

**Monroe Area High School
Student Athlete Handbook
Eli Connell, Director of Athletics
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WELCOME

On behalf of the entire Athletics Department at Monroe Area High School, welcome to the 2020-2021 school year! We are pleased that you are interested in participating in athletics at MAHS.

We're proud of the great reputation and rich tradition that Monroe Area High School has achieved in past years in athletics, and look forward to a new year of continuing in that tradition. We have skilled and dedicated coaches, and supportive teachers and administrators who are here to help you succeed on the playing field and in the classroom.

I am happy to welcome you into the MAHS family of student-athletes, and I am proud to be a part of our mission to help young men and women build character through sports. Please feel free to contact me should the need ever arise.

Go 'Canes!

**Eli Connell
Athletic Director, MAHS**

MISSION STATEMENT AND GOALS

The Athletics Department supports the mission statement of MAHS: we seek to challenge and prepare our athletes for successful educational experiences, personal discovery, and responsible citizenship. We believe that athletics is an extension of the classroom and that the privilege of athletic participation will provide students with many learning opportunities. Through athletics, students will develop strong work habits that will enhance their academic skills, and positive attitudes and values that will benefit their community and society.

The Athletics Department at MAHS expects our student-athletes to...

1. Work well with others. Team work is crucial to success, on the playing field and off. Successful athletes put team goals over personal desires. Team players show respect for others on their team by having regular attendance, by being punctual, and by being the best that they can be in the classroom and on the playing field.. Good team members are role models for others and act accordingly.
2. Improve. Continued improvement is essential for growth in the classroom and on the playing field. Consistent practice, hard work, and study lead to improvement. Quitting is not an option. MAHS athletes will stay **STRONG TO THE FINISH**.
3. Practice sportsmanship. We will treat others just as we would like for them to treat us. Successful athletes demonstrate behavior that is respectful and courteous to all, including opposing players, coaches, officials, spectators, teachers, classmates, and spectators. We will **WIN WITH HONOR**, and graciously accept defeat after we have tried our best.
4. Develop desirable personal health habits for lifelong fitness and learning. Successful athletes set personal goals for themselves and develop skills to meet those goals - in the classroom and on the playing field.
5. Enjoy athletics. A strong athletics program provides personal rewards, builds school spirit, and instills community pride. As student athletes at MAHS, we will support our school and community and have fun as we make memories and build strong minds and bodies.

It is my hope that you will meet or exceed the goals that you set for yourself this year, and that the MAHS Athletics Department 2019-2020 will set new records and reach new heights on and off the playing fields.

TOGETHER WE WILL BE STRONG TO THE FINISH!

Eli Connell, Athletic Director

REQUIREMENTS FOR PARTICIPATION

Athletes must meet the following requirements for EACH sport in which they participate:

1. You must pass a valid yearly physical examination.
2. You and your parent/guardian must sign and return the **Student-Athlete Promise** and the **Parent/Guardian Acknowledgement form** (included at the end of this handbook).
3. Your parent/guardian must sign and return the **Insurance Information Form** and **Permission to Participate form** (included at the end of this handbook).
4. You must meet all eligibility requirements set by GHSA.

ALL FORMS MUST BE TURNED IN BEFORE YOU ARE ELIGIBLE TO PARTICIPATE.

EXPECTATIONS OF STUDENT-ATHLETES

Code of Conduct

Students are expected to be courteous, polite, and respectful at all times on and off the playing field. The conduct of athletes representing Monroe Area High School is to be above reproach even if the behavior of others is not. Profane or obscene language or any act of vulgarity is not acceptable. Any conduct which is detrimental to the reputation of MAHS will be subject to disciplinary action.

Academic Expectations

Athletes are expected to turn in all class assignments on time, seek help from the teacher when necessary, have a positive attitude toward their peers and teachers, and be good citizens in and out of the classroom. Failure to be responsible students may result in disciplinary action from the coach. Athletes are students first, and academics must be top priority. **Academic eligibility requirements for participation are set by the GHSA, but the school reserves the right to set tougher academic requirements for student athletes.**

Attendance

Regular, punctual attendance in school is critical to the learning process and is the responsibility of the student and parents. Inability or unwillingness to comply with the school's attendance policies will result in disciplinary action that may include suspension or dismissal from an athletic team.

Athletes must attend all classes on the day of an athletic contest. The Athletic Director may handle special circumstances with a doctor's note. GHSA rules state that an athlete CAN NOT PARTICIPATE in an athletic event if he/she is not in school for at least half the school day.

Attendance at practice sessions, scrimmages, team meetings, and games is required. Any absence not excused by the coach **in advance** may result in disciplinary action and possible removal from the team.

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Sportsmanship

All student athletes are expected to treat their opposing players, coaches, officials, and spectators with respect before, during, and after competition.

Trustworthiness, caring, fairness, and respect are lifetime values taught through athletics. With them, the spirit of competition thrives - honest rivalry, courteous relations, and graceful acceptance of the results.

Athletes showing poor sportsmanship or lack of self-control will be disciplined by the coach.

If an athlete is ejected from an event due to poor sportsmanship, coaches will follow GHSA policies in dealing with ejections. Any ejection must be reported in writing to the Athletic Director with details. The Athletic Director reserves the right to discipline repeat offenders.

Equipment

Athletes are expected to care for all gear and equipment issued by the coach or team representative and must return all in good condition. Any athlete who does not return, replace, or pay for equipment lost or abused will be placed on the school's "Holds List" and will also not be allowed to participate for any other sport *until all obligations are cleared. Seniors who fail to turn in equipment or replace or pay for lost or abused equipment will have their diplomas held.*

Alcohol and Drug Policy

Any athlete who is under the influence of, or is in possession of, alcohol or a controlled substance and/or narcotics in the school, on the school grounds, at a school function, or outside of school may be denied the privilege of participation in any athletic activity for ONE calendar year.

Legal Issues

Any athlete who is arrested for a felony or gross misdemeanor during school, on the school grounds, at a school function, or outside of school may be denied the privilege of participation in all activities for a period determined by the Athletic Director and the Principal. *If an athlete is found guilty of a violation, a permanent suspension may result.*

Harassment/Hazing Policy

Any and all types of actions, including written or verbal, which are intended to or cause intimidation, embarrassment, or discomfort will not be tolerated. Examples include, but are not limited to sexual harassment and racially motivated behavior. Students who feel they are being harassed or bullied should report such behavior immediately to their coach and/or the athletic director. Coaches will report incidents immediately to the athletic director.

Dress Policy

Athletes are expected to dress appropriately as outlined by the school dress code and their coaches during school, during practice, and when traveling to and from athletic events. The athletic director and/or coaches reserve the right to set more stringent dress codes as they deem necessary or appropriate.

Quitting Another Sport

At MAHS, we believe quitting is not an option. We believe that quitting hurts the team process and indicates a lack of commitment. To discourage an athlete from quitting a sport, the following guidelines have been put in place: If a player quits a sport, he/she is **not** eligible to participate in another sport **in that same season** unless agreed upon by both head coaches. If a player quits a sport **after the third week** of the season, he/she is **not** eligible to participate in another sport **in a different season until all activities of the previous season are completed**, unless agreed upon by both head coaches.

The Principal and the Athletic Director reserve the right to extend punishment for any violation they deem necessary or appropriate.

The Principal is the final interpreter for all rules and expectations.

ATHLETIC LETTERING POLICY

Monroe Area High School is proud of each one of our student athletes. While we believe that participation in athletics provides its own benefits, we strive to reward athletes for their hard work, dedication and commitment to the program. Earning a "Letter" in Athletics indicates that an athlete has worked hard to contribute to the program and will serve as a lifetime reminder of the team spirit and pride that comes from being an athlete. The following guidelines explain the Lettering policy at MAHS:

Any athlete who participates in 25% of the Varsity games in ONE sport will earn a Varsity Letter. (If an athlete *quits* or is *dismissed* from the squad before the end of the season, he or she will *not* receive a Letter.)

Any senior athlete who participates in the same Varsity sport for two years will earn a Varsity Letter.

MULTIPLE SPORTS

Research indicates that students who are involved in extra-curricula activities have a greater chance of being successful during adulthood. Recognizing these benefits, the MAHS athletics department encourages our athletes to be involved in multiple sports. To do that, our coaches are willing to work together to provide opportunities for students to participate in more than one sport with as few conflicts as possible.

In-season sports take precedence. Any work done outside of the school day in another sport must be approved by the in-season coach.

Coaches will work and plan together to organize summer activities so that conflicts will be minimized.

EXPECTATIONS OF PARENTS

SUPPORT YOUR STUDENT-ATHLETE

- * Encourage your child to fulfill his or her responsibilities as a team member.
- * Be supportive. Attend as many of your child's events as possible.
- * Stress the importance of practice and hard work.
- * Emphasize that quitting is NOT the way to solve a problem.

KEEP ATHLETICS IN PERSPECTIVE

- * Emphasize that academics must always come first.
- * Help your child to structure his or her time wisely so that athletics do not interfere with grades.
- * Use athletics as a way to teach your child how to interact with other people during emotional situations. Be a good role model for good sportsmanship.

SUPPORT THE PROGRAM

- * Be supportive of the coaching staff.
- * Strive to attend all meetings requested by the coaches.
- * During the season, consider practice and games when planning family events and appointments.
- * Assist with team duties/responsibilities.

COACHES CODE

MAHS COACHES WILL

- * Exemplify the highest moral character as a role model for young people.
- * Encourage and assist athletes to set personal goals.
- * Stress the importance of academics and help athletes set goals for success in the classroom.
- * Provide a safe and comfortable environment for practice and competition.
- * Respect the judgment of game officials and exemplify good sportsmanship.
- * Build and maintain positive relationships with other coaches, administrators, and parents.
- * Strive for excellence in coaching skills through professional improvement.
- * Be modest in victory and gracious in defeat.

**MONROE AREA HIGH SCHOOL
DEPARTMENT OF ATHLETICS**

STUDENT-ATHLETE PROMISE

I have received and read the MAHS 2020 - 2021 Athletic Handbook and agree to abide by all rules, procedures, and expectations to the best of my ability.

I understand that if I do not abide by these rules and expectations, I will be subject to the consequences set forth in this handbook.

(print name)

(signature)

(date)

PARENT/GUARDIAN ACKNOWLEDGEMENT

I have read and understand the rules, procedures, and expectations for my student-athlete in the MAHS 2020 - 2021 Athletic Handbook. I understand that if my child does not abide by these rules and expectations, he/she will be subject to the consequences set forth in this handbook.

I have also read and understand the expectations for parents/guardians in this handbook.

(print name)

(signature)

(date)

**MONROE AREA HIGH SCHOOL
DEPARTMENT OF ATHLETICS**

**INSURANCE INFORMATION FORM
AND PERMISSION TO PARTICIPATE**

All athletes must have insurance in order to participate in any sport. Athletes must be covered by school insurance, if policies are available, or by their parents'/guardians' insurance.

By signing this form, I affirm that my child **is insured** and **has my permission to participate** in extra-curricular activities at Monroe Area High School for the school year 2020 - 2021.

(student name - please print)

(signature of parent/guardian)

(date)