

Shrewsbury High School Athletics
New Parent/Athlete Athletic Department Information
2023-24



EFFORT, ATTITUDE, DISCIPLINE

Goals of this Presentation



- Provide an overview of Shrewsbury Athletics for prospective student-athletes and parents.
- Review policies and procedures associated with athletics- Shrewsbury High School and MIAA.



Governing Bodies



1. Massachusetts Interscholastic Athletic Association (MIAA)
2. Midland-Wachusett League (MWL)
3. Shrewsbury School Public Schools
4. Shrewsbury High School Administration
5. SHS Athletic Boosters Association and Friends of Shrewsbury Crew





The Massachusetts Interscholastic Athletic Association (MIAA)

- *Shrewsbury High School is a member in good standing of the MIAA. With membership, the principal and athletic department agree to abide by all rules and regulations of the MIAA.*
- One of the primary functions of the MIAA is to sponsor and conduct post-season tournaments at the varsity level, leading to the determination of district and state champions. When our varsity teams qualify for and enter in such tournaments, we are subject to specific rules and regulations that are put in place by the MIAA.



Midland-Wachusett League

Shrewsbury High School is proud to be a member of the Midland-Wachusett Interscholastic League. The Mid-Wach League is governed by its own constitution and the MIAA. All sports with the exception of skiing, crew and ice hockey are members of the Mid-Wach League.



Shrewsbury Public Schools

Additional policies, regulations and rules are set by the Shrewsbury School Committee, Superintendent of Schools and High School Principal. Under MIAA guidelines, local communities are allowed to set additional policies, rules and/or regulations as long as they are not less restrictive than those stipulated by the MIAA.



Shrewsbury High School Administration

The Principal may suspend or remove a student from athletics for serious violations of school regulations. More detailed descriptions of rules can be found in the *Shrewsbury High School Student Handbook*.



Athletic Boosters Association

The SHS Boosters Association is an organization comprised of parents, coaches, alumni and friends whose primary function is to raise money to help support the athletic program in areas not covered by the budget. The distribution of funds is determined by the SHS Boosters Association Executive Board and the athletic director. Coaches requests should be submitted to the athletic director for approval. Any fundraising to be done, through team parent support clubs, needs approval of the SHS Boosters Association prior to fundraising. Forms can be picked up at the Athletic Office.



Friends of Shrewsbury Crew (FOOSC)

FOOSC is a 501-C non-profit organization made up of parent volunteers that support the boys and girls crew team. While fundraising is a large part of what FOOSC does (crew is an expensive sport), is not the only being done during the school year. FOOSC is a liaison between the coaches and the parents with regards to scheduling important dates, and race information. FOOSC also organizes volunteers for the races, food for the races , clothing, scholarships, and maintains the website and Facebook page. All fundraising helps supplement the Athletic Department Budget.

David J. Adams Field at Central One Federal Credit Union Stadium



Shrewsbury High School Athletic Department



Athletic Department
Information & Policies

Athletic Department Values

- Hard Work
- Dedication and Commitment
- Teamwork
- *Time Management*
- Self Advocating
- Leadership
- “Colonial Pride”



Fall

Cheerleading- V
Crew - V, Novice
Golf- V, JV
Cross Country- V, MS
Field Hockey- V, JV
Football- V, JV1, JV2
Soccer- V, JV1, JV2
Unified Basketball- V
Girls Volleyball- V, JV1, JV2



Sports Offered

Winter

Alpine Ski- V
Basketball- V, JV1, JV2, MS
Cheerleading- V
Gymnastics- V
Ice Hockey - V, JV
Indoor Track- V
Swimming- V



Spring

Crew- V, Novice
Baseball- V, JV1, JV2, MS
Lacrosse- V, JV
Softball- V, JV1, MS
Tennis- V
Track & Field- V, MS
Unified Track & Field- V

Registration Procedure

- Register athlete online:

PowerSchool- Parent Portal
Colonial ID Card

- Forms Required:

1. Health Record-Examination Form (from Physician)
2. Athletic Fee Policy- please read

Athletic Fees

Athletes will be required to pay an athletic fee of \$325 per sport with a maximum fee of \$975 per family per school year.

Students who have been approved for free or reduced lunch pay \$50 per sport with a family cap of \$150.

Payment Terms

- The fees will be paid through *School Pay* at the start of each sports season. The Director of Athletics will establish the collection dates for each sport. Collection dates will be near the beginning of each sports season (fall, winter, spring).
- Failure to pay by the established date will preclude the athlete from participating in any team practices, tryouts, games, and meetings. There will be a \$50 late fee.

Miscellaneous

Parents and coaches should be aware that the athletic fees do not cover equipment that has typically been purchased by the athletes, and that the fee has no bearing on the athlete's playing-time.

Refunds

- Fees will be collected at the end of tryouts. There will be no refunds to any athlete who leaves the team or is injured after the following dates for each season:

Fall Season- September 1, 2023

Winter Season- December 1, 2023

Spring Season- March 29, 2024

- Refunds (full or partial) will not be provided to athletes who are dismissed or suspended from any team for any reason to include misconduct, disciplinary actions or academic failure.

SHS Athletic Department Expectations

- Dedication/Commitment
- Hard Work
- Personal Responsibility
- Time Management
- Independent Thinkers
- Team Work (No “I” in Team)
- Respect

SHS Athletic Policies

- *Privilege vs. Right*
- *Athletic Eligibility*
- *Athletes' Attendance*
- *Transportation*
- *Athletic Department Procedures and Communication Guides*
- *“Captain’s Practices”*

Privilege vs. Right

In order to participate in athletics at the high school level, athletes must understand the concept that it is a privilege to represent your school and community by participating on a sports team and not your right.

Athletic Eligibility

- In order to compete in athletics, you must take and pass a minimum of four major subjects in the preceding quarter.
- For the fall season, you must pass a minimum of four major subjects for the preceding quarter and semester.
- Health Record-Physical Examination Form- (13 months)

Athletes' Attendance

1. Athletes are required to be at every practice and game on time unless they are injured or ill.
2. The coach must be notified if an athlete cannot attend practice or a game.
3. Injured athletes are required to attend practice and games unless confined to bed or home.
4. Students must be in attendance at school for half of the day in order to participate in the practice or event for the day. Three and a half hours constitute half of the day (4 class periods). Students tardy after or dismissed before 10:30 a.m. are marked absent for the day.

It is extremely important that the coach be notified if a student athlete is not going to be present at practice or a game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present at all team related activities. Suspension or dismissal may take place as a result of such absences. Student-athletes are excused from team activities for academic or religious reasons, family emergencies, illness or injury. Prior notification to the coach is expected.

...Athletes' Attendance

Family Vacations and/or School Sponsored Domestic or Overseas Trips

- *These are not excused absences from Athletics.*
- Parents & athletes are encouraged to make decisions that are best for them but understand commitment to the team is important too!





Transportation



The school provides bus transportation, or a suitable substitute, to most “away” contests. All team members are expected to travel to and from these contests using the provided school transportation. Transportation to practice sites is the responsibility of the individual athletes . Exceptions to this policy must be requested in writing to the Director of Athletics by the student’s parent/guardian prior to the contest. A coach may give permission for a student-athlete to ride home from a game site only with their own parent or guardian.



Conferences between coaches, athlete and parents

There are situations that may require a conference between the coach, athlete, and parent. These are to be encouraged. It is important that all parties mentioned above are present and have a clear understanding of the others' positions. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Communication Guide

Appropriate Concerns To Discuss With Coaches:

1. The treatment of your student-athlete, mentally and physically
2. Ways to help your student-athlete improve
3. Concerns about your student-athletes behavior

Issues that are *Not* Appropriate To Discuss with Coaches:

4. Playing time
5. Team strategy
6. Play calling
7. Other student-athletes

...Communication Guide

If you have a concern to discuss with a coach, the following procedure should be used:

Step 1: Student-athlete goes directly to coach

Step 2: Student-athlete & parent go directly to coach

**Please DO NOT confront a coach before, during or after a practice or game. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.*

Step 3: Student-athlete goes directly to Athletic Director

Step 4: Student-athlete & parent go directly to Athletic Director

**Never hesitate to follow the above procedures to make your concerns known. Students and parents must be confident that the voicing of a concern is free from retribution.*

Communication from Coach

1. Philosophy of the coach and athletic department.
2. Expectations the coach has for all athletes on the team.
3. Location and time for all practices and contests.
4. Team requirements, i.e. practices, special equipment, out-of-season conditioning.
5. Procedure followed should your child be injured during participation.
6. Discipline that may result in the denial of your child's participation.

Video



<https://www.youtube.com/watch?v=iymXdRQDISg>

NCAA Statistics

ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	7,300,000	546,400	429,400	1,083,300	488,800	35,200	440,300
NCAA Student-Athletes	492,000	18,700	16,600	73,700	34,600	4,100	24,800
Percentage Moving from High School to NCAA	6%	3.4%	3.9%	6.8%	7.1%	11.7%	5.6%
Percentage Moving from NCAA to Major Professional*	2%	1.1%	0.9%	1.5%	9.1%	5.6%	1.4%

*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL and MLS drafts.

Body Language



<https://youtu.be/tp4mIONS51E>



SHS Uniform Rule!



- Athletes must wear uniforms throughout the entire athletic contest.
- Navy Blue, Vegas Gold, and White are the only colors allowed under team uniforms. Should an athlete wear another color he/she may be asked not to participate in the athletic contest.
- All uniforms or team gear ordered by teams need to be approved by the athletic director and coach.
- No dying of hair, outrageous colors or mohawks allowed.
- Anything that would draw individual attention is prohibited.

Hazing/Bullying

- Legal definition of hazing: “any conduct or method of initiation into any student organization which wilfully or recklessly endangers the physical or mental health of any student or other person.”
- No initiation will be tolerated by Shrewsbury High School.
- Athletes found responsible for bullying or cyber-bullying; for failing to report such bullying or cyber-bullying; or for retaliating in any way against any other student who reports such bullying or cyber-bullying, are subject to removal from participation on their team for a period up to and including the duration of their time at Shrewsbury High School.
- Students and coaches found in violation will be dismissed from participation in the Shrewsbury Athletic Program.



Fan Behavior



Acceptable Behavior

- Applaud during introduction of players, coaches, and officials.
- Accept all decisions of the officials
- Shake hands with other student-athletes and coaches after the contest, regardless of outcome.
- Search out opposing players to recognize them for outstanding performance or coaching.
- Applaud the performance of all participants.
- Show concern for injured, players regardless of team affiliation.
- Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior

- Yelling or chanting at opponents.
- Making derogatory yells, chants, songs, or gestures.
- Booing or heckling official's decisions.
- Criticizing officials in any way; displaying temper with an official's call.
- Refusing to shake hands or to recognize a good performance.
- Blaming loss on game officials, coaches, or players.
- Laughing or name-calling to distract opponent.
- Using profanity or displaying anger that draws attention away from the contest.

Captain's Practices

Shrewsbury High School does not recognize or acknowledge practices organized outside of the high school season.



RULES AND REGULATIONS

MIAA Blue Book Rules



Student-athletes must follow all MIAA eligibility rules (Blue Book).

1. In order to compete in athletics, you must take and pass a minimum of four major subjects in the preceding quarter.
2. You must pass a physical examination during the school year within 13 months of the first day of practice or tryouts.
3. You must have filled out the “Shrewsbury High School Colonials I.D. Card” in the Parent Portal PowerSchool.



- MIAA RULE #100 (Bona fide Team Member)

A “bona fide team member” of the school team is a student who is regularly present for, and actively participates in, all team practices and competitions. Bona fide team members are precluded from missing a high school practice or competition in order to practice or compete with an out-of-school team.

Chemical Health



First Violation:

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 contest totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal parts of an event will be truncated (i.e. all fractional parts of an event will be dropped when calculating the 25% of the season).

1st Offense



<u># of Events/Season</u>	<u># of Events/Penalty</u>
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5



2nd Offense

<u># of Events/Season</u>	<u># of Events/Penalty</u>
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20 or over	12



Go to: www.miaa.net

For further description of rules and regulations!



Athletic Trainer

Shrewsbury High School Doctor

SHS Athletic Trainer

SHS Athletic Trainer- Walter Hildebrand- Certified Athletic Trainer
Twitter-@ColonialsATC



- SHS Athletic provides athletic training services to all SHS athletes.
- SHS Athletic Trainer- Certified Athletic Trainer (Walter Hildebrand).
- The ATC is available in the Athletic Training Office each day after school starting at 2pm or at all home contests.
- Liaison from the Athletic Department to the school and families on SHS Concussion Protocol.



Dr. Lee Mancini MD, CSCS, CSN- UMASS Memorial Hospital Sport
Medicine

- Board Certified Sport Medicine Physician
- Certified Strength & Conditioning Specialist
- Certified Sports Nutritionist

Dr. Mancini is available in the athletic training office once a week at 3:00pm

Athletic Schedules

The screenshot shows the ArbiterSports website interface. At the top left is the 'ArbiterSports' logo, and at the top right is a 'Sign In' link. The main heading is 'Find Schedules Now'. Below this is a search bar with the placeholder text 'Search for your school' and a red 'Search' button. In the center, there is a promotional section for the mobile app. It features the 'AS ArbiterSports' logo, the text 'For iPhone, iPad, and Android devices', and two buttons: 'Download on the App Store' and 'GET IT ON Google Play'. To the right of these buttons is an image of two smartphones displaying the app's interface. At the bottom of the page, there is a footer with the 'ArbiterLive' logo, navigation links for 'ABOUT', 'CONTACT', 'PRIVACY', and 'TERMS', and server information 'Server: 1KT' and a copyright notice '© ArbiterSports'.

Go to www.arbiterlive.com for up-to-date athletic game schedules and postponements.

Twitter- *@ColonialsAD*

Instagram- *@colonialsad*

Important Dates to Remember

Fall Sports

- **July 31st - August 11th** - *Fall Sports Registration.*
- **August 16th**- *All athletic paperwork (medical forms, Colonial ID online form).
No paperwork will be accepted after this date.*
- **August 18th** - *Football tryouts begin.*
- **August 21st-** *All Fall Sports tryouts begin. Practice times and locations TBD.*

...Important Dates to Remember

Winter Sports

- **October 28th-November 3rd-** *Winter Sports Registration.*
- **November 8th-** *All athletic paperwork (medical forms, Colonial ID online form).
No paperwork will be accepted after this date.*
- **November 27th-** *Winter Sports tryouts begin. Practice times and locations TBD.*

...Important Dates to Remember

Spring Sports

- **February 26th - March 1st** - *Spring Sports Registration.*
- **March 8th** - *All athletic paperwork (medical forms, Colonial ID online form).
No paperwork will be accepted after this date.*
- **March 18th** - *Spring Sports tryouts begin. Times and locations TBD.*

**Good Luck to all athletes as you embark on
your Shrewsbury High School sports career!**



EFFORT, ATTITUDE, DISCIPLINE

Go Colonials!!!