X
Wrestling	X	X	X		X	X
SPRING						
Baseball	X	X			X	
Softball	X	X				X
Track	X		X*		X	X
Lacrosse	X	X			X	X
Golf	X				X	X
Tennis	X				X	X

*Cooperative team with CBMS

Harwood is a member school of the following:

Vermont Principal's Association (VPA)

Northern Vermont Athletic Conference (NVAC)

Vermont Hockey League (VHL)

**"It's not where you're from;
 It's where you're going.
 It's not what you drive; it's what drives you.
 It's not what's on you; it's what's in you.
 It's not what you think; it's what you know."
 ---Gatorade commercial**

If You Love Competition You Never Lose 384.2

Is the Olympics all about winning or is it about the glory of competition itself? If you can't see the difference, suppose you were an Olympic athlete in 1980 when you learned that for political reasons you would not be competing against the Russians, many of them among the world's finest athletes. Would you rejoice or be disappointed?

Every real competitor wants to win, but Olympic medalist John Naber says that the real meaning of the Olympic ideal is about the honorable pursuit of victory, not simply the victory itself. Thus, true competitors hate it when top athletes are injured or disqualified because they want to win against their best opponent on their best day. Being declared the winner is not real victory. Being the best is.

In the 1936 Olympics, for example, the German track star Luz Long actually helped Jesse Owens qualify after jitters made him foot-fault twice. Long lost to Owens but he trotted around the track arm-in-arm with him when it was over.

Athletic competition is not a form of war. The people you compete against are also the people you play with. They are not your enemies. The word "competition" comes from the Latin root "competere," which means to strive together, not against each other. Be thankful for quality competitors who push you to your limit. What's more, you'll find sports more healthy and enjoyable when you respect and even like your opponents rather than hate them. When you compete with someone as good as or better than you, you may not always win, but you never lose. *This is Michael Josephson reminding you that character counts.*

To read more from Michael Josephson, or to sign up for email newsletters concerning ethics in sport and character education, please visit Mr. Josephson's website: www.charactercounts.org

QUOTATIONS

Allow yourself to be seduced by the pleasure of service.

-- Michael S. Josephson

All children need love, especially those who do not deserve it.

-- Evan Esar, American author (1899-1995)

Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless.

-- Eric Hoffer, American philosopher (1902-1983)

Let us be realistic and demand the impossible.

-- Graffiti slogan in 1968 Paris

I think that more of our children would grow up happier and more stable if they were acquiring a conviction, all through childhood, that the most important thing that human beings can do is serve humanity in some function and to live by their ideals.

-- Dr. Benjamin Spock, American pediatrician and author (1903-1998)

ACADEMIC OBLIGATIONS and CO-CURRICULAR ELIGIBILITY:

All high school students are urged to get involved in sports or other school activities. Involvement in after-school activities has positive and important effects on grades and issues surrounding school success. Knowing this, we want to encourage our students to participate in activities. However, we have to balance academic achievement with participation in sports and other co-curricular activities. In our effort to encourage continued involvement in co-curricular activities, and provide an incentive for improved academic achievement, HUHS students will be subject to the criteria and conditions listed in the information that follows.

Participation in the Harwood Co-Curricular program is a privilege, not a right. Students earn this privilege by being in regular attendance at school, being a good citizen in school and during their chosen activities, and by demonstrating that they are responsible for their academic progress. As long as they are in good disciplinary standing, students begin each academic year eligible for co-curricular participation. Harwood's new co-curricular eligibility policy is intended to allow students who receive below average grades to continue to participate in co-curricular activities providing they follow the procedures listed below.

Harwood Union Middle/High School Plan for Academic Recovery

The Eligibility requirements to begin or continue participation in any co-curricular activity are as follows:

Students will demonstrate a commitment to academic achievement.

1. If a student receives a D, an F, an Incomplete or an Administrative Failure (X) on a progress report or quarter report card, he/she must take personal responsibility to improve his/her grades. The student will complete the Plan for Academic Recovery, have it signed by the student's TA, the teacher(s) concerned, their case manager, if one is involved, and turn it in to the Athletic and Activities Director.
2. The student will turn in weekly progress reports signed by the concerned teachers until satisfactorily completing the Plan.
3. If during the current academic year the student is no longer enrolled in the class in which he/she received the D or F, the student must present weekly progress reports indicating grades above the D level from all of his/her current teachers until the next report card or progress report.
4. Students may continue to participate as long as he/she follows all of the steps and requirements outlined in their Academic Plan, or is released by the teacher(s) involved.
5. Failure to comply with any part of their Plan for Academic Recovery, or failure of the student to turn in the weekly progress sheets, will result in the student being immediately ineligible to participate in games, events, performances and/or travel with the co-curricular activity. The student may continue to practice.
6. On the recommendation of the principal, a student who receives D's or F's on several report card/progress reports during the school year, may be denied continued participation.

Students who are eligible for this Plan for Academic Recovery (PAR) will take the **PAR Plan Sheet** to each teacher concerned. The teacher and the student will agree on an academic plan to address the deficient areas. The student will check in weekly to get each teacher's signature to confirm that the work is up to date. In the event that the teacher requires more frequent check in, the teacher will indicate that on the Plan.

In order to continue to participate until the next grade report, and/or tryout or sign up for a program that begins before the next grade report, the Weekly Sign in sheet must be returned to the Athletic/Activities Director as indicated until the PAR is completed, or another Grade report is issued.

IT IS THE STUDENT'S RESPONSIBILITY TO COMPLETE AND RETURN THESE FORMS TO THE ATHLETIC DIRECTOR WEEKLY!

CO-CURRICULAR ELIGIBILITY (cont)

ATTENDANCE

1. **To participate in co-curricular functions students must attend a full day of school or school-related activities.** Student attendance must be accounted for no later than 8:00 AM. *In extenuating circumstances, exceptions may be made with the approval of the Activities Director*
2. Absenteeism and tardiness the day of and day after a game will be reviewed and may result in game suspension(s). The Athletic Director will make final decisions in attendance cases. An athlete absent on Friday must have permission from the Athletic Director to play on Saturday.
3. Students who abuse the attendance policy will be required to meet with the Athletic Director to reassess eligibility.
4. If a student is unable to participate in a physical education class because of an injury or ill health, they will not be permitted to participate in a school sport that day.

DISCIPLINE

5. **The student must be in good disciplinary standing.** Suspension, detention, or any loss of student privileges resulting from behavior issues, including substance abuse violations will affect participation in co-curricular events.
 - A. Students who serve an afterschool or lunch detention will miss one practice.
 - B. For more serious incidents, students who receive consecutive detentions or its equivalent will miss 2 practices or one Game/match/meet within the week following the infraction. This will be determined in concert with the coach.
 - C. In both these cases students must attend, but not participate in practice.
 - D. In the case of a suspension, either in or out of school, the student MAY NOT attend practice or games (home or away) during the time of their suspension, and will sit out one game after they return.

ACTIVITY APPROPRIATE DRESS

It is essential that the players and coaches associated with any of our athletic teams display an appropriate dress code. It is unacceptable for coaches or players to wear or condone clothing that bears alcohol, tobacco or otherwise offensive advertising or slogans. It is not acceptable for athletes to wear any clothing in practice that would not be acceptable in competition. For example, girls may not wear sport tops (JogBras) without a top over them, and boys must wear a T-shirt or singlet/tank top. The common practice of boys' teams playing "shirts and skins" is likewise unacceptable. This policy is in place to help ensure respect for the dignity and rights of all persons.

ATHLETIC PARTICIPATION CONSENT FORM

Each student is responsible for returning the five-page Athletic Participation Consent Form before he/she may tryout or practice. Both the student-athlete and a parent/guardian must sign the form. Date of the student's last physical, insurance information and allergy/medication information must also be completed, as well as concussion education materials. Coaches will receive copies of these completed forms to use for emergency and/or biographical information

AWARDS

Graduation Awards:

The following awards are given at the Senior Awards evening prior to Commencement. Award Winners receive a plaque to keep, and their names are engraved on a permanent Trophy kept at Harwood.

- **Robert F. Fielder Athletic Memorial Award:** Given to the Senior Boy AND girl who, in addition to being an outstanding athlete, has also demonstrated sportsmanship throughout his/her years of athletic competition at Harwood. To be eligible, a student must complete at least two years in the Harwood Athletic Program. (Formerly 2 separate awards, now both the boys and girls award will be the “Fielder” named awards)
- **Harwood Union Athletic Award for Outstanding Sportsmanship:** Awarded to the senior boy and girl who in the estimation of the coaches has exemplified the highest ideals of sportsmanship in varsity competition.
- **Harwood Union Scholar-Athlete Award for the outstanding Scholastic and Athletic Achievement:** Given to the senior boy AND girl who have attained an accumulative average of **3.0** over four years at Harwood. The winners will have lettered in **two varsity sports**, and will have a **minimum of four varsity letters**.
- **Harwood Union Coaches Unsung Hero Award:** Awarded to the boy AND girl who in the opinion of the coaches has made an outstanding contribution to the Harwood Union Athletic Program.

In addition to these awards, for the past 6 years, the following scholarship award has been presented:

- **Concept II Scholarship:** Awarded to a boy AND a girl who have shown Academic Excellence and participated in sports during their school career. (\$1000 each)

BOOSTERS CLUB

We are pleased to have the support of the Harwood Booster Club. This organization exists to support and serve the extended needs of all of our curricular and co-curricular programs – middle school and high school. In order for athletics to represent a positive experience in a student’s life, coach and parental support of our Booster Club is of the utmost importance. The Booster Club, and all it does for our athletes, will only work with your support. We encourage all parents of athletes to get involved with the Boosters Club.

CAPTAINS

Whether elected or appointed, captains play an essential role in the leadership of the team. Harwood expects that captains will be outstanding role models for other team members in their actions on and off the playing field. They will serve as the liaison between the coaching staff and athletes; they will serve a primary role in the motivation of individuals, team spirit and good sportsmanship. They will not condone or be a part of inappropriate initiation activities; instead, they will foster a positive team-building environment. A good captain will provide the leadership that is so important for a team to develop the cohesion essential for success.

ELIGIBILITY

VPA eligibility rules apply to all students, both boys and girls, in grades 7-12, and apply to all activities, athletic and non-athletic, sanctioned or sponsored by the VPA. Home study students should reference the separate section on participation guidelines.

1. Contestants/participants must be bona fide students in their schools. Students may only compete on school teams sponsored by their own school during the season, and may only compete for the one school in which they are officially enrolled. Students may participate in meets as individuals, but may not participate as a member of another team.
2. In an activity season, players who have participated in practice or competition as a member of a school group shall not practice or compete as members of a non-school organized group in the same activity.
3. Transfer students are eligible at once, provided that they were bona fide students in the school from which they transferred according to the definition in #1 above. If the transfer is the result of any coercion, recruiting or inducement to move in order to participate in interscholastic activities, students will be ineligible for 365 calendar days from the date of the infraction.
4. A student who competes in any VPA sanctioned activity must be under nineteen (19) years of age, except that a student whose nineteenth (19th) birthday occurs on or after August 1st is eligible for all activities in the succeeding school year. Students who have reached the age of nineteen (19) prior to August 1st shall be ineligible for all VPA sanctioned activities.
5. Students are ineligible if they have graduated from any course of study in a secondary school comparable to a Vermont system.
6. Students have four (4) consecutive years or eight (8) semesters of eligibility for participation in school activities. Attendance of thirty (30) school days of any semester shall be regarded as a semester.
7. No student may participate in the same sport for more than four (4) seasons.

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

- William Arthur Ward, American scholar, author, pastor and teacher (1921-1997)

10 Qualities of a Complete Winner

-- adapted from D. Scott Ward, Ph.D.

1. Positive Self-Expectancy

Always expect success - embrace the challenge

2. Positive Self-Motivation

Go after the rewards of success, not away from the penalties of failure

3. Positive Self-Image

If you can see it, you can do it

4. Positive Self-Direction

Ink what you think--write down your goals. Strive to be better today than you were yesterday.

5. Positive Self-Control

Winners make things happen - losers let things happen to them. Trust yourself and your preparation.

6. Positive Self-Discipline

Practice winning every single day. Be mentally tough - deal with the situation.

7. Positive Self-Esteem

Single most important human quality - feel good about being you. Always respond with a positive reply.

8. Positive Self-Dimension

Little successes lead to victories. Live in the 'Precious Present' - the only moment in which you have control

9. Positive Self-Awareness

See your unlimited potential. Force yourself to push the envelope.

10. Positive Self-Commitment

Measure success against self. Don't get caught up with competing against others. Commit to Excellence

EQUIPMENT

All issued equipment and uniforms belong to Harwood, and are only loaned for the duration of the season. Student-athletes are responsible for the uniforms and equipment issued to them, including keeping them clean and in good repair.

Student-athletes are responsible for returning uniforms and equipment within one (1) week of the end of the season or they will be obligated to pay the cost of replacing the equipment. **For underclassmen, future participation on another athletic team will be denied until all equipment obligations are met.** Seniors will not receive diplomas unless equipment is returned or the school reimbursed.

Students are not permitted to use Harwood uniforms or equipment during out of season activities, or over the summer. The replacement cost of uniforms and equipment can be staggering, and it is unfair to deprive in-season athletes of quality gear because of out of season use.

A special note about equipment as "souvenirs": Equipment and uniforms are very costly. It is also very hard to replace one or two items each year. Some uniforms cannot be replaced and others might cost upwards of two times the original cost. Students who "decide" to keep their uniform "for the memories" are creating an unfair situation for other students. We are making great strides in improving the quality and appearance of all of our sports teams' uniforms and equipment. We ask that you help us out in this endeavor by making sure uniforms are promptly returned at the end of the season.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, schools may disclose, without consent, "directory" information such as a student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance. However, schools must tell parents and eligible students about directory information and allow parents and eligible students a reasonable amount of time to request that the school not disclose directory information about them. Schools must notify parents and eligible students annually of their rights under FERPA. The actual means of notification (special letter, inclusion in a PTA bulletin, student handbook, or newspaper article) is left to the discretion of each school.

If you do not want your student-athlete's roster information (including photos) on rosters, publicity mailings, websites or other sports information, please contact the athletic director immediately.

The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: to return love for hate, to include the excluded, and to say, I was wrong.

-- Sydney J. Harris, British-born American journalist (1917-1986)

HAZING AND HARASSMENT

1. In accordance with the requirements of 16 VSA §565 regarding the prohibition by school boards of unlawful harassment of students, it is the policy of the Harwood School District to maintain a learning and working environment that is free from unlawful harassment. Any form of unlawful harassment on the basis of disability, marital status, national origin, race, religion, age, sex or sexual orientation is prohibited.
2. Hazing is prohibited, contrary to Harwood's policies, and against Vermont State Law. Hazing is any action directed from one person to another person that is meant to persecute or harass with meaningless, difficult, or humiliating tasks. Actions that hinder the development of a cooperative community in which we develop respect for others and ourselves will receive the appropriate disciplinary action.
3. Taunting is prohibited at Harwood. Taunting is considered any actions or comments by coaches, players or spectators that are intended to bait, anger, embarrass, ridicule, or demean others. Included is language that berates, needles, intimidates, or threatens (based on race, gender, national origin or background), and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters.

HARWOOD ANTI-HAZING POLICY

Every student in the District has the right to be free from the humiliation and danger of school affiliated hazing. Students who participate in the District's co-curricular activities or extra-curricular programs shall function within the framework of the district's policies/procedures and the rules of each individual School. No administrator, faculty member, or employee of the District shall encourage, permit, condone, or tolerate hazing activities. No student, including student leaders of organizations, shall plan, encourage, or engage in hazing. This policy applies to the behavior of students who are participating in the District's co-curricular activities or extra-curricular programs that occur on or off school property, during and after school hours, and/or any school sanctioned activity.

Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in the policy.

Definition: *Hazing* is defined as any willful act done by a student, whether individually or in concert with others, to another student for the purpose of subjecting that student to humiliation, intimidation, physical abuse or threats of abuse, social or other ostracism, shame, or disgrace for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any School District sponsored organization whose members are or include other students. The term may include, but is not limited to:

*Any activity that might reasonably be expected to intimidate or threaten the student with ostracism, subject the student to shame, humiliation, or extreme mental stress, or adversely affect the mental health or dignity of the student, or discourage the student from entering into or remaining registered in a co-curricular opportunity.

**Any type of physical brutality.

*Any type of extreme physical activity such as, but not limited to, sleep deprivation, exposure to the elements, confinement in a small space, calisthenics unrelated to approved training, or sexualized acts.

*Any consumption activity involving ingestion of a food, liquid, or other substance that subjects the student to an unreasonable risk of harm; or the ingestion of an alcoholic beverage, liquor, or drug; or in using the reasonable person standard that adversely affects the mental or physical health or safety of the student.

*Any activity that induces, causes, or requires the student to perform an activity or task that involves a violation of school rules, District policy, or law.

Consequences: The Building Administrator (or designee), in accordance with established policy, procedure, and school rules, is responsible for managing student discipline in cases of hazing. Specific discipline for hazing will be at the discretion of the Building Administrator (or designee) after consultation with the Superintendent. A range of disciplinary consequences including warning, suspension, exclusion for extra- or co-curricular

opportunities, revocation of non-curricular privileges (i.e. parking, attendance at events, etc.), or long-term suspension may be applied. Repeat offenders should expect increasingly severe penalties.

In cases of student-athletes, consequences for hazing violations may range from individual suspension from participation in athletic programs for a period of time, to cancellation of an athletic schedule, depending on the magnitude of the incident and the number(s) of athletes involved. Consequences for athletic hazing violations brought to the attention of the administration after the season may include restrictions on subsequent athletic eligibility, revocation or denial of athletic letter awards, and/or athletic probation.

Students who commit acts in violation of this policy are subject to discipline and civil or criminal prosecution.

HEALTH & INJURIES

1. Student-athletes must have on file, with the Athletic Department, a physical examination form, which needs to be updated every two (2) years.
2. The Vermont Principals' Association requires that each student demonstrate that he or she has private or public health insurance for medical care of injuries that may result from participation in the Harwood Interscholastic Athletic programs. The name of the carrier and the number of the policy should be indicated on the participation form.
3. All injuries that occur while participating in athletics must be reported to coach/AD. A Student Accident Form must be completed for any injuries that occur and that report must be given to the AD within 24 hours.
4. A physician has the final decision, as to whether a player can/cannot participate. We cannot allow any player who has been told they can't participate to do so.
5. If an athlete is treated by a physician for an athletic injury, he/she must obtain a doctor's signed permission in order to return to the activity. This permission must be given to the Athletic Director or the Athletic Trainer.
6. On-site, the Harwood Athletic Trainer, or his/her designee has final authority in determining a student's eligibility to return to play after an injury.
7. **Concussions are a particular concern for adolescent athletes. It is imperative that the trainer is informed of any head injury, regardless of how minor it may appear to you. We will be providing additional training for coaches about this. Also we will be utilizing a program, "Impact", to test high school athletes. This will provide an objective baseline against which to measure athletes who have suffered head trauma. Our Athletic Trainer will provide more information to coaches, parents and athletes about this matter.**

TRAINING ROOM INFORMATION

There will be a Vermont State Licensed, Certified Athletic Trainer associated with every team at Harwood. The trainer will be at every home competition and most practices.

The trainer's job is to provide the necessary first contact with an injured athlete. In addition to caring for injured athletes, the trainer is responsible for: the prevention of athletic injuries, recognition, treatment, and care of injured athletes, supervision of treatments, and the rehabilitation of the injured athlete.

For more information about the Harwood training room, please contact Michelle Pratt Black at 882-1121 or blackm@harwood.org

HOME STUDY

Home study students who wish to participate in a Harwood co-curricular program must be an “eligible student”, according to VPA Bylaws.

- a) The participating student must be enrolled in a home-study program in compliance with Title 16, Section 166(b).
- b) The participating student must be a legal resident of the Washington West School District.
- c) Participation in a school’s co-curricular activities program shall not commence until a copy of the Vermont State Department of Education Enrollment Letter and a letter notifying the Principal that he or she wishes to participate in a school’s co-curricular activities program.
- d) The participating student’s academic program, as referenced in the Vermont State Department of Education Letter of Enrollment, will be reviewed by the student’s parent or guardian on a trimester basis as determined by the Washington West school calendar. This review and determination must be verified in writing from the parent/guardian to the Principal.
- e) The student may participate in co-curricular sponsored activities at Harwood, provided the student complies with the same physical examination, insurance, and any other requirements for participation as required of all students.
- f) The home study student must adhere to the same standards of behavior, responsibilities and performance as other students.

INFORMED CONSENT - RISK OF INJURY

By its nature, participation in interscholastic athletics includes the risk of injury that may range in severity from minor to disabling, and 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 coach or the athletic trainer, follow a proper conditioning program, and wear all protective equipment.

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 and the SAT/ACT test scores. It is also necessary for high school students who wish to compete in Division I or II collegiate athletics to register with the NCAA Clearinghouse. For forms and/or more information on eligibility standards, please contact the Athletic Director or Guidance Office.

Players with Great Team Attitudes:

- ✓ **Listen to each other.**
- ✓ **Are courteous to each other.**
- ✓ **Show concern for each other.**
- ✓ **Help each other out - share the load.**
- ✓ **Say what they feel, but watch how they say it.**
- ✓ **Don't put each other down.**
- ✓ **Praise each other.**
- ✓ **Don't talk behind each other's backs.**
- ✓ **Celebrate success.**
- ✓ **Treat everyone's opinion as important.**
- ✓ **Treat mistakes as learning experiences.**

PARENT/COACH COMMUNICATION PLAN

Communication that you can expect from your child's coach:

- a) Philosophy of the coach
- b) Expectations the coach has for your child as well as all the players on the squad
- c) Locations and times of all practices and contests
- d) Team requirements - practices, special equipment, out of season responsibilities
- e) Procedure followed should your child be injured during participation
- f) Discipline that may result in the suspension/removal of your child from the squad

Communication coaches expect from parents:

- a) Concerns expressed directly to the coach
- b) Notification of any schedule conflicts well in advance
- c) Specific concerns with regard to a coach's philosophy and/or expectations

As your child becomes involved in the co-curricular programs at Harwood, he/she will experience some very rewarding times. It is important to understand that there also may be times when things do not go the way you or your child wishes. Properly handled this can be a fantastic learning opportunity for you and your child.

Appropriate concerns to discuss with the coach:

- a) The treatment of your child, mentally and physically
- b) Nutritional needs
- c) Ways you can help your child improve
- d) Concerns about your child's behavior

Issues not appropriate to discuss with the coach:

- a) Playing time
- b) Team strategy
- c) Play calling
- d) Other student-athletes

It can be very difficult to accept that your child may not be playing as much as you or he/she may hope. Coaches are professionals; they make judgement decisions based on what they believe to be the best for all students involved. They also observe your child in many different situations, and therefore are in the best position to make tough decisions.

If you have a concern to discuss with a coach, please follow the procedure listed below:

- a) Encourage your son or daughter to approach the coach to discuss the issue.
- b) If not resolved, call the coach to set up an appointment.
- c) If you cannot reach the coach directly, call the Athletic Director. The message will be forwarded to the coach.
- d) Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature rarely promote resolution.
- e) If the meeting with the coach did not provide a satisfactory resolution, please call and set up an appointment with the Athletic Director (882-1156) to discuss the situation.

Whenever you interact with a coach, it is expected to be at an appropriate time and in an appropriate manner. Parents are given an opportunity to meet with coaches at the beginning of each season through a coaches/parents/participants meeting. It is your opportunity to question a coach on their expectations

Condensed Code of Ethics for Parents/Guardians

- * Remember, young people play for their own enjoyment, not yours.
- * Don't force an unwilling child onto the field or court.
- * Applaud good plays by opposing players as well as your own.
- * Set a good example. Young people learn best by imitation.
- * Teach your child always to play by the rules.
- * Show your child that hard work and an all-out effort can matter more than victory.
- * Help your child improve skills and sportsmanship in every game. Your child will then be a winner, even in defeat.
- * Never ridicule or yell at your child for making a mistake or for losing a game.
- * Support all efforts to remove verbal and physical abuse from sports.
- * Do not publicly question a referee's judgment or integrity.
- * Recognize the value of volunteer teacher-coaches, referees and officials and give them clear signs of respect.

"Victory Is in the Pursuit"

During the 1996 Olympics, a popular Nike ad sent the message, "You don't win the silver. You lose the gold." And the sentiment often attributed to Vince Lombardi -- "Winning isn't everything. It's the only thing" -- has become a modern mantra for many people who compete in sports, business and politics.

While such pumped up attitudes about the importance of victory may be effective in motivating maximum effort and better performance, there are serious harmful side effects.

Those who choose to live in this cruel and unforgiving, all-or-nothing world rarely live balanced lives, and they place enormous strain on their relationships. It's a world more often filled with anxiety and anguish than joy because, exceptional winning streaks aside, most of us lose more often than we win.

We should learn to savor our victories, but if losing is treated as a mortal enemy, every loss produces demoralizing feelings of failure and inadequacy. What's more, when our self-image depends on winning, we begin to think of victory not simply as something we want, but as something we need. This makes us vulnerable to those who whisper, "If you're not cheating, you're not trying hard enough."

Happier and healthier people know winning most certainly is not everything -- it's not even the most important thing. Real joy and fulfillment can be found not only in accomplishments and efforts that fall short of winning, but in the striving, the passionate pursuit of victory, in the competition and the quest itself.

This is Michael Josephson reminding you that character counts

PARENT VOLUNTEERS

An excellent way of becoming involved in the school and your child's life is to serve as a parent volunteer. Parent volunteers are needed to assist coaches in running practices, staffing games (running clocks or keeping score), selling tickets and much, much more. We encourage you to call the Athletic Director to let us know if (and how) you would like to assist us in our pursuit of excellence for our student-athletes.

PHYSICAL EDUCATION CREDIT

All high school coaches submit the criteria that they will use to recommend Physical Education credit be given to the student-athlete for their participation in the sport season. This needs to be completed prior to the start of the season, distributed to the team members, and on file with the Athletic Director. While the specific criteria are left to the direction of the coach, students must complete the season in good standing, and have returned any and all equipment and uniforms. Any student who is suspended for substance abuse violations or other school significant disciplinary reasons is NOT eligible for either PE credit or a Varsity letter. Students may earn up to a total of ½ PE credit (1/4 credit per season) toward their graduation requirement. Please see your guidance counselor for more information.

PRACTICES, LATE BUSES, AFTER SCHOOL POLICIES FOR PRACTICES, GAMES, AND AWAY GAMES

Practices are scheduled so that younger groups practice first in most cases. High school teams, particularly Varsity teams, are scheduled for later practices. Students, who have later practices or are waiting for their game or team bus, MUST wait in the Library or the cafeteria until their practice, game or team bus departure. Students must take the first late bus possible. Students may not hang around HU without being in a supervised area/activity. Students who are written up for being in unsupervised areas will forfeit the ability to wait after school for later practices.

Late buses run at 4:30 and 5:30 to central drop off points only:

North Bus runs North on Rte 100 via Stowe Street at 4:30 and past the railroad underpass in Waterbury to the Center General Store via Howard Ave. Waterbury Village stops (on request): Subway, Rusty Parker Park, Champlain Farms (Underpass at 5:30)

South Bus runs Rte 100, stops at Moretown School on request, and continues to Warren. They will stop on request at Waitsfield Elementary, the VG and ICS

Please note that there will be regular season and playoff games during the Winter Break (February 24-March 4)

REST BETWEEN SEASONS

Athletes must have seven (7) days between the start of an athletic season and the conclusion of the previous season to comply with the Vermont Principals' Association rules and regulations. An athlete beginning a season late must have ten (10) days of practice before becoming actively involved in interscholastic scrimmages or games.

SCHOOL PROPERTY

All students and coaches must respect school property, including the building, lockers, equipment and busses. This is also true (and even more important) at other schools. Please do not damage, or allow your students to damage, lockers, benches or other pieces of school property in anger after a contest. All incidents of damage to school property will be reviewed the administration.

Please help ensure that students **DO NOT WEAR CLEATS INTO ANY BUILDING!!!** The physical plant workers at every school work hard to maintain a clean, safe environment for all users of the buildings. It is not

acceptable to allow some students to create extra work for our staff. It is also a safety hazard as floors are hard and slippery!

Clean up any space that your team uses. Put trash in the proper containers.

As many schools, Harwood has a “No Pets” policy. We ask your cooperation in enforcing this on our campus, as well as on our opponents’. As much as we love pets, we ask that you not bring them onto school fields or trails, and certainly not into the building.

SPORTSMANSHIP

"The ideals of good sportsmanship, ethical behavior and integrity permeate 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."

- National Federation Sportsmanship Committee

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 is fairness, respect for rules, regulations, opponents and officials. Harwood subscribes to this goal and will strive in all co-curricular programs to achieve that objective.

HARWOOD believes:

- The ideals of good sportsmanship, ethical behavior and integrity are the essence of interscholastic activities.
- The concept of "sportsmanship" must be taught, modeled, expected and reinforced by all those involved in competitive activities.
- That interscholastic activities provide an arena for participants to grow, excel, understand and value the concepts of sportsmanship and teamwork.
- That good sportsmanship shall be defined as those qualities of behavior which are characterized by unselfishness and genuine concerns for others.
- That all administrators, coaches, athletes, officials, and spectators should demonstrate and promote good sportsmanship as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

The Highlanders motto: *PURSUING VICTORY WITH HONOR!*

Conduct at Co-Curricular Activities

Harwood takes very seriously our responsibility to model appropriate behavior and sportsmanship at all times.

Students and parents are encouraged to attend as many activities as possible. Cheering and conduct at activities should be consistent with good sportsmanship. Harwood students are expected to meet the highest standards of sportsmanlike behavior at home and at away contests, both as participants and spectators.

- E. By VPA rule, any participant who is “red carded”, or ejected from an event due to flagrant actions or unsportsmanlike behavior will be ineligible to participate in the next two contests, and must meet with the coach and Athletic Director before being allowed to resume participation.
- F. A student who has been ejected for unsportsmanlike conduct for the second time in a season shall be suspended for the remainder of the season in that sport.
- G. Any student spectator who exhibits poor sporting behavior at a school sponsored event or activity may be asked to leave the event; and for egregious actions may be barred from attending games/events in the future, and may be suspended from his/her co-curricular program.

Student-athletes and coaches that engage in acts of poor sportsmanship that require a coach or official to suspend that person from further practice or play shall be held accountable for those acts in the following manner:

1. Acts of poor sportsmanship:
The offending student will be declared ineligible by his/her coach, with the approval of the Athletic Director, for the next regularly scheduled contest or post-season contest. This penalty will be applied with no cumulative effect for each student/coach.
2. Fighting, taunting, sudden ejection and gross unsportsmanlike conduct:
First offense: The student shall be declared ineligible for the next two contests or post-season contests (with the exception of football, skiing and gymnastics, for which the suspension shall be one contest) in the sport in which the student was ejected.
Second offense: The student shall be declared ineligible for interscholastic competition for the remainder of that sport season. The student remains eligible for practices. The coach and the Athletic Director will meet with the student to define his/her status during this period.

A coach ejected for unsportsmanlike conduct shall receive the same suspensions given to student-athletes. If suspended, a coach may attend the contest, but must be seated in the spectator section and may not give instructions to the players or to individuals who have been assigned to coach the team. A suspended coach may not travel with the squad to an away contest. Suspended coaches will need to meet with the Athletic Director prior to being reinstated as a Harwood coach.

Multiple Card/technical penalties:

Harwood has the additional expectation that our student-athletes will conduct themselves in a manner that Honors the Game. Students who accumulate numerous yellow cards, unsporting penalties, or technical fouls will lose their eligibility to participate as follows:

Soccer players who receive **5** yellow cards in a season, for any reason, OR **3** yellow cards for dissent, will be suspended for one game. Additional cards in that season will be dealt with on an individual basis. Students so suspended may forfeit their eligibility for varsity letters and/or PE credit.

Basketball players who receive **3** technical fouls in a season, for any reason, will be suspended for one game. Additional technical fouls in that season will be dealt with on an individual basis. Students so suspended may forfeit their eligibility for varsity letters and/or PE credit.

Hockey/Lacrosse players who receive 3 major penalties will be suspended for one game, Additional similar penalties in that season will be dealt with on an individual basis. Students so suspended may forfeit their eligibility for varsity letters and/or PE credit.

Poor sportsmanship will not be tolerated.

Offenders may be prohibited from attending any activities for the remainder of the year.

We commend you for all actions that display sportsmanlike behavior!

Conduct at Co-Curricular Activities

Students and parents are encouraged to attend as many activities as possible. Cheering and conduct at activities should be consistent with good sportsmanship. Poor sportsmanship will not be tolerated.

Offenders may be prohibited from attending any activities for the remainder of the year.

We commend you for all actions that display sportsmanlike behavior!

SUBSTANCE ABUSE:

Policy: The Harwood Union School Board of Directors is committed to a zero tolerance substance abuse policy. Any person, including adults who work at, use, or visit Harwood Union school facilities, shall not possess, use, sell, transmit, or be under the influence of any illegal drug, regulated substance, alcohol, or tobacco on school property or at any school sponsored student related activity away from school premises. Any student who participates in co-curricular activities shall not possess/use/sell or be under the influence of a substance at any time during the school year, 24 hours a day, seven (7) days a week, both when at school and school-related activities and when not at school and school related activities.

Possession, Use, or Being Under the Influence of Alcohol, Illegal Drugs, Tobacco, Controlled or Over the Counter Substances by Students Involved in Co-Curricular Activities:

Students involved in co-curricular activities at Harwood Union are active and visible representatives of the student body and the Harwood community. As such, students who participate in co-curricular activities will be held to a high standard of conduct as a requirement. Participation in such activities is a privilege, not a right. During any period of participation, participants are required to adhere to a zero (0) tolerance standard, 24 hours a day, seven (7) days a week, both when at school and school-related activities and when not at school or school-related activities. Violations are cumulative through each of the school programs at Harwood Union with the Middle School constituting one program, and the High School constituting a second program.

1st Violation: The student is suspended from co-curricular activities for 21 calendar days. During the suspension, the student may attend and participate in all practices, rehearsals, or regularly scheduled meetings for the co-curricular activity. The student may not compete, perform, or participate in events or trips related to the co-curricular activity.

2nd Violation: The student is suspended from co-curricular activities for one calendar year, 12 months. During the suspension, the student may not participate in any co-curricular activities.

3rd Violation: The student is permanently suspended from participating in any co-curricular activities while enrolled at Harwood Union Middle/High School.

In extenuating circumstances, the Administration reserves to the right to modify or mitigate these consequences.

TEAM RULES:

All teams at Harwood are expected to abide by general School and Athletic policies and procedures. Each team or coach may have additional team rules or policies. The coach will have on file, with the athletic director, a copy of the coach's policy regarding any additional team rules such as, but not limited to:

1. Unexcused absences from a practice or game session.
2. Dress code, practice procedure, lateness, inappropriate language, and game conduct.
3. Any additional rules not covered in general procedures.

I'm a great believer in luck, and I find the harder I work, the more I have of it.

—Thomas Jefferson.

It's never too late to be what you might have been.

-- George Eliot (Mary Anne Evans), British novelist (1819-1880)

TRANSPORTATION:

1. If transportation is provided, all team members including coaches will ride the bus to and from the game.
Exceptions:
 - A. A parent/guardian who attends the event and wishes their child to return home with them. These requests must be approved directly with the coach.
 - B. In special circumstances, students may travel to a contest and/or return home by other means. This may only occur if a permission note from the parent/guardian is received prior to the game or event. The coach must approve these requests at least 24 hours before the event.
2. In no instance will a student-athlete be allowed to ride with another student regardless of permission from the parent/guardian.
3. No athlete may enter the bus unless a coach is present.
4. No cleats may be worn on the bus.
5. No abusive, derogatory or inappropriate language is allowed.
6. Proper bus behavior for athletic teams will be covered with coaches and team prior to each season by the athletic director.
7. The coach is in charge of the team on the bus. Any behavior problems should be reported to the coach for remedy. Should the behavior continue or not be resolved, an official report will be made to the bus manager who will report it to the athletic director. Coaches are asked to report any bus problems to the AD immediately.
8. Only team members (and support personnel) are allowed on athletic/team busses.
9. It is expected that team members will place all trash in a trash bag (and not on the floor). Busses will look the same at the end of a trip as in the beginning of one. Coaches will be held responsible for the shape of the bus at the end of a trip. Please make sure it is CLEAN!

**Alone we can do so little,
together we can do so much.**

- Helen Keller

TRYOUTS AND PLAYING TIME

High School Athletics: In some activities it may be necessary to reduce the number of participants to manageable size, particularly when considering safety, fiscal resources, equipment, facilities and coaching personnel. Reductions may also be made on the basis of attitude, behavior, motivation, coachability, and athletic ability. It will be the responsibility of the coach to make decisions concerning what the maximum number of participants on a team will be. Students are informed during the first week of practice if reductions will occur. All members of a varsity team may or may not see action in each contest.

Each sport or team is unique unto itself. It is appropriate for the individual coaches to determine and set team guidelines for participation in athletic contests. These guidelines must be made known to the athlete prior to the start of practice for the season.

The issue of playing time can be one of the most difficult any coach, parent or participant has to deal with in interscholastic sports.

Students and playing time at the Varsity Level

Participation in varsity level sports in most cases is the culmination of an experience that begins as early as elementary school. Being on a varsity level team is in itself a major accomplishment. It does not happen without hard work and dedication. It is also a time when individual desires need to take a back seat to team accomplishments. Those with the most skills and leadership abilities will undoubtedly see the most playing time. Others, who may not see as much playing time, will still have a key role to play in team development. It should be remembered that for every hour of competition, the amount of time spent practicing and preparing for competition maybe ten-fold. It is during practice that team success is nurtured and the concept of a team player is realized. All successful teams and coaches know the importance of those who contribute at every level of preparation and play.

When it is beneficial for the team, participants should have a reasonable expectation to compete. Coaches have the ultimate authority to decide what level of participation benefits the team. They have no obligation to provide a set amount of playing time at the varsity level.

What coaches do have is an obligation to instruct all participants so they can reach their maximum potential both at practice and in competition, winning or losing, playing for a short duration or the whole game. They have the additional obligation to clearly communicate to all participants the role they will be expected to play relative to practice, preparation, and competition in order to maximize team potential.

Parents and playing time at the Varsity Level

Supportive parents want their children to succeed but often fail to realize in team sports that a participant's sense of success may lie as much in being part of a team as in individual accomplishments. Too often parents measure the level of a child's success only by the time observed in competition. There is very little consideration ever given to the degree of satisfaction a participant may feel when their hard work in practice and preparation manifests itself in greater team accomplishments. It should be remembered that participants spend most of their time interacting with teammates and coaches in practice. Parents, who constantly question playing time, coaching strategies, or their child's role on a team, seldom add anything positive to their child's experience.

Students and playing time at the Junior Varsity Level

Junior varsity is a level where the emphasis shifts from individual skill development and equitable playing time into a more advanced and competitive team concept. All participants should see opportunities to participate at varying levels of competition over the season, but not necessarily game to game.

Students and playing time at the middle school levels

More than winning, the goal of middle school teams is to prepare participants for a higher level of competition by emphasizing individual skill development, sportsmanship, and a fundamental understanding of team play, strategies, and rules. Though coaches are not expected to guarantee a set amount of playing time in each competition, a fairly equitable amount of playing time under differing competitive situations should be expected. Attendance, proper behavior, a willingness to learn, and individual skill development are all factors in how much playing time a participant sees.

What students should do if their expectations are not met

If a participant feels they are not being treated fairly or do not understand what is expected of them they should, at an appropriate time, approach their coach. If they have difficulty doing so, or are not satisfied with the results, they should look for assistance from a captain, their TA or the Athletic Director.

Some participants may not find the role they are asked to play as a team member acceptable relative to playing time. If that is the case, a student should consider alternative programs that may be oriented more towards individual participation or recreation than team competition.

What parents should do if their expectations are not met

Again, remember your child has successfully made a varsity team and that in it self is an accomplishment. Realize your expectations are not always the same as your child's. Before involving yourself in any issue, be sure such intervention is welcome and understood by your child. For the well-being of all involved, be sure such intervention will solve a problem, not create one.

Whenever you interact with a coach, it is expected to be at an appropriate time and in an appropriate manner. Parents are given an opportunity to meet with coaches at the beginning of each season through a coaches/parents/participants meeting. It is your opportunity to question a coach on their expectations, procedures, and goals. At the end of the season, you are given the opportunity to evaluate coaches. Constructive, objective evaluations are both welcome and encouraged.

If a parent feels the need to talk to a coach on an issue or concern during the season they should do so only with their child's knowledge and after it is clear the participant has been unable to resolve the issue to their own satisfaction. No coach should be approached immediately before, during, or after a competition. Confrontation or verbal abuse from a parent is not acceptable. If you do not feel you can communicate effectively with the coach talk to the Athletic Director or your child's T.A.

The importance of positive parental support in team sports cannot be over emphasized. This means putting your child's expectations above your own.

TWO-SPORT POLICY

Students can be eligible to participate in more than one sport per season if parents, participating coaches, the Athletic Director, and the student agree. In order to participate in more than one sport per season, students must maintain a minimum grade of "B" in all subjects. A Multi-Sport form is available in the Athletic Director's office.

VACATION AND JOB CONFLICTS

Please note that there will be regular season and playoff games during the Winter Break (February 25-March 4)

Although every effort is made to reduce the number of conflicts between school vacation and athletic schedules, it will always remain an issue. Each student-athlete will be provided a practice, game and potential play-off schedule at the beginning of the season to help minimize these conflicts. Please be aware of the potential changes to sport schedules due to weather or facility conflicts. If a player is forced to miss practice or games due to family vacation, it will be up to the individual coach to decide how the absence will be handled. If there is any potential conflict, we suggest speaking to the coach immediately. It is expected that student-athletes will arrange jobs and other activities so as not to conflict with practice, contests and play-offs.

HARWOOD A TOBACCO-FREE ENVIRONMENT

In compliance with Vermont State law and policy of the Board of Directors, Harwood is committed to maintaining a tobacco-free environment for its students, employees and visitors. Smoking and all other uses of tobacco and tobacco products are prohibited in the school building, on school grounds, and during all school-sponsored events and activities. This prohibition includes students, teachers, school faculty and staff, parents, visitors to the school, members of the community, and all others who may be involved with school activities. Your cooperation with this policy is appreciated.

AFFIRMATIVE ACTION Title VI of the Civil Rights Act (1964) and Title IX of the Higher Education Act (1972)

In accordance with Title VI and Title IX, and the rules and regulations as promulgated by the Secretary of Health, Education and Welfare, it is the policy of Harwood that no person, upon the basis of race, color, national origin, creed or faith, sex or age, shall be excluded from participation in, denied the privileges of, or be subjected to discrimination in any educational program or activity at the school.

**ALL VIOLATIONS OF THE ABOVE POLICIES SHOULD BE REPORTED TO
THE EQUITY COORDINATOR OR AN ADMINISTRATOR.**

WHAT IT TAKES TO BE MAKE A CHAMPION

Commitment:

The degree of success is in direct proportion to your level of commitment. Once you have made a commitment to being a champion you will not allow anything to distract or derail you. To commit yourself is to give yourself up to the job at hand.

Heart:

To become a champion you must be willing to pay a price. The willingness to pay this price is what separates a contender from a pretender.

Attitude:

The main difference between those who become successful and others is not a lack of ability or knowledge, but rather a lack of will. The spirit, the will to excel, to win – these are the mark of a champion.

Mental Toughness:

Mental toughness is a will that refuses to give up. It is character in action. It is not whether you get knocked down; it is whether you get back up.

Preparation:

Mental – winning is a by-product of knowing what to do in every circumstance

Physical – “Fatigue makes cowards of us”. The player & team that are better conditioned will have greater intensity.

Individual Effort:

Individuals must have the commitment towards supporting team effort and goals.

Optimist:

A champion not only has the will to win, but also believes she can win. You do what you think you can.

No Excuses:

A champion does not make excuses & does not blame others. Champions don't make excuses for bad performances; they just make a greater effort to improve.

How badly do you want to be a CHAMPION?

ALL ATHLETES, YOUNG OR OLD, SHOULD REMEMBER....

There are little eyes upon you
And they're watching night and day
There are little ears that quickly
Take in every word you say;
There are little hands all eager
To do anything you do;
There's a little kid who's dreaming
Of the day they'll be like you.
You're the little kids idol;
You're the wisest of the wise,
In their little mind about you,
No suspicions ever rise;
They believe in you devoutly,
Holds true all you say and do,
They will say and do, in your way
When they're a grown-up like you.
There's a wide-eyed little kid,
Who believes you're always right,
And their ears are always open,
As they watch day and night;
You are setting an example
Every day in all you do,
For the little kid who's waiting
To grow up to be like you.

....Anonymous

The Definition of Sportsmanship

Sportsmanship is character displayed in athletic competition. People of character live by the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship. These core ethical values provide the foundation for the Arizona Sports Summit Accord, which is the basis of the Pursuing Victory with Honor campaign and all “CHARACTER COUNTS!” sports programs and materials. Sportsmanship can be defined Pillar by Pillar:

TRUSTWORTHINESS: Always pursue victory with honor. Demonstrate and demand scrupulous integrity. Observe and enforce the spirit and letter of rules. Don't compromise education and character-development goals. Don't engage in or tolerate dishonesty, cheating or dishonorable conduct

RESPECT: Treat the traditions of the sport and other participants with respect. Don't engage in or tolerate disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent "trash-talking," taunting and unseemly celebrations. Win with grace and lose with dignity

RESPONSIBILITY: Be a positive role model on and off the field and require the same of athletes. Further the mental, social and moral development of athletes and teach life skills that enhance personal success and social responsibility. Maintain competence including basic knowledge of: 1) character building, 2) first aid and safety, and 3) coaching principles, rules and strategies

FAIRNESS: Adhere to high standards of fair play. Treat players fairly according to their abilities. Never take unfair advantage. Be open-minded

CARING: Assure that the academic, emotional, physical and moral well-being of athletes is always placed above desires and pressures to win. Do not permit reckless or potentially unsafe behavior of athletes

CITIZENSHIP: Avoid gamesmanship and promote sportsmanship by honoring the rules and goals of the sport. Establish codes of conduct for coaches, athletes, parents and spectators. Safeguard the health of athletes and the integrity of the sport by prohibiting the use of alcohol and tobacco. Demand compliance with all laws and regulations, including those relating to gambling and the use of drugs

(FROM THE ULTIMATE SPORTSMANSHIP TOOL KIT available at www.charactercounts.org)

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802/244-5186 Main Office

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Website: WWW.HARWOOD.ORG

Schedules at: [HTTP//harwood.tandemcal.com](http://harwood.tandemcal.com)

Harwood Sports photos at: www.harwood.phanfare.com

Follow us on Twitter! @HarwoodAD

If you wish to submit photos of Harwood athletes or other students in action to be included on the phanfare website, please contact the Athletic/Activities office at 882-1156