

New Heights Charter School of Brockton



Athletics Handbook

Athletic Director

**1690 Main St.
Brockton, MA 02301**

Phone: (508) 857-5721

New Heights Charter School of Brockton

Mission Statement/Vision

Our mission is to prepare our students for college. Period.

Our focus on leadership, social justice education, and a culturally responsive curriculum drive our pedagogy. Our curriculum elevates our scholars' learning beyond the traditional k-12 model, including opportunities to complete increasing numbers of college courses. Our school culture reflects our diverse student body, drawing upon our scholars' various perspectives, experiences, and backgrounds in order to galvanize our community.

The NHCSB team is united in our efforts to support our scholars' learning, together, while also engaging in continuous growth as educators, innovators, and leaders in the field of education. NHCSB is committed to our stakeholders, envisioning a school that is academically comprehensive, socially and emotionally responsive, and above all, a gathering place for agents of change.

Our Early College model expands opportunity for all of our scholars by preparing them for college – socially, emotionally, and motivationally. In the future, NHCSB graduates will be entering the workforce with college diplomas and professional goals, graduating from four-year degree programs, joining graduate programs, and accepting leadership positions in their communities.

Athletic Department

Mission Statement

New Heights Athletics believes that athletics is a foundational tool for students to discover who they wish to become. We are an early college school, which means our student-athletes must be college-ready.

Within this program, you will be held to the highest standard. As a New Heights athlete, you embody six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. While athletics should be fun for all, it is necessary to practice these six pillars, whether in or outside of competitions. Our athletes are fully aware that they represent New Heights at all times. We seek to be the best version of ourselves. We strongly believe that with this mindset, we will win. We are Phoenix. ONE BAND, ONE SOUND.

MCSAO

Mission Statement

The mission of the Massachusetts Charter Athletic Organization (MCSAO) is to oversee the regulation, organization and promotion of its member schools' interscholastic athletic programs. MCSAO provides opportunities for charter/pilot/Horace Mann School students/athletes to compete at a high level and uses that competition to teach the fundamental values of teamwork, discipline, sacrifice, and sportsmanship. This will contribute to the students' overall educational experience and development as individuals. MCSAO is committed to educating our youth for a rewarding future and will work in partnership with local communities to establish and maintain charter school interscholastic athletic programs.

MIAA

Mission Statement

MISSION STATEMENT The mission of the Massachusetts Interscholastic Athletic Association is to serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic athletics which will enrich the educational experiences of all participants. The MIAA will promote activities that provide lifelong and life-quality learning experiences to students while enhancing their achievement of educational goals

NHCSB Non-discrimination Statement:

In compliance with requirements by the Federal government (Title IX 1 of the Education amendments of 1972, section 504 of the Federal Rehabilitation Act of 1973, and the implementing regulations) and the Massachusetts State Government (Chapter 622 of the Acts of 1971, and the implementing regulations) New Heights Charter School of Brockton prohibits discrimination based on race, color, religion, national origin, sex, gender identity, sexual orientation, pregnancy or pregnancy related conditions, age, genetic information, ancestry, military status, or disability, or any other category protected by applicable State or Federal law.

1. No student shall be excluded from participation in, denied the benefit of, or subjected to discrimination in any academic, extracurricular, research, vocation or other school -sponsored activity because of race, color, gender, religion, national origin, ethnicity, disability or sexual orientation.

2. No student shall be excluded from any school program or school -sponsored activity because of pregnancy except when required by health considerations, or because of marital or parental status, except when the educational process would be disrupted.

3. Hate crimes are a form of discrimination. A hate crime is a crime in which the perpetrator's conduct is motivated, in whole or in part, by hatred, bias, or prejudice against an individual's or group's actual or perceived race, color, national origin, ethnicity, religion, sexual orientation, disability, or gender.

Preface

The material outlined in this guide defines some of the policies and procedures for all students participating in the New Heights Charter School of Brockton Athletic Program. It is intended to provide you with a better understanding of the athletic department's philosophy, goals and policies. Please refer to it during the course of the school year to help answer any questions you may have concerning your scholars' athletic experience.

Program Goals

1. To ensure academic and athletic balance by supporting athletes in maintaining strong academic performance through eligibility monitoring and time management guidance.
2. To promote student health and wellness by encouraging lifelong fitness habits and mental wellbeing through structured physical activity.
3. To develop character and leadership by instilling values like discipline, accountability, teamwork, and resilience—preparing students for life beyond sports.
4. To increase student engagement and school spirit through fan support, team volunteering, and teacher-coach model.
5. To provide equitable opportunities for all NHCSB students.

Commitment to the Program

1. Commitment involves dedicating and believing in something that you are involved in. As student-athletes and coaches, we believe it is important that all involved with our athletic programs show a high level of commitment and belief in what they are involved in. Learning about commitment is something that student athletes, families, and coaches must support to help all of our programs grow.

2. On a team, everyone has a role to fill. It is important that we recognize that - and regardless of our role, we honor the commitment we have made to our team, peers, and coaches. Please communicate with your coaches to allow them to help support you in reaching the highest levels of commitment.

Table of Contents

I. Fundamental Information.....	8
A) Program Goals	8
B) Commitment to the Program/Attendance	8
II. Governance of High School Athletics	8
III. Eligibility.....	9
A) Academic Eligibility	9
B) Permission to Play	9
C) Physical Examination	9
D) Age	9
IV. Behavioral Expectations for all Athletes.....	9
A) Alcohol/Tobacco/Drugs	9
o Alcohol/Tobacco/Drug Offenses	10
B) Steroid Use	10
C) Fraudulent Documentation	10
D) Hazing	10
E) Penalties Incurred	11
F) Ineligibility	11
V. Disciplinary Eligibility.....	9
A) After-School and Homework Centers	11
B) Suspensions	11
C) External Suspensions	11
VI. Communication and Conflict Resolution.....	9
A) Student to Coach Resolution	11
B) Student-Athletic Director Contact	12
C) Parent-Coach-Athletic Director Contact	12
D) Student-Parent-Administration Contact	12
E) Student-Student Contact	12

VII. Other Information.....	12
A) Try-outs/Policy on Cuts	13
B) Transportation to and from Practice/Contest	13
C) Injuries	13
D) Amateur Status	13
E) Equipment and Responsibilities	13
F) Sportsmanship	13
G) Team Selection	14
H) Selection of Team Captains	14
I) Coaching at NHCS	14
J) Athletic Offerings	15
K) Chapter 766	15
L) Social Media	15
• Rules on social media	16
VIII. Concussion Policy.....	16

***New Heights Charter School of Brockton
1690 Main St.
Brockton, MA 02301***

Omari Walker, Executive Director
Dr. Nichole Jones, HS Principal
Dr. Kandice Sumner, AP of Culture

Terrell Diggs, Athletic Director
Katrina McCraney, Dean of Students
Alex Harvey, Dean of Students

I Fundamental Information

A) Program Goals—what 100% will do.

- 1.To develop student athletes
- 2.To develop appropriate attitudes toward competition, sportsmanship and self-discipline
- 3.To develop structure, a team mindset, and commitment
- 4.To improve physical health

Participation in NHCSB Athletics is a privilege. All student athletes are expected to provide leadership, and act in an exemplary manner to other members of the student body.

B) Commitment to the Program

All students are expected to attend all practices, games, events, fundraisers and team meetings unless the coach excuses them **before** the scheduled practice. Some practices are held on weekends and during vacations. It is expected that all team members arrive on time and work to the best of their ability.

- If a student-athlete accumulates **5** unexcused absences from events for their current team, they are *removed from the team*. In order to excuse an absence from an athletic event, the student-athlete must inform their coach, 24 hours prior to that event.
- If a student-athlete is removed from the team by a coach, they are to act as no more than a spectator for the remainder of the season. In addition, if this has happened previously, they are suspended from their next sport in which they wish to participate for **25% of the season**. ***This policy also applies to student-athletes who quit a team before the season concludes.***
 - **Suspension for 25% of the season** – This means that the student-athlete *attends* ALL athletic events for that team, excluding events that require him/her to travel to an away location. Participation is not permitted until the suspension is terminated, but attendance is a must. Unexcused absences still apply during this period.

II Governance of High School Athletics

New Heights Charter School of Brockton is a member of the Massachusetts Charter School Athletic Organization (MCSAO). Established in May of 2005, the MCSAO is a legislative body which governs and promotes all charter school athletic programs. New Heights Charter School of Brockton will follow all rules and regulations set forth by both Athletic Associations and student athletes and coaches must be in compliance with these organizations.

III Eligibility

Any candidate for an athletic team must meet the following eligibility requirements. All registration must be completed online before the start of each season. Student athletes will not be eligible to participate until forms have been completed. All student athletes will accept policies set forth by our state associations and New Heights Charter School of Brockton.

A) Academic Eligibility

Academic responsibilities are the student's first priority and take precedence over any athletic event. Students must maintain a 70 or higher in **ALL CLASSES**. They still may participate in practices as long as assignments and studying is complete but cannot participate in games. Student's grades will be checked prior to the season, and then 2 weeks after the start of each major Athletic Season. Every two weeks following that, grades will be checked to make sure academic integrity is being maintained.

B) Permission to Play

Submit a completed Registration located on the athletic page of our school website:
<https://www.newheightscharterschool.com/community/new-heights-athletics/>

C) Physical Examination

Pass a physical examination performed by a registered physician within one year prior to participation. Physical examinations are good for one year from the date of examination and must be renewed before they expire if participation is to continue. **An updated copy must be kept on file in the nurse's office prior to the first practice. Physical expiration after 13 months.** Share any updated physical exam directly to nurse@nhcsb.org.

D) Age

High School - Students must be 19 years of age or under prior to September 1st but may compete during the remainder of the school year provided his/her 20th birthday falls on or after September 1st of that school year. Middle School – Students must be under 16 prior to March 31st. This rule is in accordance with our athletic organizations.

IV Behavioral Expectations

A) Chemical Health Policy

During the course of the school year, students are prohibited from using, consuming, possessing, purchasing, giving away or being in the presence of any beverage containing alcohol, tobacco products, marijuana, steroids or controlled substances. Possession of a legally prescribed drug by the student's physician for a specific purpose is not a violation.

Chemical Health Offenses:

- If any student's name is associated with an underage drinking/drug incident, their parents will be contacted by the Athletic Director. A meeting by phone or in person will ensue to discuss the validity of the association and to take further action if necessary.
- If a student is caught with involvement of underage drinking/drug use, by a NHCSB staff member or by other out-of-school authorities, the following actions will be taken.
 - **1st Offense**: They will be suspended from 25% of their current sport season (if they are not in season, then this will occur during the first 25% of the next season in which they will participate).
 - **2nd Offense**: The student will be suspended for the remainder of their current sport season. If their season is complete it will be for 50% of their next athletic season.
 - **3rd Offense**: The student will be suspended for the remainder of their current sport season, plus the entire season of the next sport in which they wish to participate.
 - **4th Offense**: The student will be suspended for 12 months of NHCSB athletics.
 - **5th Offense**: The student will be unable to participate in NHCSB athletics for the remainder of their time at New Heights Charter School of Brockton.

B) Steroid Use

Use of Anabolic Androgenic Steroids is strictly prohibited. It has been proven that steroid use has serious short and long-term effects. We encourage all of our coaches to take a proactive approach in educating students about the harmful effects of steroid use.

C) Fraudulent Documentation

Any student, parent or coach who knowingly falsifies any official document(s) or participates under an assumed name will be immediately suspended from further competition for one year from the date of the infraction. This includes student athletes signing themselves up for athletic participation. If a student is under the age of 18 they must be signed up by a parent or guardian.

D) Hazing

Hazing is considered a crime in Massachusetts. The Mass General Law is defined in CH. 269, s. 17 as: "Any conduct or method of initiation into any student organization, **whether on private or public 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 weather forced consumption of 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 deprivation of sleep or rest or extended isolation. **Consent to such treatment does not make Hazing legal.** Student Athletes may be required to take the free NFHS Course regarding Hazing and Bullying.

D) Penalties Incurred

Violations of Participation Guidelines can range from exclusion from entering the program, half game suspensions, full game suspensions, removal from the team or termination of participation in the athletic program.

F) Ineligibility

If a student is deemed disciplinarily ineligible they are not allowed to travel with their team to away games if it impacts disciplinary events. If a student is academically ineligible, they are not allowed to travel to an away game if it requires early dismissal from school. Furthermore, if their ineligibility/probation includes not being allowed to participate in home games or practices, their presence is still expected at ALL of those events. This means after detention is served (after school until 5:00) they must come to practice or to the home game that day. At a home game, they may not wear their uniform, and they must sit on the bench and support their teammates.

V Disciplinary Eligibility

Disciplinary responsibilities are also a student's first priority and take precedence over any athletic event. The following policy has been implemented to deal with student/athlete disciplinary issues that may occur during the school year.

A) Suspensions - students receiving an In-School will be suspended from all team/athletic activities for three (3) school days for each day of suspension served. The athletic suspension will begin on the first date the suspension is served.

B) External Suspension - students receiving an External Suspension will be suspended for three school days for each day of suspension served. The athletic suspension will begin on the first date the suspension is served. A second external or in school suspension will result in removal from the athletic program for one season.

C) Emergency Removal - students receiving an Emergency Removal will be suspended (at the very least) for any NHCSB Athletic event taking place on that day. Further investigation that results in an External or Internal suspension will defer to items **A** and **B**.

VI Communication and Conflict Resolution

Athletic participation is a highly charged, emotional and time consuming experience. When conflicts arise, please follow the established protocol. Please note, there should never be contact immediately following games or practices. We ask student athletes and or parents to wait 24 hours before initiating contact.

A) Student to Coach Contact

As soon as possible, the student should approach the coach and request a meeting at some point outside of the normal practice schedule in which the issue at hand can be brought forward.

B) Student-Athletic Director Contact

If a satisfactory resolution is not reached through Student to Coach Contact, the student should then meet with the Athletic Director. The coach should be informed that this meeting is to take place. If this discussion does not meet with satisfactory results, a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution.

C) Parent-Coach-Athletic Director Contact

Parents should contact the coach first and if necessary, the Athletic Director in an attempt to reach a satisfactory resolution.

D) Student-Parent-Administration Contact

If there is still no satisfactory resolution, the student or parent should contact the Principal. The Athletic Director should be informed that this contact is going to be made.

It is very important that all students and parents know that all concerns or issues raised will be addressed. There are no guarantees that all parties will agree with all resolutions or findings. However, by respectfully communicating differing perspectives, a productive relationship can be established which can lead to clearer understanding in the future.

E) Student-Student Conflict

If there is a conflict between teammates, students should follow the same procedures as A-D. If students are unable to resolve the issue after taking these steps and conflict interrupts team progress, both parties will be removed from the team.

*** Above all else, student-athletes who tarnish the New Heights Charter School of Brockton program image/brand, are subject to immediate dismissal from whichever team they are representing.**

VII Other Information

A) Try-Outs/Policy on Cuts

Students may try out for any sport that is offered at NHCSB, provided they have met all the participation guidelines and academic eligibility standards. For tryouts, students can select one sport per season. During the try out period, each coach will describe their **expectations** for making the team. Athletes must demonstrate their ability to meet these **expectations**. For some sports, because of the large numbers of prospective athletes trying out, students may be cut from teams. In those situations, coaches will have the privilege of selecting team members. If a student does not make a team, they may contact the coach personally for an explanation. Once a student has been selected for a team, they will not be allowed to quit to join another NHCSB team. We try to accommodate as many athletes as the sport allows. If a student is not selected for a team, they should explore participation in another sport if space is available on the roster.

B) Transportation to and from Practice/Contests

NHCSB provides bus/van transportation to most of their "away" contests. In the event a bus is not available, private transportation may be needed. These vehicles will be driven by responsible adults (parents/guardians of athletes or coaches). *Transportation is not always provided to practices or home games.* Please be aware that these practice/game sites are removed from the New Heights Charter School of Brockton campus and that **parents are ultimately held responsible for dropping-off and picking-up their children on time.**

C) Injuries and Insurance

If any injury or illness should occur during the season which requires medical attention, the student must submit written approval from the attending physician to the nurses office prior to returning to athletic participation. This rule also applies to any student who was injured or ill prior to the start of that season but would be joining that team after the start of that season. Insurance - The school does not carry insurance to cover student athletic injuries. Parents will need to provide their insurance information on the Emergency Medical Form verifying that they possess a family insurance plan.

D) Amateur Status

All students must be of amateur status. An amateur is defined as an athlete/participant who competes for the intrinsic value of the game and at no time, under any circumstances accepts money or compensation for his/her efforts involving the activity in question.

E) Equipment and Uniforms

Students are responsible for the care and maintenance of all athletic equipment and uniforms issued to them. They will be charged a replacement value for any equipment or uniform that is lost, stolen or damaged. All equipment must be returned within **two weeks** of the season close. It is also important that during the season uniforms are washed on a regular basis to help with maintenance of the uniform.

F) Sportsmanship

NHCSB places a high value on good sportsmanship from its players, coaches and fans. Sportsmanship is the ability to treat everyone involved in an athletic contest with fairness, generosity, respect and courtesy. Please help us promote fair play by being a positive role model and setting a good example so that others may follow. Attending NHCSB athletic contests is a privilege. Please remember that these contests involve young people, **not** professional athletes, who are trying to represent themselves and their school to the best of their ability. The price of admission does not entitle anyone to jeer, criticize or downgrade players, coaches or officials. NHCSB reserves the right to warn, censure, place on probation, or suspend any player, coach, school official, spectator or team deemed to be acting in a manner contrary to the standards of good sportsmanship for up to one calendar year for violation of Sportsmanship standards.

G) Team Selection

The coach and coaching staff for each sport has the sole responsibility for selecting players, deciding the appropriate level of play and determining the amount of playing time each student receives. Coaches decide who will play based upon their assessment of an athlete's level of commitment, attitude and skill. This means that no student athlete is guaranteed to play in athletic competitions.

Every season is a new season and the roster is open to all those who tryout. There are no guarantees that athletes will maintain their status from season to season due to prior affiliations.

H) Selection of Team Captains

Coaches will decide on how team captains are selected. They may be voted on by the team, appointed by the coach or selected on a game to game basis. Team captains are expected to be leaders and readily assume duties appointed to them by the coach. They should have a complete understanding of all team rules and student athlete responsibilities.

Captains should be able to communicate with their teammates in a positive manner thus fostering teamwork and cohesiveness. Captains will participate in leadership training on several occasions throughout the year. Captains may be relieved of their position for violations of team, department or school rules.

I) Captains Practices

In accordance with the MCSAO and MIAA, New Heights Charter School of Brockton does not condone or support captains' practices. Captains practice are informational gatherings that, in accordance with these state associations, are not supported by New Heights Charter School of Brockton because they do not fall within the jurisdiction of our school programming.

J) Coaching at NHCSB

At NHCSB, we expect our coaches to present themselves in a manner which will earn them the respect of their players, opponents, officials and the NHCSB community. We want our coaches to model the standards of behavior and sportsmanship that we expect from our students. They should be effective communicators, knowledgeable of their sport, organized, and able to motivate their players to compete at the highest level possible. ***The coach is the key contact person during your child's athletic experience. Any questions or messages regarding schedules, games, equipment, team rules, unavoidable tardiness or absences should all be directed to the coach.*** It is our belief that communication is your greatest ally for creating a more positive athletic experience for your child.

K) Athletic Offerings

The NHCSB Athletic Program is divided into three seasons and is comprised of the following activities:

Fall Season

Boys Soccer (8th-12th)
Girls Soccer (8th-12th)
Tackle Football (9th-12th)
Girls Volleyball (9th-12th)
Middle School Soccer-Coed (6th-8th)
Girls Volleyball (9th-12th)

Winter Season

H.S Basketball – Boys (9th-12th)
H.S Basketball – Girls (9th-12th)
M.S Basketball- Boys (6th-8th)
M.S Basketball- Girls (6th-8th)
H.S Step Team- Coed (6th-12th)
H.S Cheerleading Team- Coed (6th-12th)
H.S Indoor Track/Conditioning (8th-12th)

Spring Season

HS Flag Football (9th-12th)
MS Flag Football (6th-8th)
Boys Track and Field (9th-12th)
Girls Track and Field (9th-12th)

Fall Athletics

Practices can begin the 4th Monday in August. The regular season ends in the last week of October. Any tournaments are scheduled during the first two weeks of November.

Winter Athletics

Tryouts/practices begin the first Monday in December and the regular season concludes the last weekend in February. Any tournaments are scheduled during the first two weeks of March.

Spring Athletics

Practice begins the fourth Monday in March. The season ends in the first week of June. Any tournaments are scheduled during the first two weeks in June.

L) Chapter 766

Any student who is currently receiving special education services under Chapter 766 and who has an Individual Education Program (IEP) can be declared eligible if all of their requirements satisfactorily meets the Special Education Directors approval.

M) Social Media

Student athletes are representatives of New Heights Charter School of Brockton and their behavior is subject to scrutiny by their peers, community and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team/coaches, the Athletics Department, and the entire school. Therefore, student athletes are expected to represent themselves and NHCSB with honor and integrity at all times – including when interacting on social media sites and in other online environments. Social media platforms like Tiktok, Twitter, Instagram, Snapchat, etc. continue to grow and remain a big part of our daily lives. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

Rules on Social Media

- Postings on Social Media sites that disrupt the educational and athletic environment is unacceptable
- Student athletes may not post any content that is derogatory or threatening toward any other individual, teammate, coach, administration or at another school
- Student athletes may not post any content that will violate the New Heights Charter School of Brockton code of conduct
- Student Athletes may not post any content that may cause embarrassment to themselves, teammates, coaches and administration.

Failure to abide by these rules will be considered a violation of the student athlete handbook and will result in a disciplinary action.

It is recommended that student-athletes immediately review and then regularly monitor any social media sites on which they may have posted material to ensure that the postings are aligned with NHCSB and the Athletics Department rules, and that they present the student athlete in the way s/he wants to be portrayed. To better achieve the purposes of these Guiding Principles, student athletes are also encouraged to monitor the social media sites of their teammates. For reasons of safety and privacy, it is recommended that student athletes refrain from posting on social media sites, and if posted, promptly remove any personally identifiable information such as telephone number, address, class schedule and places frequented. Student athletes should regularly check tagged photos and monitor electronic photo albums, social media sites and blogs to avoid posted photos or messages that would be considered inappropriate.

VIII Concussion Policy

Student athletes and parents are also required to sign and watch an informational video regarding concussions. In recent years studies have shown an increase in concussions and the information is intended to provide students athletes and their families the dangers of head injuries. This course is free through the NFHS and Concussions in Sports.

State Law: The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires student-athletes and their parents, coaches, Athletic Directors, school nurses, and physicians to learn about the consequences of head injuries and concussions through training programs and written materials. The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season. If a student athlete becomes unconscious or shows signs of a concussion during a game or practice, the law now mandates that the student be taken out of play or practice, and requires written certification from a licensed medical professional for “return to play” before return to practice or games.