

Landmark School

Athletic Department



Athletes' Handbook

Athletic Department

Phone: (978) 236-3297

Fax: (978) 236-3453

Logo: Viking

| | |
|---|---|
| <p>Brook Sumner <i>Athletic Director</i> (978) 236-3297 bsumner@landmarkschol.org</p> | <p>Sean Anastasia-Murphy <i>Assistant Athletic Director at HS</i> (978) 236-3393 sanastasiamurphy@landmarkschol.org</p> |
| <p>Lauren Torres, <i>Athletics Coordinator</i> ltorres@landmarkschool.org</p> | <p>Tara Joly-Lowdermilk <i>Assistant Athletic Director at EMS</i> (978) 236-3126 tjoly-lowdermilk@landmarkschool.org</p> |
| <p>Mike Murphy <i>Certified Athletic Trainer</i> (978) 236-3233 mmurphy@landmarkschool.org</p> | <p>School Website: www.landmarkschool.org</p> <p>Twitter: @LMKAthletics</p> |

Introduction

Interscholastic athletics, offered to students in grades six through twelve, are an important part of the educational program at Landmark School. Through the years, competitive athletics have provided thousands of student athletes valuable opportunities to work, grow, learn, and have fun. Interscholastic activities are voluntary at Landmark, and we are proud that each year, approximately three-fourths of the eligible student athletes choose to participate. The purpose of the athletic program is to advance the educational philosophy of the school in developmental and competitive athletics.

The purpose of the Athletic Handbook is to provide students and parents information on the athletic program. This handbook covers information applicable to all teams at Landmark School and will be revised annually. In addition, team coaches will provide to both students and parents at the beginning of each season their sport specific guidelines, daily schedules, as well as the coach's general expectations.

Our Athletic Department hopes this handbook will serve as a resource and will help foster a collaborative team approach between school and family, which will aid in creating a positive experience for your student.

Athletic Department Mission Statement

The mission of Landmark Athletics is to provide a competitive and developmental athletic program, while promoting and embodying the ideals of teamwork, sportsmanship, hard work and self-discipline. Developing the student-athlete's character through a positive and supportive environment increases self-confidence and therefore is essential to personal success.

Philosophy Statement

The Landmark School Athletic Philosophy is one that encourages and allows for participation by all students at any level of competition. We aim to promote character and teach many values to our students. Among the values that help our athletes and competitors to become responsible adults include sportsmanship, leadership on and off the field, commitment to one's team or activity, critical thinking during practice and competition, time management, self-discipline, and enjoyment. We believe that students will gain these and other values by taking part in the Landmark School athletic program throughout their career. Our goal is to challenge our student athletes to strive to be the best they can be on and off the field. In truth, what really is important about athletics is to have fun, to fight adversity, to risk failure, to get up when you are knocked down, to compete as hard as you can, not to use excuses, and to learn how to win and lose gracefully.

Attendance Policy

If a student athlete is absent from school for “unexcused reasons,” he/she is not eligible to participate in athletics for that day. If a student athlete is absent from school for “school excused” reasons, he/she is eligible to participate in athletics that day with permission from the student athlete’s academic team. When excused early from classes (early dismissal), students are responsible for class assignments, notes etc. that are missed.

Student-athletes at the high school can meet their Physical Education requirements by competing and participating in three varsity or junior varsity sports during the four years of high school. Certification of participation in a sport will be granted through the Athletic Director’s office in conjunction with the Diploma Committee. Only students who have attended 75% of the practices and participated appropriately will be eligible. Managers, statisticians, and scorekeepers are NOT eligible to meet this requirement. This Physical Education policy is for high school student-athletes only.

Academic Extra-Help

At times, it is necessary for athletes to receive extra help with their academics. Athletes should make every attempt to schedule extra academic assistance around practices and games. If a student needs to miss a practice for extra-help, he or she must communicate this to their coach prior to practice. Homework Make-up is NOT an excused extra help session.

Athletic Homework Make-Up Policy

The Athletic Department encourages students’ athletic participation to instill in them the skills needed to be successful in life. These skills include responsibility, communication, cooperation and most importantly, teamwork. Additionally, the Athletic Department supports the school’s academic mission and encourages students to perform well within the classroom. In supporting the aforementioned goals, a homework make-up policy has been developed to support the athletes’ overall success.

The policy is as follows:

If a student athlete is assigned Homework Make-up and/or Detention, he/she will receive a consequence from the Athletic Department. Sample consequences may include, but not be limited to, a loss of playing time, a loss of a player’s starting status or leadership role. If a student athlete is assigned homework make-up and/or detention on a regular basis, within a season, he/she may forfeit his/her opportunity to participate for the remainder of the season. Additionally, at this time, a meeting involving a representative of the Athletic Department, the student athlete, and his/her Academic Advisor will take place to determine if continued participation on

the team is appropriate. Being dismissed or quitting a team may result in forfeiting his/her right to participate in the next season.

Awards

Awards Nights will be held at the end of each season to recognize athletes for their participation in the Athletic program. Specific dates for these nights are secured at the beginning of each academic year and are available on the school calendar.

Captains

An essential component for any team's success is good leadership. One method to teach this skill is by selecting team captains. A strong captain can help a team achieve success by being responsible, having strong communication skills, and earning the respect of one's peers and coaches. Being a good captain is much more than simply being a good athlete. It is both an honor and a privilege, but most importantly, a responsibility. The coaching staff of each team has the final decision on the selection of team captains.

Code of Conduct

Player's must be able to pledge the following- I hereby accept my responsibility for my participation in Landmark Athletics by following this player's code of conduct:

- I will display good sportsmanship at every game and practice.
- I will attend every practice and game that I can and notify my coach if I cannot.
- I will show my coaches respect by listening and learning from them.
- I will treat my coaches, other players, officials and spectators with respect and I will expect to be treated accordingly.
- I will remember that sports are an opportunity to learn and have fun.
- I am a team player and will commit myself to the team, the sport and a full season's participation.

Commitment (Roster Change) Policy

Commitment and hard work are two of the valued aspects of playing on a team. It is vital that these are not compromised in the course of a season, as team play will be adversely affected. The Athletic Department strongly urges all student-athletes and coaches to work together to find a solution, other than quitting or dismissal, when faced with a difficult situation. In order to have consistency, any student may leave any team by notifying the coach prior to the start of interscholastic competition, but once the interscholastic playing season has begun (after two weeks), coaches and players must follow the "roster change" guidelines:

1. A meeting must take place between the coach and student to discuss the situation. This should be a meeting that is taken very seriously, not just a chance encounter in the hallway.
2. Communication will then occur between the Athletic Director, the student and the coach to further discuss the situation.
3. The Athletic Department will communicate with the parents.

While every parent has the right to withdraw his/her child from Athletics, the Athletic Department would like to remind all involved that quitting does not promote quality life decisions. Furthermore, middle and high school athletics may be the only opportunity for a person to play an organized team sport. Quitting cheats the student from their athletic experience.

Communication

Parents are encouraged to communicate with the Athletic Department regarding their son or daughter's participation in Athletics. Parents may communicate directly to the coach or the Athletic Director. The Athletic Department would request that any questions about coaching philosophy and/or expectations be expressed during a private conference and never directly or publicly before or after a contest or practice. It is not appropriate for parents to discuss team strategy and other student athletes. If a resolution is not reached between a parent and a coach, then the Athletic Director will be involved in a subsequent meeting.

Students and/or parents are expected to notify the coach of any schedule changes well in advance. As part of the educational experience, students are encouraged to discuss individual problems with the coach. As with parents, if these meetings do not resolve the issue, then the Athletic Director will intervene.

For up to the moment information regarding cancellations or postponements, please visit the athletic pages of the school's website at

www.landmarkschool.org. Also, directions to our facilities and our opponents can be found on the school site. You may also wish to follow us on Twitter at @LMKathletics for up to the minute information on cancellations, postponements, game highlights and results.

Conference Affiliation-High School

Landmark is a member of The Eastern Independent League (E.I.L.) and The Independent Girls Conference (I.G.C.). Additionally, Landmark is a member of the New England Preparatory Secondary Athletic Council.

Members of the Eastern Independent League for boys include: Bancroft School, Beaver Country Day School, Berwick Academy, Concord Academy, Lexington Christian Academy, Pingree School, and Portsmouth Abbey. Landmark has been affiliated with the E.I.L. since 1991. Members of the Independent Girls Conference include: Brimmer and May School, Cambridge School of Weston, Chapel Hill-Chauncy Hall School, Montrose School, Gann Academy and Waring School. Landmark has been a member school since 1996. Both leagues are described first and foremost developmental leagues, which stress the values and principles of sportsmanship and adhere to a mission statement similar to Landmark's. Giving students the opportunity to compete in two leagues that recognize sportsmanship, fair play, and healthy competition bolsters their self-image and enhances their growth.

Equipment/uniforms

The school supplies the majority of sports equipment, but personal items such as shoes, socks, practice clothes, protective padding (shin, elbow, arm, shoulder, & ribs) are the responsibility of the student. Students are responsible for any school issued uniforms during the season and should be prepared to return them following the last scheduled contest. Students will be financially responsible for any damaged or lost uniform/equipment (equipment damaged during sanctioned play will not be the responsibility of the student). When team members step into the playing arena for a contest, all must be dressed alike – shirts tucked in and in the same attire. Students are representing our team and school.

Eligibility and Team Placement

All High School athletes must be 19 years old or younger on September 1 of school year to be eligible.

All students **must have an annual physical exam and all pertinent medical forms on file with the Health Center before participating in Athletics**. Students become eligible for interscholastic sports in the sixth grade. It is our goal in team placement to find opportunities for participation and success. Placing each student at the level where they can contribute physically and gain positive feelings from their efforts is central in the

mission of the Athletic Department. Hopefully, our students will learn the value of being on a team and the contributions that each member must make. Team members have responsibilities to themselves, their teammates, and their coaches to learn their role on the team. Teamwork requires the development of many interpersonal skills such as listening, following directions, accepting constructive criticism, and supporting coaches and teammates. Athletes have an obligation to participate in practice sessions and games with full commitment and enthusiasm. Please refer to the team list below for specific guidelines. Individual athletes who are 19 years old or younger on September 1 of each school year are eligible to participate in the athletic program. Landmark offers a wide variety of sports for participation. Please refer to the following list for a general description of each team. Please note that these teams reflect last year's number of participants and in certain situations, Landmark may not be able to support a team. Occasionally, student athletes may petition to play at a different level in order to support appropriate competition. The Parents, Academic Team, and Athletic Director will make a unified decision as to the appropriateness and parents may be asked to sign a waiver.

Team Designations:

Varsity-High School students

Junior Varsity-Middle School and High School students

Middle School-Middle School students (6th through 8th only)

Fall

Golf: This is a coed program that is comprised of a varsity team based at the High School Campus. Only students at the high school are eligible. This is a varsity level team, which will maintain a roster of 8-10. At this level, it is expected that the students will have an understanding of the game and will be proficient. Please contact the athletic department for questions specific to this program

(Beginner golfers will be able to participate in the golf club, which will be available through the Student Life Office).

Cross-Country: This is a coed program that is comprised of a varsity (High School) and Middle School Team. 5th -8th graders are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program.

Girls' Soccer: This program is comprised of a varsity (High School) and a Middle School Team. 5th - 8th grade females are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program. JV games will also be scheduled for the high school.

Boys' Soccer: This program is comprised of varsity and JV Teams for the High School and a Middle School Team from the Middle School. 5th -8th graders are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program.

Girls Volleyball: This is a girls only program that maintains competitive interscholastic play at the JV level with some varsity matches mixed in. This program is open to all girls on the HS campus and 7th and 8th grade students on the EMS campus.

Winter

Boys' Basketball: This program is comprised of varsity, JV, and JV-2 teams for the High School and a Middle School team. 5th -8th graders are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program.

Girls' Basketball: This program is comprised of a varsity, JV and a Middle School team. 5th - 8th grade females are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program. JV games will also be scheduled for the high school.

Wrestling: This is a Co-ed program that is comprised of a varsity and JV team. It is based at the High School, but also available to middle school boys from the Middle School Campus. Boys in the seventh and eighth grade are eligible.

Swimming: This is a Co-ed Varsity based at the High School. This team is open to all HS students as well as 7th and 8th grade students at the Middle School.

Spring

Girls' Lacrosse: This is a Varsity team that is based at the High School. 7th and 8th graders from the middle school are eligible to participate. However, given this is a varsity team, 7th and 8th grade girls must contact the Athletic Director for permission to join this team. Permission will be granted on an individual basis. JV games may also be scheduled.

Boys' Lacrosse: This program is comprised of a Varsity and a JV team. It is based at the High School Campus, but also available to 7th and 8th graders from the Middle School.

Baseball: This is a male program that is comprised of a Varsity team (High School) and Middle School team. 5th -8th graders are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program. JV games will also be scheduled for the high school.

Boys' Tennis: This is a Varsity team based at the High School. Students at the high school are eligible. Middle School athletes may be granted permission on an individual basis.

Girls' Tennis: This is a Varsity team based at the High School. Students at the high school are eligible. Middle School athletes may be granted permission on an individual basis.

Track: This program is comprised of varsity team for the High School and a Middle School team. 5th -8th graders are eligible to participate at the Middle School. 5th graders must be enrolled in the Middle School program.

Softball: This varsity level sport is open to all girls on the HS campus and 8th grade girls on the EMS campus.

Game or Practice Cancellation

Scheduled games may be canceled due to inclement weather, poor field conditions or other reasons. It is the "home" team's responsibility to make this decision by 1:00 pm. Cancellations and postponements will be posted on the athletic pages of the school's website at www.landmarkschool.org Postponements and cancellations will also be posted on Twitter. Please follow us at @LMKathletics on your Twitter account. For other specific questions, please contact the athletic department at 978-236-3297. Additionally, as students are notified of changes, they will be encouraged to communicate with parents.

Hazing

Landmark School Hazing Policy

Purpose - The purpose of this policy is to maintain a safe learning environment that is free from hazing for students and staff members. Hazing activities of any type are inconsistent with the educational goals of Landmark School and are prohibited at all times.

General Statement of Policy - No student, teacher, administrator or other Landmark employee, contractor or volunteer shall plan, direct, encourage, aid or engage in hazing. No student, teacher, administrator or other school employee, contractor or volunteer shall permit, condone or tolerate hazing. Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy. A person who engages in an act that violates school policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act. This policy applies to hazing behavior that occurs on or off school property and during and after school hours. Landmark School will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator or other school employee, contractor or volunteer who is found to have violated this policy.

Definitions - "Hazing," means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

- Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
- Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that

subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

- Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
- Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

"Student organization," means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

Reporting Procedures - Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school official designated by this policy. The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to the Athletic Director or school administrator. Teachers, administrators, other school employees as well as contractors and volunteers shall be particularly alert to possible situations, circumstances or events that might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately. Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades or work assignments.

Landmark School Action - Upon receipt of a complaint or report of hazing, Landmark school shall undertake or authorize an investigation by school officials or a third party designated by the school. The school may take immediate steps, at its discretion, to protect the complainant, reporter, students or others pending completion of an investigation of hazing. Upon completion of the investigation, the school will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, remediation, termination or discharge. Disciplinary consequences will be administered consistently. They will appropriately discipline prohibited behavior and deter others from hazing. School action taken for violation of this policy will be consistent with other school policies and applicable collective bargaining agreements and statutory authorities.

Reprisal - Landmark School will take appropriate action against any student, teacher, administrator or other employee of the school district, or any contractor or volunteer who retaliates against anyone who makes a good faith report of hazing, or who testifies, assists or participates in an

investigation or hearing about a hazing incident. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

Dissemination of Policy - This policy shall appear in each school's Student Handbook and in each school's Building and Staff handbooks. Further, it will be disseminated to parents and presented to attendees of the first meeting of the school year of each student organization (including all athletic teams and clubs).

Injuries

All injuries of any nature must be reported to the coach at the time that they occur so further injury can be avoided. Landmark employs a Licensed and Certified Athletic Trainer, who supervises all aspects of the Sports Medicine Program.

This includes:

1. Working directly with coaches in planning conditioning programs to prevent injuries.
2. Coordinating coverage of games and practices.
3. Administering emergency care and first aid when injuries occur.
4. Evaluating injuries and making appropriate medical referrals.
5. Providing daily treatment, rehabilitation and reconditioning to the injured athlete.
6. Maintaining records pertaining to all injuries.
7. Communicating with the athlete's parents, school's health center and physicians regarding injury status and progression.

*The athletic trainer is Michael Murphy, MS, LAT, ATC. The athletic training room is located in the Ansara Center. In accordance with E.I.L. policy, the athletic trainer is responsible for coverage of all home E.I.L. Varsity contests. He can be reached directly at 978-236-3233. His email address is mmurphy@landmarkschool.org. Since contests are being played simultaneously and at different sites, coaches are certified in First Aid and CPR and are in cell phone contact with the athletic trainer.

Landmark School Concussion Protocol

Medical management of sports-related concussion is evolving. In recent years, there has been a significant amount of research into sports-related concussion in high school athletes. Landmark School has established this document to provide education about concussions. These guidelines outline procedures to follow in managing head injuries, and outlines school policy as it pertains to return to play procedures after sports-concussion.

Landmark School seeks to prevent concussion and provide a safe return to activity for all students after an injury, particularly after a head injury. In order to effectively and consistently manage these injuries, the Athletic Department abides by the following procedures that have been developed to

aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day, including academic assistance, and are fully recovered prior to returning to athletic activity.

The Licensed/Certified Athletic Trainer(ATC) in collaboration with the Health Center will take a multifaceted approach to concussion management. As a result, the information provided by this protocol and the tools and references, including test results, should always be interpreted in the context of all clinical information including the player's medical history. Therefore, in certain cases, modifications to this protocol may be deemed appropriate by the medical staff.

I. Educational Training

1. All coaches and athletic staff will be required to complete a yearly course on concussion education and submit a certificate of completion to the ATC. Coaches will also be given written and verbal information prior to each season during the coaches meeting.
2. All parents and students are encouraged to complete one of the two courses as well and will be provided with written information on concussion via email at the beginning of the school year.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

3. All student-athletes will view the video "Concussion in Sports-What You Need-to-know" by the National Federation of State High School Associations, in a team setting prior to the season.

II. Prior To Participation

All student-athletes must have a current physical examination on file in the Health Center in order to participate in athletics. No student-athlete will be allowed to participate, in any way, until a hard copy is on file. Student-Athletes' whose physical exam expires during the season must obtain an updated exam or obtain written clearance from their primary care physician in order to maintain eligibility while an appointment is secured.

Any student-athlete who has or may have sustained a concussion outside of Landmark School must inform the Health Center and the ATC.

III. Management And Referral Guidelines

Any athlete with a witnessed loss of consciousness (LOC) of any duration will be transported

immediately to the nearest emergency department by EMS. Any athlete who has symptoms of a concussion, and who is not stable (i.e., condition is changing or deteriorating) will be transported immediately to the nearest emergency department via emergency vehicle or EMS.

An athlete who exhibits any of the following symptoms will be transported immediately to the nearest emergency department:

- amnesia lasting longer than 15 minutes
- deterioration of neurological function including cranial nerve deficits
- decreasing level of consciousness
- decrease or irregularity in respirations
- decrease or irregularity in pulse
- unequal, dilated, or unreactive pupils
- any signs or symptoms of associated injuries, spine or skull fracture, or bleeding, especially from the nose or ear
- mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation
- seizure activity

A Student-Athlete who is symptomatic but stable, may be transported by his or her

parent(s)/guardian(s). The parent(s)/guardian(s) will be advised to contact their Primary Care

Physician, or seek care at the nearest Emergency Department, on the day of the injury.

Any student-athlete who presents with signs or symptoms indicative of a concussion will be

removed from play immediately and not return to participation that day. The ATC will administer a formal sideline/AT room concussion

assessment which may include the SAC, SCAT2, BESS, and PCSS as well as a physical examination. The ATC will provide the student-athlete written and verbal instructions and education about concussions and how they should proceed until they are cleared to participate.

Coaches will send any athlete suspected of sustaining a concussion to the ATC for assessment and will not return athletes to play, to practices, or contests unless the athlete has been cleared by the ATC. If a trained ATC is not available at a practice or contest, coaches will hold any athlete suspected of having a concussion out of participation until evaluated by an ATC trained in these guidelines. Coaches will inform any host school ATC of the school's concussion protocol when student-athletes are assessed away

from Landmark School. When at Landmark School venues, coaches should contact the ATC immediately by cell phone whenever a student-athlete is suspected of sustaining a head injury. When at away contests, coaches will inform the ATC and Health Center of any student-athlete suspected of sustaining a concussion as soon as possible, but on the day of injury by phone or email.

The ATC will coordinate with the Health Center, on all cases of suspected concussion, for the contact of the student-athlete's Parents/Guardian, Student Life Coordinator, House Parent, and Academic Advisor. The ATC will also coordinate with the Health Center and Residential Life for the transport of any student-athlete, who sustains a concussion, to the ER or school physician.

The ATC, Health Center, consulting Physician along with the student-athlete's Parent/Guardian, House Parent and Academic Advisor will collaborate on a plan for the student-athlete's academic, residential and athletic accommodations during the recovery process.

The ATC will communicate with the Health Center, on a daily basis, the status and progress of all student-athletes who sustain a head injury.

IV. Return To Play Guidelines

All student-athletes who sustain head injuries are required to be evaluated by their Primary Care Physician(PCP) or School physician, and have a normal physical and neurological examination prior to being permitted to progress to activity. This includes athletes who were initially referred to the Emergency Department. These athletes are also required to follow up with their PCP or School Physician. Landmark School strongly recommends and would prefer that student-athletes who have been diagnosed with a second concussion, during the school year, or who have a history of incidences of significant concussion provide clearance from a Neurologist.

Student-athletes suspected of sustaining a concussion will be required to check in with the Health Center and the ATC on a daily basis to assess their status. Student-athletes who do not check in with the medical staff daily will delay their ability to return to participation.

No student-athlete will be allowed to return to participation, in any capacity, until they are cleared by a Physician and have completed a stepwise progression of activity with no recurrence of symptoms. Landmark School will follow a stepwise progression of activity for all student-athletes, who

have been diagnosed with a concussion, with the very **minimum time frame** as follows:

1. No physical activity: complete rest for 24hrs after symptom free.
2. Light aerobic exercise: stationary bike/walking(30%-40% maximum exertion) for 10 to 15 minutes.
3. Moderate aerobic exercise: (40%-60% maximum exertion) jogging, stationary bike, elliptical for 20-30 minutes.
4. Sport-specific exercise: (60%-80% maximum exertion)running drills, independent ball drills.
5. Non-contact training drills: (80% maximum exertion)more complex training drills, begin progressive resistance training.
6. Limited contact practice: controlled contact drills, no scrimmaging.
7. Full contact practice: normal practice routine.
8. Return to game play: normal game play.

Each step requires the student-athlete to be symptom free for 24 hours before moving on to the next step. Any return of symptoms will require the student-athlete to return back to the initial step. If a student-athlete continues to have symptoms once some form of activity has begun and does not become symptom free within 24 hours, they must return to be reevaluated by their Primary Care or School Physician.

Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport will be progressed more slowly.

Landmark School Medical Staff, in consultation with the School Physician, reserve the right to continue to withhold a student-athlete from participation until the staff deems fit. Any clearance note from an outside Physician must include information indicating the day the student-athlete was injured, the diagnosis, and acknowledgment of clearance only after the school's stepwise progression is completed without return of symptoms.

Management and return to play decisions regarding student-athletes who have had two concussions in a calendar year will be considered on an individual basis by the ATC, Health Center, Academic Advisor and consulting physician.

A third concussion in the same season may result in ending student-athlete participation for the season. Re-entry into athletics participation will be considered on an individual basis by the ATC with a conservative philosophy.

Medical Excuses

If a team member suffers an injury or an illness and is consequently unable to continue competing on a team, the following policy applies and must be adhered to:

1. The coach or athletic department must be notified.
2. The athletic trainer must be notified when the student athlete is unable to participate.
3. Athletes must attend team practices everyday that they attend school. Exceptions will be made for student-athletes completing academic work or undergoing rehabilitation during practice.
4. ***No athlete will be allowed to return to participation from an injury without written clearance from a physician (who is not a relative) once they have been restricted from participation or diagnosed by a physician.**
5. **The athletic trainer reserves the right to restrict an athlete from participation, regardless of physician or parental clearance, if the athletic trainer determines that the athlete's safety is still at risk.**

Managers

Various team manager positions are available in all team sports. Students who avail themselves of such opportunities will have the satisfaction of contributing to the welfare of the group and being actively involved as a member of the team. Conscientious managers are every bit as valuable as any other team member. Interested students should contact the head coach or the athletic department before the season begins.

Parents

In order to ensure that the educational experience your daughter or son has while participating in our athletic program is positive, we feel that it is important that you read and abide by the following guidelines:

- Practice appropriate sportsmanship.
- Respect the officials and their authority during games.
- Do not question or confront the coach at the athletic venue. Make an appointment directly with the coach or through the athletic department to air grievances.
- Remember that the game is for the athletes to have fun. This program is for the youth, not the adults.
- Reinforce with your child that competing as hard as one can is more important than winning or losing

- Demand that your child treat opposing players, officials, coaches, spectators with respect and dignity.
- Promote the physical and emotional well-being of student athletes.
- Do not encourage any behaviors, which could endanger the health and well-being of the student athletes.
- Please understand that it is a privilege, not a right, for your child to be a member of the athletic program. Therefore; it is a privilege for you to be a spectator. Failure to abide by the aforementioned expectations may be cause for your expulsion from that event and future events.

Participation

When a student contributes to a team physically and emotionally this participation becomes a positive experience. Landmark supports a no-cut policy at all levels. The aim of the Middle School and JV teams is skill development and preparation for the next level. Therefore, as much as possible equal play is encouraged. At the Varsity level, each coach is encouraged to be cognizant of an individual athlete's opportunity to participate in games, but is NOT required to play everyone. If a student-athlete does not follow team expectations, his/her playing time may be limited or revoked. Please note that potential playing time may be adjusted if the coach believes that there is a safety concern for the individual athlete.

Substance Policy

The prohibitions of the Landmark School regarding substance use are stated clearly in the student handbook. The athletic department will strictly follow and support those policies. In addition, the athletic department strongly discourages the use of any substance that is not approved by the FDA, the Surgeon General, or the American Medical Association for use by children or adolescents for the purpose of increasing physical development, strength, or athletic performance. In addition to school policy, the athletic department has adopted the following policy regarding substance:

- First Offense- No school/team participation for duration of school suspension as deemed by convened Standards Committee, one game suspension upon reinstatement to team, loss of ability to win individual awards and/or any league honors for that season
- Second Offense- dismissal from team

Transportation/Facilities

The school will transport your son/daughter to games and practices. Frequently, students will travel to off site facilities for both practices and home/away games. Generally speaking, practices will conclude daily by 6:00 pm. All commuting students should arrange for pick up by this time. A coach will distribute a daily athletics schedule to your son or daughter at the

beginning of the season. If you would like a copy, please feel free to contact this office **at 978-236-3297** or email me at bsumner@landmarkschool.org. For your convenience, the game schedule and directions are posted on the school website: www.landmarkschool.org. Commuters are not permitted to transport team mates to or from practices and/or games. Please notify appropriate campus officials in advance if you are planning on transporting your child from a practice or game. If your son or daughter needs transportation to the commuter rail, please notify this office so transportation can be arranged. The High School Student Life Office transports students daily to the Beverly Depot after practices.

Sportsmanship

Landmark is proud of the behavior and sportsmanship displayed by its players, coaches, and fans. We value spirited and fair play as well as spirited and positive support for our players and teams. In order to ensure that our expected level of behavior and decorum continues each season and each game, we ask that all members of our community strive to make continually renewed efforts to abide by the ideals of our league.

Eastern Independent League-Mission Statement

The Eastern Independent League was created by its member Schools in a spirit of trust and shared commitment to the highest ideals of sportsmanship, healthy competition, and mutual respect. Member Schools of the Eastern Independent League believe that their athletic programs are an integral part of their educational programs and should provide the same opportunities for instruction, participation, growth, and success as any other opportunity offered by the school. Accordingly, each Member school subscribes to the following principles in the conduct of its athletic programs:

- We believe that our athletic programs should be developmental, providing training and competition at all levels, and allowing the opportunity for younger players to participate at the varsity level as they gain in skills.
- We believe that our athletic programs offer a teaching environment that is understood to be consistent with the overall educational goals of each member school.
- We believe that a student's admission to an Eastern Independent League school should be based on each member school's overall mission and goals, and not on the basis of a candidate's skill in a particular activity.
- We believe that sportsmanship and respect are central to the mission of the Eastern Independent League. We expect that all visitors will be treated with courtesy and that visiting teams will act as honored guests.

- We believe that each school assumes the responsibility to inform its constituency that the athletic arena is a place for friendly and spirited competition and respect for all who are part of that pageant.
- We believe that member schools have a responsibility to work together to resolve differences that will arise from time to time. We have a responsibility to one another's programs and initiatives consistent with the goals of the Eastern Independent League.

Website

Landmark Athletics is included in the school's website under the "Extra-Curricular" tab. Both the EMS and HS sections list home and away game directions, team game schedules, this handbook, and other important information. Please consult the site as often as you wish. Updates will appear routinely throughout the year.

Appendix

Directions to Games and Contests

The directions to all games and contests will be available to you via email [bsumner@landamarkschool.org] or fax [978-236-3453] from the Athletic Director and/or listed on the school's website: www.landmarkschool.org.

Athletic Facilities

| | |
|--|---|
| <p>Baseball <i>Cooney Field</i> 80 East Street Beverly, MA</p> | <p>Basketball <i>Ansara Center</i> 447 Hale Street Prides Crossing, MA</p> <p><i>Elementary/Middle School Campus Gym:</i> 167 Bridge Street Manchester-by-the-Sea, MA</p> |
| <p>Cross Country <i>Alumni Field</i> 412 Hale Street Prides Crossing, MA</p> | <p>Golf <i>Wenham Country Club</i> 94 Main Street Wenham, MA <i>New Meadows Topsfield</i> 32 Wildes Road Topsfield, MA</p> |
| <p>Soccer/Lacrosse <i>Alumni Field</i> 412 Hale Street Prides Crossing, MA <i>Collins Field</i> 412 Hale Street Prides Crossing, MA <i>Iron Rail Field in Wenham</i> 91 Grapevine Road #2 Wenham, MA</p> | <p>Tennis <i>Endicott College</i> 376 Hale Street Prides Crossing, MA <i>Gordon College</i> 255 Grapevine Rd Wenham, MA</p> |
| <p>Track & Field <i>Gordon College</i> 255 Grapevine Rd Wenham, MA</p> | <p>Wrestling <i>Ansara Center</i> 447 Hale Street Prides Crossing, MA</p> |
| <p>Sailing <i>Tuck's Point</i> Tuck's Point Road Manchester-by-the-Sea, MA</p> | <p>Swimming TBA</p> |

“The key ingredient to stardom is the team”

“Success comes from knowing that you did your best to become the best you are capable of becoming”

--John Wooden