Pre-Season
Parent & Athlete Info

Athletics at Whitinsville Christian

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7



Lead with Character and Train with Purpose to Compete for Christ

WC ATHLETICS

Purpose of Slide Show

WCS Athletics and MIAA Membership

- Provide contact information for athletic staff
- A review of WCS sports eligibility
- To meet MIAA requirements
- To communicate MIAA & WCS rules
- To inform athletes and parents about Mass. laws and requirements for participation

ATHLETICS

Whitinsville Christian Athletic Staff

Athletic Director

Kurt Savage

ksavage@whitinsvillechristian.org

Athletic Administrative Assistant

Michelle Graves

mgraves@whitinsvillechristian.org

Assistant Athletic Director

Mike Persenaire

mpersenaire@whitinsvillechristian.org

WC ATHLETICS

Whitinsville Christian Athletic Staff

Head Coaching Staff

Contact information for our head coaches can be found on the WCS Athletics Homepage.
Scroll down to find a spreadsheet of all current head coaches and their email contact information.

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Sports teams @ WCS

WCS Sports Teams

WCS Middle School Programs - available for grades 6, 7 and 8

WCS High School Programs - available only for grades 9 - 12

Coop Programs

- coop programs will same breakdown of grades for MS or HS teams regardless of a host schools waivers or grade eligibility.
- WCS does NOT provide transportation for coop participation. Families are expected to make arrangements for transportation.
- All coop programs hosted by another school include a financial participation fee. Contact the AD for more specific information.

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Scheduling Website

Scheduling for all game and practice schedules.

arbiterlive.com

- Go to arbiterlive.com and search for Whitinsville Christian and navigate to your team. On mobile devices, it is recommended to use the desktop/website version for the best user experience.
- For calendar syncing navigate to your team on arbiterlive and select the “follow me” red button.
- **IMPORTANT WARNING:** Please do not use the arbiter app. It has been plagued with unreliable information and syncing issues.

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MIAA Chemical Health

Chemical and substance abuse has serious consequences. The MIAA has outlined rule #62 in the following brochure: MIAA Chemical Health Information

WCS has adopted a MIAA and WCS Return to Sports Policy which combines MIAA and WCS expectations.

Ruling Summary: (see above MIAA link for full ruling)

- Throughout an academic/athletic year, a student shall not use, consume, possess, buy/sell, or give away any beverage containing alcohol; tobacco products (including e-cigarettes, vape pens, etc); marijuana; steroids; drug paraphernalia; "NA or near beer," or any controlled substance, and misuse of over-the-counter medications and substances used for the purposes of altering one's mental state.

Consequences and game suspension:

1st Violation	25% loss of season (and/or including upcoming seasons)
2nd Violation	60% loss of season (and/or including upcoming seasons)

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MA Laws: Head Injury Training

Mass State Laws for High School Sports

- **Head Injury Training Law:**
  - Student athletes and their parents, coaches, athletic directors, school nurses, and physicians **must learn about the consequences of head injuries and concussions through training programs and written materials**.

- **All Athletes and a Parent** must take the **concussion training course** https://nfhslearn.com/courses

- **Head Injury Education:**
  - From the government at the Center for Disease Control
  - Resources on the MIAA site

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MA Laws: Head Injury Training

Concussion and Head Injury Awareness

- 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

MA Laws: Head Injury Response

MA Head Injury Response 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.
- <u>If any of the symptoms listed below are exhibited or suspected, the athlete **MUST** be removed from the game or practice immediately.</u>
  - Symptoms include: 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, headache, nausea or vomiting
- The athlete may not return to participation, even if they say they are “okay”, until s/he has been evaluated by an athletic trainer and/or physician and cleared for a return to action.
- If a concussion is diagnosed, evidence of clearance **MUST** be in the form of a signed note from the physician.

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MA Laws: Head Injury Response

MA Head Injury Response Law and returning to WCS Athletics.

- The WCS school nurse will provide families with school recommendations for returning to school and academics.

- If a head injury is reported to the school, the evidence of clearance **MUST** be in the form of a signed note from the physician and communicated to the WCS School Nurse before returning to play.

MA Laws: Anti-Hazing

MA Anti-Hazing Law

- Parents and athletes should review the state anti-hazing laws
- 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.

Rules for Coach Engagement

WCS recommended procedure 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 can contact coach to request meeting. This must not be done immediately after a contest. **Parents can contact coach after a minimum of 12 hours** by phone or email. 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 is reaches, then the school principal will be contacted.

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Conduct & Language

WCS Code of Conduct and Expectation:

- 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

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Social Media and Phones

Social Media Accounts

- Athletic team head coaches have access to team social media accounts and head coaches will administrate use of team accounts (instagram, twitter, etc). Head coaches are able to involved chosen athletes to participate.
- Students are NOT permitted to create their own “WCS sports team” account.

Cell Phone Use

- It is the desire of our athletic programs that cell phone use do not interfere with the team experience.
- Head coaches will outline the exact expectations of cell phone use for athletes on their team (before, during and after practices and games, during transportation, etc)

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