



Winter 2021-2022 Parent – Athlete Info

Athletics at Whitinsville Christian

2020-2021 School Theme: Follow Me

Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. - Luke 9:23



Whitinsville Christian Athletic Staff

- Brady Bajema, Athletic Director
- Kurt Savage, Assistant Athletic Director
- Michelle Graves, Athletic Office Assistant



Purpose of Slide Show



- To meet MIAA requirements
- To ensure clear and consistent communication
- To communicate MIAA & WCS rules
- To inform athletes and parents about Mass. laws and requirements for participation

Updated Schedules

It will be posted on the following site once it is finalized:

- Dualvalleyconference.org

“Rules for Engagement”

- Rules for engaging a coach with questions and concerns.
- Modeled after the Matthew 18 principle:
 - First – Athlete is to request meeting with coach to express concerns. If no satisfactory resolution occurs, then...
 - Second – Parent is to contact coach to request meeting. This must not be done immediately after a contest. Contact coach after at least 12 hours by phone or e-mail. If after meeting with coach there is no satisfactory resolution, then.....
 - Third – Parent and/or athlete is to contact Athletic Director to request meeting. If no resolution, then contact the principal.

Conduct & Language

- Use of profanity, vulgar language or offensive comments at any time, and under any circumstance will not be tolerated from athletes, coaches or spectators
- Body language or gestures will be treated the same as the spoken word
- The word “Christian” on our uniforms and on our school needs to mean something that our guests and opponents will understand is different and desirable. We all must at all times:
 - Demonstrate good sportsmanship
 - Demonstrate hospitality
 - Honor our opponents
 - Honor game officials
 - Hold each other accountable for our actions

Electronic Devices and Social Media

- Not to be used when involved in team events unless approved by coach.
- These devices can be an intrusion into the life of the team when attention should be focused on developing team relationships.
- Twitter, Facebook, Instagram, Snapchat, TikTok, etc...
 - Proceed with caution and discernment!!
 - Think about the impact of your post prior to posting!

Chemical Health and Conduct Policy

While our conduct policy applies to all school activities including athletics, our membership in the MIAA imposes additional disciplinary requirements for chemical abuse. Students abusing illegal chemicals during school time or non-school time during a sport season are subject to the additional discipline. Note that the discipline given below would apply in a similar way to nonathletic activities. Thus any student found guilty of using, possessing, acquiring, delivering or transporting drugs, alcohol tobacco, or vaping on or off the school grounds during a sports season—practice and play—shall become ineligible to participate in interscholastic contests with that sport. The athletic director and the principal shall implement the consequences regarding such cases according to MIAA guidelines. At the beginning of each season, athletes will be required to sign a statement acknowledging their full understanding of the rules bearing on athletic events. 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, VAP pens and all similar devices); marijuana (including 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 his/her doctor.

*** Directly from WCS Handbook

Attendance at Practice and Games

Attendance at games and practices is required for a team to give its best performances. Faithful attendance represents the athlete's commitment to the team. Team members must avoid missing practices or games. An athlete who is absent from a practice prior to a game will not be permitted to play in the next game. Similarly, a student who is absent from school on the day of a game or arrives after 9:30 a.m. will not be allowed to play in the game or practice except in special circumstances, e.g., attending a funeral. Three unexcused absences from practices will result in removal from the team. An unexcused absence from a game could result in the individual being ineligible for the remainder of the season.

*** Directly from WCS Handbook

Massachusetts Laws

- Anti-Hazing Law – report it!!!
- Head Injury Law – statement included on FamilyID
- All Athletes and a Parent must take Concussion course from NHFS - (<https://nfhslearn.com/courses/61064/concussion-in-sports>)

Head Injury Education

- From the government at the Center for Disease Control:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

- Resources on the MIAA site:

http://miaa.net/contentm/easy_pages/view.php?page_id=98&sid=38&menu_id=200

Massachusetts Head Injury Law

In the event that an athlete were to sustain a serious blow to the head, it is mandatory that coaches evaluate the athlete immediately. If any of the symptoms listed below are exhibited or suspected, the athlete **MUST** be removed from the game or practice immediately. The athlete may not return to participation, even if they say they are “okay”, until s/he has been evaluated by a physician and cleared for a return to action. Evidence of clearance **MUST** be in the form of a signed note from the physician.

Signs/Symptoms of Concussion or Head Injury (Initial Evaluation):

- dizziness and/or impaired balance
- difficulty focusing or impaired vision
- cognitive confusion, such as not knowing what day it is, who the opponent is or other indications of memory loss
- loss of consciousness for any amount of time
- indications of excessive fatigue
- sensitivity to light or noise
- head ache, nausea or vomiting

Signs/Symptoms of Concussion or Head Injury (Continuing Care):

- If there is a chance that an athlete has sustained a head injury, those responsible for continuing care such as coaches or parents must be careful to monitor the athlete for secondary signs of possible head injury, such as those listed below.
- mood or emotional irregularity
- sleep disturbances of any kind
- difficulty remembering new information
- continuing excessive fatigue

Massachusetts Anti-Hazing Law

- The term “hazing” shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.
- Whoever knows that another person is the victim of hazing and fails to report such crime shall be punished by a fine of not more than one thousand dollars.