

# Pentucket Athletic Department



## Preseason Permission Forms:

- Student Athlete Code
- Taunting Rule
- Hazing Law
- Acknowledgment Signatures
- Insurance Information & Parental Permission
- Athletic Trainer Authorization
- Medical Information For Athletic Trainer

**The last two pages of this packet need to be  
completed and to returned to the coach  
on the first day of tryouts/practice.**  
**NO EXCEPTIONS**

# Pentucket Regional High School Athletic Department



Don Di Felice  
Athletic Director

Phone (978)363-8622 x281  
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Dear Parents/Guardians & Athlete:

Thank you for your interest in Pentucket Athletics. In this packet you will find all the necessary forms that need to be completed prior to participating in our Athletic Program.

**Please carefully read and complete the last two pages. *The last two pages of this packet will be turned into the coach on the first day of tryouts/practice. If these forms are not complete you will not participate.***

**Read and complete the following pages:**

- Student Athlete Code Page 3 - 4
- Taunting Rule Page 5
- Hazing Law Page 6
- Acknowledgment Signatures Page 8
- Insurance Information & Parental Permission Page 9
- Authorization Of Athletic Training Services & Consent For Treatment Page 10
- Medical Information For Athletic Trainer Page 11

**Mission Statement**

*The mission of Pentucket Regional High School Athletics is to serve students by providing leadership and support for the conduct of interscholastic athletics, which will enrich the educational experiences of all participants. Pentucket Regional High School Athletics will promote activities that provide lifelong and life-quality learning experiences to students while enhancing their achievement of educational goals.*

**Be sure that the athlete has a current physical on file in the nurse's office before submitting these forms.**

**MIAA Rule 56.1**

All students must pass a physical examination within 13 months of athletic participation. A sports physical terminates 395 days subsequent to administering and must be renewed immediately (should an athlete be "in season") to maintain eligibility. Physical examinations must be performed by a duly registered Physician, Physician's Assistant, or Nurse Practitioner.

**Pentucket Regional High School**  
**Athletic Department**  
**Student Athlete Code**

Congratulations, you have chosen to be a Pentucket athlete. Be proud of this decision. With this decision you are making a personal commitment to the ideals, rules, expectations and attitudes of being a part of an athletic team.

The ideals, rules, and attitudes of the Pentucket Athletic Program are listed below and in the Pentucket Student Handbook, your signature is confirmation that you have received and have read this code. All athletes are expected to read these rules and abide by them. Athletes are also expected to take directions from their coaches and abide by rules and expectations of their specific sport. The Massachusetts Interscholastic Athletic Association (MIAA) also establishes rules that all Massachusetts high schools follow. These are available to athletes in the Athletic Office.

*Common Areas Of Concern:*

1. **Sportsmanship:** Is to be practiced at all times. Unsportsmanlike conduct will be treated under the rules of the sport; the MIAA rules as they apply to taunting and unsportsmanlike behaviors, and the expectations identified by the Coach. The Pentucket Athlete represents the community, school, coaching staff and family.

Proper conduct is expected at all times,

2. **Team and School Pride:** Wearing the colors of your school should be a source of pride and accomplishment both individually and as a team.

3. **Class:** This is an attitude. Strive for self-control, be a good loser and humble winner, have respect for your opponent, their school, and their fans. Strive to be a role model for younger athletes and be willing to sacrifice for the betterment of the team.

4. **Physical Condition:**

A. *Practice healthy personal hygiene* at all times. Proper conditioning, rest, diet and exercise should be the goals of every athlete as you strive for peak levels of performance.

B. *A strong mind* is as important as a strong body. Keep positive, focus on academic work and make proper decisions to maintain a healthy mental perspective.

C. *Drugs, Alcohol and Tobacco* will not be tolerated. The Pentucket Athletic Department strictly adheres to the Pentucket Drug and Alcohol Abuse Policy as it pertains to campus violations. The MIAA Chemical Health Rule 64.1 is also strictly upheld on a 12 month/year round basis as it applies to all violations. Simply put, drinking, smoking, and taking drugs are not tolerated and will result in ineligibility, dismissal, or disqualification from participation on an athletic team. Think for yourself. Resist negative peer pressure.

D. *Always strive for safety* for yourself and teammates by playing by the rules and applying playing techniques that ensure safe practice.

5. **Practice and Game Attendance:** All practices are mandatory. Students must be on time to school in order to be eligible for practice or games that day (no unexcused tardies). Attendance on Friday is necessary for eligibility on weekends. All exceptions must be approved by the Principal. Missing practice effects your conditioning as well as team chemistry. Practices will not interfere with after school

academic support or make up. Vacation should not be planned in season and are not considered excused. Employment can not interfere with practices, games, or training rules.

6. **Bona Fide Player Rule (MIAA):** No player can miss a Pentucket practice or game to participate on a non-school team.

7. **Travel Decor and Dress:** This should meet the reasonable standards of appearance established by the coach.

8. **Equipment:** All uniforms, and equipment are issued directly to the student-athlete. All exchanges must have the approval of the equipment manager. Athletes are financially responsible for loss or damage to uniforms and equipment issued to them. Equipment is collected immediately at the end of the season. Athletes will be billed for equipment that is not returned. No other equipment or awards will be given an athlete until the equipment is returned or paid for.

9. **Officials:** Must always be treated with respect.

10. **Vandalism, Profanity, Taunting, Stealing, & Hazing:** Will not be tolerated.

11. **Academics:** This is your main priority! Strive to be a scholar. Maintain all standards of eligibility. No practices are scheduled during the first half hour after school on Tuesday, Wednesday, and Thursday. Students are encouraged to use this time to meet with teachers. Pentucket's academic requirements are 25% greater than the State minimums. To be eligible, a student must have passed 25 credits of academic work in the previous marking period. This is the equivalent of five (5) major subjects. Students academically ineligible at the beginning of a season are ineligible for that entire season.

12. **Injuries:** All injuries must be reported to Pentucket's Athletic Trainer. Injuries requiring further treatment must fill out insurance forms available in the Principal's office.

*Athletes are expected to comply with these standards and other sport-specific rules established by the team or coach. Failure to do so could result in suspension or ultimately dismissal from the squad.*

**Pentucket Regional High School  
Athletic Department  
Taunting Rule**

- Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on gender, ethnic origin, or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters.

*Examples of taunting include, but are not limited to:* “trash talk”, defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skill, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response, and physical intimidation outside the spirit of the game, including “in the face” confrontation by one player to another and standing over/straddling a tackled or fallen opponent.

- In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personal or contestant from the contest/day of competition. In addition, this offender shall be subject to existing MIAA Expulsion Rules. A warning shall be given to both teams by game officials prior to the contest.
- At all MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, officials, or other spectators are subject to ejection.

*Comment:* All MIAA endorsed rule books give officials/umpires/judges authority to penalize what is considered taunting. The purpose of the MIAA’s action is to be more specific in the definition, more emphatic in the penalty of disqualification, and more uniform in the application of the definition and enforcement from sport to sport.

- Pentucket, as a member of the MIAA, expects that students, athletes, and fans will abide by the aforementioned taunting policy. The application of the policy for an ejected student, athlete, or spectator will be:

*Students:* No further attendance at any other contests for one month.

*Athletes:* All athletes are subject to the above student policy. In addition, per MIAA policy, the athlete will be ineligible for the next scheduled contest.

*Spectators:* No further attendance at any contests for one month.

**Pentucket Regional High School  
Athletic Department  
Hazing Law**

Massachusetts General Law Chapter 269, Sections 17-19 makes it a crime to participate in organized hazing and provides for a punishment of a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment. (Sec. 17)

In accordance with the Laws of the State of Massachusetts, Pentucket Regional High School does not condone hazing in any activity associated with the school, including athletics, academics, and co-curricular clubs and organizations.

*Section 17: Definition:*

The term hazing as used in this section 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 person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage 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 extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. [Added by St. 1985, c. 536. Amended by St. 1987, c. 665.]

*Section 18: Reporting*

Whoever knows that another person is the victim of hazing as defined in section 17 and is at the scene of such a crime shall, to the extent that such person can do so without danger or peril to himself or others, report such a crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such a crime shall be punished by a fine of not more than one thousand dollars. [Added by St. 1985, c. 536. Amended by St. 1981, c. 665.]

*Section 19: Notification*

This section of the Massachusetts General Laws requires this hazing law to be issued to all students and to all members of clubs, teams and organizations. Organizers and participants of hazing shall be disciplined in accordance with the measures set forth in the student handbook "Student Discipline Code."

S.19 (abridged) Each institution of secondary education shall issue to student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an affiliated student group, student team or student organization. A copy of this section and sections seventeen and eighteen, provided however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.



Pentucket Regional High School  
Athletic Department  
Acknowledgment Signatures

***RETURN THESE LAST TWO PAGES TO  
YOUR COACH ON THE  
FIRST DAY OF PRACTICE/TRYOUTS***

***KEEP PAGES 1 - 6 FOR YOUR RECORDS***

**Your signature below acknowledges that you have received, read, understand, and agree to abide by Pentucket's:**

- **Student Athlete Code**      **page 3 - 4;**
- **Taunting Rule**              **page 5;**
- **Hazing Policy**                **page 6;**

Sport \_\_\_\_\_

\_\_\_\_\_  
Year (Freshman, Sophomore, Junior, Senior)

\_\_\_\_\_  
Student Athlete

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

**Pentucket Regional High School  
Athletic Department  
Insurance Information & Parental Permission**

Dear Parent/ Guardian and Athlete

**Insurance:**

It is the policy of the Pentucket Regional School District that all students participating in any sport in the Athletic Program must have accident coverage, such as Blue Cross/ Blue Shield or other comparable plans. The school offers such coverage each Fall through the school insurance plan. Any student who participates in school sports must return this form to school prior to participation in that sport, giving evidence of adequate insurance coverage.

**Notice Of Athletic Injury Risk:**

Participation in athletics is inherently dangerous. Although we provide professional staff, quality equipment and facilities, injuries can and do take place. All students participate in athletics voluntarily with the permission of their parents. Along with this participation, the students and their parents accept the inherent risks to which the students expose themselves.

**Athlete Information**

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport \_\_\_\_\_

Street Address \_\_\_\_\_ Town \_\_\_\_\_ Phone \_\_\_\_\_

**Insurance Information**

Name of Insurance Company: \_\_\_\_\_

Insurance Company Identification Number: \_\_\_\_\_

Address of Insurance Company: \_\_\_\_\_  
\_\_\_\_\_

**Emergency Contact Information**

Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone (Home) \_\_\_\_\_ Phone (Work) \_\_\_\_\_

Phone (Cell) \_\_\_\_\_

**Permission Granted**

**I have received and read all the information in this packet, completed all forms and give my/our permission for our daughter/son to participate in the sport of \_\_\_\_\_**

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



**Northeast Rehabilitation Health Network**  
**70 Butler Street Salem, New Hampshire 03079**  
**(603) 893-2900 • Fax (603) 893-1628**  
**<http://www.rehabnet.com>**

### **Authorization For Athletic Training Services And Consent For Treatment**

I, the undersigned, am the parent/legal guardian of, \_\_\_\_\_,  
a minor and Student-Athlete for Pentucket Regional High School.

I, hereby give consent for a Certified Athletic Trainer, who is contracted by the school to provide athletic training services for the above minor. This Athletic Trainer is from Northeast Rehabilitation Health Network. Athletic Training services include, but are not limited to: administrating first aid for athletic injuries, providing initial treatment and management of acute injuries, and assessing athletic injuries at the request of the athlete, the athlete's coach, or the athlete's parent/guardian. The Athletic Trainer will perform only those procedures that are within their training, credential limitations and scope of professional practice to prevent, care for and rehabilitate athletic injuries. I understand that a written report of any athletic injury assessment will be confidentially maintained in the files of the training room. A copy of this report will also be available for the athlete to provide to his/her parent/guardian.

I hereby authorize the Athletic Trainer to share information about the injury assessments and post injury status, as needed, with the coaching staff, Athletic Director and if necessary, the school nurse.

I understand that there is no charge to me for the above listed Athletic Training services. If the athlete is in need of further treatment by a physician, or of rehabilitation services for the injury, he or she may see the physician of his/her choice. **Injured athletes that have seen a physician will need written clearance from that physician prior to being permitted to resume activity.**

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

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

Office Location \_\_\_\_\_

*Sports Medicine Division (603)893-2900 x606*  
*Body & Soul Health & Wellness Center @ Cedardale Health & Fitness (978)372-9028*

**Pentucket Regional High School  
Athletic Department  
Medical Information For Athletic Trainer**

***The following information is to be kept on hand with the Athletic Trainer***

Athlete's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
Sport \_\_\_\_\_ Date Of Birth \_\_\_\_\_  
Address \_\_\_\_\_ Phone (Home ) \_\_\_\_\_

**Emergency Contact Information**

Name \_\_\_\_\_ Relation \_\_\_\_\_  
Phone (Home) \_\_\_\_\_ Phone (Work) \_\_\_\_\_  
Phone (Cell) \_\_\_\_\_  
Name \_\_\_\_\_ Relation \_\_\_\_\_  
Phone (Home) \_\_\_\_\_ Phone (Work) \_\_\_\_\_  
Phone (Cell) \_\_\_\_\_

**Please answer the following questions:**

Is your daughter/son currently taking any medication prescription or otherwise? Y N  
If yes please list \_\_\_\_\_  
Does your daughter/son have any allergies (food, medicine, insect, or otherwise)? Y N  
Please list \_\_\_\_\_  
If yes do you need your own medication? Y N  
If yes do you carry your own medication? Y N  
Please list \_\_\_\_\_  
Does your daughter/son have exercise induced asthma? Y N  
Do you experience asthma otherwise? Y N  
If yes does she/he carry their own inhaler? Y N  
Please list \_\_\_\_\_  
Has your daughter/son ever had a head injury or a concussion? Y N  
If yes please explain \_\_\_\_\_  
Does your daughter/son have diabetes? Y N  
If yes doe she/he carry insulin? Y N  
Does your daughter/son have a heart condition? Y N  
If yes please explain \_\_\_\_\_  
Has a physician ever denied or restricted participation in sports? Y N  
If yes please explain \_\_\_\_\_  
Has your daughter/son ever broken or fractured any bones, dislocated joints, or had orthopedic surgery? Y N  
If yes please explain \_\_\_\_\_

**Date of your last physical on file with the nurse \_\_\_\_\_**

**NOTE: Physicals are good for only 395 days (13 months).  
Be sure to verify this date! See page 2.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
*If you have any questions or updates please contact the Athletic Trainer at 978-375-5796*