

Winnisquam Regional Athletic Department

Student-Athlete Handbook 2020-2021

Winnisquam Regional High School
Winnisquam Regional Middle School



Athletic Handbook

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**Winnisquam Regional School District
Tilton, NEW HAMPSHIRE
2020-2021-
ATHLETIC HANDBOOK**

WRSD Athletics Philosophy: The athletic program at WRSD is a vital component in the overall educational experience . We ask our student-athletes to be competitive both on the field and in the classrooms. We value sportsmanship, growth of the spirit, mind and body. We expect to contribute to the students experience in school while developing desirable character traits including persistence, determination, dedication, tenacity and the will to win. It is our goal to enhance the student-athletes well being as an important part of our community. The goals of WRSD athletics/activities are to encourage maximum participation of the student body in athletics/activities while maintaining high standards of achievement.

Winnisquam Athletics supports the academic mission of the school. We are not separate but, rather, an extension of a quality educational program. It has been found that students who participate in athletic programs tend to have higher grade-point averages, better attendance records, lower drop-out rates and fewer discipline problems than students do generally. Athletic programs provide valuable lessons on many practical situations, teamwork, sportsmanship, winning and losing, as well as hard work. Students gain experience with self-discipline, self-confidence and develop skills to solve complex situations. All these skills are needed and used later in life as responsible productive adults.

This athletic/activities handbook is not designed to replace those procedures developed for the general student body, nor do we intend it to cover all situations that may arise. However, it is used as a foundation of what we at WRSD believe in and expect from our students. As with all school policies, there is a course of action should an infraction take place. Once an Administrator or the AD finds evidence of such violation, the student will be notified of the alleged infraction. There is a due process and students will be given an opportunity to state their version of events, and if desired, an appeals process may be handled by administration. Any questions regarding the policies should be directed to the Athletic Director.

Due Process: When a student-athlete is suspected of violation of the WRSD Athletic Policies, the following steps must be followed:

- The Athletic Director or School Administrator will meet with the student-athlete and advise him/her of the accused violation. The parents/guardians of the student-athlete will be notified of the accused violation should such violation potentially result in the removal of the student-athlete from the team.
- The student should be informed of the facts on which the infractions are based.
- The student-athlete will be given an opportunity to respond to the violation(s) and provide his/her version of the incident. The student should be asked to give a written or verbal statement concerning the incident.
- The Athletic Director or School Administrator will provide written notification of the intended disciplinary action (including a written statement of appeal procedures) to the parent(s)/guardian.

- The Athletic Director or School Administrator will provide written notification of the discipline action to the coach, other administrators and office personnel if such discipline results in the removal of that student from a team temporarily or for the season.

Sportsmanship: Athletes are expected to conduct themselves in a sportsmanlike manner both on and off the field of play. It is a privilege to participate and attend an athletic contest; **violation of the sportsmanship code of conduct may result in removal of such privileges.**

- Unsportsmanlike behaviors that may include gestures, cheating, disrespect to officials, coaches, players or fans will not be tolerated.
- Taunting in all sports is a flagrant unsportsmanlike foul. Taunting is defined as: Any action or comments by coaches, players or other game personnel which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters or that would be considered “trash talking.”
- If a player or coach receives a game disqualification during an athletic event, that player or coach shall be ineligible for the next game or event (two games for a coach), or more, if advised by the NHIAA.
- During a suspension the player or coach may not attend the game/event in which the suspension is imposed.
- If any player or coach receives a second game disqualification during the season, that individual will be suspended from the sport, at all levels, for the remainder of the season.
- If an athlete is observed by a coach, athletic director, faculty or administration displaying a behavior of poor sportsmanship on or off the field of play, that individual may be removed from the field of play and forfeit his/her right to participate in future events.

Requirements for participation in Athletics: Prior to any student participating in tryouts, practices, or competitions with any club or team, he/she must have on file with the athletic director/coach the following:

Family ID Sign-Up: A parent/guardian must have registered the student-athlete through Family ID, which will include a Medical Release, Medical History, Emergency Contact info and Parent/guardian acknowledgement of handbook. The website is: <https://www.familyid.com/organizations/winnisquam-athletics>

Physical Exam: Prior to participation on a school athletic team, students must provide written documentation that they have passed a physical. Such exams must be completed once before entrance into middle school and once before entrance into high school. In the event that a player is injured during the course of their playing career, a note clearing the athlete must be given to the Athletic Trainer before that student can return to competition. Any student athlete treated by a doctor after the pre-participation physical examination must have written medical clearance by their healthcare provider before being allowed to participate in interscholastic athletics

Signed Athletic Policy Form from athlete and parent/guardian stating that the policies of the school and athletic department have been read and understood. One form will be required per school year when an athlete participates in additional sports that year, he/she will sign a declaration affirming that he/she still understands the contract commitment.

Team Rules Sign-Off Sheet, if applicable, based on team preference.

NHIAA Policies and Procedures: All NHIAA Policies, Procedures, and By-Laws set forth in the NHIAA

Handbook apply to High School Athletics at all times. To become familiar with these, visit <http://www.nhiaa.org/about-nhiaa/handbook>

Scholastic Eligibility

From Part II of **School Board Policy JJA-R II. Middle school** students shall be eligible to participate in school-sponsored organizations and activities based upon age-appropriate criteria approved by the principal. Students/parents will be provided copies of such criteria prior to student participation and will be made available through the WRMS parent/student handbook. Any league requirements shall also apply.

From Part III of **School Board Policy JJA-R . High school** students shall be eligible for participation in athletics and drama under the following guidelines:

These definitions pertain to the High School eligibility guidelines below:

- Good Academic Standing: A student has met the minimum of passing three classes at a grade check point. If taking fewer than three classes then the student is passing all classes.
 - Stage 1, 2, and 3: The three phases of status when students do not meet the minimum of passing three classes or all classes if taking fewer than three, at a grade check point.
 - Grade Check: The day when all student grades are reviewed to determine eligibility status.
 - Passing a Class: Student's have a minimum of a 2 numerical grade in the class.
1. All students participating in athletics and drama are required to be in good academic standing (2). Eligibility is determined by the number of passing classes at each of the grade checks. For any athletic or drama activity that begins prior to the first grade checkpoint, participation is determined by the previous end of year grades (year-long and semester classes) and course recovery over the summer. By the extracurricular activity's start date, the student must have earned three credits in the previous semester.
 2. Summer school, online class grades, and CTE (Huot) will be checked to determine eligibility.
 3. Grades will be checked three times per quarter. The final check each quarter will be the quarter grades. . If a student fails to meet the minimum requirement , the following will result:
Stage 1: First Time Not Meeting Requirement: Students are able to participate in all practices, games, and drama performances.

Stage 2: Second Time Not Meeting Requirement: Students are able to participate in practices, but not games or drama performances.

Stage 3: Third Time Not Meeting Requirement: Students are unable to participate in practice, compete, or perform for athletics or drama.
 4. Whenever a student earns academic eligibility at a grade check, they return to good academic standing. If a student is on Stage 2 or 3, they may return to good academic standing between grade checks by following the procedure outlined on the Athletics/Drama Eligibility Form.
 5. All students have grade checks. Students not participating in athletics or drama will follow the progression of stages.
 6. Students at Stage 3 will not be permitted to try out for an extracurricular or athletic activity.
 7. Students must comply with the eligibility standards set forth by the New Hampshire Interscholastic Athletic Association (NHIAA).
 8. Transfer students' academic eligibility for participation in an athletics or drama will be determined

initially by their incoming transcript. All transfer students will have their grades reviewed on the first grade check after admission to WRHS. Transferred grades will be factored into each class's numerical grade. If the student is not in good academic standing, the student will be at stage 1.

9. A special education student who is working toward a special diploma/certificate must make standard progress in those courses taken as determined by the student's Individualized Educational Program (IEP). A special education student who is working toward a standard diploma must meet the same academic standards for participation in athletic activities.
10. Any student/parent who believes that the district's policies/regulations or the State's law/regulations have not been appropriately or fairly interpreted may appeal as follows:
 - Submit a letter to the building principal stating the nature of the concern and requesting a hearing.
 - Within five (5) school days the principal will convene a meeting with him/herself, the student and/or parents, the coach/advisor, and a teacher(s), if ineligibility is due to failing grades or not Meeting Expectations.
 - The student/parent will be given the opportunity to explain why they believe the student should be eligible for participation. Additionally, the student/parent may present information, documents or other material in support of their argument. Minutes of the hearing will be maintained.
 - The principal will consider all information available and will make a final decision within three (3) school days following the hearing. The principal will notify and inform the student/parents of his/her decision in writing. The principal's decision shall be final.

Transportation Policies

Transportation: All athletes are expected to travel to away games on the team bus. Athletics would like to express that we do feel traveling to and from away contests are an important part of unity of the team.

- Coaches have the option to allow athletes to leave the athletic event with a parent/guardian. Athletic Transportation release Form must be signed by parent/guardian before transporting an athlete from an away contest.
- If transportation from an event is being provided by anyone other than a parent, written permission must be requested 24 hours in advance and granted by the Athletic Director or administrator.
- An athlete missing the bus shall not be allowed to play in the contest without prior administrative authorization.
- Parents/guardians are expected to pick up their children at the end time of any practices or games. If parents are habitually late, the coach will speak to them and provide warning that removal from the team may occur with subsequent offenses.

Bus behavior: All students should conduct themselves with respect at all times on the bus. The driver and coaches are in control on the bus and their decision is final. Failure to act responsibly on the bus will result in disciplinary action that could include suspension from additional away games. In the event damage is caused on the bus, the student-athlete will be responsible for payment of damages caused and will not be permitted to attend any away games.

Dismissal from Classes: From time to time it is necessary to have a student-athlete dismissed from class to leave for a game. In the event this happens, the student-athlete is responsible for seeing their teacher(s) and making up any missed work as soon as possible. Leaving the room and going to the locker room should be done with respect to those students and teachers in the classrooms and done so quietly and orderly so as to limit

any distractions. Your communication with the teachers ahead of time will greatly help in this process.

Behavioral Expectations

Vandalism or Theft: Destroying, damaging, defacing or theft of any private or school property at a practice or contest, home or away, will result in at least one-week suspension from the team, depending on the severity of the incident, and a mandatory condition to pay restitution. If the school administrators take disciplinary action, such action supersedes other actions and may then result in additional penalties being imposed by both the school administrators and the Athletic Department.

Hazing: There shall be no activities by individuals or teams that are designed to humiliate, initiate, degrade or intimidate another student. Any form of hazing, or the knowledge of hazing taking place and failing to report it to school officials or law enforcement is prohibited and governed by state law. In addition, all sexual harassment and bullying policies will be strictly followed as per school student handbook. A student-athlete found in violation of the hazing policy will face the following consequences:

A. First Violation:

Student-athlete will be ineligible for participation in athletic contests for the next two consecutive weeks or next two interscholastic contests, whichever is greater.

It's expected that the student will remain at practice sessions as an active participant but will not be permitted to dress in uniform for contests.

In addition to loss of eligibility, the student must take part in a counseling/diversion program to discuss the incident prior to his/her return.

Administration may impose penalties in addition to these, as they deem necessary.

If the end of the season comes prior to the conclusion of the penalty, that ineligibility shall carry over to the student's next athletic season, regardless of the sport.

B. Second and Subsequent Violations:

Students will be removed from interscholastic athletics for a minimum of 12 weeks. All penalties will be carried over to the next season of participation and are in addition to school policies and penalties.

Substance Use: Students who make a commitment to athletics and drama do so with the knowledge that the commitment brings extra responsibilities, obligations, and effort beyond that expected of all Winnisquam Regional High School students. Medical research substantiates the fact that the use of tobacco, alcohol, steroids, illegal drugs and mood-altering substances produces harmful effects on the body. Further, the use of such substances alters the individual's ability to make reasonable choices and to live up to the commitments that have been made.

- These rules are in effect for a student's entire high school career, including off-season and vacation periods. These rules begin on the first day of practice at Winnisquam Regional High School and end on the final day of the student's senior year. Offenses are cumulative.
- Students are expected to be honest and forthcoming during investigation of any infraction/violation of the training rules. If a student is not truthful during the administration's investigation, the suspension may increase at the discretion of the administration.
- All suspensions will carry over to the next sport the athletes partakes in, if the suspension has not been fulfilled (the remaining percentage will be applied at the start of the following season).
- In the event that a student is involved in both athletics and drama, the length of the suspension is determined by the athletic schedule.

- Host of a party/gathering that consists of having tobacco, alcohol, steroids, illegal drugs or mood-altering substances will automatically skip the first offense and will serve the second offense.
- A second offense suspension will be consecutive with the first offense suspension, if occurring prior to the end of the first, and not run concurrently with the first.

First Violation:

The student-athlete will be ineligible to participate in athletic contests for 20% of the season (rounded up to the nearest full contest). He/she can continue to participate in practices. In addition, to return to athletic contests, the athlete must have documentation of a substance abuse evaluation that addresses the offense. A parent or guardian must be present for at least one session.

Second Violation:

The student-athlete will be ineligible to participate in athletic contests for 50% of the season (rounded up to the nearest full contest). He/she can continue to participate in practices. In addition, to return to athletic contests, the athlete must have documentation of completion of a counseling program that addresses the offense. A parent or guardian must be present at at least one session. The student-athlete must also do the following and be certified of completion by the Athletic Director before returning to contests:

1. A written reflection about the event and its effects
2. A statement to the team regarding the event and its effects
3. A meeting with the coach, athletic director, principal or assistant principal, parent/guardian, and 2 adults or peers of the student-athlete's choice to discuss the event and its effects

Third Violation:

If there is a third or subsequent violation, the student shall lose eligibility for a minimum of 6 calendar months.

Suspension from school: In the event of a violation of school policy has occurred, and such violation results in that student being suspended from school, (this includes out-of-school, in-school and alternative to-out-of-school suspensions) the student-athlete may not participate in athletic contests or practices during such suspension and may not attend practices or games during suspension from school. Furthermore, WRSD Athletic Code of Conduct may extend such suspended time for athletic eligibility as a result of predetermined team rules.

Tardy to School: Please reference the WRHS Student Handbook for the high school policy on this.

Social Media: Student-athletes are not restricted from using any online social network sites and digital platforms. However, users must understand that any content they make public via online social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, state of New Hampshire, Winnisquam Regional School District, and NHIAA rules and regulations. As a Winnisquam Regional School District student-athlete you must be aware of Student Handbook regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them, and online behavior which is unacceptable will be punished through the athletic department.

Guidelines for Participation and Team Expectations

Awards and Letters: WRSD offers some of the following awards annually and are presented at the seasonal

awards banquet. . All participants who complete the season on a team at the JV or freshman level, as a player or manager, will receive a certificate.

In addition to these awards, several opportunities are presented time and again for awards, certificates, or scholarships, for those students who display positive sportsmanship and participate in community activities. The athletic department urges all athletes at WRSD to strive for excellence in the classroom and give to their community whenever possible. Many colleges, universities and employers are looking for those who excel off the field as well as on.

Each year the state sponsors two major events, the Male Scholar Athlete and Female Scholar Athlete Awards. These are presented to the senior athletes who meet the requirements. Included in the requirements is maintaining a B+ average in class, earning a varsity letter in two sports and performing community service.

Varsity Letters: Athletes on a varsity team, who complete the season and meet requirements set forth by the coach for a letter, will receive a varsity letter (W). For each season of varsity participation thereafter, a sports specific pin will be awarded. Adjustments to the playing time requirements may be allowed for injured athletes or in extreme circumstances with approval of both coaches and the Athletic Director.

Participation Requirements for Earning a Letter:

Before the start of the season, the coach will provide the Athletic Director with participation requirements for earning a letter for that sport. Once approved by the Athletic Director, the coach will share the participation requirements with athletes and parents by the first regular season contest.

In order for a varsity manager to receive a letter, he/she must attend all practices and contests unless there is a reasonable excuse accepted by the coach.

In addition, there are the following criteria for earning a letter:

Sportsmanship: Athletes should realize that he/she is representing his/her school and community and should conduct himself/herself in an appropriate manner. Those displaying unsportsmanlike behavior will not be issued a varsity letter or pin regardless of obtaining other qualifications needed.

Attendance: Athletes should attend all practices and games unless there is an excused absence accepted by the coach. No athlete having missed 20% or more of athletic contests due to discipline purposes shall qualify for such awards.

Follow school and team rules: Athletes must abide by the training rules as set forth by the team and athletic department.

Team Selection: All students are encouraged to participate in WRSD athletic programs. However, in the event of too many athletes attempting to make a team, some athletes will need to be cut from a team. Factors such as finances, facilities, and availability of qualified coaches may limit the number of students who can be accommodated within each sport. Once teams have been set, no player may be cut without first talking to the Athletic Director and Principal. Coaches are given discretion to cut or place players on different teams within the program according to ability, desire, conditioning, and other specific coaches' criteria. For example, seniors do not automatically qualify for varsity level or get more playing time, and freshmen are not limited to

participation on a reserve or junior varsity programs. You do not automatically make a varsity team just because you were on the team the previous season. Each sport has a tryout period, and it is at this time that teams for Varsity, JV and/or Freshman are selected. Student-athletes have the right to request explanation as to reason for being cut and/or tips for improvement. At the coach's discretion certain athletes may be designated as a swing player at any time to benefit the program and the student-athlete's development.

Additions to teams after tryouts: There are times in which players may be added to rosters after the tryout period has ended. It is an expectation that individuals who are added to rosters after the tryout period work towards getting into game shape before beginning to play in contests. Coaches will place these athletes at appropriate levels within the program according to ability, desire, conditioning, and other specific coaches' criteria. If there were cuts in the program, players may not be added to the roster.

Playing Time: At the varsity level, playing time is determined by the coach and is based on ability, compliance with team policies, and giving the greatest competitive edge. Junior Varsity playing time is determined by the coach and based on ability and compliance with team policies. It is our belief that every attempt shall be made to allow each Junior Varsity athlete playing time in each contest. In some instances particular sport rules restrict the amount of playing time and/or substitutions that may be made. At no time shall an athlete or parent of an athlete attempt to discuss playing time with a coach just prior to, or immediately following an athletic contest. Such conversations are best handled by requesting a time to speak with the coach. With issues concerning your son/daughter, the appropriate action is to contact the coach; if further discussion is needed, you may contact the Athletic Director. If still further discussion is needed, you may contact the Principal. See the parent/coach communication guide.

Team Guidelines Middle School Teams: This is considered an entry level for high school athletes and for those who may benefit from additional skill development. In some sports, if approved, we will offer A and B level teams. The idea behind these teams is to allow maximum participation while providing an avenue of improving skills to best give the student-athlete a better chance at moving on to the next level the following season.

The Middle School teams will work within the following concepts:

- Development of fundamental skills.
- Equal practice participation among team members.
- The amount of game time is determined by the coach's evaluation of the athlete's attitude, safety, skills and team role, working toward equitable playing time.
- Learning the rules of the game and desire to play the sport.
- Development of an orientation toward team effort by each athlete.
- Sportsmanship and fair play.
- Development of skills and knowledge of the game to best help them move on to the next level of play.
- Winning has a much lower priority than that of skill and character development.

Team Guidelines Junior Varsity: This level is considered a transitional level which emphasizes the following:

- Reinforcement and refinement of fundamental skills.
- The amount of game time is determined by the coach's evaluation of the athlete's attitude, skills, safety and team role.
- Learning the rules of the game.
- Sportsmanship
- More sophisticated athletic strategies

- Specific definition of the athlete's role within the team concept.
- Great emphasis is given to the concepts of commitment and team play.
- Emphasis on physical condition and development.
- Development of the ambition to achieve at the next level of competition.
- The concept of competitiveness along with continued skill and character development.

Team Guidelines Varsity: This level is competitive and emphasizes the following:

- Development of high proficiency in the physical and mental skills of the sport.
- The amount of game time is determined by the coach's evaluation of the athlete's attitude, skills, safety and team role as it relates to the team's overall success.
- Sportsmanship and fair play.
- Strategy, situation analysis and all mental components of the sport.
- Specific definition of the individual athlete's role within the team concept.
- Maximum commitment to the athletic team.
- Physical conditioning components of one's sport.
- Individual sacrifice for the betterment of the team.
- Winning within the rules of sportsmanship and fair play.

Attendance: Due to the broad spectrum of educational opportunities available at WRSD, there are occasions when two or more interests compete or conflict. Students who participate in interscholastic athletics or other formalized clubs/organizations that require consistent, continuing commitment must occasionally choose between participation in the sport or club and participation in a family vacation, field trip, or other school-based activity --- including participation in elective courses that meet outside of the traditional school day.

- Athletes are expected to attend all scheduled practices and competitions during the course of both the regular season and postseason (i.e. tournament competitions).
- An athlete who is planning to miss a practice or competition is expected to request an absence from the coach as soon as possible.
- Attendance exceptions that may be reviewed by the coach include medical and dental appointments, family emergencies, religious obligations, tutorial assistance, or other school-based activities. Activities such as job commitments and driver's education are not acceptable reasons to miss practice or contest.
- As each sport varies in nature and team structure, a coach will evaluate a request based upon the unique nature and requirements of the respective sport and team.
- Again, as each sport varies greatly, even pre-planned trips (both family and school based) may not be permissible based upon the specific nature and structure of the respective team.
- For continuity of team strategies, conditioning, and safety reasons, an athlete that misses games or practices due to an approved absence, may still be required to practice for a certain amount of time before participating in contests. This will be determined by the coach based on the nature of the absence and the sport.
- Before leaving on a trip, the athlete and coach may agree to a fitness plan that the athlete will follow while away from the team that may allow at the coach's discretion a reduction in the number of days of practice needed before returning to contest participation.

The practice of setting team requirements for participation emphasizes the importance of commitment to the team, acknowledges the critical nature of athlete attendance, and recognizes that team success is rooted in the daily contributions made by all individuals on the team. So, coaches are asked to establish a team rule on

participation based upon the unique needs of the respective sport, communicate this rule clearly to student-athletes and parents, and to review requests for absence based upon the specific interests of the team as well as the interests of the individual student-athlete.

Preseason Mandatory Orientation Meeting: At the beginning of each season, the Athletic Director will hold a mandatory meeting for all potential student-athletes and their parents/guardians. During this meeting the Athletic Handbook will be reviewed. Each coach will also hold a sport specific meeting during this time to introduce himself/herself and discuss the expectations specific to that sport. If a parent or guardian is not able to attend the mandatory pre-season meeting, direct contact with the coach will be required before students are allowed to participate in a contest or travel to an away contest.

Two-Sport Athletes: No athlete shall participate in two WRSD teams simultaneously during the same season without prior approval of coaches, athletic director, principal and parents/guardians. No athlete is to compete in one season in one sport and then join another team whose season is not yet concluded without prior approval of coaches.

School cancellation: If school is cancelled due to inclement weather, practices and contests may not occur unless approved by the Superintendent,

School, Locker Room and Practice Fields Access:

- No one except assigned coaches and players are allowed in the locker rooms without prior approval.
- Cleats are to be removed and cleaned prior to entering locker rooms.
- Teams are responsible for maintaining the cleanliness of the locker rooms during their season.
- No athlete or team shall be in the gym, weight room or on practice field without prior authorization and proper supervision. It is the responsibility of the athlete to know when to be on the practice field.
- No athlete or team shall be on a practice field or gym during another team's assigned practice or pregame warm-up time.
- Before or during practices or events, student-athletes should not enter any unauthorized part of the school, for any reason, without the coach's supervision.

Grooming and Dress Code: Once you have volunteered to be a member of a team or squad, you have made a choice to uphold certain standards expected of athletes at WRSD. All athletes and coaches at WRSD are expected to be well groomed and appropriately dressed in their travels to and from home or away games or events. Appearance, expressions and actions always influence people's opinions of athletes, the team, the school and the community. We expect that the opinion of WRSD and its athletes will be a positive one.

Dropping a Sport: If an athlete decides to drop from a team, he/she has a responsibility to the team and coach to see the coaching staff to explain reasons involved. At that time, all uniforms and equipment must be returned to the coach. In the event an item was purchased for the team (i.e. jackets, shirts), it is still the student's responsibility to make payment for those items ordered prior to leaving the team. Quitting to change sports once final cuts have been made and squads are established is prohibited. No athlete may quit and participate in another sport during the same season without prior approval from the Athletic Director and both Head Coaches.

Uniform Return: Uniforms are inventoried before and after each season by the coach on forms supplied by the Athletic Director. Coaches receive their stipend upon return of all equipment and uniforms assigned. Athletes are responsible for the care and regular cleaning of uniforms.

- Uniforms are the property of WRSD and shall not be worn for personal use.
- If a uniform is damaged in any way, the athlete should make the coaching staff aware of it.
- The athlete will pay the replacement cost for uniforms lost or unnecessarily damaged.
- The athlete will pay the replacement cost for equipment that is lost or unnecessarily damaged.
- No athlete shall be allowed to try out for another sport until all uniforms and equipment are returned.
- Seniors must have returned all uniforms and equipment before the Athletic Director will sign the graduation sign-out sheet.
- Invoices will be sent 14 days following close of season, payment due upon receipt.

Captains: Each sport may or may not have designated captains; each coach will present a captain with the team's expectations of that role. The position of captain is one where the individual accepts the role of a leader and of a role model both on and off the competitive area. If a captain does not follow the athletic handbook rules once the role of captain has been accepted, whether this is during the off season or during the season, the position of captain will be removed for the remainder of the season and will not be returned.

School and Team Rules: Students must be in good standing in school to participate in interscholastic sports activities. Violation of any school or team rule can cause disciplinary action by the coach. Coaches have the authority to suspend any athlete from their team as part of a disciplinary response or limit an athlete's playing time, once approved by the Athletic Director.

Role Models: A student-athlete represents the Winnisquam Regional School District and the communities of Tilton, Northfield, and Sanbornton when he/she joins a team. It is expected all student-athletes are good role models for our school and communities at all times on and off the field as well as in and out of season. A student may be declared ineligible in any interscholastic activity in which he or she represents the school in a public appearance if he/she conducts himself/herself in a manner that, in the opinion of school authorities, would reflect unfavorably upon the school or other students.

Student-Athlete Medical and Health Concerns

Injuries: Athletes should be sure that all injuries are given proper attention and the athlete should immediately report to the coach and/or athletic trainer. If the athletic trainer is not present at the time of the injury, the athlete should see the Athletic Trainer that day, if possible, or the following day for evaluation. The Athletic Trainer will determine if assistance is needed. In the event an injury occurs during practice or competition, an accident report should be filled out. Injured athletes should remain as active a part of the team as possible. He/She should attend all practices and sit with the team, assisting in any way possible. WRSD and its employees are not liable for injuries that occur and the student-athletes and their families are solely responsible for all costs that occur due to injury. A supplemental insurance policy is available for purchase and is suggested for those participating in athletics. Information may be obtained from the school nurse.

Return to Participation: If an athlete has been held out of practice or competition by the athletic trainer, he/she may not return until cleared by the athletic trainer. Athletes must receive medical clearance to return to participation following a visit to a doctor or request by an athletic trainer or coach to see a medical doctor. Athletes are not permitted to return to sports without the permission of the athletic trainer even in cases where medical clearance has been obtained.

Return from injury/illness: For continuity of team strategies, conditioning, and safety reasons, an athlete who does not participate in three consecutive athletic contests, practices or combinations of contests and practices

due to illness or injury must participate in a minimum of one practice session to be eligible to return to participating in an athletic contest. Following the athlete's participation in the required practice session, the athletic trainer, in consultation with the coach, will determine when and under what conditions the athlete may return to participate in athletic contests.

Concussions: Returning prematurely from a head injury or concussion is a very serious concern of the WRSD Athletic Department, School Nurse and Athletic Training staff. To ensure the health and well being of our student-athletes, the following should occur according to the NFHS Guidelines for Concussion Management:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health-care professional.
3. Inform the athlete's parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity. This includes a post-injury ImPact test that is deemed acceptable by a physician..

An athlete should never be allowed to resume physical activity following a concussion until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by an appropriate health-care professional, he or she should proceed in a stepwise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule may proceed as below, following medical clearance:

Progressive Physical Activity Program (ideally under supervision)

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

Athlete's Health and Well-Being: Athletes are encouraged to get sufficient rest each night and ensure they maintain a healthy, nutritious diet, both in and out of season.

Risk Factors in Sports: Parents and students must realize that participation in sports involves a certain degree of risk for injury. Such physical injury can occur in any type of sports activity and may vary in nature. Athletic injuries can include minor injuries such as bruises, scrapes and strains to the more serious injuries such as fractures, dislocations, concussions, paralysis and even death. Participants can and have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches and/or athletic trainer, follow a proper conditioning program and inspect their own equipment daily.

NHIAA PARENT/COACH COMMUNICATION GUIDE

Both parenting and coaching are extremely difficult vocations. By establishing communication and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, student-athletes, and coaches. Coaches, parents, and athletes, when using forms of electronic communication, will only use the forms directed and approved by the Athletic and Activities Council (AAC) and by the School Board.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

- Coach and program's philosophy.
- Individual and team expectations.
- Location and times of all practices and games.
- Team requirements, i.e., practices, special equipment, off-season conditioning.
- Procedure followed should your child be injured during practice or games.
- Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS:

- Concerns expressed directly to the coach.
- Notification of schedule conflicts well in advance.
- Specific concerns with regard to a coach's philosophy and/or expectations.
- Support for the program and the attributes of dedication, commitment, and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.

While your child is involved in interscholastic athletics, he/she will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

- The treatment of your child, mentally and physically.
- Ways to help your child to improve and develop.
- Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe is the best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the direction of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

- 1) Playing time.
- 2) Play calling.
- 3) Team strategy.
- 4) Other student-athletes.

The 24-Hour Rule

If you have a concern, please make the coach your first telephone contact. Administrators and Athletic Directors cannot help to solve problems until that line of communication has first been opened. Also, please observe the "24 Hour Rule." This rule means that parents should wait 24 hours before contacting a coach with a concern. Confrontations before, during, or immediately after a contest between parents and coaches

rarely turn out well. These can be extremely emotional times for both parents and coaches, so it is best (and courteous) to give it a day before making contact. Both sides need a chance to cool down and gain some perspective. The exception to this is, of course, if an injury or other medical situation is involved. The most important part of athletics is the physical safety of the players.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH:

- Call to set up an appointment with the coach.
- If the coach cannot be reached, call your Athletic Director. A meeting will be set up for you with the coach.
- Please do not attempt to confront a coach before, after, or during a practice or game. These can be emotional times for both the parent and the coach, and this situation does not promote resolution or objective analysis.

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION:

- Call and set up an appointment with the Athletic Director to discuss the situation.

Research indicates that students involved in athletics are most likely to succeed at their chosen profession and make creative contributions to their communities. Many of the character traits, qualities, and attributes required to be a successful student-athlete are exactly those that will promote a successful life after high school.

WINNISQUAM REGIONAL SCHOOL DISTRICT
ATHLETIC DEPARTMENT
Tilton, New Hampshire
2020-2021

Student Acknowledgement Statement

Upon signing this sheet I acknowledge that I have read the WRSD *Athletic/Activities Handbook*. I agree to abide by all rules and procedures needed to participate in WRSD athletics and activities. My coach/advisor has discussed program rules and clarified any questions I may have concerning the athletic/activities policies and procedures. Furthermore, I understand that participating in any sport/activity comes with potential for injury and agree that we will not hold the WRSD or its employees responsible for personal injuries during any organization's activities.

As a student-athlete at WRSD I understand I must abide by all rules and procedures contained in the Athletic Handbook.

Student/Athlete Name Printed

Student/Athlete Signature

Date

Parent Acknowledgement Statement

I, as parent/guardian of the above named student/athlete, have read and discussed the policies, rules and regulations contained in the WRSD *Athletic Handbook*. I will do my part in seeing that he/she follows these rules and regulations concerning the athletic/activities policies and procedures. I give my son/daughter permission to participate in the athletic/activities program at WRSD and understand the risk for injury during participation in any sport/activity and that the school does not cover any cost of injury. Furthermore, I understand that participating in any sport/activity comes with potential for injury and agree that we will not hold the WRSD or its employees responsible for personal injuries during any organization's activities.

As a parent of a student-athlete at WRSD I understand I must abide by all rules and procedures contained in the Athletic Handbook.

Parent's or Guardian's Signature (Mother)

Date

Parent's or Guardian's Signature (Father)

Date

This form is required once per school year.

WRSD
PHYSICAL EXAMINATION CLEARANCE FORM

Team: _____ **Grade:** _____

NOTE: Physical examination clearance forms must be turned into the Athletic Director prior to start of tryouts.

NAME:		MALE	FEMALE
ADDRESS:			
CITY:	STATE:	ZIP:	
PHONE NUMBER:	BIRTH DATE :	AGE	

The following section must be filled in by an authorized medical practitioner and authenticated by the same:

SIGNIFICANT MEDICAL CONDITIONS			
	YES	NO	IF YES, EXPLAIN
ALLERGIES			
ASTHMA			
CARDIAC			
CHEMICAL DEPENDENCY			
DRUGS			
ALCOHOL			
DIABETES MELLITUS			
GASTROINTESTINAL DISORDER			
HEARING DISORDER			
HYPERTENSION			
NEUROMUSCULAR DISORDER			
ORTHOPEDIC CONDITION			
RESPIRATORY ILLNESS			
SEIZURE DISORDER			
SKIN DISORDER			
VISION DISORDER			
OTHER(SPECIFY)			

REPORT OF PHYSICAL EXAMINATION

	NORMAL	ABNORMAL	IF ABNORMAL, EXPLAIN
HEIGHT(Inches)			
WEIGHT(Pounds)			
PULSE()			
BLOOD PRESSURE _____/_____			
HAIR/SCALP			
SKIN			
EYES- VISUAL ACUITY R____/____ L____/____			
EYES- COLOR VISION			
EARS-HEARING			
NOSE AND THROAT			
TEETH AND GINGIVA			
LYMPH GLANDS			
HEART – MURMUR			
LUNG-ADVENTITIOUS			
ABDOMEN			
GENITALIA			
NEUROMUSCULAR SYSTEM			
EXTREMITIES			
SPINE (PRESENCE OF SCOLIOSIS)			
IMMUNIZATIONS (UP TO DATE)	YES	NO	

DATE OF EXAMINATION : Cleared to play all sports _____ Non-Contact Only _____

SIGNATURE OF EXAMINER:

PLEASE RETURN THIS FORM OR A FORM EQUIVALENT TO THE ATHLETIC DIRECTOR PRIOR TO TRYOUTS

