

# **CARVER MIDDLE HIGH SCHOOL ATHLETIC HANDBOOK**



**2024-2025**

---

## Table of Contents

Letter from the Athletic Director.....	3
Athletic Department Philosophy & Expectations.....	4
Sports Offerings.....	5
General Rules and Information.....	6-9
FamilyID	
Physical Exam	
Athletic Fee	
Academic Eligibility	
Transportation	
Equipment	
Attendance in School	
Suspension in School	
Athletic Injuries	
Hazing	
Carver Insurance	
Team Captains	
Daily/Weekend Commitments	
Booster Club	
Athletic Department Award Policy.....	9
Type of Awards	
Award Requirements	
Team Banquets and Senior Gifts.....	10
Unified Sports.....	10
Loyalty to High School Team.....	10
Governing Body.....	10
Parent/Guardian Communication Guide.....	10-12
Chemical Health Rule.....	12-13
Concussion Policy.....	13

## Welcome to Carver Middle High School Athletics

Participating in Carver Middle High School Athletics is a privilege that will be extremely rewarding for all student athletes. This handbook is presented because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit them to compete. Participation in sports provides a wealth of opportunities and experiences to assist students in personal growth. Students who elect to participate in athletics are voluntarily making a choice which involves self-discipline and commitment. Only students who comply with the rules and expectations of their team are assured membership on a team. This concept of self discipline is tempered by the responsibility to recognize the rights of the individual within the framework of a team. We believe that you, the parent, have committed yourself to certain responsibilities and obligations. Please understand that skill improvement and healthy learning experiences are a focus of our athletic program. The student/athlete must be prepared to make a major commitment to the maximum development of knowledge, skills, and attitudes under the supervision of a thoroughly trained and effective coaching staff committed to the educational goals of the school district.

We would like to take this opportunity to acquaint you with our athletic philosophy and some of the specific policies that are necessary for a well-organized athletic program. The handbook includes information regarding policies, practices, and regulations that govern our athletics at Carver Middle High School. It is intended to help you understand what you can expect for your student-athlete from our coaches and staff and what is expected of our student-athletes and parents/guardians.

Being a part of a sports team at the high school is a major commitment but is also one of the most rewarding experiences of your life. Best of luck on your journey and please let me know if I can ever be of assistance.

Kelsey Kincade  
Director of Athletics  
Email [kincadek@carver.org](mailto:kincadek@carver.org)

Office (508) 866-6136

# Athletic Department Philosophy & Expectations

The purpose of athletics is to provide learning experiences, which contribute to physical, mental, social, and emotional growth. Athletics should encourage both the development of positive self-esteem and an atmosphere among coaches and teams where mutual respect, honor and integrity are valued. Interscholastic athletics has served as an effective complement to the entire educational program. The young person who participates in athletics will be involved in new experiences, many of which cannot be taught in the classroom and learn important life skills:

- Learn to accept frustrations and disappointments, as well as success
- Spend long hours in practice with no guarantee that they will participate in a game
- Work with fellow teammates to achieve a common goal
- Develop leadership skills
- Develop confidence, and effective communication skills, both verbal and nonverbal

Participation in athletics should contribute to the development of the following qualities:

- Health and Happiness
- Development of Physical Skills
- Emotional Maturity
- Social Competence
- Moral Values
- A Sense of Cooperation
- A Spirit of Competition
- Self Discipline
- A Realization of the Value of Group Goals

Expectations of Student Athletes

- Honor their academic commitments
- Student FIRST, then Athlete!
- Respect for self; others; facilities, etc.
- Sportsmanship at all times: represent self; family; CMHS community
- Commitment; Accountability; Responsibility
- Hard Work; Dedication; Teamwork
- Adhere to team rules & expectations
- Give back to their community.

Participation = Privilege

## Sports Offerings

Student participation in the athletic program is a privilege which can be a valuable and rewarding experience. Carver Middle High School provides two levels of competition (Varsity and Sub-Varsity) in most sports for students in grades 8-12 (7th grade participation is reviewed each season per sport). The fall teams begin practicing the last week in August and the season ends in early November except for football and tournament play. The winter teams begin practice the Monday after Thanksgiving and the season ends in mid February except for tournament play. The spring teams begin practice on the third Monday in March and end in early June except for tournament play. The following athletic teams may be available to students:

FALL	WINTER	SPRING
Football	Girls' Basketball	Girls' Track & Field
Girls' Soccer	Boys' Basketball	Boys' Track & Field
Field Hockey	Wrestling	Baseball
Boys' Cross Country	Ice Hockey	Softball
Girls' Cross Country	Girls' Winter Track	Girls' Tennis
Golf	Boys' Winter Track	Boys' Tennis
Volleyball		ESports
Cheerleading		
ESports		

Subject to restrictions on team size, the athletic program will be open to all students who are physically able to participate and who are eligible under local and state regulations. An unlimited participation policy will be used whenever possible. There are factors, however, which necessitate the size of the team be limited in order to maintain a high level of safety, coaching, playing time and practice time. Coach's judgments with respect to selection of participants are made after observing prospective players in practice and/or game-type situations.

Factors such as *practice attendance, attitude, commitment, sportsmanship and athletic skill* enter into playing time decisions.

Playing time will vary a each level based on the sole discretion of the coach

- Freshman: All will play (foundation/skill development)
- JV: More Competitive (continue to build on knowledge)
- Varsity: Most competitive; not all play (playing time earned)

# General Rules and Information

A student must be declared eligible by the Athletic Director according to the standards listed in this section before he/she will be allowed to try out for a team. There will be pre-season meet the coaches nights for student-athletes and parents of student-athletes prior to each season. In order to tryout for any of the above listed sports programs, each student must complete and/or abide by the following policies:

## 1. Family ID

All student athletes must be registered on FamilyID before tryouts. This form must be completed for each athletic season of involvement. Forms may be completed online at <https://students.arbitersports.com/carver-middle-high-school-athletics>. Parents also need to complete the online concussion course offered through NFHS at NFHSLearn.com

## 2. Physical Exam

All student athletes must pass a physical examination within 13 months. Physical examinations must be performed by a duly registered physician, physician's assistant, or nurse practitioner. All students must have a physical form on file or submitted into FamilyID dated within the past 13 months. If the season of participation happens upon the 13th month deadline, the student will be considered ineligible until an updated physical is completed and the proper form is filed with the school Nurse and the Athletic Director. *ANY ATHLETE WITHOUT A PHYSICAL WILL NOT BE PERMITTED TO TRYOUT.*

## 3. Athletic Fee

Payment must be made by the first contest date. A \$150.00 athletic participation fee will be collected from each student athlete who is listed on the final team rosters. The fee is non-refundable. Student athletes who leave a team voluntarily or who are dropped from the team by the coach, Athletic Director or Principal for disciplinary or scholastic deficiencies are not eligible for a refund. All payments may be made either on-line(Unibank), cash or check, payable to the CARVER SCHOOL ATHLETIC DEPT. Unipay link <https://unipaygold.unibank.com/Default.aspx?customerid=1349>. There is a Family Cap of \$750 per calendar school year.

The fees are to be given to the Athletic Director so payment can be noted on the athletic registration form which is kept on file in the Athletic Director's office. (Payment of the participation fee by a student athlete does not insure any specific amount of playing time on any specific team.)

## 4. Academic Eligibility

Student athletes must maintain a D (65%) overall academic average and cannot fail more than one course. Students' eligibility is affected when report cards are issued at the end of each grading period. For fall sports, eligibility is determined by a student's final grades from the preceding year. If a student athlete has previously pursued and failed a course with a grade above 50, he/she may retake that course in summer school and have it count as an additional term grade for the failed course in determining fall eligibility. For winter sports, it is based off of term 1 reports and spring sports is based off of term 2 reports.

## **5. Transportation**

All student athletes must ride the bus provided for transportation to and from the athletic contests unless excused by the Athletic Director. A note from a parent/guardian requesting permission to transport their student either to or from an event is required within 24 hours of the event. The parent/guardian may only transport their own child. Students are not allowed to transport themselves and not allowed to transport other students to and from sporting events.

## **6. Equipment**

All student athletes who participate on a Carver High School athletic team will be held accountable for all equipment and uniforms damaged, lost or stolen. All student athletes will be required to pay an amount equal to the cost of replacing that single piece of equipment, uniform, etc., to the Carver High School Athletic Department. If a student-athlete leaves the team during the season due to injury, academics, discipline or their own volition, it is their responsibility to return all school equipment immediately.

## **7. Attendance in School**

All student athletes must be in school the day of a game or practice in order to participate unless excused by the administration. A student may not play if absent from school. If a student is dismissed from school due to an illness they may not participate in activities that day. Students are not allowed to return for co-curricular activities if the dismissal is not an "excused" dismissal. If a student is absent on a Friday, they must obtain permission from the Principal or Athletic Director in order to play on the weekend. A student tardy for more than half the day is considered absent and may not play or participate that day. Student athletes must serve their school discipline before attending a co-curricular event

- a. A student tardy to school five (5) times = Office Detention
- b. Tardy (10) times = Saturday School,
- c. Tardy (15) times = Saturday School + in-school suspension + social probation

## **8. Suspension in School**

Any athlete suspended from school will not be allowed to play, practice or attend any team meeting during the time of the suspension. He/ she may be reinstated on the day of return to school.

## **9. Athletic Injuries**

Our school athletic program is composed of 24 sports for boys and girls. Many of the events occur at the same time. All of the members of the Carver High School teams have been informed that participation, as well as carelessness in the gym, out on the track, or in the fields, may result in serious injury or even death. Parents are asked to reinforce our intent to make sure our athletes always keep safety in mind when participating both indoors and outdoors on one of the CHS athletic teams. An athlete who is injured while participating in a school sport must make the coach aware of the injury so that an accident report can be filed with the school and the injury appropriately dealt with.

## **10. Hazing**

(Chapter 269, Section 18 of the General Laws) of the Commonwealth of Massachusetts states: The term “hazing” as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug, or any other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other persons to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Anyone who is aware of hazing and/or is at the scene where hazing takes place is required to report the crime to an appropriate law enforcement official as soon as reasonably practical. Failure to report such crime is punishable by a fine of not more than one thousand dollars.

## **11. Carver Insurance**

The Carver School system provides secondary insurance for all its athletes. Parent/guardian(s) must submit injury claims to their own insurance companies first and the school athletic insurance will only pay what the personal insurance company will not pay. It is the responsibility of the student athlete to report injuries to the coach. Student athletes are responsible for working closely with the coach and the Athletic Trainer to ensure that an accident report is submitted in a timely fashion to cover school and insurance company requirements.

## **12. Team Captains**

Team captains are typically nominated by the team and/or coaching staff each season. Team captains will meet periodically throughout the school year to develop leadership skills and work cooperatively with other school programs. A captain who violates the rules and regulations of the Carver High School Handbook may be removed from the role of captain after having an opportunity to be heard by the Director of Athletics and/or the principal/assistant principal.

## **13. Daily/Weekend Commitments**

Members of a team at Carver Middle High School are expected to make at least five-day, two to three hour daily commitment to the team each week. At the sub-varsity level, most teams do not play or practice on weekends; however, some games may occur on weekends, and students must be willing to make a commitment to attend those games. At the varsity level, weekend and/or evening practices and games are more commonplace, and participants should expect regular involvement during these times. Because many of our teams share facilities, practices and game hours may vary considerably. Contact the coach or the athletic office for more specific information concerning practice and game times. Parents and students are reminded that teams often practice during vacations and weekends. A student's absence from a practice or game may come with consequences to playing time. It is also important to remember that games will be rescheduled, sometimes on weekends or during vacations, students who miss these games may also be subject to consequences.



## 14. Booster Club

The Carver Middle High School All-Sports Booster Club is a support group for all athletic teams. This is a great opportunity for parents and guardians to engage in civic activity within their community and learn the benefit of service while giving back to the community. The Booster Club meets once a month and plans events to fundraise and support our athletic teams.

## Athletic Department Award Policy

### Type of Awards:

1. Certificate of Participation: Awarded to all members of sub-varsity and varsity team members who meet the general requirements for an athletic award as listed below.
2. Varsity "C" Letter: Awarded to all members of a varsity team who meet the requirements for an athletic award listed below and compete in 50% of the season's games, matches or meets or who in the opinion of the coach and Athletic Director, has made a major contribution to the team. Only one varsity chenille letter will be awarded to a student during their high school career.
3. Sports Pin: Awarded to all members of a varsity team who meet the requirements for an athletic award listed below, has already received a Varsity "C" Letter and compete in 50% of the season's games, matches or meets or who in the opinion of the coach and Athletic Director, has made a major contribution to the team. Only one varsity pin per sport will be awarded to a student during their high school career.
4. Varsity Jacket: The earning of two varsity letters for the same sport for two years would qualify the student athlete to purchase a school athletic letter jacket from the high school jacket distributor. The earning of three varsity letters from different sports also qualifies the student athlete to be able to purchase a school letter jacket from the high school jacket distributor. A senior athlete who has not met all of the above requirements, but, who in the opinion of the coach and Athletic Director, has made a major contribution to the team, may be awarded a letter and qualify to purchase a letter jacket.

**Award Requirements:** To receive an athletic award a student must meet the following requirements:

1. Student-athletes must be eligible to participate for the entire season. (Student who is not academically eligible will not receive a letter)
2. All equipment issued to the athlete must be returned in good condition.
3. Athletes must attend all games, scrimmages, practices, meets, and matches unless excused by the coach or athletic director.
4. Indicate a high standard of citizenship through conduct and attitude.
5. Managers: the first year in a sport a certificate is awarded and the second year in the same sport a letter is awarded. All duties must be performed to the satisfaction of the coach/athletic director.- Any student who is interested in serving as a team manager should reach out to the coach of the sport, or the Athletic Director for opportunities. Being a team manager is a great way to be a part of a team and engage in a sport.

## **Team Banquets and Senior Gifts**

Each team will host an end of season banquet/celebration to celebrate their season. In addition, teams may purchase gifts to give their senior athletes. All banquet information and senior gift ideas must be approved by the athletic director or administration.

## **Unified Sports**

Carver Middle High School offers a unified sports option during each season. Unified sports combines athletes with and without intellectual and physical disabilities on the same team. The team typically practices one day per week immediately after school and is open to all students. The Unified Team will also play a select number of games each season against other schools when possible.

## **Loyalty to High School Team**

Students may participate on a town or club team simultaneously with a Carver team, but they are expected to commit to and attend all Carver team practices, games and events. The athletic priority for the season needs to be fulfilling their commitment to their Carver teammates and coach. This policy is explained in the MIAA handbook under Bona Fide Rule 45.

## **Governing Body**

Carver Middle High School is a member of the Massachusetts Interscholastic Athletic Association (MIAA). The Mission of the MIAA is to “serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic athletics which will enrich the educational experiences of all participants.” The MIAA sets minimum standards which all member schools must adhere to, but Carver frequently chooses to enforce more stringent guidelines. MIAA Handbook link: [MIAA Handbook](#)

Carver is a member of the South Shore League. The South Shore League is governed by the MIAA and the Principal of each member school agrees that his/her school will abide by all league rules and regulations. The conference membership facilitates the arranging of schedules, equalizing competition, conducting league meets, and determining league championships. The South Shore League provides the opportunity for competition with schools of similar athletic philosophy. In addition to Carver, member schools are Abington, Cohasset, East Bridgewater, Hull, Mashpee, Middleboro, Norwell, Randolph and Rockland. The league is divided into two divisions varying per sport: The Sullivan Division and the Tobin Division. We also compete against other local MIAA member schools that are not in our league.

## **Parent/Guardian Communication Guide**

### **Parent/ Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to

children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

#### Communication You Should Expect From Your Child's Coach

- Coach's Philosophy
- Expectations the coach has for your child as well as all of the players on the squad
- Locations and times of practices and contests
- Team requirements, i.e., User fees, Physical Forms, Code of Conduct (any other appropriate paperwork), Special equipment needed, off-season conditioning.
- Procedure should your child be injured during participation
- Discipline that results in the denial of your child's participation

#### Communication Coaches Should Expect From Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regards to a coach's philosophy and/or expectations.

As your children become involved in the Athletic Programs here at Carver, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

#### Appropriate Concerns to Discuss With Your Coaches

- The treatment of your child, mentally and physically
- Ways to help your child succeed
- Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are Professionals. They make judgment decisions based on what they believe to be best for all students involved. As you may have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those in the following section, must be left to the discretion of the coach.

#### Issues Not Appropriate to Discuss With Coaches

- Playing Time
- Team Strategy
- Play Calling
- Other Student-Athletes

There are situations that may require a conference between a coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

- Student-athletes should first discuss concerns directly with the coach.
- If parents/guardians still have concerns, they should contact the coach to make an appointment. DO NOT confront a coach before, during or after a practice or game.
- If the conversation/meeting does not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation.

- If not satisfied, the athlete and /or parent may ask to meet with the Principal within two school days of the recommended disciplinary action. The principal will confirm the decision regarding this appeal in writing.
- If not satisfied, the student and/or parent may contact the Superintendent of Schools for further discussion within two school days of the above meeting. The Superintendent will confirm the decision regarding the appeal in writing.

## **CHEMICAL HEALTH RULE**

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by their doctor.

This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g., many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

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

If a violation of this rule occurs while the student is serving a school suspension (either in-house or out-of-school), the chemical health violation penalty period will not begin until the school suspension period has concluded.

If, on the other hand, the school suspension is directly related to the violation of the Chemical Health Rule, then the suspension and chemical health penalty will be served concurrently.

### **MINIMUM PENALTY**

#### **FIRST VIOLATION PENALTY**

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student MIAA Handbook July 1, 2023 – June 30, 2025 52 be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

#### **SECOND AND SUBSEQUENT VIOLATIONS**

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular

season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that the student is attending or issue a certificate of completion. If a student does not complete the program, the penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional parts of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

## **Concussion Policy:**

Carver Middle High School is committed to the safety of all our student athletes. The purpose of this policy is to educate our parents, student-athletes, coaches, administrators, school personnel, and volunteers on the seriousness of head injuries, and more specifically concussions. This policy provides standardized procedures for any persons involved in the training, prevention, recognition, management, and return to play decisions regarding students who sustain head injuries while involved in extracurricular athletic activities, including but not limited to interscholastic sports and intramurals, to protect their health and safety.

A team led by our Athletic Director, School Nurse, and Licensed Athletic Trainer have developed these policies and procedures for Carver Middle High School. These policies and procedures have been developed in the best interest of our student-athletes, in compliance with the Massachusetts Department of Public Health(MDPH) regulations (*105 CMR 201.000: Head Injuries and Concussions in Extracurricular Athletic Activities*), to ensure and maintain a safe environment for all students in grades six through high school (*105 CMR 201.004*).

## **Concussion Policy**