



Bow High School

Athletics Handbook
And
Co-Curricular Policy

Bow High School Athletics
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Bow, NH 03304

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Mascot: Falcons

Colors: Navy Blue, Gold, and White

Visit our Athletics Website at <http://bowhighschoolathletics.bigteams.com/> for information on Sport offerings, schedules, policies, and team pages

Follow us on Twitter @bow_falcons

All sport sign-ups must go through Final Forms <https://bow-nh.finalforms.com/>

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Athletic Director's Message

_____The purpose and function of this handbook is to provide our student-athletes and parents with a fairly comprehensive document to provide as much information and communication as possible. It is nearly impossible to include all issues and concerns that may arise through an athletic season, and teams or coaches may also have additional policies in place from season to season. Please understand that different coaches will have different expectations, some written and some simply understood. Do not hesitate to contact coaches regarding these expectations, and of course feel free to reach out to me if I can be of any assistance.

Mike Desilets
Athletic Director

Guidelines for Bow High School Athletics

- BHS encourages all student-athletes to participate in multiple sports.
- BHS will promote opportunities to participate for all students.
- BHS will hire the best available and qualified coaching staff. At times, preference may be given to current district staff members.
- BHS athletic programs will strive to be competitive yet stress the importance of good sportsmanship and life-long lessons learned through athletics.
- Varsity Head Coaches will oversee any sub-varsity teams within their program.

Bow School District Mission Statement regarding Athletics

_____The mission of our athletic program is to blend in harmony the academic and athletic programs. We believe that athletics are an extension of the classroom. We will create an environment where individuals can reach their potential as citizens, students, and athletes. The athletic program will promote athletic endeavors which will instill in the athlete a sense of accomplishment, integrity, and good sportsmanship; and establish a sense of pride throughout the student-body and the community of Bow.

Goals of Bow High School Athletics

- The development of Character as well as athletic skills
- Promote enjoyment of the sport
- Teach and promote Sportsmanship
- Be fair, compete, and never give up.
- Encourage and support multisport, well-rounded student-athletes.

Varsity Athletics

NHIAA Varsity Athletics will be the most intensely competitive level of interscholastic sports. Student-athletes chosen for this level will demonstrate competence in the sport, the emotional capacity to handle the pressures of the sport, and the willingness to help develop the team to its full potential.

Responsibility is a high priority in Varsity Athletics. These athletes are expected to make a firm commitment to their team and the pursuit of success in the field of play. Bow High School will look to be as competitive as possible within a NHIAA division. Playing time in Varsity Athletics is not guaranteed. It is determined by the nature of the sport, the situation, and the judgment of the coaching staff.

Sub-Varsity Athletics

The primary goal of any sub-varsity team is to prepare players for varsity competition. Playing time is more of an expectation at this level, although certain situations can make this a difficult task for a coach. Individual skill development as well as the understanding of team concepts are keys at this level.

Commitment to Athletics

It is critical for all families to understand that the required commitment to an interscholastic activity is substantial. The NHIAA has very specific regulations when it comes to playing for an outside program while being in-season with a school team. But there are numerous other times when a conflict may arise and interrupt participation. Of course, there are

many situations when an absence will be excused; i.e. family illness, emergency situations, funerals, college visits to name a few, but there are other instances when a student-athlete missing time from a team will be discouraged. It is the hope that families will recognize that interscholastic activities do not stop because school is not in session. It must be expected that fall sports start in August, well before summer vacation has ended. Families should expect that teams may be active during Thanksgiving and Christmas break, often playing in tournaments that are an important component to the development of a program. State Tournament games oftentimes will be during February vacation and spring sports are in full swing during the April break. Please plan accordingly, and understand that coaches and teams may have consequences when significant time is missed for a family vacation. There is a small window of time to play all contests, it is just not feasible to not schedule during vacations.

Sportsmanship

_____Bow High School is a community that is dedicated to good sportsmanship, positive ethics, and integrity in its students, athletes, and fans. Poor sportsmanship in any form will not be tolerated on the field of play, on the sidelines, or in the stands. BHS takes value in the Sportsmanship Ratings given through the NHIAA and will maintain a positive environment for every contest.

It is the expectation of every fan to maintain a positive attitude, to treat players, coaches and officials with respect, and to cheer *for* their team as opposed to cheering *against* the other team. Fans are not to use the names or numbers of opposing teams, nor should they be trying to directly communicate or distract other players. Coaches should be encouraging good play from everyone and treating opposing teams and officials with respect. They should maintain professionalism in all that they do. Players must always be respectful of everyone involved in the contest. Unsportsmanlike behaviors that lead to penalties, fouls or ejections will not be tolerated and undoubtedly will result in additional penalties from the school. School sponsored activities take place for the student-athletes and school community as a whole. Strive to maintain positivity and not make it about anything or anyone else.

**Bow School District Co-Curricular Policy for
Student Athletes, Co-Curricular Participants and/or Performing Arts Students**

It is the policy of the Bow School District to encourage students to participate in interscholastic athletic programs as well as other co-curricular activities. Additionally it is our policy to ensure that this is done so in an environment that promotes the health, safety and welfare of all students. Therefore, it is the policy of the Bow School District that all students adhere to a strict “no use or abuse” policy regarding alcohol beverages and drugs (prohibited substances). For the purpose of this policy, drugs shall be considered to be illegal drugs, controlled and narcotic drugs as defined by the NH Statute, performance enhancing substances, current NCAA banned drugs and substances, synthetic substances, inhalants, and legally prescribed prescription drugs used in a manner not prescribed by a medical professional.

No use or abuse shall be defined as:

- Consumption, use, or possession;
- The transport, purchase, distribution or sale of a prohibited substance or facilitating any of the above;
- Knowingly in the presence of others who are consuming, using, possessing, transporting, purchasing or selling alcohol or drugs, as defined above.

Any student found to be in violation of this policy based upon a substantiated report, admission or finding by a court of law, shall immediately be subject to this policy. Restorative actions and consequences will begin immediately after the conclusion of the investigation for a student currently involved in an athletic or co-curricular activity. Should consequences not be concluded when a season or activity ends, then the student will conclude the consequences during the following season that he or she participates in. Additionally, if it has been determined that a student has been involved with criminal activity, he or she may be subject to the same range of restorative actions and consequences.

All Bow High School students shall be held accountable to this policy on a 24 hour basis, both on and off campus, from the moment they are enrolled in Bow High School for the entire duration of their attendance at Bow High School, 365 days a year. The conditions of this policy shall be applicable to all students even when they are not actively participating in athletic or co-curricular activities. Should a student violate this policy while not participating in an athletic

or co-curricular activity, they will be held responsible for completing all restorative actions and consequences during their next season or activity.

The goal of this policy is to educate students about the risks associated with dangerous behaviors, such as alcohol and drugs while utilizing restorative actions when a violation occurs. The belief is to shift the focus when a rule is broken away from punishing the wrongdoers/offenders and towards repairing the harm caused by the violation. By shifting the focus from punishment to mediation and agreement, it forces the student who violated the policy to take responsibility for their actions. A restorative approach empowers the student who violated the policy to discuss not only what happened, but also why they violated the policy, who was impacted, and how the harm the violation caused should be repaired. This empowers the student to become an active participant, to take ownership of their behavior and commit to better choices in the future. In an educational and restorative system, students are held accountable for their actions in an environment reflective of the beliefs of the school community.

A three tiered system will be used for violations of the co-curricular policy. The restorative actions and consequences listed will serve as guidelines; Bow High School Administration reserves the right to assess alternative and appropriate restorative actions and consequences based on the unique facts and conditions of a violation.

FIRST VIOLATION

Upon completion of the following actions, students may return to practice, rehearsal, or the activity:

- Attend a mandatory meeting with parent/guardian, coach/advisor, Athletic/Performing Arts Director, and/or BHS Administration;
- Submit a reflection paper to Athletic/Performing Arts Director;
- Address the team/ensemble/group by taking responsibility for their actions and apologizing for their decision.

Upon completion of the following actions, students may return to competition or performances:

- Suspension from 25% of regular season or tournament games or comparable number of performances;
- Perform 5 additional hours of community service (does not count toward BHS requirements);
- Provide proof that they have met with a Licensed Alcohol and Drug Counselor or the School Resource Officer.

SECOND VIOLATION

Upon completion of the following actions, students may return to practice or rehearsal:

- Attend a mandatory meeting with parent/guardian, school counselor, coach/advisor, Athletic/Performing Arts Director, and BHS Administration;
- Submit a reflection paper to Athletic/Performing Arts Director;
- Address the team/ensemble/group by taking responsibility for their actions and apologizing for their decision;
- Provide proof that they are regularly meeting with a Licensed Alcohol and Drug Counselor or the School Resource Officer.

Upon completion of the following actions, students may return to competition or performances:

- Suspension up to 50% of regular season or tournament games or comparable number of performances;
- Perform up to 20 additional hours of community service (does not count toward BHS requirements).

THIRD VIOLATION

A third violation shall result in the immediate loss of eligibility to participate in any school sanctioned co-curricular athletic or performing arts activity for the remainder of their high school career, and may also include full social probation.

Bow High School Administration reserves the right to pursue a higher violation tier when they deem the documented violation demonstrates the justification. One such example would be the “Host Loses The Most” Clause; if a student is deemed to have hosted the party/get together at their property, then they are subject to increased consequences. First violation in this instance may need second violation restorative actions and consequences.

Violations are cumulative over the course of a student’s career at Bow High school, not per year.

SOCIAL PROBATION

A concurrent suspension from attendance of any Bow High School sanctioned activity both on and off campus, including NHIAA tournament games, may also be imposed. Full social probation may also be imposed, and could apply to participation in field trips, Intersession, Prom, Graduation, etc. and the loss of Open Campus privileges. Social probation is at the discretion of Bow High School Administration.

LEADERSHIP

Student leaders will be held to the highest standard of behavior, because they chose to be an example to their peers. Students in leadership positions, including captaincies, membership in student leadership committees, elected student government positions, etc. will forfeit their position for the remainder of the season or longer. Leadership eligibility may be reinstated with approval from BHS Administration.

TOBACCO PRODUCT VIOLATIONS

It is also the policy of the Bow School District that all students adhere to a strict no use or possession policy regarding tobacco products. Any student using, possessing, purchasing, attempting to purchase, or distributing any tobacco product, e-cigarette, or liquid nicotine, based on a substantiated report, admission or finding by a court of law, shall immediately be subject to this co-curricular policy.

Students who commit tobacco product violations will be subject to any of the following restorative actions and consequences:

- Research negative effects of tobacco use;
- Submit a reflection paper to BHS Administration;
- Withheld from practice/rehearsal/activity;
- Suspension from competition or performances;
- Address the team/ensemble/group by taking responsibility for their actions and apologizing for their decision;

Tobacco violations are cumulative over the course of a student's career at Bow High school, not per year.

This Co-Curricular Policy shall be reviewed and evaluated every two years.

August, 2021

Additional Bow High School Athletics Policies:

Participation

- An Athlete can only participate in one sport per season, aside from extenuating circumstances approved by Administration.
- Senior athletes will not be allowed to participate on sub-varsity teams.
- Participating within a program one year does not guarantee team selection in subsequent seasons.

Citizenship:

Students that participate in athletics must consistently display good citizenship in and away from school. Students that do not follow the Bow High School Expectations of Student Athletes policies can be suspended from participating in athletics.

Dress Code:

All team members are expected to dress in accordance with team rules for all home and away contests. These rules will be established by the coaching staff and may differ from program to program.

Team Selection:

It is the practice of all BHS Athletic programs to allow participation to as many athletes as they effectively can. However, there will be times when limitations have to be set due to a number of reasons. Roster size limits, effective teaching and supervision constraints, physical space, number of uniforms, and use of equipment are all possible reasons for a program to have size limits. Although this may not be an ideal situation for all involved, it is a reality.

The selection of team members will be the responsibility of the coaching staff. If a tryout period is needed, coaches will inform candidates of the extent of the tryout period, what the selection criteria will be, and the number of candidates to be selected. All athletes are to be given a fair shot within a specified time frame. Unexcused absences from a tryout period does not mean that an athlete's time will be extended. Being on a family vacation is not an excuse. Any cuts should be done in a personal manner, along with an explanation and possibly some skills to work on to

improve the chances of being selected in following years. Athletes that do not make one team are allowed to inquire about joining another program if there is room on that team. This must be done within two weeks of the start of the season and any coach has the right to deny an athlete. This situation should also not take up the spot of an athlete that has been through the entire tryout process.

Locker Rooms:

Boys and Girls locker rooms are available in the basement of the school. It is the expectation that locker rooms will be used on a daily basis for changing into practice or game uniforms and for the storage of equipment bags during the day. Equipment should not be in hallways or other common areas throughout the school, and regular bathrooms should not be used as changing areas after school.

Please do your part to make sure that our locker rooms are kept clean, safe, and damage free. All student-athletes are responsible for the care of their possessions, lock up your valuables or keep them with you. The locker rooms will also be used for visiting teams which will limit access to the space during certain times. Please be aware of what the access limitations might be.

Locker rooms are for the use of players, athletes and coaches, as well as daily Physical Education use. Please remove your cleats before you enter the building and remember, cell phone use within the locker room is prohibited.

Conflicts with Athletics or Co-Curricular Activities

Bow High School recognizes the importance of participating in multiple opportunities presented to students and encourages them to do so. However, it is also a reality that conflicts will arise when involvement in multiple activities occupy the same season or time. Students have the responsibility of recognizing these conflicts and doing whatever they can to avoid them. Should a conflict occur, communication with the coach or advisor must occur as soon as possible so preparations can be made. In terms of Athletics, participants must understand that playing a high school sport will require intense time and commitment levels. Conflicts must be kept to a minimum. If the conflict occurs due to participation in multiple sports or teams of the same sport, the BHS team must take precedence. This is written in the NHIAA Handbook and can cause significant time lost due to suspension.

It is also critical that families understand the level of commitment required to participate in a NHIAA sport. Sports start in August, well before the start of school. Some include practices and games during Holiday vacations, and you can expect practices or games to be scheduled during both February and April vacations. Consideration must be given for this before

committing to a team or scheduling family trips during the seasons. Playing time may certainly be affected if time is missed due to a family vacation.

Bow Falcon Booster Club

The Bow Falcon Booster Club is a group of volunteers generally made up of parents organized to promote, foster, develop and encourage an appreciation for interscholastic athletic competition at Bow High School. They look to provide enhancements to the BHS programs and facilities, to promote scholarships to recognize scholar athletes, and to organize volunteers in support of athletic events. They are a critical component of the Athletics Program here at BHS, and new parent participation is always welcome.

Varsity Letter Requirement

It is the duty of each coaching staff to develop the criteria for earning a Varsity letter. That criteria may include playing time in Varsity contests as well as dedication and commitment to a program. Coaches criteria will differ from sport to sport and it is generally their decision as to who has earned a Letter over the course of the season.

Uniform and Equipment Return

Unless it is otherwise stated by the Coach, it is the responsibility of the student-athlete to keep track of and take care of any piece of equipment or uniforms issued to them for the season. Uniforms are used for multiple years and must be kept clean and taken care of. There should be a plan in place at the end of each season to collect and inventory all uniforms. Coaches are responsible for the collection and reporting of any missing uniforms to the Athletic Director. Families will be held financially responsible for lost or excessively damaged items.

Highlighted NHIAA Policies

The New Hampshire Interscholastic Athletic Association is our governing body for high school sports. It is of utmost importance that we follow all guidelines and policies set in place by the NHIAA. Although a complete version is available online through their website at: <http://www.nhiaa.org/about-nhiaa/handbook>, here are a few components that are commonly discussed and should be known for the purpose of the BHS Athletics Handbook.

From By-Law Article II:

Sect. 2: Scholastic Standing

A. No pupil who has failed to pass four (4) units of work during the school's previous grading period** shall represent the school in any interscholastic contest. A minimum of four (4) units of work per grading period is required for participation in interscholastic athletics. Schools utilizing alternative scheduling formats like block scheduling or trimesters should calculate and equate their system to meet the intent of passing four (4) units of work in a traditional format (i.e. in a 4 x 4 block program the student would need to pass a minimum of two (2) subjects to meet the standard). Recognizing that schools are increasingly moving away from the Carnegie Unit/seat time hours for instruction and grading, it is expected that the school principal will follow the intent of the By-Law when certifying academic eligibility for student athletes. For example, a student could meet this requirement through a virtual school, off site real world learning, on-line classes, etc. as long as the school officially recognizes and certifies the activities to be academically legitimate and part of the school's educational program.*

The Academic Policy of Bow High School falls directly in line with the minimum state requirements set forth in this section. Grades are checked prior to the start of each season and eligibility is established. All student-athletes must be passing four classes in order to be eligible.

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, 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. (1.2015 CM) 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.

This is an important policy that BHS adheres to. With the increasing occurrence of kids specializing in certain sports and participating year-long, it has become difficult to get a consistent commitment from everyone. With the stiff penalties attached to this policy, it is important that everyone is made aware of it.

From By-Law Article III:

Sect. 2: Medical Statement A. Students shall be ineligible to participate in interscholastic athletics (practices or games) unless there is on file in the school a medical statement provided by a physician, nurse practitioner, or physician's assistant (within the meaning of NH RSA 329) certifying the student athlete has passed a preparticipation physical examination prior to the beginning of the student athlete's high school athletic career. In every subsequent year, athletes shall have an updated medical history. A physical examination pertinent to their needs shall be performed, if deemed necessary. Any student athlete significantly ill or injured since the last review shall be re-examined by a physician, nurse practitioner, or physician's assistant in order to be eligible to participate in interscholastic athletics. B. A medical statement must be completed by a physician, ARNP or by a qualified non-physician health practitioner under the direct supervision of a physician (within the meaning of NH RSA 329). C. A family may apply to the NHIAA Executive Director through the school administration for a waiver of this By-Law based on religious reasons. Prior to approving such requests, the parent and/or legal guardian must sign the NHIAA waiver form which holds the NHIAA harmless for any medical problems that arise. D. Local school districts may impose requirements that exceed the provisions of this By-Law.

A current physical must always be on file with us at BHS. Parents should pay particular attention to expiration dates on physicals, as not all medical practitioners will allow a physical to be current for all 4 years of high school. Any type of significant injury will require a return to participation notice from a doctor. An updated medical examination may be requested anytime by BHS Administration, the school nurse, or the Athletic Trainer. Failure to comply will result in ineligibility.

Classification

Beginning with the 2020-21 scheduling cycle, Bow High School will be classified as a Division II School. With the exception of any petition to DI as well as the sports of Golf, Wrestling, and Girls Lacrosse which will be D3, all sports are classified as Division II and will be scheduled as such.

STUDENT-ATHLETE MEDICAL AND HEALTH CONCERNS

Risk Factors in Sports:

Parents and student-athletes 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 a 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.

Important Sports Injury Program Information for Athletes and Parents

Sports injury care at Bow High School is coordinated by the Athletic Trainer. The Athletic Trainer (AT) is a NH Licensed Allied Healthcare Provider, contracted by the school district to provide sports injury prevention, evaluation, treatment and rehabilitation under the direction of a licensed physician. The AT will oversee all sports injury care at Bow High School.

1. All injuries or illnesses that affect the ability to play or practice at 100% must be reported to the AT as soon as practical. Injury or illness that affects school participation should also be reported to the school nurse, but this is in addition to notifying the AT, not in place of...Failure to appropriately report injuries may affect long term health and playing status with the team.
2. Any injury that requires an athlete to stop play or practice for the day must be evaluated and cleared by the AT before returning to participation.
3. Injured athletes should report to the training room before practice EACH DAY unless told otherwise. The training room is usually open between 2:50-3:45 each school day. Other times (ie free periods, break or before school) may be available by appointment
4. Every effort should be made to notify the AT before going to any outside medical provider for an athletic-related injury.
5. A doctor's clearance (preferably on our forms...) is needed EVERY TIME an athlete goes to the doctor during the sports season. The written clearance must specifically indicate what things the athlete can or cannot do in relation to the injury or illness. ALL

CLEARANCE NOTE/FORMS MUST BE GIVEN TO THE ATHLETIC TRAINER, NOT THE COACH. Doctor clearance does not necessarily return an athlete to full participation. Athletes are not permitted to return to practice or competition without the clearance of the Athletic Trainer even in cases where other medical clearance has been obtained.

6. Concussion has become an important topic in education and sports. ALL suspected concussions must be reported to both the AT and Nurse and cleared by the AT. Very specific procedures for the evaluation and care of concussion has been established by the school board and must be followed in every situation.
7. Hydration plays an important part in both injury prevention and sport performance. All athletes are required to have their own water bottle each day. Sharing of water bottles is not permitted.
8. Personal safety equipment should be inspected daily by the athlete. Players that are missing safety equipment, or have items that are damaged or not functioning as intended will be removed from participation. THIS INCLUDES MOUTHGUARDS. Equipment may be inspected by the AT for compliance.
9. A first aid medical kit is provided for each team. This is for emergency use only. Ongoing injuries should be treated in the athletic training room before going to practice or games.