



Wahconah Athletics



24 teams with the heart of a **Warrior and the expectation of academic and athletic excellence**

Alpine Skiing (Boys and Girls)

Baseball

Basketball (Boys and Girls)

Cheerleading (Fall and Winter)

Cross Country (Boys and Girls)

Football

Golf

Hockey

Lacrosse (Boys and Girls)

Nordic Skiing (Boys and Girls)

Soccer (Boys and Girls)

Softball

Swimming (Boys and Girls)

Track and Field (Boys and Girls)

Volleyball (Girls)

Coaches Checklist:

1. Letter/Email of Intent (Every Year)
2. CORI/SORI on file. (Every 2
Years – Free)
3. Fingerprint Receipt (1 Time - \$35
Coach / \$60) Teacher)
4. Letter of Appointment (Every Season you Coach)
5. MIAA Coaches Education Course
6. MIAA Sport Specific Course
7. CPR Certification (Run by school - TBD)
8. NFHS Learn Concussion Certificate (Free
On-line - every year)

Administration and Staff

Principal - Aaron Robb

Assistant Principal - Steve Messina

Athletic Director - Jared Shannon (413) 441-7287 and
jshannon@cbrsd.org

Head Cheerleading Coach - Nikki Dimassimo

Head Cross Country Coach - Matt Pegorari
Assistant Cross Country Coach - Jim McMahon

Head Football Coach - Gary Campbell
Assistant Football Coach - Brian Harrington
Assistant Football Coach - Jim Galiher

Head Golf Coach - Pete Terpak IV

Head Boy's Soccer Coach - John Kovacs
Assistant Boy's Soccer Coach - Doug McCavoy

Head Girl's Soccer Coach - Meg Smith
Assistant Girl's Soccer Coach - Danielle Weber

Head Girl's Volleyball Coach - Dave Lussier
Assistant Girl's Volleyball Coach - John Parkington

Facilities

1. Parking Area

Please park in marked parking areas. Fire lanes should remain free of vehicles and unless cleared with the A.D vehicles should not be on the fields. One car (football, soccer, track, lacrosse) will be permitted a designated area near the proper concession stand.

2. Playing Fields/Surroundings

Coaches please make sure that all areas are clean and all equipment is safely stored. Please be sure to use your designated area for practice and games. The area outside the locker rooms is our athletic congregating area. Please remind players, staff and parents to dispose trash in the receptacles.

3. Locker Room

Please make sure the locker room area is generally clean each day. No cleats can be worn in the building and please ask players to knock the dirt off before entering locker rooms. Ask players to have pride in our facilities and pitch in to keep it clean. ***All doors must be locked unless the team is in the locker room.***

4. Storage Facilities

All storage facilities need to be cleaned at the end of the season. Please communicate with the A.D what needs to be stored and where it typically goes.

***One change, all uniforms, balls and scoreboard equipment will now be kept in B 5.5 in the off-season.

WAHCONAH STUDENT HANDBOOK

HIGHLIGHTS FOR COACHES

To All Wahconah Coaches,

The following are explanations of rules/regulations that can be found in the Wahconah Student Handbook and pertain particularly to interscholastic sports:

LEADERSHIP STANDARDS

Leadership positions at Wahconah Regional (including team captains) should be held only by those students who can be role models for the entire school body.

BEFORE ANNOUNCING CAPTAINS – All Coaches must meet with the Athletic Director and Administrator and propose Captains for eligibility.

1. Academic: No final course grades of "F" in a course during the academic year preceding that for which a leadership position is sought nor in any quarter of the academic year in which a student is holding a leadership position.
2. Disciplinary:
 - a. No in or out-of-school suspensions from school in the academic year preceding that for which a leadership position is sought nor during the year in which a student is holding a leadership position.
 - b. An attendance record that is less than ten percent for the year preceding that for which a leadership position is sought and while holding a leadership position. The Assistant Principal will have discretion to determine whether or not a student's attendance record is in compliance.
 - c. A behavioral record that shows no major discipline problems for the year preceding that for which a leadership position is sought and while holding a leadership position.

LEADERSHIP APPEAL PROCESS

If a student who is seeking or holding a leadership position does not meet the above standards, he/she may appeal the ineligibility to a judiciary review board. This board will be comprised of three students who hold leadership positions, the Athletic Director, two faculty members, and the Assistant Principal (who shall chair the committee), all appointed by the Principal. The term of office for the judiciary review board will be for one year, but the principal shall give discretion to appoint alternate members as needed if the permanent members shall not be available for a particular hearing. The function of the judiciary review board is to determine whether the student, who has failed to meet all of the above standards and has appealed his/her ineligibility, should be eligible nonetheless to seek or hold a position. In making that determination, the judiciary review board shall consider whether the student is and can continue to be a role model for the student body notwithstanding such failure. The student

appealing his/her eligibility shall have an opportunity to appear before the judiciary review board and present arguments and evidence. Arguments and evidence in support of the ineligibility may be presented by any administrator, or teacher, however if they are a member of the judiciary review board, they cannot vote on that student's eligibility.

The judiciary review board shall convene its hearing within five school days of receipt by the Principal or written notice of an appeal from a notice of ineligibility and shall render its decision, in writing, within three school days after the conclusion of its hearing. During the pendency of the appeal, the student shall continue to hold any leadership position then held. The decision of the judiciary review board shall be final and binding upon all parties.

ATHLETIC TRAINING CODE AND PARTICIPATION STANDARDS

Use or possession of illicit DRUGS, ALCOHOL, and TOBACCO whether occurring in or out of school, has ***NO PLACE IN HIGH SCHOOL***. Possession is interpreted as: “students that are determined to be in the presence of others using alcohol or drugs. It is the responsibility of the student to exercise good judgment when choosing to attend social activities where illegal substances may be available.” **The Athletic Training Code is in effect when a student participates in his/her initial team activity, then that student is bound by athletic training code for the remainder of his/her high school years.**

Violators will be subject to the following consequences:

First Violation

IN SEASON:

Suspension from ALL athletic contests for 30% of the season (including post-season) in which the student is a participant. OR - Suspension from ALL athletic competition for 30% of the current or next sport season (including post-season) in which the student has participated in the past.

The student is to serve 25 hours of community service with prior approval and under the direction of the Athletic Director

The athlete will be allowed to practice with the team and must continue to adhere to the rules of said team.

OUT OF SEASON:

Suspension from ALL athletic contests for 30% of the next season in which the student has participated in the past.

The student is to serve 25 hours of community service with prior approval and under the direction of the Athletic Director

The athlete will be allowed to practice with the team and must continue to adhere to the rules of said team.

Second Violation

IN SEASON:

Suspension from ALL athletic contests for 60% of the season (including post-season) in which the student is a participant. OR - Suspension from ALL athletic competition for 60% of the current or next sport season (including post-season) in which the student has participated in the past.

The student is to serve 50 hours of community service with prior approval and under the direction of the Athletic Director

The athlete will be allowed to practice with the team and must continue to adhere to the rules of said team.

OUT OF SEASON:

Suspension from ALL athletic contests for 60% of the next season in which the student has participated in the past.

The student is to serve 50 hours of community service with prior approval and under the direction of the Athletic Director

The athlete will be allowed to practice with the team and must continue to adhere to the rules of said team.

Third and Subsequent Violations

Suspension from all athletic competition for a full calendar year from the date of their third violation.

The student is to serve 50 hours of community service with prior approval and under the direction of the Athletic Director

The student may not practice with any team during his suspension.

2. A student may participate or tryout for a new team (a team they have not participated in the past) while waiting to complete his/her penalty in another sport.

3. Athletes must attend all practice sessions. Only the head coach or designated assistant coaches may excuse squad members from practice.

4. Any student in violation of the drug or alcohol policy will be counseled by staff who may recommend community based substance abuse treatment or counseling services.

5. Athletes must attend all practice sessions. Only the head coach or designated assistant coaches may excuse squad members from practice.

6. If an athlete is absent from school on the day of a contest or practice, or if he/she arrives at school after 9:00 a.m. on the day of a contest or practice, participation shall not be allowed, unless absence has been cleared with the School Administration or Athletic Director. If there is a half-day of school, the student must attend the entire session to be eligible to participate,

unless absence has been cleared with the School Principal or Athletic Director. Any athlete dismissed because of illness will be ineligible to participate on that day.

7. Squad members will conduct themselves as ladies or gentlemen at all times.
 - a. Suspension from school will mean suspension from participation.
 - b. Any student suspended from school a second time during an athletic season will be removed from the team for the remainder of that season..
 - c. Any student involved in the following will result in a suspension from one interscholastic contest:
 1. unexcused absence from school
 2. cutting class and or cutting detention
 3. leaving school grounds without the administration's permission
 4. inappropriate behavior towards a fellow student or staff member. (i.e., harassment or intimidation of another student; fighting with another student; disrespect of staff or coach).

Students have the right to fair and consistent disciplinary actions by coaches and administrators. Students shall be informed of the specific policy or regulations, which has been violated and shall be given the opportunity to present his or her side of the issue before a decision is rendered. Due process is explained in the Student Handbook.

Academic Requirements

1. A student must secure during the last marking period preceding the contest (i.e. second quarter marks not semester grades determine third quarter eligibility) a passing grade in the equivalent of five traditional year-long major subjects. A student with more than one failing grade in any subject matter will not be able to participate in any athletic contest or scrimmage. However, they will be allowed to try out for a team and/or practice with the team until they become academically eligible.
2. To be eligible for the fall sports, students are required to have passed for the previous academic year the equivalent for five (05) traditional year-long major subjects. If the fall sport extends into November, the first quarter report card will affect eligibility.
3. To be eligible for winter sports, students must meet academic requirements during the first quarter to begin competing with their desired team and then also the same standard during the second quarter to continue participating on their current team.
4. To be eligible for spring sports, students must meet academic requirements during the second quarter to begin competing with their desired team and then also the same standard during the third quarter to continue participating on their current team.
5. Academic eligibility of all students shall be considered as official and determined only on the published date when the report cards for that marking period are to be issued to the parents of all students within a particular class.

6. Incomplete grades may not count towards eligibility.
7. A student cannot count for eligibility any subject taken during summer vacation unless that subject has been previously pursued and failed.
8. Any student who repeats work upon which he/she has once received credit cannot count that subject a second time for eligibility.
9. A student shall be eligible for interscholastic competition for no more than 12 consecutive athletic seasons beyond the 8th grade. In no case may a student be eligible to participate in more than four of each of the three annual athletic seasons.

HAZING

All persons must refrain from hazing as defined in Chapter 536, Acts of 1965, also known as Massachusetts General Law, Chapter 269. The Central Berkshire Regional School District considers hazing to be a serious violation of conduct and those students involved with hazing will be subject to the school discipline codes, including suspension or exclusion. The pertinent sections on the state law relating to hazing include the following:

Section 17 – Whoever is a principle 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 by both such fine and imprisonment. The term hazing as used in this section and in sections 18 and 19, 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 persons. (Central Berkshire Regional School District students come under the jurisdiction of the schools as outlined in policy #6510. Provisions of the state law would be in effect on private property). 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 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.

Section 18 – Whoever knows that another person is the victim of hazing as defined in section 17 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 crimes shall be punished by a fine of not more than five hundred dollars (State Law).

Section 19 – Each secondary school shall issue to every group or organization under its authority or operating on or in conjunction with its campus or school, and to every member, plebe pledges or applicant for membership in such group or organization, a copy of this section and sections 17 and 18. An officer of each such group or organization,

and each individual receiving a copy of said sections 17 and 18 shall sign an acknowledgment stating that such group, organization or individual has received a copy of said sections 17 and 18.

JURISDICTION OF THE SCHOOL

Students at Wahconah Regional are considered under the jurisdiction of the school if on school grounds or within the school at any time. Students are considered under the jurisdiction of the school at the following times:

- If under the direct supervision of a teacher, administrator, advisor or chaperone, no matter what time, whether the school is open or closed. (i.e., club activities, or special help sessions);
- While traveling to and from school by the most direct route for a reasonable amount of time as determined by the administration;
- While riding on a school bus to and from school, and while riding on a school bus or charter bus secured by the school or an approved school organization for travel to and from a school activity or a school-approved activity;
- While at any school-sponsored activity on or off the school premises;
As spectators at away games, students of Wahconah Regional High School must abide by all laws and regulations to which other spectators are subject;

Students using any of the school grounds at any time must abide by all regulations and reasonable rules of the school. Students are to leave the school premises if they are not specifically involved in some sponsored program or activity on the 2:30 p.m. bus. The 3:30 p.m. late bus and the late bus at 5:30 or 6:00 are only for students that are specifically involved in some school sponsored program or activity. Late bus passes must be given to students by the teacher/staff member who detained them.

SPORTSMANSHIP CODE

Athletic contests are games - not battles or fights. The victors deserve congratulations; the losers, respect. Each player and spectator accepts all decisions as given, no matter how he thinks he may have seen it. Contests should promote good will between schools, and it is the duty of each player and spectator to promote this feeling.

Obscene, rowdy or inciting types of cheers, littering playing areas, throwing objects, and verbal indignities directed toward visiting athletes or officials have no place in high school athletics.

Spectator participation at a school sponsored activity represents another type of learning experience that must be taught by school personnel. Students, visitors, and parents must realize that rowdy behavior will not be tolerated. Offenders will be removed.

Coaches Pre-Season Duties:

1. Distribute pertinent forms to all athletes.
2. Monitor, Collect all forms and immediately get to Athletic Department.
3. Advise Athletic Department of any scrimmages/jamborees or other events not scheduled by A.D.
4. Take **complete inventory** of all equipment and uniforms.
5. Contact Parent/Student and make aware of all practices, try-outs, meetings, etc...
6. Inform Athletic Department of Booster Club President and Treasurer.
7. E-mail or send to A.D., copy of Team Rules.
8. Attend Pre-Season Parent/Player Meeting with **all** players & attend preseason County Coaches Meeting.
9. Make Athletic Director aware of any missing or needed equipment.
10. Secure first aid kit and supplies.

Coaches In-Season Duties:

11. Submit (Before first game) a roster with;
Last Name First Name Number Position
Grade
12. Monitor (with assistance from Athletic Department) all students' academic progress.
13. Monitor and maintain clean facilities (see facilities page)
14. Advise Athletic Department of any injury that requires a player to miss or be dismissed from a game or practice. In these events, the student should be directed to report their injury to the school nurse – not the A.D. The Coach will inform the Athletic Department.
15. Inform Parents/Booster Clubs etc. on any game/time changes.
16. Monitor all Locker Room activity.
17. If a student does not come to school before 9:00 am or leaves because of illness, they must not attend practice.
18. Inform A.D. of Letter Award recipients.

Coaches Post-Season Duties:

1. Collect/Store and inventory all equipment (please supply this to the Athletic Department)
2. Clean Locker Room, Storage Areas and Fields.
3. Meet with Athletic Director –
 - a. End of Year Evaluation
 - b. Asst. Coaches Evaluation/Recommendation
 - c. A.D. Evaluation
4. Turn in Keys

Wahconah Athletics Mission Statement

Wahconah Athletics is a co-curricular program that strives to enhance the athletic abilities, well-being, and discipline of the student. Students will learn sport and life lessons from each athletic activity in a structured, safe environment. Wahconah prides itself for having a strong athletic tradition and pushes each team to “raise the bar”. At Wahconah, no child shall be excluded or prohibited from participating in co-curricular activities because of race, color, sex, religion, national origin, sexual orientation, disability, or homeless/unaccompanied youth status.