

All School Handbook for Athletics & Wellness Policies, Procedures and Offerings

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Mission Statement for BB&N Athletics & Wellness

The primary mission of the Buckingham Browne and Nichols Athletic & Wellness Department is to develop life skills, sportsmanship, and citizenship.

Guiding Principles

In pursuing and supporting our purpose, BB&N strives to adhere to the following guiding principles that ensure and promote our department's mission and philosophy.

- Our number one responsibility is to create and promote a safe, healthy, non-threatening and respectful environment.
- We teach that character in competition is no different than ethics in life. By subscribing to solid and honorable principles, students learn skills that will impact their lives for years to come. The values inherent in the BB&N athletic experience are: teamwork, ethical and responsible behavior on and off the field, adherence to the spirit of rules, leadership, and sportsmanship.
- By inspiring a commitment to others, we strive to instill school spirit and a true sense of community into the broader life and fabric of our diverse campus.
- We will provide students with the opportunity to develop life skills such as: valuing physical activity, healthy food and sleep choices, self-care and advocacy, mindfulness, play and more.
- Interscholastic and wellness programs will be organized and supported in a manner consistent with our commitment to academic excellence, the integrity of ISL member institutions, and the personal growth of students.

Interscholastic League Affiliation

[Independent School League \(ISL\) Website](#)

[New England Preparatory School Athletic Council \(NEPSAC\) Website](#)

The Independent School League (ISL) and New England Prep School Athletic Conference (NEPSAC): BB&N students are privileged to be a part of the Independent School League. This collection of 16 schools shares the highest ideals of school sports and competes against each other in almost every sport BB&N offers. In addition to ISL opponents, BB&N schedules contests against other members of NEPSAC when the level of competition is appropriate for both schools. At the end of the season many teams that have qualified are given the opportunity to compete in the NEPSAC tournaments.

ISL Guidelines

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

ISL Athletic Competition Ideals: Players and coaches shall at all times represent themselves and their school with honor, proper conduct, and good sportsmanship. They shall understand that competitive rivalries are encouraged but that disrespect for opponents is unsportsmanlike and lessens the value of the rivalries. They shall confine the competitiveness of the game to the field, and behave properly on the sidelines and in the locker rooms before, during, and after the games.

Players and Coaches: Players and coaches shall comply fully with the rulings of the officials. In no way, either by voice, action, or gesture, shall they demonstrate their dissatisfaction with the decisions made. Players must never forget that they represent their school.

Spectators: ISL schools will not tolerate at their athletic contests any spectator, either student or adult, whose behavior is disrespectful toward players, officials, coaches, or other spectators. Nor will ISL schools permit any type of spectator behavior that either detracts from the proper conduct of the game, or serves to place a player or a team at a disadvantage. Some examples of unacceptable behavior are as follows:

- Use of profanity or displays of anger that draw attention away from the game;
- Booing or heckling an official's decisions, criticizing officials in any way, or displaying temper with an official's call;
- Trash talk or yells that antagonize opponents;
- Verbal abuse or intimidation tactics;
- Disrespectful or derogatory yells, chants, songs, gestures, signs, posters, or banners;
- Any distracting activity such as yelling, waving arms, feet stomping during an opponent's free-throwing attempts;
- Use of artificial noisemakers of any kind (legitimate pep bands, however, are encouraged).

These guidelines apply equally to players, coaches, and spectators. The ISL asks officials to apply these guidelines strictly, especially with regard to players and coaches.

Campus Programs, Offerings, and Requirements

Lower School (Grades Beginners-5)

Philosophy

Through a balanced and developmentally appropriate curriculum, the wellness program-emphasizes a sound mind in a healthy body. We nurture the whole child by teaching the skills and fitness components necessary to enhance health and promote participation in physical activities and sports. In a safe, supportive and fun environment, students are motivated to discover their unique potential and develop a sense of responsibility, respect, and perseverance. Progressively, students learn the elements of teamwork, sportsmanship, and competition as preparation to participate at the Middle School level in the 6-8 athletic program.

Program

Every student in Beginners through Grade 5 participates in a Physical Education class instructed by our faculty.

Middle School (Grades 6-8)

Interscholastic Athletics & Non-Interscholastic Activities Philosophy

In a developmentally appropriate, safety-first environment, students learn about leadership, adversity, teamwork, and self-discipline through participation and competition. We emphasize skill development, sportsmanship, and character development. Our educators strive to create a positive and encouraging environment where students can learn about themselves, their peers, and develop life skills.

Program Overview

The Associate Athletic Director (6-8), oversees the 6-8 Athletic Program, also referred to as the Middle School Athletic Program.

The 6-8 Athletic Program is part of the school day and all students are required to participate in the program for all three seasons. Practice days are Mondays, Tuesdays and Thursdays, immediately following the academic programs at the Lower School and Middle School with dismissal occurring at the Nicholas Athletic Center on the Upper School Campus. Games are typically played on Tuesdays, Wednesdays, and Fridays with times and locations made available seasonally on the athletics section of the website. Students *will* have athletic practice when they do not have a Tuesday game scheduled and *will not* have athletic practice when they do not have a Wednesday or Friday game scheduled.

Student participation numbers will influence the programs, number of teams, and makeup of teams that BB&N is able to run each year. Student participation in a team sport must yield enough players in order to compete at an interscholastic level. A team placement and tryout process according to ability will be used when necessary. If a student does not make a team, an alternate plan to join another program will be arranged with the Associate Director of Athletics. The Athletic Department will always work towards helping students participate in their first choice options. Please refer to the Athletics Waiver Policy as outlined below.

The 6-8 Athletic Program works to offer the following programs:

Fall Season	Winter Season	Spring Season
Cross Country* Field Hockey* Flag Football* Mind and Movement Crew^ Soccer* Soccer (Intramural) Volleyball*	Basketball* Basketball (Intramural) Fencing* Mind and Movement Ice Hockey* Rock Climbing Squash* Squash (Intramural) Winter Running Wrestling	Baseball* Crew^ Golf Lacrosse* Mind and Movement Softball* Tennis* Track and Field*

*Indicates the activity is interscholastic and students will play in competitions against other schools.

^Indicates that students may only sign up for this in the Fall or Spring, not for both seasons

Student Responsibilities, Participation and Absence Policies

Attendance at practices and games is required. The entire team is affected when an athlete misses a practice or game. We expect students and families to plan their time around practices and plan ahead for conflicts that may have an impact on the team. Game schedules are available on the athletic website. If a student is unable to participate in athletics on a particular day, families should communicate to the Front Office of their campus first thing in the morning. Athletic excuses fall in line with the school's attendance policy. Documented injuries may create exceptions for the number of excuses. BB&N nurses communicate directly with the Athletic Trainer and the 6-8 Athletic Director to determine whether a student will be expected to accompany the team but will be excused from activity. For injuries, please contact the campus nurse and Athletic Trainer to make a plan and accommodations. Students who are members of sports teams are expected to play in all the afternoon interscholastic games. In the rare case of a legitimate conflict with a game, families must communicate directly with the 6-8 Athletic Director and coach *at least a week* in advance. For athletic competitions, **we expect students who are unwell to stay home and recover properly, and not to return for a game, performance or special event on campus.** At the latest, a student should be in School by mid-morning in order to participate in School games, performances, or special events. Any special circumstances, events, or appointments should be approved by the Grade Dean.

Each student is asked to take responsibility for any equipment/uniforms used that belong to the School.

Mud Week(s)/No Athletics

"Mud Week(s)" refers to the dates in between athletic seasons. During these periods of time, students are often dismissed at the end of their academic classes unless there is designated school programming that is communicated to families. After-School study hall is available until regular dismissal time during these times.

Access to Programs and Facilities

BB&N allows students to access school programs and facilities consistent with their gender identity. Our practice is aligned with Massachusetts anti-discrimination law and DESE's guidance for creating a safe

and supportive school environment, In any single sex facility, any individual who is uncomfortable using a shared facility, regardless of the reason, shall have access to the following alternatives: single stalls in the locker room bathroom, individual shower stalls with curtains that can be drawn shut, a bathroom adjacent to the indoor rink, and an enclosed room near the rink entrance, each equipped with privacy locks.

Athletic Conflict Resolution Policy

1. An athlete and coach should attempt to resolve any issues.
2. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Advisor or 6-8 Associate Director of Athletics.
3. If the problem is still unresolved, then the parent should contact the coach and 6-8 Associate Director of Athletics.
4. Only when a problem cannot be resolved with the coach should the parent contact the Director of Athletics.
5. These are the steps to be followed for conflict resolution:
 - a. Athlete – Coach
 - b. Athlete – Advisor or Associate Director of Athletics (6-8)
 - c. Parent – Coach
 - d. Parent – Associate Director of Athletics (6-8)
 - e. Parent – Director of Athletics

**Topics that will not be discussed include the following: Playing time, discussions about other student athletes, and game strategies.*

Situations in Incommunicado - In the event that there is a serious conflict or communication inability between two parties, the process would proceed to the next level.

Anti-Hazing Policy

Hazing refers to any conduct or method of initiation into any student organization, which willfully or recklessly endangers the physical or mental health of any student or any other person. Copies of legislation regarding hazing are distributed annually to all 6th, 7th and 8th grade students. Incidents of hazing must be reported to law enforcement officials.

A link to the School's Anti-Hazing policy can be found in the [All School Handbook](#).

Athletics Waiver Policy

BB&N offers a waiver policy following the ISL guidelines at the Upper School. Students with a demonstrated elite ability and a major commitment to training for an athletics sport that BB&N does not offer (i.e. skiing, skating, swimming, figure skating) may apply for a one season Athletic Waiver. This means that students may not get a waiver for a sport that is offered at BB&N, even if the sport is offered in a different season. Waiver requests are reviewed by a Waiver Committee consisting of members of the Athletic Department, MS and LS faculty and administration as well as members of the MS/LS admissions office. Students must attend athletics at BB&N until a decision by the Committee is made. All waiver requests must be submitted to the 6-8 Associate Athletic Director before the beginning of the season.

Students who are granted a waiver may be picked up after their academic commitments. Alternatively, students can remain with the Athletic Department and utilize the 6-8 athletic period for a study hall within the NAC until dismissal.

Grade 8 Varsity Tryout/ Participation Policy

Students with exceptional athletic talent, playing significantly above their age level, may be invited to try out for a varsity program. The policies and procedures around 8th graders trying out are as follows:

- The varsity coach, along with guidance from the Athletic Director, will make the initial assessment and determination if a student should be invited to try out for a varsity program. A student is viable for a varsity tryout when it is in the best interest of the student's athletic development within the goals and needs of the program.
- The 6-8 Athletic Director will confer with the Grade Dean and Middle School Director to ascertain if a student is currently on an academic or discipline status (see student Handbook for status information). If a student is on either academic or disciplinary status, they are not eligible for consideration on a varsity team.
- If the varsity coach would like to invite the student to try out and the student is not on academic or discipline status, the coach, the advisor and 6-8 Athletic Director will engage with the student's family to determine whether trying out and participating on a varsity team aligns with and is in the best interest of the student and their Middle School experience.
- If a student is eligible to try out, their inclusion will be determined by the coach using the same evaluation criteria applied to all other prospective athletes.
- Students will have the ability to participate in up to two Varsity teams. If the Athletic Department expresses interest in a student's involvement in three seasons at the varsity level, a meeting with the Head of School will be arranged to explore this possibility.

8th grade students who make a varsity team will be inducted into that season's 8th grade varsity program that is overseen by the 6-8 Athletic Director. Guidelines and experiences for the student are as follows:

- The 6-8 Athletic Director will work and collaborate with the student, their advisor, the Grade Dean, and the varsity coach to coordinate their athletic schedule, academic timetable, transportation arrangement, and school conflicts. As varsity athletes, students will cultivate their skills in planning, organization, and communication with their teachers. This will enable them to effectively manage their schedule, navigate conflicts, fulfill their academic and community obligations, and uphold their responsibilities as a student-athlete.
- The student will be waived from the 6-8 Athletic Program. They may be picked up after their academic commitments at the Middle School, transported to their varsity practices and commitments by their family. Alternatively, students can remain with the Athletic Department and utilize the 6-8 athletic period for a study hall within the NAC until their Varsity obligations.
- If a student goes on an academic or behavioral status during the varsity season, the student may no longer participate on a varsity team until the status has been removed. They will then participate in the 6-8 athletic program.

Upper School (Grades 9-12)

Athletics & Wellness Philosophy

BB&N is committed to serve and direct students along a path that combines their educational pursuits with excellence in their athletic and wellness endeavors. Our purpose is to provide programs and experiences that represent BB&N in an exemplary manner and afford a wide range of students the best opportunity to reach their full potential. In doing so, our programs will: (1) attract educators and students of the finest quality, (2) provide training that promotes a healthy lifestyle and (3) provide competitive facilities and resources vital for safe and successful learning and training experiences. Our wellness program, available to all students, strives to integrate health, fitness, and experiential education. By developing emotional and social learning, in both the interscholastic and/or wellness setting, students will acquire a variety of life skills such as resiliency, empathy, goal setting and responsible decision-making.

Program

While sub-varsity teams are more developmental in nature, varsity programs are quite competitive. Along with enjoying the sport, playing on a team is a valuable participatory experience for athletes, from being an All-League caliber player or a substitute in a supporting role. At BB&N, athletics are an integral part of a student's curriculum and each student should plan his/her participation with the help of his/her advisor. This discussion will help everyone gain a better understanding of each child's overall School program. The varsity and sub-varsity teams are made up of students who have demonstrated, through a try-out process, that they can successfully and comfortably compete at that level.

Student Responsibilities

The athletic program strives to teach personal responsibility. Participation on an athletic team is a commitment and a responsibility. Attendance at practices and games is required. It is important that each student understands that the team is affected when an athlete misses a practice. We expect students to plan their time around practices and plan ahead for conflicts that may have an impact on the team. Information about future events and commitments is readily available at School and on the Athletics website. Each student is asked to take responsibility for any equipment/uniforms used that belong to the School.

Practice Information

At the beginning of each season, the School is given a designated date before which official practice/tryouts cannot begin. Each Varsity Head Coach determines the exact starting date for their team. These dates are established in consideration of league guidelines and with reasonable breaks between seasons.

The seasonal family information letter outlines all pre-season requirements. Varsity teams are often expected to practice during vacations. During winter and spring breaks, one week is reserved for practice while the other is designated as a non-practice period.

The players initiate Upper School Pre-Season Optional Workouts in order to prepare players for the tryout stage of the season. Open field and gym space will be available for all players. Head Varsity Coaches should in no way emphasize/organize any workouts. These sessions are not required.

All-School Weekly Practice Schedules are posted and made available prior to the week of practice. We attempt to maintain consistency to the routine, but scheduling multiple levels of competition to play home or away on different days, as well as rescheduling, is a complex process. A copy of the practice schedule is available online.

Location of Practices and Games

A list of the facilities where our students practice and play home games and directions to the schools we compete against are available online at www.bbns.org or the host school's web site.

Athletic Transportation Policy and Practice

The Athletic Department provides transportation to all sanctioned athletic practices and games that require transportation. All student athletes must take the transportation provided by BB&N to games, with no exceptions. However, student athletes will be permitted to drive their own vehicle to scheduled practices off campus if the following conditions are met: a request is made in writing by the student athlete to the athletic director; parents/guardians of the student athlete have provided their permission in writing; and the student athlete and parents acknowledge that no other students (other than sibling(s)) are permitted to ride in the vehicle to or from practice. All student athletes must take the BB&N transportation from all games, with no exceptions. However, student athletes will be permitted to be released to their parents/caregivers after the game.

Lockers, Equipment, Uniforms

Every student will be assigned a gym locker. Students must store all of their athletic belongings in their locker. Locks are available for purchase in the equipment room. The School is not responsible for lost or stolen items. Some equipment is issued to athletes for their use during the season, with the expectation that such equipment will be returned at the end of the season. Uniforms are issued at the beginning of each season and are to be returned at the end of each season. Athletes who do not return issued uniforms or equipment within two weeks after the end of the season will be billed for the replacement cost of each item. Items that are returned after billing may be eligible for a refund or credit, subject to a non-refundable processing and ordering fee of \$25.

Access to Programs and Facilities

BB&N allows students to access school programs and facilities consistent with their gender identity. Our practice is aligned with Massachusetts anti-discrimination law and DESE's guidance for creating a safe and supportive school environment. In any single sex facility, any individual who is uncomfortable using a shared facility, regardless of the reason, shall have access to the following alternatives: single stalls in the locker room bathroom, a bathroom adjacent to the hockey rink, and an enclosed room near the rink entrance, each equipped with privacy locks. In addition, the girls' locker room includes individual shower stalls with curtains that can be drawn shut.

Requirements

Upper School students must participate in the Athletics Program for three seasons each year. Students in Grade 12 must participate in the Athletics Program for at least two seasons. Students in Grade 10 and 11 who participate in two interscholastic sports may take the third season off. During Grade 9, students must participate in interscholastic sports for at least two seasons. By the end of Grade 10, students must

participate in at least three interscholastic sports in total. Students new to the School in Grade 10 must participate in at least two interscholastic sports within the academic year. Participation in a school theatrical production meets the interscholastic sport requirement for one season per year.

Program Information

FALL SEASON							
Interscholastic: Boys Cross Country V, JV Football V, JV Soccer V, JV, 3 Team Manager		Interscholastic: Girls Cross Country V, JV Field Hockey V, JV Soccer V, JV Volleyball V, JV, 3 Team Manager		Non-Interscholastic: All-Gender Health and Fitness Sculling Strength and Conditioning			
WINTER SEASON							
Interscholastic: Boys Basketball V, JV, 3 Fencing V Hockey V, JV Team Manager		Interscholastic: Girls Basketball V, JV Fencing V Hockey V, JV Team Manager		Interscholastic: All-Gender Squash V Wrestling V Team Manager		Non-Interscholastic: All-Gedner Health and Fitness Rock Climbing Strength and Conditioning	
SPRING SEASON							
Interscholastic: Boys Baseball V, *JV Lacrosse V, *JV Crew V, JV Tennis V, JV Team Manager		Interscholastic: Girls Softball V, *JV Lacrosse V, *JV Crew V, JV Tennis V, JV Team Manager		Interscholastic: All-Gender Sailing V Golf V Track and Field, V, JV Team Manager		Non-Interscholastic: All-Gender Health and Fitness Strength and Conditioning	

*For interscholastic teams, a tryout process will be used if necessary. Each team must have at least the required number of players in order to compete at an interscholastic level. If there are an insufficient number of players, the team will not be offered. * Indicates Programs that have not had enough numbers for interscholastic competitions in recent years.*

Waiver for Athletic Independent Activity

Students with demonstrated ability, history of participation, and a major commitment to training for a sport or activity that BB&N does not offer (e.g., riding, skiing, swimming, figure skating), may apply for

a Waiver for Athletic Independent Activity. All Waivers for Independent Activity (WIA) Forms must be submitted to the Athletics Department before the season. The Waiver Committee will review all WIA Forms and notify students prior to the start of the athletics season if the activity is approved. WIA Forms are available through the BB&N Seasonal Athletic Letters.

Note that the Independent School League Bylaws state, “Multi-season, single sport: Athletes may not receive credit for participating in a sport (offered) for more than one season in an academic year.” For example, a student who participates in soccer may not also receive athletics credit for participation in a club soccer program.

Other Independent Activities

Afternoon Arts

Students who have a true interest in art may participate in the Afternoon Arts program two days per week (Monday, Tuesday, or Thursday from 3:30 – 5:00 p.m.) For students in Grade 9, this option is only available during the winter or spring season. Participation in Afternoon Arts receives 0.25 arts credits for each trimester and must be taken in conjunction with two Health and Fitness classes per week to meet the athletics requirement for that season.

Artistic Activity

Students with a major commitment and demonstrated ability in the arts (Grades 9 – 12), including in-school technical theater and drama, may apply for a Waiver for Artistic Independent Activity. All WIA Forms must be submitted to the Head of the Arts Department no later than the first week of seasonal tryouts. The Waiver Committee will review all WIA Forms and notify students if the activity is approved. WIA Forms are available in the Athletics Department Office and on the School’s website.

Students in Grades 10 – 12 who receive an exemption for an Artistic Independent Activity are expected to participate in the Athletics Program for at least one other season per academic year. Students in Grade 9 who receive an exemption for an Artistic Independent Activity are expected to participate in the Athletics Program for at least two other seasons per academic year.

Service Learning

Students in Grades 10 – 12 with a significant interest in pursuing a specific commitment to Community Service may apply for a Season of Service Learning in lieu of one athletics season per academic year. Students must demonstrate significant dedication to their area of interest through a documented commitment of 40 hours during the season. At the end of the service, students will be required to write a 500-word reflective essay.

Season of Service Learning Proposal Forms must be submitted to a Service Learning Co-Coordinator during the first week of seasonal tryouts or sooner. The proposals are reviewed individually and approved by the Service Learning Co-Coordinators. Season of Service Learning Proposal Forms are available on the BB&N Community Service website as well as in the Service Learning Co-Coordinators’ offices.

Math Team

The Math Team meets after school two times per week during the fall and winter seasons. Students can participate in the Math Team for either the fall or winter season and must take two Health and Fitness classes per week to meet the athletics requirement for that season.

Robotics Team

The Robotics Team meets daily during the fall trimester. Students who wish to participate on the Robotics Team are exempt from the athletics requirement for the fall season.

Upper School Athletic Conflict Resolution Policy

1. The athlete should discuss the issue within the team; the team leader may facilitate this and go with the athlete in conflict to the coach.
2. The athlete and coach should attempt to resolve any issues.
3. If the conflict cannot be resolved between the athlete and coach, the athlete should make an appointment to meet with the Director of Athletics.
4. If the problem is still unresolved, then the parent should contact the coach.
5. Only when the problem cannot be resolved with the coach should the parent contact the Director of Athletics.
6. These are the steps to be followed for conflict resolution:
 - a. Athlete – Captain/Team Leader
 - b. Athlete – Coach
 - c. Athlete – Director of Athletics
 - d. Parent – Coach
 - e. Parent – Director of Athletics

**Topics that will not be discussed include the following: Playing time, discussions about other student athletes, and game strategies.*

Anti-Hazing Policy

Hazing refers to any conduct or method of initiation into any student organization, which willfully or recklessly endangers the physical or mental health of any student or any other person. Copies of legislation regarding hazing are distributed annually to all Upper School students. Incidents of hazing must be reported to law enforcement officials. A link to the School's Anti-Hazing policy can be found in the [All School Handbook](#).

All-School Coaching Guide

BB&N draws its coaches from the faculty as well as from off-campus. We expect our coaches to present themselves in a manner that will earn the respect of players and spectators. We want our coaches to model the same standards of behavior and sportsmanship that we expect from our students. The expectation of each coach is that they are sensitive to the needs of individual students while keeping the goals and interests of the team and School in mind.

The coach is the key contact person for your child's athletic program. Questions and messages regarding games, equipment, absences, or lateness should all be directed to the coach. Direct communication between athletes and their coaches fosters a greater sense of student responsibility and independence than having parents act as go-betweens. A list of Varsity Head Coaches who oversee all levels and their email information is provided at the end of this Handbook. That list also will be provided to families through an information letter sent prior to each athletic season.

Addition/Deletion of Teams Policy

Adding or deleting teams at BB&N is a thoughtful and thorough process. The Athletic Director is the chair of a committee, composed of adults from athletics, the upper school and middle school academic

offices, and a representative from the CFO's office to review any proposed additions or deletions with consideration of the following:

- a. Substantial stakeholder interest
- b. Budget implications
- c. Facility implications
- d. Transportation implications
- e. Other resource implications
- f. Impact to other BB&N teams
- g. Impact to the ISL

The Committee will also consult with others, as needed, including the Finance/Business Manager, opposing schools and the greater community to gather more information. After weighing the implications, the Committee will make a recommendation to the Head of School for the final decision.

Athletic Training Requirements for Participation & Policies

The Athletic Trainers work with all students in Grades 6 -12. Students are required to have an updated annual physical exam, a completed and up-to-date Magnus Health profile, Online Concussion Training Course, and an online Baseline ImPact test in order to participate in BB&N athletics and activities. The following information is mandatory for participation in athletics at BB&N:

- ted Physical (**within 13 months**) uploaded to Magnus Health or emailed to healthforms@bbns.org and a completed Magnus Health profile (*see below for further details*)
- An online baseline **ImPACT Test is required of students in Grades 7, 9, 11 and all new 8s and 10s**. These test results are used as an assessment tool if a concussion is suspected. The test will be administered at home and due by **August 20, 2025**. (*see below for further details*)
- Online Heads Up Concussion Awareness Training (*see below for further details*)

Magnus Health Online Forms

All students participating on BB&N athletic teams and activities must have their **Vital Health Record section of Magnus Health updated each season (Fall, Winter, and Spring)**. **This section contains emergency contacts, insurance, providers, medications, health and injury histories which is used to ensure your child's health, wellness and safety for athletics and activities.** Magnus Health is accessed via your [Veracross Parent Portal](#) and can be updated at any time. A reminder to update your student's Vital Health Record section of Magnus Health will be sent prior to each season.

Concussion Management-Impact Testing

All Middle and Upper School students in Grades 7, 9, 11 and all new 8s and 10s are **required** to take a baseline ImPACT test every 2 years. This is optional for Grade 6 students. Further information can be found in the [Athletic Trainer letter on Impact Testing and Instructions](#)

Online Concussion Awareness Training

All parents along with their students in Grades 6 – 12 must complete an Online Concussion Training Course yearly, as mandated by the Massachusetts Concussion Law 105 CMR 201.000. This online training course must be completed prior to the start of athletics and only needs to be completed once per year. **Please [use this link](#): Online Training course found on the Centers for Disease Control and Prevention website.**

Athletic Training Policies

*In order to ensure a safe environment for all students- medical information relevant to the student's health and safety is communicated to school staff as a "need to know" basis, as determined by the Athletic Trainers and School Nurses.

- Parents/Guardians are responsible for and required to review and make any necessary updates to their child's online vital health record each season. An email will be sent from Magnus/Health Services as a reminder for expiring physicals.
- Certified athletic trainers are present at all on-campus contests and in season practices, with effective access to peripheral fields/venues.
- Coaches/Parents should report all injuries, illnesses, and/or other health conditions to the Athletic Training Staff as soon as possible. Athletic Trainers will work in conjunction with campus nurses and outside health care professionals to ensure optimal care for your athlete in a timely manner.
- When student athletes are seen by a Physician, they must provide in writing: a diagnosis, treatment plan, and clear parameters for return to activity. Student athletes cannot return to team practice or play without this information and proper clearance from the Athletic Training Staff.
- Athletes are required to have a gradual ramp up to competition and/or practice after returning from an injury BEFORE they return to a competition or game. They must have a minimum of a non-contact and then full practice before returning to competition. Ramp up is dependent on sport, amount of time missed, and physician clearance if applicable. Final decisions on RTP are cleared through the athletic training staff.
- Athletes are required to have a minimum of a team practice after returning from an illness resulting in multiple missed days of school, before competition. Athletes missing one day of school due to illness, might be required to have a minimum of one team practice before competition based on consultation with Athletic Trainer (and dependent on team rules.)
- BB&N Athletic Trainers will notify parents and coaches of any significant athletic injury or if a student athlete may need further evaluation or monitoring.
- For the safety of athletes and coaches/staff, all parents and spectators must remain off all playing surfaces during practices and games. In the event of a significant injury, parents will be notified on the sidelines whenever possible.

All other Health and Safety Policies including the Life Threatening Allergy Policy and the Head Injury Policy can be found in the [All School Handbook](#).

Additional Information

A link to the School's Harassment policy can be found in the [All School Handbook](#).

[Click here](#) for a link to the School's Bullying Prevention and Intervention Plan.

A link to BB&N's Mandated Reporting Responsibilities can be found in the [All School Handbook](#).

Medical Waivers

If your child is unable to participate in athletics due to extended illness or injury, please submit medical documentation to the Athletic Training Staff from the treating physician including; diagnosis, period of time, and plan of care. Medical Waiver information will be communicated to school staff on a "need to know" basis.

ISL Statement Regarding Drugs, Medication, or Food Supplements

The schools in the ISL agree that school personnel and coaches should not dispense any drug, medication, or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals, and senior administrative personnel of the school.

Use of any drug, medication, or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have negative short-term or long-term health effects.

In order to minimize health and safety risks to student/athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or permit the use of any drug, medication, or food supplement solely for performance-enhancing purposes.

Anti-Hazing Policy

Hazing refers to any conduct or method of initiation into any student organization, which willfully or recklessly endangers the physical or mental health of any student or any other person. Copies of legislation regarding hazing are distributed annually to all Upper School students. Incidents of hazing must be reported to law enforcement officials. A link to the School's Anti-Hazing policy can be found in the [All School Handbook](#).

Parking

- Students are not allowed to park in the Athletic Center parking lot at any time. Unauthorized vehicles will be towed.
- Parents should park only in clearly marked Athletic Center and Upper School lot spaces.
- No parking on the hill or in front of the Forbes House without a designated sticker.
- No parking in the handicapped spaces without a handicapped parking placard.
- No standing or stopping in the Athletic Center Parking Lot, or along the driveway.
- No parking on Greenough Boulevard; Buses only.

Program Contact Information

For questions about a program, the primary contact is listed below. Coaches can be reached via email.

Fall Varsity Coaches		
Cross Country	Charlie O'Rourke	corourke@bbns.org
Field Hockey	Jaye Locke	jlocke@bbns.org
Football	Mike Willey	mwilley@bbns.org
Boys Soccer	Joe Campbell	jocampbell@bbns.org
Girls Soccer	Hayley Katkowski	hkatkowski@bbns.org
Volleyball	Jeff Emenaker	jemenaker@bbns.org
Winter Varsity Coaches		

Boys Basketball	Rich Morantus	rmorantus@bbns.org
Girls Basketball	Kindyll Dorsey	kdorsey@bbns.org
Fencing	David Sach	davidsach@bostonfencingclub.org
Director of Hockey Operations	Ed Bourget	ebourget@bbns.org
Boys Ice Hockey (Interim)	Cason Hohmann	chohmann@bbns.org
Girls Ice Hockey	Jori Balsam	jbalsam@bbns.org
Squash Director & Boys Varsity Squash	Matt Sidaway	mattsidawayprosquash@gmail.com
Girls Varsity Squash	Katherine Leiva	kleiva@bbns.org
Wrestling	Henry Kasdon	kidspin99@gmail.com
Spring Varsity Coaches		
Baseball	Craig McLaughlin	cmclaughlin@bbns.org
Crew Director	Stephanie Guilmet, Director	sguilmet@bbns.org
Boys Crew	Adam Holland	aholland@bbns.org
Girls Crew	John Cotter	jcotter@bbns.org
Golf	Shane Bourque	sbourque@bbns.org
Boys Lacrosse	Scott Giusti	sgiusti@bbns.org
Girls Lacrosse	Taylor Clancy	tclancy@bbns.org
Sailing	Seth Oliver	soliver@bbns.org
Softball	Paige Kemezis	pkemezis@bbns.org
Boys Tennis	Joe Finelli	jfinelli@bbns.org
Girls Tennis	Meredith Kenny	mkenny@bbns.org
Boys Track & Field	TBD	
Girls Track & Field	TBD	

BB&N's Athletic Facilities

Acronym	Facility Name	Location	Address
FF	Franke Field	Upper School Campus	80 Gerry's Landing Road, Cambridge
NF	Nichols Field	Upper School Campus	80 Gerry's Landing Road, Cambridge
SHS	Shady Hill School Fields	Adjacent to Upper School Campus	80 Gerry's Landing Road, Cambridge
BF	Berylson Field	Grove Street Fields	183 Grove Street, Watertown
22F	Class of 2022 Field	Grove Street Fields	183 Grove Street, Watertown
FIL	Filippello Field	Filippello Park Fields	191 Grove Street, Watertown
BH	Boathouse	BB&N Boathouse	2 Gerry's Landing Road, Cambridge
NAC CT 1	Etter Gymnasium Court 1	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge

NAC CT 2	Etter Gymnasium Court 2	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
NAC-R	NAC Rink	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
NAC-TC	NAC Tennis Courts	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
NAC-Turf	NAC Turf	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
FPR	Fresh Pond Reservoir	Fresh Pond Reservoir	250 Fresh Pond Parkway, Cambridge
BFC	Boston Fencing Club	Boston Fencing Club	100 Holton Street, Boston
TSQ	Tufts Squash Courts	Steve Tisch Center at Tufts	161 College Avenue, Medford
SFC	Saunders Fitness Center	Nicholas Athletic Center	56 Gerry's Landing Road
EWC	Emmet Wellness Center	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
WR	Wrestling Room	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
STL	Stonestreet Lounge	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
NAC-Cafe	NAC Cafe & Lounge	Nicholas Athletic Center	56 Gerry's Landing Road, Cambridge
LS GYM	Lower School Gymnasium	BB&N Lower School	10 Buckingham Pl, Cambridge
HVSQ	Harvard Squash Courts	Murr Center at Harvard	65 N Harvard St, Boston, MA 02163
BBP	Boston Boulderling Project	Boston Boulderling Project Gym	12A Tyler St, Somerville
SM	Stone Meadow Driving Range	Stone Meadow Golf Range	675 Waltham St #7935, Lexington
BCC	Belmont Country Club Course	Belmont Country Club	181 Winter St, Belmont
NC	Newton Commonwealth Course	Newton Commonwealth	212 Kenrick St, Newton
DP	Cambridge Champions Track	Danahey Park	99 Sherman St, Cambridge
CBI	CBI Sailing on the Charles	Charles River Basin	21 David G. Mugar Way, Boston
DR	Daly Ice Rink	Daley Ice Rink	1 Nonantum Rd, Newton
NBC	New Balance Courts	the Track at New Balance	91 Guest St, Boston

**Boathouse: Varsity Crew Races are held between Weeks Footbridge and Magazine Beach – Riverside Boat Club.*

Sub-varsity races are held up river between Northeastern Boathouse and Eliot Bridge

**Fresh Pond Reservoir: Cross Country races are held along the path. Entrance is on Fresh Pond Parkway, the first left just beyond Huron Avenue traveling outbound toward Arlington.*