

WELCOME TO THE  
HULL HIGH SCHOOL PRE  
SEASON ATHLETIC  
MEETING

GO PIRATES!



# Hull High School is a Member of the MIAA and South Shore League and Mayflower League (football)

The South Shore League is a 10 team league split into 2 Divisions,  
the Sullivan Division and the Tobin Division

## Sullivan Division

East Bridgewater

Middleboro

Norwell

Randolph

Rockland

## Tobin Division

Abington

Carver

Cohasset

Hull

Mashpee

# Sports offered at Hull High School

## Fall

- Cheerleading
- Football
- Golf (co-op w/ Rockland)
- Boys Soccer
- Girls Soccer

# Sports offered at Hull High School

## Winter

- Boys Basketball
- Girls Basketball
- Ice Hockey (co-op w/Cohasset)
- Boys Indoor Track
- Girls Indoor Track
- Cheerleading

# Sports offered at Hull High School

## Spring

- Baseball
- Boys Lacrosse
- Girls Lacrosse
- Softball (co-op w/Cohasset)
- Boys Track & Field (co-op w/Cohasset)
- Girls Track & Field (co-op w/Cohasset)
- Sailing

# THE ATHLETIC PROGRAM AT HULL HIGH SCHOOL IS GOVERNED BY:

- The MIAA Handbook which can be found at [www.hullpublicschools.org](http://www.hullpublicschools.org) continue to the Hull High School page and click on Athletics
- The Hull High Handbook which can be found at [www.hullpublicschools.org](http://www.hullpublicschools.org) continue to the Hull High School page and click on Athletics
- The South Shore League Handbook – A copy of the South Shore League Handbook can be found in the HHS Athletic Department Office

# Athletic Eligibility

## *Participation in Inter-Scholastic Athletics is a Privilege*

- Must be in good Academic Standing
- Must not have a Chemical Health Violation
- Must have registered for Athletic Participation through Aspen
- Must have proper attendance at school
- Must be committed to the team and teammates and have proper attendance at practices and contests

# ATHLETIC FEE INFORMATION

The Athletic Fee structure is:

Sport One: \$250

Sport Two: \$175

Sport Three: \$150

Students participating in Football and Ice Hockey must pay an additional \$25 fee.

The athletic fee cap structure is:

Individual Student-Athlete cap: \$575

Immediate Family cap: \$1050

Families of student-athletes that view these fees as a hardship may file waiver paperwork with the Main Office or Athletic Director.



# ATHLETIC CLEARANCE FORM

Hull High School  
Athletic Clearance Form  
Fall 2019

Name: \_\_\_\_\_

Sport: \_\_\_\_\_

1. Current Physical on File \_\_\_\_\_
2. Academically Eligible \_\_\_\_\_
3. Athletic Fee Paid \_\_\_\_\_
4. Concussion Training \_\_\_\_\_
5. Impact Test Completed \_\_\_\_\_

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\_\_\_\_\_ is cleared to participate in  
Athletics to September 3, 2019 or November 7, 2019.

\_\_\_\_\_

# MIAA HEAT MODIFICATION POLICY

**Adopted - Jan. 16, 2019**  
**Effective July 1, 2019**

## **HEAT ACCLIMATIZATION**

Schools must follow the statewide policy for conducting activities in all sports during times of extremely high environmental conditions. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each activity to ensure that the written policy is being followed properly. For indoor events without climate control, a WBGT reading should be taken indoors. For climate-controlled indoor events, this measurement is unnecessary. WBGT can change during an event and throughout the day.

## WBGT READING ACTIVITY GUIDELINES & REST BREAK GUIDELINES

Below 76°F - Normal activities. Provide at least 3 separate rest breaks each hour for a minimum duration of 3 minutes each during workout.

76.1-81.0°F - Use discretion for intense or prolonged exercise, and watch at-risk players carefully. Provide at least 3 separate rest breaks each hour for a minimum duration of 4 minutes each.

81.1-84.0°F - Maximum activity time is 2 hours. For equipment intensive sports: Players should be restricted to a helmet, shoulder pads, and shorts during activity; all protective equipment must be removed for conditioning activities. For all sports: Provide at least 4 separate rest breaks each hour for a minimum of 4 minutes each.

84.1-86.0°F - Maximum length of activity is 1 hour. No protective equipment may be worn during activity, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of activity.

Above 86.1°F - No outdoor workouts. Cancel exercise, and delay activity until a cooler wet-bulb globe temperature reading occurs.

# ATHLETIC SCHEDULES

All Hull High School Athletic Schedules can be found at [www.hullpublicschools.org](http://www.hullpublicschools.org) continue to the Hull High School page and click on Athletics

Follow Hull High School Athletics on Twitter  
@HullPirates

# HHS BOOSTERS

*The HHS Boosters play a major role in the funding of athletics at HHS. Volunteers are need for a variety of reasons*

- Selling Tickets at Games
- Working the Snack Bar
- Help with Game Management (chain gang, announcing and scorers table)
- Drivers for Sticker Drive
- Working at Various Fundraising Events
- Etc, Etc, Etc

# NEW ATHLETIC TRAINER!

Lexie Watkins

586-899-1652

[lrwatkins09@gmail.com](mailto:lrwatkins09@gmail.com)



# Our New Field!!!



THEN ☹️

ALMOST 😊

