

BELMONT HIGH SCHOOL
STUDENT ATHLETIC HANDBOOK



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BELMONT ATHLETICS
"EXCELLENCE ON DISPLAY"

Athletic Director's Message

The purpose of this handbook is to provide Belmont High School Student Athletes and Parents/Guardians a comprehensive policy book that communicates as much information as possible regarding participation in Belmont High School athletics. Hopefully, the information in this guide will help make your experience with Belmont High School athletics more enjoyable.

All Shaker Regional School District policies and athletic forms can be found on the district web page: www.shaker.k12.nh.us or by contacting Belmont High School.

Rick Acquilano
Athletic Director

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Goals of the Belmont High School Athletic Program

1. Develop Athletic Skill
2. Foster character attributes such as dedication, commitment, and discipline
3. Teach and promote sportsmanship
4. Encourage and develop multiple sport athletes
5. Promote appreciation and enjoyment of sports

The Varsity Program

The varsity interscholastic program is the most intensely competitive level of athletics; therefore, athletes who are chosen to participate at this level will have demonstrated a high level of competence in their sport, the emotional capacity to cope with the pressures of a competitive program, and the willingness to share the responsibility of developing the team and themselves to full potential.

The development of responsibility is a high priority of the varsity program. Building off less demanding situations at the middle school and junior varsity levels, varsity athletes are expected to make an even firmer commitment to their team and the pursuit of excellence.

The goal of the varsity program is to reach maximum potential and to field a team that is as competitive as possible within the parameters of Shaker Regional School District philosophy.

Athletes' playing times are determined by the nature of the sport, the situation, and the coach's judgment. Every team member cannot expect to play in every contest.

The Junior Varsity Program

The goal of the program is to provide Athletes an opportunity to compete at a lower level than varsity, to develop skills, and to prepare Athletes for further varsity competition. This program will attempt to play everyone while striving to win. This level of competition provides for individual skill development and for the understanding of the team concept. It must be realized that some situations may prevent every team member from playing in every contest.

Belmont High School Athletic Policies For Student Athletes

Belmont High School will develop an athletic program that is competitive while stressing the ethics of good sportsmanship. Athletic competition is an arena meant to challenge our student athletes while being fun and generating school spirit. Belmont High School believes that athletics are an extension of the classroom where teamwork, self-confidence, sportsmanship, discipline, and winning with grace or accepting defeat are developed from playing sports. Belmont High School Students participating in interscholastic athletics shall be subject to the rules adopted by the New Hampshire Interscholastic Athletic Association Rules (see Shaker Regional School District Policy JJIB).

Medical examination

All students are required by the NHIAA to have on file in their school a medical statement provided by a health care provider certifying that the student athlete has passed a pre-participation physical examination and is able to participate in interscholastic athletics. Belmont High School rules require that physical examination must occur after May 1st of the previous school year and prior to the student participating in high school athletics (see policy JLCA). One physical examination is required for their high school career. Any student athlete significantly ill or injured after their pre-participation physical examination must have written medical clearance by their health care provider before being allowed to participate in interscholastic athletics.

The form for physical exams is available from the athletic director or can be found on the Shaker Regional web page, left hand column. (There is also a parental permission form there as well. Both forms must be turned in prior to start of practice).

Sportsmanship

In accordance with the NHIAA, any athlete, who is disqualified before, during, or after a game for exhibiting un-sportsman-like conduct shall not participate in the next scheduled interscholastic athletic event. Any player who receives a second game disqualification during that season will be disqualified for the balance of that season. Student athletes will abide by all New Hampshire Interscholastic Athletic Association rules and regulations.

Academic Requirements

The School Board encourages all students to achieve their fullest academic potential. While school extra curricular provide an opportunity for students to develop other skills and knowledge outside the classroom, the School Board expects students to study and learn to the best of their ability in the classroom and in other instructional environments.

Belmont High School students will be required to meet eligibility requirements presented by

Belmont High School or other state or national recognized extra curricular standards, whichever is more stringent. Eligibility requirements are as follows:

1. Eligibility for each marking period is determined by grades received in the previous grading period. Semester and/or yearly grades have no effect on eligibility.
2. Students must have received passing grades in a minimum of four (4) classes and/or two (2) blocks per grading period.
3. Summer school grades will be considered by the administration in any review of a student's eligibility.
4. Students who lose their academic eligibility while participating in an extra curricular activity in which the season extends beyond the semester will not be allowed to continue participating. Students participating in extra curricular activities who do not meet academic requirements will lose eligibility at the time that the report card is issued.
5. Transfer students' academic eligibility for participation in any extra curricular activities will be determined initially by their incoming latest report card. Transfer students whose incoming report card does not meet the academic requirements will be denied academic eligibility for that marking term in the school district.
6. 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.
7. Any student with two or more failing grades from the previous marking quarter will not be eligible for that season.
8. Any student with one failing grade from the previous marking quarter will be placed on athletic probation. The student will have the failing grade checked in two weeks from the date report cards were issued. At that point if the student's grade is passing then that student will be deemed eligible. If at any time throughout the remainder of the marking period the grade falls below failing, that student will be ineligible for the remainder of that season.

The Principal shall monitor the academic performance of student-athletes and extra-curricular participants to evaluate eligibility.

Attendance

Athletes are expected to attend school each day. Any athlete who does not attend school by his or her first scheduled class because of sickness, tardiness or truancy will be ineligible to participate in any scheduled game or practice on that date. An athlete suspended from school upon returning will be ineligible to participate in athletic contests for the same period of days as the school suspension. Team members are expected to be present at all practices and games or meets. It is the responsibility of the student athlete to communicate with the coach regarding all absences.

Drug, Alcohol and Tobacco Policy/General Rules & Regulations

(See SRSD Policy ADC, & JICH at back of this document)

Belmont High School's intention is to inspire students to develop a physically active lifestyle, engage their mind, and avoid alcohol and other drug use. It is our hope that participation in athletics will facilitate this.

Transportation Expectations

Student athletes are required to ride in school transportation to and from contests. Students may travel home from an away athletic event in other than school transportation only with the written permission of a parent/guardian.

- A note from the parents must be given to the coach stating their consent for an alternative transportation arrangement.
- Student athletes will not, under any circumstances, travel with a parent or guardian other than their own, without written permission.
- Parents must sign Contest Travel Release Form at athletic contest to take their own child.

In accordance with the NHIAA and Shaker Regional School Policy EEBB, under no circumstances is any student to transport himself or herself to away athletic contest. If this occurs the athletic director is to be notified immediately.

NHIAA By-Law Article II Eligibility

Sect. 7: Non-School Competition

A. A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

Belmont High School Athletic Department Procedures

Temporary Suspensions

The Coach, Athletic Director, or School Principal may impose temporary suspensions. Causes for temporary suspensions may include but are not limited to the following:

1. Academic performance
2. Personal misconduct
3. Unexcused absences for practices, games or meets
4. Violations of athletic policies

Dress

All team members are expected to dress in accordance with team rules on all road trips.

Team Selection

Belmont High School encourages coaches to keep as many athletes as they reasonably can. Time, space, facilities, equipment, and optimum number of athletes to ensure a quality teaching and playing experience for those involved, will place limits on the most effective squad size for any particular sport.

Team Reduction (cutting)

Choosing the members of the athletic teams is the sole responsibility of the coaches of the respective team. Prior to trying out, the coach will provide the following information to the team:

1. Extent of the tryout period
2. Criteria used to select team
3. Number to be selected

When cuts become a necessity, the process will include three important elements. Each candidate shall have:

- a. The opportunity to compete in a minimum of three practice days, unless otherwise specified by the Athletic Director.
- b. Performed in at least one intra-squad game or scrimmage
- c. Been personally informed of the cut by the coach, including the reason.

Any athlete that gets cut from their first choice sport may join a non-cut team if they prefer.

End of Season Uniform Return

All athletes must attend an end of the season meeting to return uniforms and other equipment. The student athlete is responsible for all equipment and uniforms assigned to him/her. They will be expected to pay in full for any lost or damaged items. All equipment and uniforms must be returned at the mandatory team meeting. This meeting will take place on the second school day after the team plays its last game. Coaches may also discuss off-season conditioning and programs.

Requirements to start practice:

1. Athletic Participation Physical Examination Form
2. Athletic Parent/Guardian Permission Form
3. Athletic Handbook Signature Page
4. All students must take a baseline concussion screening test provided at BHS
5. Any athlete that wishes to join a non-cut team after the season has begun must get approval from the coach and athletic director. All athletes must have the requirements listed above and also will be subject to a minimum two calendar week practice only period. (In the case of a transfer student already participating in the sport, the coach and athletic director will use their discretion.)

Risk Of Participation In Athletics

It is very important that athletes understand the risk of participation. Participation in competitive athletics brings with it the potential for physical injury. While Belmont High School takes all reasonable precautions, you should be aware of the risks involved. Coaching staff at Belmont High School is trained in many of the aspects of care and prevention of athletic injuries. The staff is also trained in first aid and CPR.

Some Potential Injuries That May Be Incurred During Participation In Interscholastic Sports:

Strains, Broken Bones, Blisters, Fractures, Sprains, Dehydration, Concussions, Punctures, Contusions, Abrasions, Cramping, and Dislocations.

Reporting Of Injuries

All injuries, which occur as a result of participation in athletics, must be reported to the coach. If the injury requires medical attention by a doctor, treatment center, or hospital, it will be necessary to have an injury report form completed.

Once a physician treats an athlete, a doctor's written release will be required before the athlete will be allowed to return to practice or play.

Mouth Guards

In accordance with N.H.I.A.A. by-laws, all athletes participating in the following sports must wear a mouth guard at practices and games: soccer, football, hockey, lacrosse and basketball.

Parent-Coach Communication Guide

Both parenting and coaching are extremely difficult vocations. By establishing communication and an 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.

Communication You Should Expect from Your Child's Coach

1. Coach's and programs philosophy
2. Individual and team expectations
3. Location and times of all practices and games
4. Team requirements, i.e., practices, special equipment, off-season conditioning
5. Procedure followed should your child become injured during a practice or game
6. Any discipline that may result in the denial of your child's participation

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Notification of scheduling conflicts well in advance
3. Specific concerns with a coach's philosophy and/or expectations
4. 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 athletics at Belmont High School, they 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 your child wishes. At these times, discussion between the coach and athlete is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child mentally and physically
2. Ways to help your child improve and develop
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you would hope. **Coaches are knowledgeable and trained in their sport.** They make judgment decisions based on what they believe is 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.

If You Have a Concern to Discuss With the Coach

1. Call to set up an appointment with the coach.
2. If the coach cannot be reached, call to set up an appointment with your Athletic Director. A meeting will be set up for you with the coach.
3. Please do not confront the coach before, after, or during a practice or game. This can be an emotional time for both the parent and the coach, and this situation does not promote resolution nor objective analysis.

It is the coach's responsibility to consider playing time, team strategy, play calling and other student athletes.

What a Parent can do if the Meeting with the Coach Does Not Provide a Satisfactory Resolution

Call to set up a meeting with the Athletic Director to discuss the situation.

Meet the Coaches Night

(An Evening for Parents to Learn About the Below Mentioned Rules, Goals, etc.)

Coaches should include the following in their agenda:

Philosophy

Team Rules

Expectations for players/commitment

Risks inherent to the sport

Injuries and emergency procedures

Season goals and objectives

Training and practice sessions

Attending all practices

Playing time considerations

Season schedule

GENERAL RULES AND REGULATIONS GOVERNING Extra Curricular or Co Curricular Activities

Belmont High School believes that students will benefit from participation in extra curricular & co-curricular activities and events. The experience of being involved in an activity/event and the opportunity to learn from others contributes to the emotional, social, and physical growth of all involved. Belmont High School provides opportunities for students to have a positive experience while participating in extra curricular and co-curricular activities/events. *Participation in extra curricular and co-curricular activities/events is a privilege.*

It is fundamental that the coach/advisor be responsible for the behaviors, safety and welfare of the members of their extra-curricular or co-curricular program during meetings, events, practices, and games.

Participants should plan their time so that they devote sufficient time to their academic work load and so that their involvement in an extra curricular or co-curricular activity does not interfere with their studies. Academic or disciplinary commitments must be met before participation. (*See SRSD policy JJI*)

PARTICIPANTS CONDUCT (On & Off Campus)

Drug, Alcohol, Tobacco (*See SRSD JICG and JICH*)

1. Students involved in extra curricular and co-curricular activities where they represent the school either in competition or in performance are affected by this policy. The Shaker Regional community recognizes the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence) of alcohol, tobacco and illegal drugs, or dependency thereon, as serious health, safety, legal, and security issues. Further, participation in extra curricular and co-curricular activities requires that students refrain from the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence or knowingly being in the presence of) of alcohol, tobacco and illegal drugs. If a student is found to be using (defined as above), the student will be subject to the following consequences:

1st offense in high school: Students will be suspended from participation in events/games/activities/practice/meetings for 20 days. (After the first 10 days, the student may rejoin the activity in practice/meetings only.) If the number of days is greater than the remainder of the season, the days will be added on to the next season or activity that the student participates in.

2nd offense in high school: Students will be suspended from participation for one calendar year. If the student seeks out help in the form of an assessment by a certified addictions counselor or enrollment in an appropriate program, the suspension can be reduced to 45 days. If the number of days is greater than the remainder of the season, the days will be added on to the next season or activity that the student participates in. The student and parents must sign a release of information form for the student's guidance counselor. The student or parent must provide to the guidance director a written report from the counselor indicating successful participation with and adherence to the recommendation of the counselor. Recommendations included in the report must be followed for one calendar year. If any part of this agreement is violated, a suspension of one calendar year (starting from the date of the offense) will be implemented.

Any subsequent offense during participation in grades 9- 12: The student will be immediately dismissed from the activity/event for the remainder of his/her high school career.

Unlawful activities: Unlawful acts by students, in or outside of school hours, will result in the following consequences:

1st offense in high school: Students will be suspended from participation in events/games/activities/practice/meetings for 20 days. (After the first 10 days, the student may rejoin the activity in practice/meetings only.) If the number of days is greater than the remainder of the season, the days will be added on the next season or activity that the student participates in.

2nd offense in high school: Students will be suspended from participation for one calendar year. If the student seeks out help in the form of an assessment by a certified counselor or enrollment in an appropriate program, the suspension can be reduced to 45 days. If the number of days is greater than the remainder of the season, the days will be added on to the next season or activity that the student participates in. The student and parents

must sign a release of information form for the student's guidance counselor. The student or parent must provide to the guidance director a written report from the counselor indicating successful participation with and adherence to the recommendation of the counselor. Recommendations included in the report must be followed for one calendar year. If any part of this agreement is violated, a suspension of one calendar year (starting from the date of the offense) will be implemented.

Any subsequent offense during participation in grades 9- 12: The student will be immediately dismissed from the activity/event for the remainder of his/her high school career.

At the end of the school year, we honor students for their outstanding effort in extra curricular activities. Beginning with the 2008 awards, we will not honor any individual who has been suspended for violating our extra curricular & co- curricular contract.

ATTENDANCE REGULATIONS

- A. All students involved in any extra curricular & co-curricular activity/event must attend school for a **full day before, on, and after** all activities/events. Any student dismissed from school due to an illness may not return to participate in the activity/event for that day. Failure to adhere to this policy will result in non-participation in the next scheduled activity/event. This section will be administered as per the new attendance policy. Exception to this would require a request, prior to that day's activity/event, from the parent to the principal.
- B. All participants are expected to attend all scheduled practices, meetings, and events. It is very important to make arrangements with the advisor for schedule conflicts.
- C. Any student suspended from school (ISS or OSS) will not participate in any activity/event that day.

AWAY Activities/Events

- A. Students involved in an activity/event will travel with the group to all away events off school grounds. A student will not be eligible to participate if he/she does not do so. Exceptions to this would require a request, prior to that day's activity/event, from the parent to the principal or designee.

- B. On away trips, students represent the school and town. Any disrespectful behavior during an away activity/event will result in an eligibility review for the student(s) involved.

Extra curricular & Co-curricular Student Agreement

Student _____

| | | |
|----------------------------------|-------------------|-------------|
| Advisor/Athletic Director | Activities | Date |
|----------------------------------|-------------------|-------------|

| | |
|----------------|-------------|
| Student | Date |
|----------------|-------------|

| | |
|------------------------|-------------|
| Parent/Guardian | Date |
|------------------------|-------------|

The Extra Curricular & Co-curricular Agreement has been designed to achieve understanding between the director, the student, and the family. By signing this agreement the student and parent/guardian acknowledge an understanding of the expectations and rules contained in this agreement and recognize the effort and dedication that is required for the students to have the best possible experience in extra curricular and co-curricular activities/events. The expectations set forth in this agreement are not designed to question the integrity of the student, but rather to aid them in achieving a positive experience through extra curricular and co-curricular activities/events. **This contract is in effect for 365 days from the date of signing.**

