Thetford Academy

Athletic Handbook 2011-2012

Athletic Department

Athletic Director: Jade Huntington

Head of School: Torrelee Fisher-Sass

COACHING STAFF WINTER SPORTS:

VARSITY GIRLS BASKETBALL

Eric Ward

JUNIOR VARSITY GIRLS BASKETBALL

Bob McConnaughy

JUNIOR HIGH GIRLS BASKETBALL

Jon Rader

VARSITY BOYS BASKETBALL

Justin Smith

JUNIOR VARSITY BOYS BASKETBALL

Phil Chaput

JUNIOR HIGH BOYS BASKETBALL

Thomas Chapin

SKIING

Steve Severson

Athletic Philosophy

The Thetford Academy Board of Trustees has adopted the following philosophy:

- Athletics are a valued part of the diverse Thetford Academy experience, and are based on the Thetford Academy Philosophy and the Academy's five principles: excellence, commitment, caring, cooperation, and respect for diversity. These principles serve as the guidelines for all participants: administrators, coaches, student-athletes, parents, and spectators.

- The athletic program strives to develop the following: physical fitness, self-discipline, motivation, sportsmanship, social development, responsible team membership, and sport-specific motor skills in the context of competitive play.

- Students are encouraged to participate in the Academy's athletic program. Resources permitting, Thetford Academy will strive for a wide base of participation.

- The Academy shall seek coaching staff who know the sport, understand student-athletes' developmental needs, are good communicators, promote safety, and serve as positive role models. The Academy shall endeavor to provide equipment and space to facilitate safe and appropriate play.

- In order to participate, student-athletes shall maintain good academic and social standing as outlined in the Thetford Academy Student Handbook. Team members are expected to make choices that positively affect the health, safety, and well being of themselves and others.

Athletic Program

Junior High Level: As students make the transition from youth sports, the Junior High programs maintain a focus on participation and skill development. When numbers allow, team sports will be divided by grade level (separating 7 and 8). Teams will not be selected in a best/second best (A/B) process. When two teams exist, members of the 7th-grade team will play in every game in nearly equal amounts. Grade 8 games will involve every player, but will begin to introduce the concept that some players may play more than others. When only one team exists (combining 7 and 8), the 8th-grade approach will be employed.

In individual sports, emphasis will be placed on individual and program development, as there are fewer interscholastic opportunities available. Consequently Junior High student-athletes' individual development may warrant their practicing with high school student-athletes.

All Junior High athletes will be directed to strive to win, but their success will be measured by their desire to continue in our program and their personal development. Parents can expect Junior High student-athletes to have four days of commitment on average per week, between practices and games.

High School Level: For grades 9-12, most sports incorporate two levels: Junior Varsity and Varsity. Team selection will be directed by the Varsity coach in consultation with all assistant/JV coaches, and will be overseen by the Athletic Director. All students (including those who were on the varsity team the preceding year) must attend practice starting at the beginning of the season (this includes "pre-season") to be considered for the varsity level team. The only exception to this is new students who arrive at Thetford Academy after the season has begun, but within the first three weeks of the season. These students may try out for the varsity squad if there is space on the team for an additional player. No player will be moved to the junior varsity team to "make room."

Junior Varsity programs are developmentally appropriate for students in

grades 9 and 10. No junior or senior will be placed on a JV team unless low enrollment or program development reasons warrant an exception. Emphasis at the JV level will continue to be skill development, but will now begin to focus more on the competitive element of sport. JV participation is designed to prepare students to be optimally competitive for consideration at the varsity level of play. Every attempt will be made to involve all team members in every game, but playing time will be dictated by the coach and the event, and may result in students not participating in every game. Team size will be dictated by each sport; however, cuts may be necessary to maintain the balance between offering maximum participation and the desired quality of program.

Varsity teams will continue the emphasis on skill development, and will focus on the achievement of excellence. These teams are comprised of students in grades 11 and 12 and supplemented by 9th and 10th grade students whose skills qualify them for a significant presence on the team. Team sizes will be smaller, possibly necessitating tryouts and cuts, to better facilitate the goals of the program. Varsity participation in some programs (skiing and cross country) is determined by Vermont Principals' Association criteria for team competition within individual sports. Playing time will not be guaranteed, and will largely be determined by coaches assessing the best students to meet the needs of the event and the overall development of the program. In cases where cuts are necessary, coaches will be responsible for evaluation and final decisions.

Team Sizes

The following outline indicates the suggested number of participants in each sport at the Varsity and JV levels. Coaches may elect to keep more students. At the varsity level they may make a case for keeping fewer students to serve program development needs. In both cases, such decisions will be made in consultation with the Athletic Director.

Individual Sports: Cross Country, Skiing, and Track. There will be no cap on the team size at the Junior High and High School levels. Varsity status will be awarded to all junior and senior participants, as well as to freshmen and sophomores who qualify for Varsity level State level competition.

	Junior High*	**JV**	**Varsity**
Soccer	26	22	18
Basketball	15	15	12
Baseball/Softball	22	16	14

* Junior High numbers indicate participation levels at which two teams will be considered.

General Regulations

1. A student and his/her parent/guardian must complete the permission form and medical emergency and insurance forms prior to the end of the first ten (10) practice sessions, or prior to participating in a scheduled contest.

2. A student must present proof of a satisfactory sports physical examination by a doctor once every two (2) years. It is preferred that this be done during the 7/9/11th grades, but must be in place for all new students. Participants identified with chronic conditions may be required to have physicals annually as determined by the Athletic Director. Proof of the physical must be in place by the tenth (10) practice, or prior to participating in a scheduled contest.

3. The season will begin with the first official practice and end with the last game or meet. The player must attend ten practices before playing in a regular season game. The coaches will establish the code of training and appearance necessary for participation in sports.

Thetford Academy Regulations

The following guidelines for participation are intended to support the goals of Thetford Academy's Athletic Philosophy.

1. A participant must be a full-time student, maintaining enrollment in courses, which equal a minimum of five and one half (5 1/2) credits.

2. A student's eligibility to participate during each season will be determined by the student's academic performance in the preceding grading quarter.

   Fall Sports – Based on previous year's 4th quarter performance

   Winter Sports – Based on 1st quarter performance
   (A student may not gain eligibility for the final weeks at the end of the quarter, but could become ineligible to finish the season.)

   Spring Sports – Based on 2nd quarter performance

   (Students ineligible for the start of spring practice, whose 3rd quarter grades deem them eligible, would miss team selection and will only be eligible for team membership if space allows.)

3) Students must achieve a 2.0 grade point average or have received effort/attitude reports of above average or excellent in all classes.

4) Thetford Academy is a member of the Vermont Principals' Association.

5) No student may be involved in more than one interscholastic program per sport season.

Training Regulations

1. Thetford Academy accepts responsibility for student-athletes' behavior while they are in our care as students and athletes: that is, on school grounds, or while in attendance, or involved in school- sponsored activities off the Academy's grounds. The Student Handbook outlines disciplinary procedures.

2. All participants are expected to positively represent their team, school, and community while at school or school-sponsored events. Behavior deemed detrimental to the team, school, and/or community at these times will result in a minimum of a one-event suspension (regular scheduled or tournament events), to a maximum of termination from the team. These circumstances will be reviewed and determined by the Athletic Director.

   Any school-related multiple-day suspension will result in a minimum of a two-event suspension from participation. Students may not participate in or attend any extra-curricular programs during the term of a school-related suspension (to include the first Saturday and Sunday encompassed by a multiple-day suspension). If a suspension begins with the final event of a season, the second-event suspension will be the first scheduled event of the next season of participation.

   Any school-related detention will be served before attending any sport practices or games. Detentions will not be excused for any sport activity. Students are responsible to communicate with the coaches.

3. A student terminated from two programs in a school year will not be allowed to participate in the following season.

Attendance

1. Unexcused tardiness to school or absence from school due to illness will result in non-participation in that day's extracurricular programs (games and practices). Tardiness must be excused prior to arrival to school.

2. Attendance at practice sessions and games is required except due to illness or injury excused by a note from home, or for school-excused events. A player should attend practice even if he/she can't participate, if at all possible.

   All students (including those who were on the varsity team the preceding year) must attend practice starting at the beginning of the season (this includes soccer "pre-season") to be considered for the varsity level team. The only exception to this is new students who arrive at Thetford Academy after the season has begun, but within the first three weeks of the season. These students may try out for the varsity squad if there is space on the team for an additional player. No player will be moved to the junior varsity team to "make room."

   Students accumulating five (5) other absences during either the fall or spring seasons, or seven (7) during the winter season will be automatically removed from the program. A student having missed more than one half of a practice session will be considered absent. Absences due to detentions and suspensions will be counted in the absence total. Absences due to school-related functions will not be counted. Absences for family vacations will be counted only at the Varsity level.

   At the Junior Varsity level, FALL SPORT PRE-SEASON PRACTICES, PRIOR TO THE FIRST DAY OF SCHOOL ARE EXEMPTED. (However, please also note that High School team selection is determined in the first week of pre-season practices and no guarantees can be made for athletes absent during this period.)

3. Failure to attend practice will result in a reduction of playing time as

deemed appropriate by the coach.

Team Travel

1. Student-athletes are expected to travel with the team. However, a parents/guardians may request that their student-athlete ride with him/her after the event and will provide a written note to the coach.

2. Riding with other parents is allowed only if a written note from the student-athlete's parent/guardian is approved by the coach.

Cancellations

It will be our policy on school days called off by inclement weather to hold practices and games later in the day if the weather permits. Coaches will notify players if scheduled activities are to be canceled. When school is in session and weather at the end of the day results in events being canceled, decisions are generally made between 1:00 and 1:30 p.m. A message will be sent via the PFC and you can call the school after 1:30.

Code of Conduct

Thetford Academy is proud to have received the Vermont Principals' Association's Good Citizenship Award at the Barre Auditorium in past years. This recognizes our continued dedication to sportsmanship at TA events. It is expected and appreciated that all participants (administrators, coaches, student-athletes, parents and spectators) be supportive and conduct themselves in an appropriate manner before, during, and after any athletic event. Failure to do so, as determined by the administrator on duty or the Athletic Director, may result in immediate expulsion and/or exclusion from future athletic events.

When concerns arise, all participants should address them according to the following protocol:

1. Do not confront coaches or student-athletes with concerns at event sites, which include: practices, locker rooms, playing fields, courts, etc. Such conversations should be held in a confidential setting, and are best served when all parties can focus on the issues to be addressed.

2. An individual meeting should be set up with the coach. Coaches will make every attempt to meet at the earliest possible time. Please do not contact coaches at their homes, unless they extend such a courtesy. Meetings can also be arranged by contacting the Athletic Director through the school office.

Thank you for supporting an appropriate and sportsmanlike environment at Thetford Academy's athletic events.

Athletic Appeals

Appeals of circumstances that occur in the athletic program should go through the following parties as appropriate and in the order given.

1. **Athletic Director**: (1 & 2 may be combined.) The AD may serve as a mediator or is available for individual meetings to best address the needs of concerned parties. If the AD is a coach, this stage will be facilitated by the Head of School.

2. **Athletic Committee**: This is a standing committee, comprised of five faculty members. The Athletic Director will convene the Athletic Committee following a written request by the parent/guardian.

3. **Head of School**: The Head will receive and act on recommendations from the Athletic Committee, as described below.

The Athletic Committee will hear appeals of decisions of the Athletic Director, as presented in writing by parents/guardians. Concerned parties will be afforded a meeting with the Committee at the earliest possible time. The Committee's final deliberations will be in closed session and their findings will serve as a recommendation to the Head of School. The Head will not act independently of the Committee deliberations, but will seek to reach a decision in consultation with its members. The Head will investigate the points made by the Committee as necessary, and may return areas of concern to the Committee for further deliberation.

The adoption of a decision by the Head will represent the school's final position, and this will be communicated to concerned parties by the Athletic Director.

The Board of Trustees will serve only as a sounding board for continued concern. The Board will not hear further appeals of decisions.

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VARSITY GIRLS SOCCER

Varsity Coach: Mark Weigel

Junior Varsity Coach: Ray Thorburn

DATE	LOCATION	TIME
9/7	S ROYALTON (V ONLY)	4:30
9/10	@RIVENDELL (V ONLY)	11:00
9/12	RIVENDELL (JV ONLY)	4:30
9/13	WILLIAMSTOWN	4:30
9/15	@STOWE	4:30
9/21	RANDOLPH	4:30
9/23	U-32	4:30
9/27	@MONTPELIER	4:00/6:00
9/29	@NORTH COUNTRY	4:30
10/5	LYNDON	4:00
10/7	SPAULDING	4:00
10/11	HARWOOD	4:00
10/13	@NORTHFIELD	4:00
10/17	@RIVENDELL (JV ONLY)	4:00
10/19	@ST. JOHNSBURY	4:00
10/21	PEOPLES	4:00
10/26	SPORTS AWARDS	7:00

JUNIOR HIGH GIRLS/BOYS SOCCER

Girls Coach: Bridget Dugan-Sullivan

Boys Coach: Bryan Hodgdon and Asa Levi

DATE	LOCATION	TIME
9/12	@SOUTH ROYALTON	4:30
9/19	HAVERHILL	4:30
9/21	@RIVENDELL	4:30
9/26	PLAINFIELD	4:30
10/3	OXBOW	4:00
10/6	@LYME	G3:30/B4:45
10/8	@RIVENDELL	10:00
10/10	RIVENDELL	4:00
10/12	@HAVERHILL	4:00
10/14	@SHARON ACADEMY	4:00
10/17	SHARON ACADEMY	4:00
10/20	LYME	4:00
10/22	@OXBOW	10:00
10/26	SPORTS AWARDS	7:00

VARSITY BOYS SOCCER

Varsity Coach: Simon Mayo

Junior Varsity Coach: Andrew Herrick

DATE	LOCATION	TIME
9/6	SOUTH ROYALTON (V ONLY)	4:30
9/8	@OXBOW	4:30
9/12	RIVENDELL (JV ONLY)	4:30
9/14	ST. JOHNSBURY	4:30
9/17	RIVENDELL (V ONLY)	11:00
9/20	@U32	4:30
9/22	STOWE	4:30
9/28	LYNDON	4:30
10/3	@SPAULDING	4:00
10/6	RANDOLPH	4:00
10/8	GREEN MTN VALLEY	11:00
10/12	@MONTPELIER	4:00/6:00
10/14	PEOPLES	4:00
10/17	@RIVENDELL (JV ONLY)	4:00
10/18	@HARWOOD	4:00
10/20	@NORTHFIELD	4:00
10/26	SPORTS AWARDS	7:00

CROSS COUNTRY

Coach: Emily Silver

Assistant Coach: Mark Pichette

Junior High Coach: Thomas Chapin

DATE	LOCATION	TIME
8/22	BURLINGTON TRIP	
8/28	VOLUNTEER CHAD (JH Optional)	
9/6	@BELLOWS FALLS (HS ONLY)	B4:30/G5
9/13	TA	JH 4:00 B4:30/G5
9/16	@CT (HS ONLY)	DEPART 11:45
9/17	@CT (HS ONLY)	
9/20	@HARTFORD	JH4:00/B4:30/G5
9/22	@MARION CROSS (JH ONLY)	4:00
9/27	@WOODSTOCK	JH4:10/B4:30/G5
10/1	WOODS TRAIL MEET (Grades 6-12)	
10/7	@BELLOWS FALL	JH 3:45 HS 4:15
	RUSS PICKERING INVITE	
10/11	@HANOVER (HS ONLY)	4:00
10/13	MEET (JH ONLY)	4:00
10/18	@SPRINGFILED JH 3:30 & HS order TBD	
	MVL CHAMPIONSHIP MEET	
10/29	TA – STATE MEET (HS ONLY)	
10/26	SPORTS AWARDS	7:00

Directions to Games

A booklet of "Directions to the Most Frequently Visited Playing Sites" is available on the Thetford Academy website and is also available in the office upon request.

Contacting Thetford Academy

TA Main Office Telephone - 785-4805
TA Main Office Fax - 785-4805

Post Office Box 190
304 Academy Road
Thetford, Vermont 05074

Website - www.thetfordacademy.org

INSURANCE INFORMATION:
Please circle the appropriate number and fill in necessary information indicating the type of insurance coverage for your student.

1. Gurarantee Trust Life Insurance Company
   (School Insurance)
   Plan 1 — School Time
   Plan 2 — 24 Hour
2. Blue Cross-Blue Shield
   Major Medical
3. Other Insurance – Please name the company and list the coverage_____

EMERGENCY PERMISSION:

In case of an emergency, I hereby give permission to the physician and/or hospital selected by the Thetford Academy Coach in charge of my child to administer all necessary treatment for my child named below.

_____ _____
Name of Student Date of Birth

_____ _____
Signature of Parent/Guardian Date

LIST ANY ALLERGIES OR OTHER MAJOR HEALTH PROBLEMS:
_____

List two numbers that can be called in case of emergencies:

DATE OF LAST PHYSICAL_____

TRANSPORTATION INFORMATION:
BUSING POLICY: It is the policy of Thetford Academy to transport student s to athletic contests by bus whenever possible. For extenuating circumstances, please sign the following permission slip.

I give permission for _____to ride to and from any athletic contests by caravan with the
Student's Name
team in the following ways.

(Please check one or all)

- ☐ a) In a student's vehicle
- ☐ b) In an adult's vehicle
- ☐ c) My student may drive his/her vehicle (All students will be reimbursed if called upon at the rate of 30 cents per mile.)

_____ _____
Signature of Parent of Guardian Date

I have read the Athletic Handbook

_____ _____
Parent Signature Date Student Signature Date