

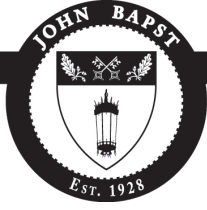
100 Broadway, Bangor, Maine 04401-5204 | (207) 947-0313 | fax (207) 941-2474 | [www.johnbapst.org](http://www.johnbapst.org)

# John Bapst Athletic Information

**Rick Sinclair**  
*Athletic Director*

**Mel MacKay**  
*Head of School*

“Don’t let what you cannot do interfere  
with what you can do.”  
- John Wooden (1910-2010)



100 Broadway, Bangor, Maine 04401-5204 | (207) 947-0313 | fax (207) 941-2474 | [www.johnbapst.org](http://www.johnbapst.org)

Dear Parents,

The role of athletics at John Bapst Memorial High School is significant. At John Bapst there are currently 23 varsity sports, 12 sub-varsity sports, and 1 club team. During any given school year there will be over 300 students participating on at least one interscholastic team. For this to be successful there needs to be organization and communication between participants, coaches, parents, and school.

The philosophy of our athletic program is to provide a safe, healthy learning environment and to provide the appropriate level of athletic competition in as many different sports as possible for both boys and girls. Our program actively embraces this philosophy and provides for individual differences. In addition, the opportunity exists for each student-athlete to strive for and, hopefully, attain his or her set goals.

All students who are academically eligible, demonstrate good school citizenship, and have met school requirements (sports fee and paperwork) may tryout for any sport they choose. However, many criteria ultimately go into coaches' decisions about team membership and participation.

The ultimate goal of the athletic department is to teach the value of hard work, discipline, and a sense of commitment. Good character, respecting others, and respecting the efforts of others are also goals of the John Bapst Memorial High School Athletic Department.

We look forward to your support and hope that you will be pleased with the variety of athletic opportunities offered here at John Bapst Memorial High School.

If you have any questions relative to this material, please feel free to call me. I can be reached at 947-0313, extension 157, from 7 a.m. – 4 p.m. on most weekdays. We are very proud of our many quality offerings with regard to athletics, and your suggestions are welcomed and much appreciated.

Sincerely

Rick Sinclair  
Athletic Director

# John Bapst Athletics Policy

The athletic program offers a wide variety of activities for male and female students. These activities are an integral part of the educational process. The goals of the program are to promote character and leadership, physical and mental fitness, opportunities for recreational pursuits, and athletic excellence through instruction and competition.

The athletics program provides students opportunities to experience the need for emotional control, to think quickly, and to act appropriately while under the pressure of competition. Emphasis is placed on providing a wholesome atmosphere around which school loyalties may be rallied and school spirit developed. Interacting in a group setting and learning to contribute within an established system of rules and regulations help students develop responsibility for themselves and for the group. Qualities such as discipline, pride, dedication, punctuality, and the ability to win and lose with grace transfer to students' lives and enable them to be good citizens and effective leaders.

## Expectations of Student-Athletes

Team members are expected to follow the policies set forth in the *Student-Parent Handbook* at all times. Student-athletes in violation of the John Bapst Code are subject to discipline by the school's administration and/or coach. Consequences assigned for Major School Rule violations may affect athletic participation. Students suspended from school may not practice or participate in games or events during the suspension.

### **Sportsmanship**

Good sportsmanship is maintained at all times, at school and while participating in or attending any school or public activity in which student-athletes are representing John Bapst. Profanity on the part of John Bapst students is a violation of the John Bapst Code. A student-athlete who is removed from any competition by the official for unsportsmanlike conduct or the equivalent will serve the next game suspension required by the Maine Principals' Association and a second game suspension required by John Bapst. Repeat offenses may lead to the athlete's dismissal from the team.

### **Participation Requirements**

Mandatory Athletics Meeting: Before a student may participate in athletics at John Bapst, new students and their parents (incoming freshmen and transfer students) must attend a mandatory Student/Parent Athletics Meeting prior to the start of their first sports season. These are scheduled before the start of each sport season—fall, winter, and spring. Athletes and parents who attend the fall meeting have met their requirement for any other sports season. The Athletics Meeting covers the paperwork required to participate, including the Participant/Parent Contract, and other athletic information. In addition, parents and athletes are introduced to the school's training rules, sportsmanship code, and eligibility policy. Following the meeting, the coach of each sport meets with parents and athletes to go over his or her program. Athletes are expected and parents are encouraged to attend the sport-specific meeting. Note that a student-athlete may not participate on more than one athletic team during a given sports season.

Forms, Fees, and Physicals: All candidates for interscholastic athletic teams at John Bapst Memorial High School must complete and return the Parent Consent Form, Insurance Form, and Financial Responsibility Form before they can take part in the first tryout session or first practice session. Payment of the Sports Participation Fee is due by the first tryout date. Proof of insurance must be demonstrated prior to the first tryout or practice session. Insurance can be purchased through the school at a reasonable cost. Sports physicals are required every year for all students participating in interscholastic activities and must be completed prior to the first tryout or practice session. Sports physicals are provided by the school at the beginning of the fall sports season, or candidates may secure a physical exam from their own family physician.

Participant/Parent Athletic Contract: Student-athletes and their parents are required to sign and follow the school's Participant/Parent Contract. The contract refers specifically to the school's training policies, team policies,

goal- and priority-setting, accountability and responsibility, attendance at practices and competitions, and sportsmanship.

### **Academic Eligibility**

A student who in any one quarter fails any course or receives more than two D's is ineligible to participate on any interscholastic athletic team until successfully completing the following quarter.

### **Participation and Commitment**

Selection to a team and playing time is determined by the coaching staff of each playing level (freshman, junior varsity, varsity, etc.).

As a rule, all sub-varsity players participate in each contest on a regular basis. The frequency and duration of play are determined by the coach. Varsity participation is determined by the coach and takes into account a wide range of team needs and individual qualities, including skill level and development, practice attitude and commitment, and teamwork.

Students who become a member of a team are expected to honor the commitment made to the coach and to teammates, attending all practice sessions and contests on a regular basis as scheduled and making the team a priority over optional trips or social events. Coaches understand that required academic and extracurricular activities in other school areas may take precedence over a team practice. Any excuse for necessary absence from practice must be given to the head coach in person.

### **Attendance**

On any given day, to be eligible for participation in practice or in a game a member of a team must have attended school at least one-half of the school day. Similarly, when an athletic event is scheduled on a non-school day, the participants must have been in school on the last regularly scheduled day prior to the event, unless excused. Under each of the above circumstances, a student whose absence was unexcused is ineligible to participate in athletics.

On the day following an evening contest, the athletes are expected to be in school for the start of that day's first period class. If they are not in school, they are not eligible to practice or play in any scheduled contest for that day.

When a student must miss an athletic practice or contest in the event of an emergency, medical or religious obligation, family or school trip, or other school-sponsored activity, the absence is excused if proper notification is received by the coach. Depending upon the length of and reason for the absence, the coach determines when the student may return to full participation in team events.

### **Training Rules**

Team members agree to follow school training rules prohibiting the use, distribution and/or possession of alcohol, tobacco, or drugs. Failure to follow this rule may subject the athlete to disciplinary action by the coach and/or the administration. Such action for a first offense may include a suspension from the team. A second offense may result in an athlete's removal from the team.

### **Transportation to and from Athletic Events**

Transportation to athletic events outside the city of Bangor is provided by the school. Exceptions to this policy are few. However, with a prior written request from a parent to the coach and approval by the Athletic Director or Head of School, athletes may be allowed to ride with their parents instead of on transportation provided by the school. Athletes will not be allowed to ride to or from contests outside the city of Bangor with other students.

### **Equipment and Personal Property**

Responsibility for personal property in the locker room, gym, and other facilities is that of the individual. All equipment issued in the name of a student-athlete must be accounted for by the student-athlete and turned in to the coach at the end of the sports season.

### **Recognition**

All students who participate in the athletic program and fulfill team requirements receive recognition in the form of an athletic letter.

### **Student-Parent-Coach Communications**

Successful involvement in athletics requires commitment and understanding from students, parents, and coaches. To be successful, communication must take place. Parents should expect the following communication from coaches:

1. time and location of practices;
2. information about coaching philosophy;
3. expectations of all team members;
4. details about fees, special equipment, off-season conditioning;
5. notification of any time the student is injured during participation; and
6. any disciplinary action incurred by the student-athlete.

Coaches welcome the opportunity to discuss appropriate concerns. These may include observations and advice about skill improvement and development or concerns about the student-athlete's behavior or attitude. Issues that are less appropriate to discuss with coaches are those concerning playing time, team strategy, play calling, and other students. Parents are part of the team, too. A professional coach will always appreciate the parent who is able to wait for an appropriate time—not before, during, and immediately after the game or contest—to express concerns by phone or in person; who notifies him or her of any schedule conflicts well in advance; and who actively supports the program.

### **Conflict Resolution of School-Sponsored Activities**

In addition to their academic pursuits, students at John Bapst participate in several extra-curricular activities each year. Extra-curricular offerings include sports teams, academic clubs and teams, and fine arts activities. Whatever combination of activities a student chooses, time management and responsibility to those activities should be the student's first goal.

Conflicts can arise between two school-sponsored activities. In such cases, the student notifies both advisors or coaches as soon as the conflict arises. If needed, the student, advisors, and coaches meet to resolve the conflict. If the student fails to report a conflict, the student will be held accountable in accordance with the activity's protocol.

The method to resolve a conflict can differ with each situation. Following are three examples of possible conflicts and their resolutions:

1. Two practices are scheduled for the same time. The resolution in this case would be for the student to attend the practice for the team, club, or activity with the closest upcoming event, performance, or competition.
2. A practice and event, performance, or competitions are scheduled to occur at the same time. The resolution in this case would be for the student to attend the event, performance, and competition.
3. Two events, performances, or competitions are scheduled to occur at the same time. The resolution in this case would be for the student and the advisors and coaches to determine which one the student should attend.

In all cases, every effort will be made to prevent conflicts, and the first responsibility lies with the student to recognize and report any conflict.

### **Fundraising for Athletics**

The success of the John Bapst athletic programs depends on the energy and generosity of parents, through whose efforts the school has raised funds to purchase equipment, secure locations for practice and competition, and arrange transportation. The school is a nonprofit, 501(c)3 organization, and contributions that are made to the school, carefully documented, and properly receipted may be tax-deductible to the donor. The school's Development Office provides professional assistance to prospective donors.

Use of the school's name, mascot, and logos requires prior permission of the Athletic Director or the Director of Development. Neither parents nor students are allowed to raise money for any team function without school approval, which may be granted by the Athletic Director or the Director of Development.

## Athletic Code

1. Good discipline and behavior will be maintained at all times, at school and while participating in or attending any school or public activity in which student-athletes are representing John Bapst.
2. Any student-athlete who is removed from of any contest/game by the official or by rule for unsportsmanlike conduct will serve the next game suspension.
3. Regular attendance at school and practice is mandatory. To be eligible for participation in practice or in a game, a member of any team must attend school at least one-half of the school day. When an athletic event is scheduled on a non-school day, the participants must have been in school on the last regularly scheduled day prior to the event, unless legitimately excused.
4. On the day following an evening contest, the athletes are expected to be in school for the start of that day's first period class. If they are not in school, they are not eligible to practice or play in any scheduled contest for that day.
5. Any excuse for necessary absence from practice must be given to the head coach in person.
6. Profanity on the part of John Bapst students is a violation of the John Bapst Code, as described in the Student Handbook.
7. Responsibility for personal property in the locker room, gym, and other facilities is that of the individual.
8. All equipment issued in the name of a student-athlete must be accounted for by the student-athlete and turned in to the coach at the end of the sports season.
9. A student-athlete may not participate on more than one athletic team during a given sports season.
10. Student-athletes participating on an athletic team will be required to sign and abide by the school's standard Participant/Parent contract.

## Maine Principals' Association Sportsmanship Code

The following code has been adopted by the Maine Principals' Association and accepted by John Bapst. Sportsmanship is that quality of honor that desires to be courteous, fair, respectful and is interpreted in the conduct of players, spectators, coaches, and school authorities. Remember that you as well as the athlete represent our school.

1. Encourage good sportsmanship, courteous treatment of visitors, and absolute fairness under all conditions.
2. Acquaint outsiders with the ideals of sportsmanship, which are acceptable to your high school.
3. Impress upon persons attending games their responsibility for the maintenance of proper standards of sportsmanship.
4. Become familiar with the rules of eligibility and support your team, especially when it is losing and needs you. Don't be a "Fair Weather" supporter.

### We do not believe ...

1. In yelling during the time for free throws.
2. In booing or razzing of anyone.
3. In the use of profane language.
4. In taking advantage of opponents.

### We do believe ...

1. In controlling our tempers to the best of our abilities.
2. In being good sports whether in victory or defeat.
3. In accepting decisions as they are made.
4. In treating officials and opponents with the respect due them as fellow human beings.

## Behavior John Bapst requires of its Student-athletes

### As team members, athletes must recognize that:

1. They are official representatives of this school.
2. They represent their families, friends, and community.
3. They are expected to be leaders in promoting good school citizenship.
4. They should not expect nor will they receive special privileges because they are athletes.
5. Their actions in and out of school build student respect and contribute to improved school spirit, this responsibility implies that proper respect be given to administration, teachers, coaches, officials, fellow teammates, fellow athletes, and the student body.
6. They must remain in compliance with the eligibility rules of the Maine Principals' Association and those of John Bapst.



**Please Note:** Before representing John Bapst on any athletic team, the student- athlete must return the **Participant/Parent Athletic Contract** and the **Parent Consent/Insurance/Equipment and Financial Responsibility Form**. The forms may be returned at the sports informational meeting, can be mailed to the school, or can be dropped off in the administrative office. This form is valid for one year from the date it is signed.

## Participant/Parent Athletic Contract

### Athletic Fee

The \$300 Athletic Fee allows the student to play a maximum of 3 sports for the school year. The fee can be paid at the sports informational meeting or payment arrangements can be made by contacting the business office. Please note: this fee is different than the activity fee.

## Candidate Agreement Statement

### Student-Athlete

I \_\_\_\_\_, if selected as a member of the \_\_\_\_\_ team representing John Bapst, have read and do hereby agree to abide by all team training rules, team and school policies, code of conduct, and transportation rules as set forth by the school and coaching staff. It is understood that these regulations are in effect for as long as I am a member of the program, on the playing fields and courts, during school, and outside school during the season. It is further understood that violations may lead to dismissal from the team.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Parent/Guardian

Your signature below indicates that you have read our rules and policies and agree to support your student/athlete by providing him/her guidance and direction to insure that the contract is not violated.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_





**Please Note:** Before representing John Bapst on any athletic team, the student-athlete must return the **Participant/Parent Athletic Contract** and the **Parent Consent/Insurance/Equipment and Financial Responsibility Form**. The forms may be returned at the sports informational meeting, can be mailed to the school, or can be dropped off in the administrative office. This form is valid for one year from the date it is signed.

## Parent Consent/Insurance/Equipment Use and Financial Responsibility Form

### Parent Consent

I hereby certify that the student named below may take part in the sport of \_\_\_\_\_ which involves practice sessions, participation in athletic events, and transportation to and from such events.

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_

List any other sports you plan to participate in this year: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Athletic Insurance

All students who participate in interscholastic athletic programs at John Bapst must have some form of insurance to cover injuries.

I understand that as a Parent/Guardian, I am responsible for any medical expenses which may occur as a result of athletic injury.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Family Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

### Equipment Use and Financial Responsibility

All student-athletes are responsible for the athletic equipment issued to them by John Bapst. If equipment is stolen or lost, the student-athlete is responsible for the replacement cost. If payment is not received, the student/athlete will forfeit any athletic award and will not be allowed to participate on future athletic teams until all financial obligations have been met.

Student Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_



## PRE-PARTICIPATION PHYSICAL EXAMINATION

Cost: \$30 (Checks made payable to Dr. Craig Curtis)

This form must be completed by a parent/guardian prior to the physical examination given at John Bapst by Dr. Curtis. The student will submit this completed form at the time of the exam.

Please print clearly.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_/\_\_/\_\_ Age \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

### Medical History

(To be completed by parent or family physician)

- |    |  |     |    |
|----|--|-----|----|
| 1. | Has had injuries requiring medical attention:                                    | Yes | No |
| 2. | Has had illness lasting more than a week?  | Yes | No |
| 3. | Is under a physician's care now?   | Yes | No |
| 4. | Takes medication now?  | Yes | No |
| 5. | Wears glasses/contact lenses?  | Yes | No |
| 6. | Has had a surgical operation?  | Yes | No |
| 7. | Has been in the hospital?  | Yes | No |
| 8. | Do you know any reason why this individual should not participate in all sports? | Yes | No |

Please explain any "yes" answers to the above questions:

- |     |  |     |    |
|-----|--|-----|----|
| 9.  | Has had complete poliomyelitis immunizations by oral vaccine (svin) or inoculation (salk)? | Yes | No |
| 10. | Has had primary series of tetanus toxoid (DPT or DT) and a booster within the last year?   | Yes | No |

### Permission for Examination

I, \_\_\_\_\_ give permission for Dr. Craig Curtis to perform the necessary medical evaluation/examination to determine eligibility to participate in athletics at John Bapst.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



100 Broadway, Bangor, Maine 04401-5204 | (207) 947-0313 | fax (207) 941-2474 | www.johnbapst.org

## Physical Exam Release Form

*If you choose to have your family physician complete the sports physical, this form must be completed by the physician and submitted to the John Bapst Athletic Department prior to participation in any sport for the school year.*

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

The above-named student has been examined by me and is physically fit to participate in any/all interscholastic athletic activities during the current John Bapst academic year. This examination is valid for one year from the date of the exam.

Date of exam: \_\_\_\_\_

Examining physician's signature: \_\_\_\_\_

Physician's Name (printed): \_\_\_\_\_