

ELHS WINTER ATHLETIC REGISTRATION INFORMATION



Winter Sport offerings

- ▣ Basketball
- ▣ Ice Hockey
- ▣ Skiing
- ▣ Swimming
- ▣ Wrestling
- ▣ Indoor Track
- ▣ Cheerleading

Information

- ▣ Winter sports will begin on Monday, November 29th.
- ▣ Games and practices may be scheduled on Vacations, Saturdays, and Sundays.
- ▣ We will not be using the MIAA site this winter. The full athletic schedule will be found on Arbiter Live, and will be completed by December 7th. <https://arbiterlive.com/>

Steps to complete

Please complete the Following steps by
November 7th.

- 1) Guardians must register and input any pertinent information on Family ID: <https://familyid.com/east-longmeadow-high-school>. Registration is critical in order to start the clearance process as well as maintain communication during the season. In addition information imputed is the only medical/social information the coach will receive about the athlete.

Steps to complete

Please complete the Following steps by
November 7th.

- 2) A current physical exam must be submitted to the HS nurse's office (1 per year, valid for 13 months). The exam must be a paper copy mailed to the high school main office. By MIAA regulation if a physical expires in season then the athlete is not allowed to participate past the date of expiration. (Penalty=Suspension)

Steps to complete

Please complete the Following steps by
November 7th.

- 3) All incoming 9th graders and new student-athletes at ELHS must produce a valid baseline concussion score. Due to Covid-19 precautions we are allowing students to take the test at home. Directions for this online test are posted on the ELHS athletic website.

Information

- ▣ Coaches will be emailing Winter athletes and parents by November 14th to introduce themselves and talk about their program. Please make sure that correct email addresses are used during registration.
- ▣ There is an athletic fee of \$149, please do not pay this fee until early December.
- ▣ Student-athletes must be academically eligible. All 9th-12th graders must have a minimum GPA of 2.0 (C average based on their 1st marking period grades)

**TOP “12” LIST OF
REMINDERS FOR
STUDENT-ATHLETES AND
PARENTS**



This top “12” list focuses on important information that all parents and athletes must follow as part of East Longmeadow’s athletic programs.

By registering for a program you are agreeing to follow the regulations of each of the following rules, while simultaneously adhering to the Mission Statement of the school.

Mission Statement:

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



(1) To participate in practices and games, students must attend a full day of school arriving no later than 8am on the day of the event, or on the Friday proceeding the event.

Unless his/her attendance has been cleared by the AD. Waivers can be requested by a parent/guardian should the above occur.



(2) Student-athletes should model positive behavior on and off the field, including in the stands as spectators and in the digital world.



(3) Based on the MIAA “Bona-fide team member” rule: “Members of a school team are not allowed to miss a HS practice or competition in order to participate in a non-school activity”. The MIAA has set a 1 game suspension for the first offense. MIAA waivers can be applied for in the **FIRST** week of the season. Saturday and Sunday practices are exempt from this rule and are handled by the coach.



(4) Any concerns by a Student-athlete or parent should adhere to the following steps.

1. Schedule a time to speak with the coach.
2. Schedule a time to speak with the AD.
3. Schedule a time to speak with the Principal.



(5) Student-athletes and Parents must understand that scheduling/rescheduling is a very complex and tedious process done months before the season begins, and therefore cannot and will not be altered due to individual issues.



(6) Student-athletes under no circumstance should use, consume, possess, buy/sell, or give away and beverage containing alcohol; tobacco products (including E-cigarettes, Vape pens, and all similar devices), marijuana; steroids; or any other controlled substance. Failure to comply will result in a 25% suspension on the 1st offense and a 60% on the 2nd offense.



(7) Booster clubs are separate from ELHS and therefore Student-athletes should never be required to participate in booster activities and cannot be punished by doing so or not doing so.



(8) If an athlete ever has an injury from an ELHS team that involves extensive medical bills, supplemental FREE insurance that may help with reimbursement of SOME medical bills is available by contacting the Athletic Trainer.



(9) ELHS uniforms should only be worn by the student-athlete on game day. Uniforms should NOT be given to friends or family to wear, and MUST be returned to the head coach at the end of the season. Uniforms will not be distributed over the summer for student pictures.



(10) Based on ELPS District policy
Student-athletes should NOT eat
on buses to protect others from
any life threatening allergies.



(11) All pre-game music must be pre-approved by the head coach. Songs must be clean of any inappropriate words or messages. Teams who do not comply will lose the privilege to choose their own music.



(12) Sportsmanship is a priority at ELHS and therefore student-athletes should support and cheer for their peers at other ELHS sporting events. Student-athlete attendance will be restricted if students direct any negative comments towards officials, coaches, athletes, or anyone in attendance.



Contact

- ▣ Please feel free to email me with any questions at kevin.magee@eastlongmeadowma.gov
- ▣ If you have any questions or concerns regarding your specific sport please contact the varsity coach.
- ▣ Once all varsity coaches are determined, their email addresses will be listed on the ELHS athletic website
<https://elps.eastlongmeadowma.gov/high-school/athletics/>

Thank you all for being part of ELHS' athletic programs. I am looking forward to a positive, enjoyable, and hopefully successful athletic season this winter!

Sincerely,
Kevin Magee
ELHS Athletic Director