

EAST LONGMEADOW HIGH SCHOOL

180 Maple Street East Longmeadow, MA 01028-2788

**OFFICE OF THE
ATHLETIC DIRECTOR**



FAX: (413) 525-5496
PHONE: (413) 525-5460

Dear Student-Athletes and Families,

Thank you for considering trying out for a sport at East Longmeadow High School (ELHS). Participation in ELHS athletics should be an educational and rewarding experience for student-athletes, coaches, and families.

All Winter sports will begin on **Monday, November 26th**.

Click: "School Calendar" on the MIAA site to view the time of your 1st practice (1 week before start date).

Please try your best to complete all of the following steps by **Sunday, November 11th**:

1. Familiarize yourself with the MIAA online schedule. The MIAA schedule is the only accurate schedule: <http://miaa.net/schools/public/eastea3> Please sign-up to receive schedule alerts, postponements, and cancellations. You can also view complete team schedules and rosters. Be aware that games and practices may be scheduled on vacations, Saturdays, and Sundays.
2. Register your student-athlete at: <https://familyid.com/east-longmeadow-high-school> Registration on FamilyID is critical in order to start the clearance process and should be done ASAP. The FamilyID registration is the only medical/emergency information that the coaches, athletic trainer, and EMTs will receive. A parent/guardian should register the athlete on FamilyID. If there are any medical changes after the registration please contact the high school nurse.
3. Submit a current and clear physical exam to the nurse's office (1 per year and valid for 13 months). According to MIAA rules, if your physical expires in season then your clearance will be put on hold.
4. Produce a valid baseline score on the online concussion baseline test. The test will be administered at school and must be proctored by a school official (valid for 2 years).
 - Wednesday, November 14th at 2pm in the ELHS Library
 - Thursday, November 15th at 2pm in the ELHS Library
5. Pay the Winter season's \$149.00 athletic fee online at the ELHS athletic department website: <https://elaps.eastlongmeadowma.gov/high-school/athletics>
6. Student-Athlete must be academically eligible. Students must have a GPA of 2.0 (1st MP Grades).
7. To confirm "approval" to participate check-in with the AD at lunch on November 19th.

I am looking forward to a positive and enjoyable athletic season. Please feel free to email me with any questions at kevin.magee@eastlongmeadowma.gov or call 413-525-5460 X4. If you have any questions or concerns regarding your specific sport please contact the coach. Your coach's email address is listed on the ELHS athletic department website. If the coach is unable to help you with your sport specific question then please contact the athletic director.

Sincerely,

Kevin Magee
Athletic Director

MISSION STATEMENT

As a community, we will **Engage** in critical thinking, **Learn** collaboratively, **Honor** diversity and **Strive** for success.

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Top Ten List Of Reminders For Student-Athletes & Parents

1. Based on the co-curricular attendance policy if a student is absent, attends less than a full day of school, or comes in late (after 8:00am) on the day of a game/practice or on the Friday preceding a weekend event, he/she will not be allowed to participate or attend unless his/her tardiness has been cleared by the athletic director. If the above happens then the athlete/parent/guardian should contact the athletic director and request a waiver.
2. Participation in athletic programs at ELHS is a privilege, not a right. Students who participate in our athletic programs are representatives of our high school and should model the values and expectations of ELHS in/out of school and on social media. Students, who reach four hours of administrative detention during the current athletic season as defined by the MIAA, will lose eligibility from athletic activities for one week.
3. Student-athletes are expected to take school-sponsored transportation to athletic events. In rare circumstances if a student's guardian (on Family ID) needs to transport the student to or from the athletic event then please have this approved by the head coach. Students may not drive themselves to athletic events.
4. The MIAA bona-fide team member rule states: "members of a school team are not allowed to miss a high school practice or competition in order to participate in a non-school event/activity in any sport recognized by the MIAA." There is a potential MIAA waiver that students can apply for but this must be done with the AD approximately one month before the event/activity (25% suspension) & (one waiver per season).
5. If a student-athlete or parent/guardian has a concern they should schedule a time to speak with the head coach (if the main concern is about playing time then the student-athlete is encouraged to be the first person who speaks with the coach). If their communication with the head coach is not productive then they should schedule a time to speak with the athletic director. If their communication with the athletic director is not productive then please contact the principal. If you have a serious concern please be prepared to write an official letter of complaint with your name attached to the statement.
6. Respect your teammates, coaches, opponents, officials, facilities, and the game. Taunting will not be tolerated at ELHS. The MIAA defines taunting as, any actions or comments by 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 race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.
7. Chemical Health: Please note that the regulations apply to student behavior 24 hours a day, 7 days a week inclusive of the first allowable day of fall practice, through the end of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAPE pens & all similar devices); marijuana; steroids; or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug prescribed for the student's own use by his/her doctor. (25% 1st and 60% 2nd)
8. Respect other athletic team's practice times and space.
9. Massachusetts General Law 269:17 describes, "hazing" as "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." Any suspected instance of "hazing" will be investigated and dealt with accordingly.
10. Support other ELHS athletic programs and cheer for them at their games. Please do not say anything directed towards the opposing team, fans, or officials. Sportsmanship is a priority at East Longmeadow HS.

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