



HAMILTON-WENHAM REGIONAL HIGH SCHOOL

775 Bay Road
Hamilton, MA 01982
Tel. 978-468-0400 ❖ Fax 978-468-2742

2020-21 SPRING SEASON Athletics Meeting – Tuesday 4/13/21 – 6:30PM

Flexibility, Assuming Best Intent, Collaboration

The purpose of tonight's meeting is two-fold. The first is for the Athletic Department to disseminate required information to all prospective student-athletes and their parents / guardians as well as to highlight different points of emphasis within our Handbook. The second is for prospective student-athletes to and their parents / guardians to meet their program's Head Varsity Coach to understand the expectations to making a successful and well-run program.

General Assembly Agenda

1. Welcome, Introductions and SPRING SEASON 2020-21 (See PDF Handout)

- a. Goals for Players, Coaches and Parents
- b. Lines of Communication
- c. Game Schedules (MaScores)
- d. Checkpoint: What is Due and When
 - i. Physicals – Monday, April 26th at Noon – 1st Official Day of Practice
 1. In order to Participate in Pre-Season Workouts – due NOW
 - ii. User Fees – Monday, May 3rd at Noon

2. State and Locally Mandated Requirements

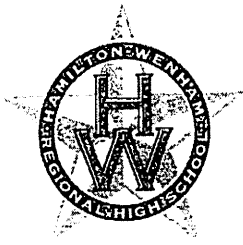
- a. Concussion
- b. Vaping
- c. Opioid Abuse
- d. Hazing
- e. Bona Fide Team Rule

3. COVID 19 (Screen Share Slide Show)

- a. Where We Are Right Now
 - i. Winter Framework
 - ii. Work Completed to Date
 - iii. What Needs to Happen Next?
- b. New Guidelines
 - i. Entering the Day
 - ii. Training Room / Bathrooms
 - iii. Practice Plans
 - iv. Buses & Transportation
 - v. Contact Tracing

**c. Team Breakout Rooms
Beginning at 7:30!!**

**Zoom Links by Sport: On Athletic Page of HWRHS Website
<https://www.hwschools.net/page.cfm?p=1744>**



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HW ATHLETICS: GOALS for COACHES, PLAYERS and PARENTS

For Coaches: *In addition to fulfilling the visions of the Athletic Department, a Hamilton-Wenham Coach will strive to...*

1. Create a positive and memorable experience that will be cherished by the Student-Athlete for the rest of his/her life.
2. Teach the unquestionable truth that $2+2=5$. The whole is always greater than the sum of its parts.
3. Teach the specific and unique skills of each sport to the very best of our abilities by using all means, methods, and resources available to us.
4. Teach the skill of competition and always put the Program in the best situation to succeed both in the present and the future.

For Players: *In addition to fulfilling the visions of the Athletic Department, a Hamilton-Wenham Athlete will strive to...*

1. Learn the incredible value of what it means to be a great teammate and be accountable to others.
2. Maximize his or her individual and team potential through daily attendance at practice, accepting constructive coaching, and always being open to learning the nuanced intricacies of their sport.
3. Compete as hard as they can while always remembering to represent our families, school, community, and teams with the highest level of character, class, and excellence.
4. Embrace their leadership role as sons and daughters, teammates, classmates, and members of the Hamilton-Wenham community both on and off the fields / courts.

For Parents:

1. Understand that the primary goal of the Athletic Department and each Head Coach is to maximize the experience of the entire team and program well before the individual and every decision made by the Head Coach will be geared toward achieving that end.
2. Empower their children to communicate their questions and concerns directly to the Head Coach with the understanding that this is a critical life skill that will be supported and embraced by the HW Coaching Staff and the Athletic Department.

When the athlete is left unsatisfied with the results of said meeting, parents can set up a meeting time with the Head Coach and the athlete to resolve their concerns.

3. Appreciate and recognize that an individual sport season is very short, often times comprising only 10-12 weeks of the school year. In order to create a team dynamic and fulfill the potential of a program, all athletes, regardless of ability, must aim to attend every practice, game and team event during that time and it is critically vital that parents / guardians work to reinforce this concept with their children.



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2020-21 SPRING Athletics Meeting: Web Site Help

How to find Game Schedules and GPS Addresses for Away Contests

GAME SCHEDULES

**** SPECIAL NOTE: What was formerly known as FR is now JV-2

hwschools.net	MaScores.com
<ol style="list-style-type: none">1. Left Panel – Athletics2. Game Schedules3. Link to MaScores	<ol style="list-style-type: none">1. Click “Cape Ann League”2. Click “School Pages”3. Click Hamilton-Wenham Logo<ol style="list-style-type: none">a. Will Display Today’s Gamesb. Can Choose “Teams” on Top Bar<ol style="list-style-type: none">a. Choose Level within that Sport

DIRECTIONS TO AWAY CONTESTS

hwschools.net	MaScores.com
<ol style="list-style-type: none">1. Left Panel – Athletics2. Directions to Contest Sites3. PDF – CAL Schools4. Listing of Non-League Opponents and Sites	<ol style="list-style-type: none">1. Within Team Schedule2. Link to Sites Comments Column



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Concussion Information: Hamilton-Wenham Athletics

Hamilton-Wenham Regional High School cares deeply for the health and safety of each individual student we are fortunate enough to work with during the course of the school year. As such, we seek to work with the parent / guardian of each of our student athletes and partner with you to ensure there is a functional process in dealing with head injuries.

Below are key documents provided by the State of Massachusetts and the Massachusetts Interscholastic Athletic Association. It is the expectation of Hamilton-Wenham and its Athletic Program that all parents and student-athletes are familiar with these sites:

Full Text of MA State Law: www.mass.gov/legis/laws/seslaw10/sl100166.htm
Return to Classroom Standards: www.miaa.net/mcgrath.pdf

Parent Education http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf
http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet_Spanish-a.pdf
http://www.cdc.gov/concussion/pdf/quiz_English.pdf

More Information <http://www.cdc.gov/concussion>
www.sportsconcussions.org
www.sportslegacy.org
<http://www.biama.org/whatdoes/playsmart.html>

Contact Information To seek guidance or further clarification for these documents as they pertain to your individual son or daughter, please contact the following resources at the school.

Nurse	Lea Tabenkin l.tabenkin@hwschools.net 978-468-0409	Athletic Trainer	Nick Jarboe nick@harmelingpt.com
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Athletic Director	Craig Genuardo c.genuardo@hwschools.net 978-468-0485	Principal	Eric Tracy e.tracy@hwschools.net 978-468-0400
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“SAC” Concussion Management Parental Consent Form

Standardized Assessment of Concussion (SAC) is a neurocognitive evaluation/ test which allow healthcare providers to assess mental and motor status following a concussion in sports. Often even when the physical examination returns to normal in a concussed athlete, there still can be significant cognitive deficits that go undetected. Additional concussions that occur before the brain has had a chance to heal may be a mechanism for permanent damage to neural structures rarely, repeat concussions before full healing has occurred can be catastrophic.

SAC is considered one of the industry standards for such assessment and has a thorough research history to back it up. It is used all over the country by professional, college and high school sports programs to assist in evaluating when neurocognitive function has returned to normal after a concussion.

The testing process is straightforward; an athlete takes a 5 minute baseline test that the athletic trainer uses to establish baseline cognitive function during pre season. If a concussion occurs, a post injury test can be given and repeated if necessary to determine when this function returns to the normal baseline measures from the pre test.

Some of the cutting edge research in this area is now indicating that the adolescent brain actually takes longer to heal than an adult after a concussion. This is why we feel strongly that this program might help improve the management of these sports concussions at HWRHS. If you would like your child to participate in this baseline evaluation, please sign and date this form. If not, please sign and date the second box.

Thank you,

Hannah Magerman, LATC

I give permission for my son/ daughter, _____ to participate in SAC baseline test.

Parent or guardian's signature

Date

Student Signature

Date



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2020-21 SPRING Athletics Meeting

Vaping Information

(with thanks to Lea Tabenkin, HWRHS School Nurse and Mary Beth Timg, MRMS Nurse for providing these data points)

Definition of Vaping

Vaping is the act of inhaling and exhaling aerosol produced by an e-cigarette. Nicotine is delivered through vaping devices.

Addiction

- * 90 percent of Lifelong Smokers begin before Age 18.
- * Because addiction is a form of learning, adolescents can become addicted more easily than adults. The adolescent brain is not fully developed until age 25
- * The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs.

Hazards

- * Lung Damage
- * E-Liquids and vapor can contain toxic chemicals
- * The FDA does not regulate these products, long term affects are currently Being researched but are unknown.

Types of Vaping Devices

- * JUUL, BLU, VYPe
- * The amount of nicotine in 1 JUUL Pod = 1 pack of cigarettes (!)
- * The JUUL devices look like USB Ports and can be charged on any computer

What's Next

- * Continued Coaches Education
- * Continued Support through HS Health Office
- * Continued Programming and Education from HWRHS

- * <https://middlesexpartnershipsfor youth.com/events/vaping-and-our-youth>
- * <https://www.hhs.gov/ash/oah/adolescent-development/substance-use>

The District does not discriminate in its programs, activities or employment practices based on race, color, national origin, religion, gender, gender identity, sexual orientation, age or disability.

Dear School Superintendents and School Principals,

On March 14, 2016 Governor Charlie Baker signed landmark legislation into law to address the deadly opioid epidemic plaguing the Commonwealth. The bill is titled *An Act relative to substance use, treatment, education and prevention*. This new law includes multiple provisions including a 7-day limit on every opiate prescription for minors (with certain exceptions), a mandate for a verbal screen for substance use disorders in students and a requirement that information on opiate-use and misuse be disseminated to all students participating in an extracurricular athletic activity prior to their athletic season. This information can be found at our sports concussion website (www.mass.gov/sportsconcussion) at

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/substance-use-disorder.html>.

Here you will find information on substance use and misuse, where to get help for your child, resources and a link to the Dept. of Public Health Bureau of Substance Abuse Services.

Please make sure prior to every sports season that this educational information is distributed to all student athletes and their parents participating in extracurricular sports.

Also, trainings for school health personnel in screening for substance use are currently underway and your school health personnel are encouraged to attend one of these free programs provided by the Department of Public Health. Please see the schedule posted on www.neushi.org for more information related to these programs.

Thank you for continuing to ensure the safety and health of the Commonwealth's students.

March 2016 - Massachusetts Law Addressing the Opioid Epidemic

On March 14, 2016 Governor Charlie Baker signed landmark legislation into law to address the deadly opioid epidemic plaguing the Commonwealth. The bill is titled An Act relative to substance use, treatment, education and prevention. This new law includes multiple provisions including a 7-day limit on every opiate prescription for minors (with certain exceptions), a mandate for a verbal screen for substance use disorders in students and a requirement that information on opiate-use and misuse be disseminated to all students participating in an extracurricular athletic activity prior to their athletic season.

This information can be found at our sports concussion website (www.mass.gov/sportsconcussion) at

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/substance-use-disorder.html>.

Here you will find information on substance use and misuse, where to get help for your child, resources and a link to the Dept. of Public Health Bureau of Substance Abuse Services. Please make sure prior to every sports season that this educational information is distributed to all student athletes and their parents participating in extracurricular sports. Also, trainings for school health personnel in screening for substance use are currently underway and your school health personnel are encouraged to attend one of these free programs provided by the Department of Public Health. Please see the schedule posted on www.neushi.org for more information related to these programs.

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Hazing Information: Hamilton-Wenham Athletics

At the beginning of every season, there is a required parent-student meeting with the Athletic Director and each team's Head Coach. There will be a meaningful presentation regarding hazing and parents, coaches, and student-athletes are responsible for the content of that meeting.

Hamilton-Wenham cares deeply for the individual needs and concerns of not only its athletic teams, but also the individual student-athletes that make up these teams. Great teamwork requires trust, belief in one another, and sense of community. Despicable acts of hazing do nothing to promote these values that are at the core of educational athletics.

Hamilton-Wenham will maintain and enforce a zero tolerance policy to any acts of hazing as defined herein.

Therefore, as required by Massachusetts Law, we are making the following information available.

Massachusetts Law - Chapter 269, Section 17 *Crime of Hazing, Definition, Penalty*

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one-year, or both such fine and imprisonment.

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 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 person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St. 1985, c.536; amended by St. 1987, c.665.

Massachusetts Law - Chapter 269, Section 18

Duty to Report Hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime, shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars. Added by St. 1985, c. 536; amended by St. 1987, c. 665.

Massachusetts Law - Chapter 269, Section 19

Statutes to be Provided to Student Groups; Compliance Statement and Discipline Policy Required

Each institution of secondary education and each public and private institution of postsecondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and section seventeen and eighteen to unaffiliated student groups, team or organizations shall not constitute evidence of the institution's recognition's or endorsement of said unaffiliated student groups, teams, or organizations. Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team, or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team, or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full-time student in such institution a copy of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post-secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full-time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers a participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general any such institution which fails to make such report. Added by St. 1985, c.536; amended by St. 1987, c.665.



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MIAA Bona Fide Team Rule

The Bona Fide rule requires that members of a school team actively participate in all team practices and competitions. Members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school event/activity in any sport recognized by the MIAA.

HWRHS Attendance Policy

Student-Athletes are ineligible to participate in athletics on a day that they are absent. If they are absent on a Friday, they are not allowed to participate over the weekend in any way with their teams.

Students who come to school late for any unexcused reason, are ineligible to participate on that day.

Chemical Health Policy

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is the latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer." These penalties carry over to the next school year.

Refunds of User Fees

1. Students who do not make Team Selection will be refunded fully. (They are, however, encouraged to transfer sports and remain an active part of the HWRHS Athletic Dept.)
2. Injured or seriously ill students will receive a prorated refund depending on length of absence from competition caused by the injury.

There shall be no refund under the following circumstances:

- The athlete is dismissed from the team due to disciplinary problems.
- An athlete is dismissed from the team due to scholastic deficiencies.
- An athlete withdraws from the team past the "sufficient enrollment date."

In certain circumstances, a refund may be authorized by the athletic director and the principal if the team has a complete roster plus two (2) additional paid athletes and the request comes within the first five (5) days of practice.



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Team Travel: Hamilton-Wenham Athletics

Team Travel to Away Games: Hamilton-Wenham will provide a bus for each away game on the schedule. Regardless of the day, time, and location of the game, the bus will leave from the High School. Each student-athlete and student manager is required to ride the team bus to all away games on the schedule.

Any rare exception to this policy requires signed approval by the Athletic Director on the Head Coach's "Away Contest Information Sheet." While students are never allowed to drive themselves to an Away Contest in any circumstance, it is possible, through this rare exception process, for parents to drive their child to an Away Contest.

At the Conclusion of Away Games: Though it is best for team unity and cohesion that players ride the bus back to Hamilton-Wenham after school, Parents / Guardians of students may take their son/daughter home from Away Contests provided they sign the Head Coach's "Away Contest Information Sheet" at the conclusion of the away contest. The process would be for the Parent/Guardian to approach the coach at the conclusion of the game and sign the form, which the coach will have available.

Special Note: Parents/Guardians may NOT take home somebody else's child.

Special Note: Busses will return to Hamilton-Wenham and will not stop at an individual player's house.

Special Note: Thirty (30) minutes after the conclusion of the day's activities or thirty (30) minutes after a team returns home, students will be asked to leave the school building. It is incumbent upon parents / guardians to be responsible for picking up their children within this time frame.

Away Scrimmage Contests and Other Non-Traditional Home Sites: There are occasions when a team has a legitimate need (away scrimmages, credible off site practice facilities) to travel off site without the budget to cover a bus. On these occasions, it is permissible for parents to drive a group of students, provided each student-athlete's parent sign the "Athletic Travel Permission Form." These forms are to be turned in to the Athletic Director prior to departure. All such trips will both begin and end from Hamilton-Wenham Regional High School.

Travelling to Traditional Home Site, Off Campus: Though good common sense should always prevail, any parent can drive a "group" of players to a traditional home site that is off campus. Additionally, provided all MA driving rules are followed, any student-athlete may drive to a traditional home site that is off campus as well. Following the day's practice, game, or team event, there is not a requirement to return to Hamilton-Wenham Regional High School before travelling home.

Coach's Away Contest Information Sheet

Team(s) Travelling _____ DATE _____

Destination _____

SALTER BUS COMPANY: (978) 462-6433

After Hours: (978) 334-6493

GAME INFORMATION:

FINAL VARS SCORE: _____

INJURIES	PLAYER NAME / LOCATION OF INJURY	PARENTS NOTIFIED Y/N
	_____	_____
	_____	_____

INCIDENT REPORT: Please indicate any player or coach ejections, major issues that do not befit being a Hamilton-Wenham General's student-athlete, concerns with travel or opposing venue. Use back of sheet

Returning to Hamilton-Wenham following Away Contest: The following student-athletes went home with their parent/guardian.

Student Name	Parent Signature

Additional Notes: