

# Belmont High School

## Student Athletic/Co-Curricular Handbook

2023-2024 School Year

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*Belmont High School prepares students for their futures by promoting and supporting a safe, diverse, and respectful community that fosters individual responsibility and produces engaged members of society through a rigorous academic environment.*

Dear BHS Students and Parents:

The purpose of this handbook is to provide students and parents/guardians of Belmont High School Student-Athletics and Co-Curricular Participants a comprehensive collection of policies and protocols regarding participation in Belmont High School Athletics/Activities. Its production and distribution is just one of many avenues of communication that the high school will employ to keep you informed of current procedures meant to provide a safe and fulfilling high school experience.

Our athletics and co-curricular programs are diverse and provide students opportunities to engage in collaborative efforts with teammates and our coaches/advisors; they also allow an individual to represent both Belmont High School and our communities in a positive manner. Please let the information that follows serve as a resource to help answer the questions you may have about participation in co-curriculars and athletics.

Please note athletic sign ups will be done through [FinalForms](#).

This handbook has evolved to help provide more clarity to both students and parents/guardians. Please be sure to read over all sections so you are aware of the new policies in place. Students at Belmont High School are responsible for understanding and following all rules outlined in this handbook as well as the 2023-2024 Student and Parent Handbook.

All Shaker Regional School District policies can be found on the district webpage ([SAU 80](#)) or by contacting Belmont High School. Access to the handbook and all other necessary forms can be found on our Big Teams website: [Belmont High School Athletics](#).

Thank you and go Belmont!

Mr. Cayman Belyea  
Athletic Director, Belmont High School

*\* Please be advised that policies may be amended or new policies may be adopted during the school year. For recent amendments or new policy adoptions, please visit the Shaker Regional School District website at [www.sau80.org](http://www.sau80.org).*

## Table of Contents

❖ <b>Overview of Athletics</b>	
➤ Mission Statement	4
➤ Goals of BHS Athletic Programs	4
➤ JV Program	4
➤ Varsity Program	4
➤ Team Selection	5
➤ Team Reduction	5
➤ Athletic Policies for Student Athletes	5
❖ <b>Academic Requirements/Eligibility</b>	
➤ Academic Requirements	5
➤ Athletic/Co-Curricular Eligibility	6
➤ Three Levels of Academic Eligibility	6
➤ Attendance	7
➤ Tardiness	7
❖ <b>BHS Athletic Procedures</b>	
➤ Transportation Expectations	8
➤ FinalForms Registration	8
➤ Team Rules	8
➤ NHIAA By-Law Article II Eligibility	8
➤ Disqualification From Event	9
➤ Temporary Suspensions	9
➤ Dress Code	9
➤ End of Season Uniform Return	9
➤ Requirements to Start Practice	10
➤ Medical Examination	10
➤ Risks of Participation in Athletics	10
➤ Reporting of Injuries	10
➤ Mouth Guards	10
➤ Athletic Trainer	10
❖ <b>Communication</b>	
➤ Parent-Coach-AD Communication Guide	11
➤ Communications From Coach	11
➤ Communications From Parents	11
➤ Appropriate Discussions With Coaches	11
➤ Meet the Coaches Night	12
❖ <b>Miscellaneous</b>	
➤ Drug, Alcohol, Tobacco	12
➤ Unlawful activities	13

### **Mission Statement**

Belmont High School believes that students will benefit from participation in extracurricular & 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 extracurricular and co-curricular activities/events. Participants must remember to devote sufficient time to their academic workload in order to continue their involvement in extracurricular or co-curricular activities. **Participation in extracurricular and co-curricular activities/events is a privilege.**

### **Goals of BHS Athletic Programs**

1. Good sportsmanship and personal integrity.
2. Loyalty to the group and the ability to function with others as a team.
3. Learn the benefits of hard work, motivation, and perseverance through winning and losing situations.
4. Encourage and develop multiple-sport athletes.
5. Build lifetime character traits through athletics.

### **The Junior Varsity Program**

The goal of the JV program is to provide athletes an opportunity to compete at a lower level than Varsity, to develop skills, and to prepare athletes for future Varsity competitions. These programs will have a greater emphasis on participation while still striving to win. This level of competition also provides for the development of skills and the understanding of the team concept. It must be realized that some situations may prevent every team member from playing in every contest.

### **The Varsity Program**

The Varsity interscholastic program is the most intensely competitive level of high school athletics; therefore, athletes who are chosen to participate 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 their full potential(s).

The development of responsibility is a high priority of the Varsity program. Building off development-focused situations at the middle school and junior varsity levels, varsity athletes are expected to make a firm commitment to their team in practices, games, 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 philosophies.

Athletes' playing time(s) are determined by the nature of the sport, the situation, and the coach's judgment. Not every team member can expect to play in every contest at the Varsity level, nor will playing time be allocated equally.

### **Team Selection**

Belmont High School encourages coaches to keep as many athletes as they reasonably can. Safety, 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 a particular sport. An athlete must try out in order to participate in a team sport.

### **Team Reduction (making cuts)**

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 of student-athletes to be selected

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

1. The opportunity to compete in a minimum of three practice days.
2. Performed in at least one intrasquad game or scrimmage.
3. Been personally informed of the cut by the coach, including being given the opportunity to know the reason for this decision.

Any athlete who gets cut from their first choice sport may then join a non-cut team if he/she so desires.

### **Athletic Policies for Student Athletes**

Belmont High School will develop an athletic program that is competitive while stressing the values involved in good sportsmanship. Athletic competition is an arena meant to challenge our student athletes while also being fun and generating school spirit. Belmont High School believes that athletics are an extension of the classroom. Through athletics, student-athletes can learn about teamwork, commitment, self-confidence, sportsmanship, discipline, winning with grace, and overcoming challenges. Belmont High School students participating in interscholastic athletics shall be subject to the rules adopted by the New Hampshire Interscholastic Athletic Association.

### **Academic Requirements**

The School Board encourages all students to achieve their fullest academic potential. While extracurriculars provide an opportunity for students to develop their skills and knowledge outside of the classroom, the School Board expects all students to study and learn to the best of their ability in the classroom and in other instructional environments. In our effort to promote equitable treatment of all athletes and students who sign up for a sport or a co-curricular activity, Belmont High School requires all students to sign the “Athletic and Co-Curricular Contract” at the beginning of each season. This provision mandates that all students understand the requirements and responsibilities associated with membership on any team, any club, or any other school organization.

### **Athletic/Co-Curricular Eligibility**

Eligibility for each marking period is determined by a combination of grades and Habits of Work scores received in the previous marking period. The marking period is a “snapshot” of that student’s performance. Fall eligibility is determined by the 4th quarter grades of the previous school year (including any recovery work the student may have completed over the summer). The building principal will have the final decision-making authority over all eligibility matters.

### **Three Levels of Academic Eligibility**

#### ***Level 1***

**This is for a student who has received one failing academic grade** (passing a minimum of the other three - or four, for students who are enrolled in rotation block courses) and who has a failing Habits of Work score (an average of less than 2.5) in the course that academically stands below passing. A student on Level 1 is placed on probation for two weeks but is able to fully participate in the sport/club. In order to be removed from Probation Status, the student must recover the class to a minimum of a 2.5 before the 2 weeks end; otherwise, he/she will be ineligible to participate ~~in~~ ~~games/performances~~ until the next grading period. ~~for two weeks. If he/she is still ineligible at that point, grades will again be checked after an additional two weeks (and each two weeks thereafter until he/she has redeemed Eligible Status).~~

#### ***Level 2***

**This is for a student who has failed two academic courses.** (passing a minimum of the other two - or three, for students who are enrolled in rotation block courses). He/She is removed from all athletics and extracurricular activities immediately, including practices/rehearsals. This Ineligible Status may be restored if the student recovers **all** courses within the two week recovery period. At that time, the student may return to practices, but his/her playing/performance time will be at the discretion of the coach/advisor. If, after two weeks, ~~the student is still ineligible-he/she will be given an additional two weeks. However, if he/she remains ineligible at the end of this period of time, the student~~ will be deemed ineligible for the remainder of the grading period.

#### ***Level 3***

**This is for a student who has failed three or more courses** (an individual who has passed zero courses or one course). This student is deemed ineligible and cannot be restored to eligible status, as per NHIAA policy (New Hampshire's high school sports governing body), until the next eligibility check.

#### ***\*Note Regarding Senior Privilege***

Please note that students who have senior privilege must be passing all their enrolled courses to remain eligible for participation.

*Eligibility status will not preclude a student from trying out for a specific team/club/activity so long as they have the opportunity to become eligible for 50% or more of the remaining season/activity.*

### Attendance

Students must be in school for the entire academic day in order to participate in school related activities, including athletic and non-athletic activities.

Possible exceptions are:

1. Approved medical appointments with a signed doctor's note
2. College visitation **with** documentation
3. Approved school activity including athletic/extracurricular activity

If the absence takes place on the day preceding a weekend or on the day preceding a vacation during which athletic contests are to occur, the student is not eligible to compete without the approval of the principal.

If a student is dismissed from school without being granted permission by administration, he/she is not eligible to participate in athletics/co-curriculars on that day. This dismissal notation also includes student dismissals due to illness as students who are too unwell to attend full days of school are also too unwell to participate in athletic practices, contests, or events. It is the responsibility of the student to communicate with the coach regarding all absences. ~~Athletes must be in school the day before a game or they won't be eligible for the game/event the following day.~~

### Tardiness to School

Students must be in school no later than **7:50 a.m** in order to participate in or attend school-related activities that day. Students arriving after 7:30 must report directly to the main office where they will sign in, be marked tardy, and be given a pass to class. Students with first block senior privilege must be in by the start of block two (there is no grace period).

Students will be given three unexcused tardies between the times of 7:30-7:50. However, excessive unexcused tardies in a given quarter will result in an escalating series of consequences, per the following regulations:

Number of Tardies/Absences	Consequence For Tardies/Absences
After 3 unexcused tardies and/or unexcused absences in a quarter	Parent contact/meeting/forfeit of next co-curricular activity or athletic event
After 6 unexcused tardies and/or unexcused absences in a quarter	Parent contact/meeting/forfeit of next 2 co-curricular activities or athletic events
After 9 unexcused tardies and/or unexcused absences in a quarter	Removal from co-curricular program or athletic program until next quarter

### **Transportation Expectations**

Student Athletes are required to ride in school transportation to and from contests. In rare cases, students may travel home from an away athletic event with their parent/guardian, only by signing their student out with the coach.

- An email from parent/guardian must be sent to the Coach and Athletic Director stating their request for transportation a minimum of 24hrs before an event.
- Student athletes will not, under any circumstances, travel with a parent or guardian other than their own.
- Parents must physically sign the [Contest Travel Release](#) Form from coaches in order to transport their own children from athletic contests.
- 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 contests. If this occurs, the Athletic Director is to be notified immediately and appropriate action will be taken.
- On away trips, students represent both the school and town. Any disrespectful behavior during an away activity/event may result in an eligibility review for the student(s) involved.

### **FinalForms Registration**

A parent/guardian must have registered their student-athlete through FinalForms prior to tryouts/first day of practice. This will include a Medical Release, Medical History, Emergency Contact info, and both Student & Parent/Guardian acknowledgement of handbook. Parents must sign up first and then add each additional student-athlete. You can locate it here: [Belmont Athletics](#).

### **Team Rules**

Players may be required to also sign a team contract, which is a binding contract. These must be approved by the Athletic Director prior to being given to student-athletes.

### **NHIAA By- Law Article II Eligibility Sect. 7: Non-School Competition**

A member of a school team is a student-athlete who is regularly present for, and actively participates in, team tryouts, practices and competitions. Bona fide members, as of the first date to practice in that sport as listed in By-Law Article XXXVIII of the NHIAA Handbook, 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.

### **Disqualification of an Event**

Any player who is disqualified before, during, or after any sanctioned event and/or scrimmage at the sub-varsity or varsity level for exhibiting unsportsmanlike conduct shall not participate in the next scheduled interscholastic athletic event (including NHIAA tournament contests) until the suspension is served in the sport at the level in which the disqualification occurred. 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. Students who are disqualified may also be subject to additional suspension from the Athletic Director.

### **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 from practices, games, or meets
4. Attendance concerns
5. Violations of athletic policies/contracts

### **Dress Code**

All team members are expected to dress in accordance with team rules on all road trips and abide by the Belmont High School dress code. Failure to abide by dress code may result in not being able to attend the event and/or potential future punishment.

### **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/prior to 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 at said function.

### **Requirements to Start Practice:**

1. Athletic Participation Physical Examination Form
2. Fill out FinalForms registration and sign required documents.
3. Take a baseline concussion screening IMPACT test provided at BHS

Special Note: Any athlete who wishes to join a non-cut team after the season has begun must get approval from the team's coach and the Athletic Director. All athletes must have the requirements listed above and will also be subject to a minimum two calendar week practice-only period.

### **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 (located on athletics website) and is able to participate in interscholastic athletics. Belmont High School rules require that a student-athlete will provide documentation of a physical once per calendar year to participate in high school athletics. Any student athlete significantly ill or injured after their pre-participation physical examination must have a written medical clearance by their healthcare provider before being allowed to participate in interscholastic athletics.

### **Risk of Participation in Athletics**

It is essential that athletes understand the risk(s) of participation. Participation in competitive athletics brings with it the potential for physical injury. While Belmont High School takes all reasonable precautions to avoid injuries, student athletes and their parents should be aware of the risks involved. The coaches at Belmont High School are trained in many of the aspects of care and prevention of athletic injuries. The staff is also trained in first aid and CPR. For information on concussions, please refer to the Shaker Regional School District Concussion and Head Injury Policy, code JLCJ.

### **Reporting of Injuries**

All injuries that occur as a result of participation in athletics must be reported to the coach immediately. If the injury requires medical attention by an athletic trainer, doctor, treatment center, or hospital, it will be necessary to have an injury report form completed and sent to the SAU office. Once an athlete is treated, a doctor's written release will be required before the athlete will be eligible to return to practice or play.

### **Mouth Guards**

Athletes participating in the contact sports will wear a mouthguard when required and in accordance with NHIAA by-laws.

### **Athletic Trainer**

If a student is seen by the athletic trainer for any type of injury and is referred to see a doctor, in order to return to athletics he/she must receive a clearance to participate by a medical professional.

### **Player-Parent-Coach-AD Communication Guide**

While a student is involved in athletics at Belmont High School, he/she will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there might also be times when things do not go the way the student-athlete wishes. At these times, appropriate communication between the coach and athlete is encouraged. In order to help foster these important interpersonal skills, as well as the ability to resolve conflict, when appropriate, the chain of communication over an issue between the student-athlete and the coach should be as follows:

1. Student-athlete and coach meet to discuss the issue
2. Student-athlete, coach, and parent meet
3. Student-athlete, parent, and Athletic Director meet

By establishing communication of each position/perspective, we are better able to understand the actions of the other(s) and provide greater benefit to our student-athletes.

### **Communication You Should Expect from Our Belmont High School Coach**

1. Coach's and program's philosophy
2. Individual and team expectations
3. Location and times of practices and games
4. Team requirements (i.e., practices, special equipment, off-season conditioning, etc.)
5. Procedure to be followed should the student-athlete become injured during a practice or game
6. Any discipline that may result in the denial of the student-athlete'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 commitment and responsibility that are essential ingredients for success and excellence. We encourage and support every student-athlete to excel.

### **Appropriate Concerns to Discuss with Coaches**

1. The treatment of the student-athlete, mentally and physically
2. Ways to help the student-athlete improve and develop
3. Concerns about the student-athlete's behavior

While it can be difficult to accept a student-athlete's not playing as much as he/she or a parent/guardian 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.

Please do not confront the coach directly before, directly after, or during a practice or game. This can be an emotional time for the parent, the student-athlete(s), and the coach; this scenario promotes neither a collaborative resolution nor objective analysis.

It is the coach's responsibility to consider playing time, team strategy, play-calling, and the well-being of other student-athletes. If a parent is not satisfied with a resolution after meeting with the coach, he/she can call to set up a meeting with the Athletic Director to discuss the situation.

### **Meet the Coaches Night**

At the beginning of each season coaches will hold a meeting for both students and parents. This is a required meeting where coaches will discuss expectations/team rules for the upcoming season and answer any questions parents or students may have.

### **Drug, Alcohol, Tobacco**

Students involved in extracurricular 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/or 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 career:**

The student 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 suspension days is greater than the remainder of the season, the remaining days will be added on to the next season or activity in which the student participates.

#### **2nd offense in high school:**

The student 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 and/or enrollment in an appropriate (and approved) support program, the suspension may be reduced to 45 days. If the number of days is greater than the remainder of the season, the remaining days will be added on to the next season or activity in which the student participates. If the aforementioned option to participate in addiction counseling is to be exercised, 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 coordinator a written report from the support counselor that indicates successful

participation in and adherence to the recommendation(s) of said 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 all activities/events 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:**

The student 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 suspension days is greater than the remainder of the season, the remaining days will be added on to the next season or activity in which the student participates.

**2nd offense in high school:**

The student 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 otherwise appropriate program), the suspension may be reduced to 45 days. If the number of days is greater than the remainder of the season, the remaining days will be added on to the next season or activity in which the student participates. If exercising the counseling program option, 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 coordinator a written report from the counselor that indicates successful participation in and adherence to the recommendation of said 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 all activities/events for the remainder of his/her high school career.