

# BANGOR HIGH SCHOOL ATHLETIC TRAINING RULES

1. **OBJECTIVES:** The objectives of the Bangor High School Interscholastic Athletic Program shall be to provide appropriate athletic competition in as many of the sports recognized by the Maine Secondary School Principals' Association as possible for all students, and to promote athletics at Bangor High School as an extension of the total educational program. The purpose of the program offered should be to provide for individual differences and to provide opportunities for each participant to attain the individual's fullest potential. All students should be allowed to try out for any sport of their choice, but the welfare of the individual should be the basic criterion which determines whether or not the person should participate in the sport. The ultimate goals of all athletic programs offered should be designed to develop self-realization, self-sufficiency, self-control, self-discipline, self-respect, and an appreciation of others.

II. **RULES AND REGULATIONS PREAMBLE:** In order to instill good sportsmanship, and appropriate respect for rules and authority; attain, maintain and direct physical and mental fitness; establish leadership, team pride, team work, and team discipline; as well as eliminate disruptive influences, disturbances in the locker room, on the playing courts and fields, on trips and on and off school grounds; the following rules are established:

1) **TRAINING RULES:** Squad members will abide by the training rules prohibiting the use or possession of alcohol, tobacco or drugs (unless prescribed by a physician) during their team's sport season. Players who are in violation of these rules will be subject to disciplinary action by the Principal or his designee. Such action may include dismissal from the team. If anyone is accused by anyone of substance abuse, such accusations must be accompanied by written documentation. Such documentation will be presented to the appropriate coach, the Athletic Director and the Principal within 24 hours of the occurrence if the occurrence is during the week. If the occurrence is during the weekend, documentation will be presented not later than the following Monday.

2) **SCHOOL RULES:** Athletes must be in school by 12:00 noon in order to participate or practice on that day. Attendance on a Friday applies to Saturday participation; the school day immediately preceding a holiday or school vacation day applies to such holiday or single school vacation day. If the absence is other than illness, or an excuse acceptable to the Coach, such as doctor/dentist appointments or a family emergency, the Principal, or Principal's designee, shall determine the validity of the excuse and make the necessary decision. If an event is on a night preceding a school day, athletes involved with that event must be in school by 8:00 the next morning in order to practice or to participate in the next scheduled event unless an acceptable excuse is submitted to and approved by the Principal, or Principal's designee.

3) **FINANCIAL RESPONSIBILITY:** All athletes are responsible for their athletic equipment issued to them by the school department. If this equipment is stolen or lost they will be held responsible for the cost of replacement. If not, they will forfeit any athletic award and will not be allowed to participate on future athletic teams until all financial obligations have been met.

4) **SUSPENSION:** Athletes who are suspended from school shall not be allowed to practice or participate in games or events during such suspension from school.

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- 5) **CONDUCT:** As squad members, players must recognize that:
- A. They are official representatives of their school.
  - B. They represent their families, Bangor High School, and the City of Bangor.
  - C. They are expected to be leaders in promoting good school citizenship.
  - D. They should not expect special privileges because they are athletes.
  - E. 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 the administration, teachers, coaches, officials, fellow teammates, fellow athletes and to the student body.
  - F. They must remain in compliance with the eligibility rules of the Maine Secondary Schools Principals' Association and those of Bangor High School.

**FAILURE TO MEET THESE RESPONSIBILITIES IN A POSITIVE MANNER  
MAY RESULT IN DISMISSAL FROM THE TEAM.**

6) **TRANSPORTATION TO ATHLETIC EVENTS:**

- A. Team members shall travel to and from athletic contests outside the City of Bangor in transportation provided by the Bangor School Department.
- B. Under certain circumstances or exceptions, athletes may be excused from riding either to or from an athletic event on school authorized transportation. This privilege is to be kept to a minimum since our philosophy continues to be that an athlete is a part of a team in all phases of team activity. Prior written request from a parent to the Coach and approval by the Director of Athletics is required.
- C. Transportation to and from practice is the responsibility of the parent/guardian.

**CONTRACT**

**ATHLETIC CANDIDATE'S AGREEMENT:**

If selected as a member of any athletic team representing Bangor High School, I do hereby agree to abide by all team training rules, team and School rules, code of conduct, transportation rules and rules as set forth by the School and coaching staff. It is understood that these regulations are to be in effect for as long as I am a member of the program, on the playing fields and courts, and during school and outside school during the sports team season.

It is understood that violations will result in disciplinary action which could be immediate dismissal from the squad.

**TO PARENTS:**

We view the contract for athletes of Bangor High to be extremely important. While we believe that athletics at our school are an important part of school life, and in the end, a privilege for the participants, we do ask that our athletes adhere to our rules. Your signature will indicate to us that you support our training rules and that you agree to support your student athlete by providing him or her with guidance and direction to insure that the contract is not violated.

*Please sign on next page....  
Detach and keep these rules for future reference.*

