

John Stark Regional High School

Student-Athlete Handbook



2023-24

Regard, Respect & Integrity

John Stark School District Mission Statement

We are a community of learners who engage our minds in the pursuit of individual academic growth, social awareness, and community involvement. Our learning occurs in a safe and caring environment with regard, respect, and integrity. This is the John Stark Way.

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Introduction

The Athletic Department congratulates you on your desire to represent John Stark Regional High School (JSRHS) as a member of a “Generals” athletic team.

It is the policy of John Stark Regional High School to maintain and direct a well-rounded athletic program at the interscholastic level that is a coordinated part of the school curriculum. To that end, this handbook includes the fundamental principles of the Life of an Athlete initiative sponsored by the NHIAA.

This handbook is designed to familiarize students and families with the policies and expectations of the John Stark Regional High School Athletic Department. All required forms must be viewed, completed, and signed by the student-athlete and a parent/guardian. A physical examination must be administered either by a personal physician. Physical exams must be up to date (valid for 13 months from the physical exam date) and on file with the John Stark Regional High School Health Center to meet Athletic Department eligibility requirements. Student-athletes must sign up through our Final Forms portal. Student-athletes will not be allowed to try out, practice, or participate until these forms and other requirements are completed and returned to the Athletic Director.

John Stark Regional High School Athletics Philosophy

Interscholastic athletics play an integral role in the complete high school educational experience. In administering the athletic program, efforts will be made to offer those activities that meet the needs and interests of the students, to provide the best possible facilities, and to provide qualified coaching personnel. The health and welfare of the participants are the primary concerns of the athletic program.

The interscholastic athletic program at John Stark Regional High School is a key part of our co-curriculum offerings. The program provides opportunities and emphasizes goals that are difficult to duplicate or achieve in other high school activities. The coaches of interscholastic sports have an opportunity to achieve many educational goals outside of the classroom with small groups of highly motivated students. For many students, athletics provides an opportunity for rich and enduring learning experiences.

John Stark School District and SAU #24 seek to develop responsible decision makers, teach the essential skills necessary to meet the demands of a changing world and develop caring and contributing members of a multicultural world. This mission guides the work of the athletic department and our coaches. The academic success of all student-athletes is one of the department’s top priorities.

In addition to academic success, the athletic department strives to develop: sportsmanship, leadership, work habits, a competitive spirit, a winning attitude and team and school loyalty. Our athletes are also expected to display ethical conduct and fair play by showing respect for fellow players, coaches, officials, opposing teams, and fans. Student-athletes are expected to be model

students in the classroom through their effort and their respect shown to school staff and adherence to school rules and expectations.

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The Varsity level will exhibit impeccable sportsmanship and excellence. Varsity athletics are highly competitive and advanced, focused on winning games, but doing so in a way that builds character, leadership, and camaraderie. At this level the student-athlete will be evaluated thoroughly on their character, ability, attitudes, and skills. The most qualified student athletes will be selected for the varsity team. Playing time will be entirely at the discretion of the head coach. There is no guarantee that every athlete will play in every game. Coaches will communicate with players about their roles, coaches' expectations, and general playing time expectations.

The Junior Varsity/Reserve level will be a transition between the middle school and Varsity levels. It is to allow for continued development of skills and a greater understanding of the game, as well as a continuation of the player's development of fundamental skills, conditioning, and good sportsmanship. Playing time will vary according to the level of competition and the player's readiness for competition. Playing in games remains contingent on attitude and participation in practice. Junior Varsity and Reserve teams are intended to prepare student athletes for varsity play. It is expected of Junior Varsity and Reserve student-athletes be on time, work hard, and maintain a positive attitude. The determination of which players will play on the Junior Varsity and Reserve teams will be made by the Varsity, Junior Varsity, and Reserve coaches, in consultation with the Athletic Director. At the head coach and Athletic Director's discretion certain student athletes may be designated as a swing player to benefit the program and the student-athlete's development.

Athletic Program Goals

- To provide students with the opportunity to engage in competitive activities and to come to understand that the word "compete" is derived from Latin words meaning "to strive together."
- To provide students with the opportunity to experience self-discipline, sacrifice, and dedication as means of achieving goals.
- To provide students with the opportunity to exemplify good sportsmanship as a means for learning good citizenship and respect for others.
- To provide students with the opportunity to experience working as a member of a team in order to achieve a goal.
- To provide students with the opportunity to experience both winning and losing. Students should come to understand that losing provides opportunities to learn and that winning is not as important as an end result, as it is a feedback indicator that you're probably doing a good job as individuals and as a team.
- To demonstrate to students that real, lasting satisfaction comes not so much from "winning" but from knowing that you did your best.

- To provide students with the opportunity to experience a feeling of self-worth and to develop self-confidence.
- To provide students with the opportunity for experience in problem solving and decision-making.
- To provide students the ability to socialize and engage in activities with other students whom they may not be able to work with in the classroom.
- To provide students with the opportunity to develop a desire to succeed and excel.
- To provide students with the opportunity to have a positive rallying point for the school in order to help them develop school loyalty and a sense of participation in a larger whole.
- To instill in students the importance of their academic pursuits by consistently placing academics as the number one priority of all John Stark Regional High School student-athletes.

Please refer to this Athlete/Parent Handbook as a guide. You are responsible for its contents, the content of the John Stark Regional High School Student Handbook and additional information the Athletic Department provides you.

Stakeholder Expectations

We desire a program of excellence and strive to win every contest in which our teams compete. Central to the goals of John Stark Regional High School is the belief that interscholastic athletics can and should enhance the character of our youth. We put forth the following as the positive expectations we hold for the primary stakeholders in our Athletic Program.

Student-Athlete's Code

We understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end, we challenge every student-athlete to strive for the following:

- a. Competence -- To develop the skills necessary to participate competently in the game.
 - Demonstrate knowledge of the rules and conventions of the game.
 - Demonstrate knowledge of the strategies of the game.
 - Demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
 - Demonstrate knowledge of healthy behaviors including nutritional issues.
 - Understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.
- b. Character -- The pattern of beliefs, attitudes and, therefore, behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of John Stark Regional High School and the community.
 - Be dependable accepting responsibilities that come with being a part of a team.
 - Accept responsibility for consequences of action.
 - Strive to excel and play the game as intended.
 - Preserve and cooperate as a part of team membership.

- Demonstrate truthfulness and accountability.
 - Engaging in positive interactions with others and demonstrating mutual respect.
 - To express feelings and ideas intelligently and appropriately both on and off the field of play.
- c. Civility – Demonstrate behavior that exemplifies appropriate respect and concern for others.
- Practice proper etiquette both on and off the field.
 - Promote good sportsmanship both in person and in any form of social media.
 - Treat all persons respectfully regardless of individual differences.
 - Show respect for legitimate authority (e.g. Coaches, Officials, and Captains).
 - To be fair and treat others as one wishes to be treated.
 - Listen to and try to understand others.
 - Be compassionate and sensitive to others.
 - Actively support teammates and others.
- d. Citizenship – Social responsibility as part of a ‘community.’
- Be faithful to the ideals of the game.
 - Keep commitments to team.
 - Show team spirit, encourage others and contribute to good morale.
 - Put the good of the team ahead of personal gain.
 - Work well with teammates to achieve team goals.
 - Accept responsibility.
 - Set a good example for teammates, younger athletes, fans and school community.

Coach’s Code

As professionals, we are educators, leaders, and role models for our student athletes. John Stark Regional High School coaches will:

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for each season and communicate that to the student-athletes and parents.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for student-athletes that reflect the positive values of abstaining from the use of alcohol, tobacco, and other illegal or prohibited drugs in accordance with John Stark school policy.
- Strive to develop the qualities of competence, character, civility, and citizenship in each team member.
- Provide a safe, challenging and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care, and treatment of athletic injuries.
- Respect the integrity and judgment of the game officials.

- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.

Family Code

Families play a vital role in the development of student-athletes and the success of our programs; therefore, we encourage parents/guardians to:

- Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- Weigh what your children say; make sure to get the coach's point of view.
- Show respect for the opposing players, coaches, spectators, support groups and of all officials' decisions.
- Don't instruct your children before or after a game because it may conflict with the coach's strategies.
- Praise student-athletes in their attempt to improve themselves as students, athletes, and people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is experienced in the development of their skills and that they can feel good about themselves; regardless of the result.
- Be sure to follow the designated chain of command and be mindful.
- Please reinforce our alcohol, tobacco, and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Remember that attendance at a school athletic event confers a privilege, not a right, to observe the contest.

Supporter's Code

We understand that the larger school community has an interest and investment in the success of our Athletic Program. These other members of our community can play a key role in reinforcing the educational goals of our program. Therefore, we encourage these important program supporters to:

- Remember that a ticket to a school athletic event confers a privilege, not a right, to observe the contest.
- Be a positive role model through their behavior at athletic contests.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Recognize and show appreciation for an outstanding play by either team.

- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Please reinforce our alcohol, tobacco, and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Any spectator/supporter exhibiting disruptive behavior at John Stark Regional High School athletic contests will be asked to leave the venue. Infractions will be documented and further discipline will result in not being allowed to attend any other future events until approved by administration.

ELIGIBILITY AND PARTICIPATION REQUIREMENTS

Prior to any student-athlete participating in tryouts, practices, or competitions with any John Stark Regional High School club or team, the student must have on file with the Athletic Director the following:

1. **Registration Form** - Complete the on-line registration process at <https://johnstark-nh.finalforms.com>. All required information must be provided. If you are unable to do the registration process on-line, please contact the Athletic Department for alternative methods of completing the process.
2. **Physical Form** – To be completed by a doctor following physical examination, clearing the student for participation. A physical examination will be valid for 13 months. For example: a physical dated 5/30/2021 expires 6/30/2022. If cost or insurance coverage is a factor in obtaining a current physical, please speak to the school nurse and/or Athletic Director for options.
3. **Impact Concussion Testing** - Have completed an impact concussion baseline test prior to the first practice. These tests will be administered at least two weeks prior to the start of each season.

Scholastic Eligibility

At John Stark Regional High School we believe in academic achievement in the first priority for all student athletes. The sole responsibility for determining athletic eligibility rests with the principal of the high school. The Principal is the official representative of the school at all hearings and appeals. This responsibility cannot be delegated unless prior approval from the NHIAA has been granted.

- a. A student-athlete must have passed five (5) units of work* during the previous marking period in order to participate in any interscholastic activities. The grades on the quarterly snapshot report card will be used to determine eligibility.
- b. If the season spans two grading quarters, a student-athlete must remain eligible based on the grades received during the subsequent marking period. In the winter season second and third quarter grades will be checked. Third quarter grades will be checked for the spring season.

- c. Student-athletes must be enrolled in a minimum of five (5) units per marking period (or the equivalent) to be eligible for participation in interscholastic athletics.
- d. A student-athlete may regain eligibility by making up academic deficiencies or failures of the regular school year during the summer months. All work must be completed prior to the NHIAA designated first day of practice for your chosen sport.
- e. Incompletes are not to be considered passing grades for the purpose of eligibility.
- f. Eligibility status becomes effective on the day report cards are issued.
 - a. Fall eligibility is determined by the fourth quarter snapshot grades from the previous school year and first quarter snapshot grades of the current year.
 - b. Winter eligibility is determined by the first quarter and second quarter snapshot grades.
 - c. Spring eligibility is determined by the second quarter and third quarter snapshot grades.
- g. This policy is in addition to eligibility policies per NHIAA By-law Article II.

Academic Probation

Any student-athlete passing 4 classes in the previous marking period may be apply for academic probation with the Principal and Athletic Director. Students who are ineligible will be placed on academic probation status for two weeks (10 school days) and will miss at least a minimum of one athletic contest. While on academic probation the student-athlete will not be allowed to participate in athletic contests but be able to practice. Students who are on academic probation are expected to recover their grades to meet the requirement prior to being allowed back on the team. At the end of two weeks, the Athletic Director or school designee will check probationary students' grades. If the student is passing five classes, the students will be reinstated. If the student is not passing a minimum of five classes, they will be ineligible for the remainder of the sports season and be removed from their team. Removal from the team means that the student-athlete will not finish in good standing and be ineligible for postseason awards.

Attendance Requirements

Student-athletes are expected to arrive at school on time and attend all scheduled classes, advisory and flex blocks.

- a. In the event a student-athlete is absent from school, he/she may not participate in any athletic contest or practice that day.
- b. For contest dates falling on non-school days, the student-athlete is expected to attend all classes on the previous school day. Permission for participation may be granted if the absence was excused. A note from a parent explaining the reason for the absence must be provided to the coach.
- c. Student-athletes who are tardy will be considered absent from school and may not participate in the day's contest or practice without permission from the Athletic Director. Student-athletes who arrive late to school or are dismissed early due to illness cannot participate in any athletic contest or practice that day.

- d. Student-athletes must attend a minimum of 50% of the scheduled school day to be eligible to participate in any athletic contest or practice that day unless permission is granted by the Athletic Director or an administrator.
- e. Legitimate tardiness or dismissal due to medical or dental appointments, accompanied by a note from the practitioner's office will be excused. Other personal family matters may be excused if a note from a parent is provided to a building Administrator. A student-athlete who misses a portion of the school day due to bereavement, personal family matters or appointments that cannot be scheduled outside the school day must obtain a "Permission to Play Pass" from the Athletic Director. The student-athlete must present this pass to his/her coach in order to participate that day.
- f. Detention: Any student-athlete receiving a detention must serve detention on the assigned days, whether or not it conflicts with any athletic contest or practice.
- g. Any questions of eligibility to participate will be resolved by a committee made up of the Athletic Director, the principal, and the coach. The decision of the committee is final.
- h. More specific requirements for practice or performance on given dates may be prescribed by the coach but shall not be in conflict with any other school or athletic policy.
- i. A student-athlete who participates in practice or a contest and is later found to have been ineligible will be suspended from the next athletic contest.

Student-Athlete Practice and Contest Requirements

Due to the broad spectrum of educational opportunities available at John Stark, 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.

- a. Student-athletes are expected to attend all scheduled practices and competitions during the course of both the regular season and post-season (i.e. tournament competitions). A student-athlete who is planning to miss a practice or competition is expected to request an absence from the coach as soon as possible.
- b. Limited participation in athletics is prohibited. (Example: special arrangements for individuals to practice less than the scheduled number of hours per day or days per week for work, driver's education, non-school activities).
- c. In order for the following to be considered excused, the school, coach, and Athletic Director must be notified in advance of the absence. Excused absences include:
 - a. Illness
 - b. School concerts, class field trips, and student driving appointments
 - c. Medical appointments
 - d. Religious holidays
 - e. College visits
 - f. Significant family obligations

- d. Family vacations would not ordinarily be considered excused absences. Athletes and parents are asked to make decisions about vacations prior to the start of an athletic season. Request for exemptions may be made with a written request to the coach prior to the start of the season.
- e. School Study Courses: Student-athletes registered for school study courses must understand that their time away from the team may impact playing time, position, and team responsibilities. Student-athletes need to communicate enrollment in these courses to the coach prior to the start of the season.
- f. For continuity of team strategies, conditioning, and safety reasons, a student-athlete that misses games or practices due to an approved, pre-planned trip will be required to practice one day for every three practices or athletic events missed before contest participation can resume. Before leaving on a trip the student-athlete and coach may agree to a fitness plan that may allow at the coach's discretion and a reduction in the number of days of practice needed before returning to contest participation. One day of practice will be required. All student-athletes should be aware that if they leave the team for a family vacation or school related trip, they run the risk loss of playing time.
- g. The consequence for unexcused absences are as follows:
 1. First Unexcused Absence - reduction in playing time in the next regular scheduled athletic contest as determined by the coach.
 2. Second Unexcused Absence - suspended for the next regular scheduled athletic contest.
 3. Third Unexcused Absence - suspended from the team pending a meeting with student-athlete, coach and Athletic Director to determine future status on team.

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. Coaches will establish a team rule on participation based upon the unique needs of the respective sport, communicate this rule clearly to student-athletes/families, and to review requests for absence based upon the specific interests of the team; as well as the interests of the individual student-athlete.

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 athletic contest. When they are allowed to return to sports, they need to see the athletic trainer personally for a follow up evaluation as well as a note clearing them to return to participation in interscholastic athletics before returning to play. 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.

School Behavior/Conduct for Student Athletes

All student-athletes are to abide by school handbook regulations. Infractions of these rules resulting in suspension cause the student-athlete to be ineligible to practice and/or compete during the time of the suspension or restriction. As a result, this infraction may also incur additional game suspensions imposed by the athletic department and/or coaching staffs.

In the event a violation of school policy has occurred, and such violation results in that student-athlete being suspended from school, (this includes out-of-school and out-of-school suspension) 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, John Stark Regional High School Athletic Code of Conduct may extend such suspended time for athletic eligibility as a result of predetermined team rules.

Transportation Policy

All team members, managers, and coaches are expected to travel to and return from games, meets, or matches on the team bus. Exceptions to this rule require prior approval by an administrator of a written request from the parent/guardian stating the reasons.

- a. Coaches have the option to allow student-athletes to leave the athletic event with a parent/guardian.
- b. The parent/guardian of the student-athlete must fill out a Parent Authorization for Student Transportation Form and have that on file with the Athletic Director in advance of said event. One form will be required per school year.
- c. Once the Athletic Director has the form on file, a parent/guardian must sign out the student-athlete with the coach before leaving the event site.
- d. If transportation from an event is being provided by anyone other than a parent, written permission must be requested and granted in advance by the Athletic Director or another administrator.
- e. A student-athlete missing the bus shall not be allowed to play in the contest without prior administrative authorization.
- f. Parents/guardians are expected to pick up their children within 15 minutes of the end of any practices or games.

NHIAA POLICIES AND PROCEDURES

Age of Athletes

A student who has reached the age of 19 on or before September 1st may not represent the school in any interscholastic athletic contest during the school year.

Media Relations

Coaches, players, and other school officials should make an effort in their communications with the media to stress positive displays of sportsmanship by student-athletes, coaches, spectators and schools involved in the contest. At no time shall anyone be permitted to criticize officials or

decisions made by officials during a game or event to the media. Any player or coach found in violation of this policy will be suspended for the next athletic contest.

Transfer Rule

A student who transfers enrollment without a corresponding move into a new school district by his/her parents or guardian shall be required to be in attendance in the new school for one year from the day of enrollment in order to establish athletic eligibility. This requirement will be waived, if all the following conditions are met:

- a. The student has not transferred for the purpose of participating in interscholastic athletics, and there has been no recruiting of the student for athletic purposes.
- b. The transfer rule Affidavit is completed and submitted to the NHIAA Executive Director.
- c. A student transferring to an NHIAA member school without a parental/guardian change in legal residence may not be added to a sports roster at any level after the first date of practice in that sport as established by the NHIAA.

Non-School Competition

A member of a school team is a student-athlete who is regularly present for, and actively participates in all team practices and competition. Bona fide members of a school team are prohibited from missing a high school practice or competition to compete with an out-of-school team. There is extended research on the benefits of being a multisport athlete and on the negative aspects on playing a single sport year round. It is our hope that the student-athlete will take advantage of all that John Stark Athletic Department has to offer. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice, competition, camp, or clinic on the same day, the student-athlete must honor the high school team practice/competition. Priority must be given at all times to the high school team's practices and contests.

Penalties

Any student-athlete who violates this rule for the first time shall be declared ineligible for the next four consecutive interscholastic events or three 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.

TEAM SELECTIONS, GUIDELINES, AND AWARDS

Team Selection

All students are encouraged to participate in John Stark Regional High School 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 student-athletes who can be accommodated within each sport. Once teams

have been set, no player may be cut without first communicating with 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. Athletes do not automatically make a varsity team just because they were on the team the previous season. Each sport has a tryout period. At this time teams for Varsity, Junior Varsity, and/or Reserve 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 to benefit the program and the student-athlete's development. A student-athlete has a maximum of 14 days from the first scheduled practice to try out for an athletic team. Any student-athlete who wishes to join a team after the 14 day period must have permission of the coach and Athletic Director.

Varsity Letters

Student-athletes on a varsity team, who complete the season and meet the coach's requirements for a letter, will receive a varsity letter. For each season of varsity participation thereafter, a sports specific pin will be awarded. Adjustments to the coach's requirements may be allowed for injured athletes or extenuating circumstances with approval of both coaches and Athletic Director. The following criteria for earning a letter:

- a. Participation Requirements for Earning a Letter
 - a. Before the start of the season, the coach will provide the Athletic Director with the coach's requirements for earning a letter for that sport. Once approved by the Athletic Director, the coach will share the coach's requirements with athletes and parents by the first regular season contest.
 - b. In order for a varsity manager to receive a letter or scholar-athlete award, he/she must attend all practices and contests unless there is a reasonable excuse accepted by the coach.
 - c. It is the responsibility of the coaches to keep accurate records of playing time.
- b. 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.
- c. Attendance: Athletes should attend all practices and games unless there is a reasonable excuse accepted by the coach. No athlete having missed 25% of athletic contests due to discipline purposes shall qualify for such awards.
- d. Athletes must abide by all school, athletic department, and team rules set forth.

Captains

Coaches are asked to consider the following criteria when selecting captains:

1. Leadership
2. Attitude

3. Sportsmanship

Captains are encouraged at the Varsity level only. Rotate captains on a game basis with sub varsity competitions.

Ideas for your captains

1. Provide announcements every morning.
2. Lead in pre-game warm-ups.
3. Ensure that locker rooms, buses, and other facilities are clean when done with use
4. Meet with the coach to discuss team issues (that you should know about) to ensure an open line of communication.

Coaches should individually meet with their captains to give written expectations or go over verbally, what is expected of them and the team. Captains are encouraged to seek out options for expanding and developing their role as team leaders on and off the field.

If a student does not follow the student and athletic handbook rules once the role of captain has been accepted, whether this is during the season or the off-season, the student may be removed from the position by the head coach and Athletic Director.

Multi-Sport Athletes

Student athletes may request to participate in two sports in the same season. Requests should be made to the head coaches and the Athletic Director. Because missed practices and athletic contests diminish the success of any team, participation in two "team sports" in the same season is not allowed. Participation in a "team sport" as a primary commitment and an "individual sport" such as bass fishing, cross country, golf, skiing, swimming, and track (winter & spring) as a secondary commitment is possible with approval of both head coaches and the Athletic Director. Team sports are the following: baseball, basketball, field Hockey, football, ice hockey, soccer, softball, and spirit.

Student Team Manager Role & Expectations

The student manager supports the sports program and its coaches during all activities while continuing to expand their knowledge of the sport. The student manager is considered a member of the team who will not physically participate in competitions, who may or may not participate physically in practices, be present and helpful from the sidelines during all sport-related activities. Student managers will abide by all team rules.

Although duties may vary from season-to-season, sport-to-sport, team-to-team, and student manager-to-student manager; the duties for each student manager position must be agreed to by the student, their parents/guardians, the coach, and the Athletics Director before the student begins in the position. Additionally, the student manager's team must be informed of the role of the student manager for the current season, as the duties might be different from previous seasons. Student managers are eligible for awards if in good standing at the conclusion of the season.

The duties of a student manager include:

- Equipment management and sanitizing, including helping to maintain the first aid kit
- Hydration
- Drills, warm-ups, and cool-downs support*
- Time, score, and statistic keeping
- Team spirit activities (i.e.- decorating/poster-making, team music)
- Game film recording
- Photography for the team and Athletic Department
 - No personal phones allowed. School photography equipment preferred.

*Student managers can participate in the portions of practice that will not affect team play. For example, student managers can practice with the team when working on sport-specific skills, strength, conditioning, endurance, and speed. However, student managers cannot participate in the parts of practices that involve game strategy and/or competition preparation.

Student managers are always a positive presence on the team, providing both encouragement and support from the sidelines. Student managers must always represent their team and school to the highest standards, on and off the field.

The student managers are prohibited from:

- Providing instruction and directives to team members.
- Sharing any information learned from a coach that has not been released.
- Interact with officials, volunteers and/or fans unless a specific role has been assigned (i.e. providing the umpire softballs, bringing water to a player from a parent).
- Interaction with team members in a way that is unsportsmanlike.
- Participating in any coaches meeting, or providing feedback/opinions to coaches.

Student managers will be held to the same standards, rules and expectations as any student athlete, on and off the field and are expected to represent the team, the coaches and the school to the highest standards.

Season Schedule

Sport season is defined according to the New Hampshire Interscholastic Athletic Association (NHIAA) guideline, until the activity's end of season banquet, or the beginning of the next sports season; whichever comes first. While practice and game schedules are initially determined at the start of each season, there are a number of variables, which make changes inevitable. Athletes and their families should take this into consideration before making other commitments.

Game Schedule

Each season's games are pre-scheduled. Make-up contests are required to take place on the first available open date agreeable to both schools. NHIAA policy precludes rescheduled games from occurring on Sunday without NHIAA approval.

Dress Code

Student-athletes are expected to dress neatly when representing John Stark Regional High School at games. Hats may only be worn if they are part of the team uniform. Athletes must be in appropriate team apparel for games.

Athletes will dress appropriately on all trips as described in the student handbook. Only school-issued uniforms and other approved apparel should be worn on the sidelines.

Game Procedures

Athletes and Coaches who receive technical fouls, yellow cards, excessive penalty minutes, and/or other penalties for unsportsmanlike behavior may be suspended from game participation will meet with the Athletic Director to determine an appropriate course of disciplinary action in accordance with New Hampshire Interscholastic Athletic Association (NHIAA) guidelines. Athletes and Coaches must immediately make the Athletic Director aware of this conduct.

School Cancellation

If school is canceled due to inclement weather, practices and contests may not occur unless approved by the Superintendent.

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-athlete'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.

- a. The athlete will pay the replacement cost for uniforms and equipment lost or unnecessarily damaged.
- b. No athlete shall be allowed to try out for another sport until all uniforms and equipment are returned.
- c. Seniors must have returned all uniforms and equipment before the Athletic Director will sign the graduation sign-out sheet.
- d. In the event a senior athlete wishes to purchase his/her uniform, arrangements must be made prior to the close of the season and payments made in full.

College Recruitment

Any student/athlete (junior or senior) who is being recruited or is interested in participating in college athletics should contact the Athletic Director for eligibility information and assistance.

Awards

To be eligible for awards a student must have completed the entire competitive season in good standing. A certificate of participation is presented to each athlete who has participated on an athletic team. A Varsity Letter is presented to athletes who have met the criteria pre-established by the coach for lettering in a varsity sport.

- First-year letter winner receives a letter and sport pin.
- Second-year letter winners receive a bar.
- Third-year letter winners receive a bar.
- Four-year letter winners in a particular sport will be awarded a bar & specialty award.
- Scholar-Athlete pins and certificates will be presented to those student-athletes who qualify under athletic department and conference standards.
- Sport teams award specialty plaques at the end of their sports season. Naming of these awards are at the discretion of the coaching staff with approval by the Athletic Director.
- Student managers are eligible for awards if in good standing at the conclusion of the season.
- An athlete who is injured during a sports season would still need to meet the full pre-established criteria for earning a varsity letter prior to or after their injury.

Memberships

- National Federation of High Schools (NFHS)
- New Hampshire Interscholastic Athletic Association (NHIAA)
- NEASC (New England Association of Schools and Colleges)

JOHN STARK DUE PROCESS

When a student-athlete is suspected of violation of the John Stark Regional High School Athletic Policies, the following steps must be followed:

- a. 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.
- b. The student should be informed of the facts on which the infractions are based.
- c. The student-athlete will be given an opportunity to respond to the violation(s) and provide his/her version of the incident. The student-athlete should be asked to give a written or verbal statement concerning the incident.
- d. 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.

- e. 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-athlete from a team temporarily or for the season.

JOHN STARK STUDENT-ATHLETE CODE OF CONDUCT

Sportsmanship

Student-athletes at John Stark Regional High School are expected to conduct themselves in a sportsmanlike manner both on and off the field of play to include any form of social media. Violation of the sportsmanship code of conduct may result in removal from an athletic team.

- a. Unsportsmanlike behaviors such as taunting gestures, cheating, disrespect to officials, coaches, players or fans will not be tolerated.
- b. If a student-athlete receives a game disqualification during an athletic event, the student-athlete shall be ineligible for the next game or event. If a fighting penalty is levied, the student-athlete shall be ineligible for the next two games.
- c. During a suspension the student-athlete may not attend the game/event in which the suspension is imposed.
- d. If a student-athlete receives a second game disqualification during the season, the student-athlete will be suspended from the sport, at all levels, for the remainder of the season.
- e. The Principal or his/her designee will meet with any student-athlete who is disqualified from an athletic contest.
- f. If unsportsmanlike behavior on or off the field of play is observed by the coach, Athletic Director, teacher, or administrator, that student-athlete may be removed from the field of play and forfeit his/her right to participate in future events.
- g. The John Stark Administration will review all sportsmanship penalties and game disqualifications and reserves the right to impose penalties above those enforced by the NHIAA.

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 John Stark Regional High School 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:
 - a. Student-athlete will be ineligible for participation in athletic contest for the next two consecutive weeks or next two interscholastic contests, whichever is greater.
 - b. It's expected that the student-athlete will remain at practice sessions as an active participant but will not be permitted to dress in uniform for contests.
 - c. In addition to loss of eligibility, the student-athlete must take part in a counseling/diversion program to discuss the incident prior to his/her return.
 - d. In addition to loss of eligibility, the student-athlete must take part in a counseling/diversion program to discuss the incident prior to his/her return.
 - e. Administration may impose penalties in addition to these, as they deem necessary.
 - f. If the end of the season comes prior to the conclusion of the penalty, that ineligibility shall carry over to the student-athlete's next athletic season; regardless of the sport.
- b. Second and subsequent violations will have the student-athlete 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.

Drug & Alcohol Violation

There shall be no use, ingestion, possession, transportation, dispensing, distributing, or being under the influence of tobacco or nicotine including vaping and e-cigarettes, chewing tobacco, alcohol or illegal drugs by John Stark Regional High School athletes. Uses of such substances are illegal and a violation of school policy. No student-athlete shall be present at a party or gathering in which there is the illegal possession and/or consumption of beverages containing alcohol or controlled substances/drugs.

When the school Administration has determined the above alcohol and substance policy has been violated, the student-athlete will face the following consequences:

First Violation:

- a. The student-athlete will be ineligible to participate in athletics for the remainder of the season or eight weeks, whichever is greater.
- b. In addition to loss of eligibility, prior to the student-athlete's return to a team, he/she must meet with someone from the school counseling office regarding substance abuse and/or substance abuse program with no cost to the District.
- c. If the end of the season comes prior to the conclusion of the penalty, ineligibility shall carry over to that student-athlete's next athletic season, regardless of sport.
- d. The student-athlete may receive a reduced penalty as described below if he/she agrees to, and follows through with all of the following:
 1. Attends a minimum of three sessions with someone from the school counseling office.

2. Performs an approved community service project of at least ten hours pertinent to the offense. These hours may not be counted for any other John Stark community service requirement.
3. Write a rehabilitation plan including a reflective narrative. The paper must be typed and a minimum of 500 words.
4. Addresses the team and coaches about his/her actions and impact it had on the team.
5. The student-athlete will be suspended from the team for two weeks and will be ineligible to play in at least 25% of the number of regular season events* scheduled for that team. The student-athlete must also sit out at least one event after returning from the suspension.
6. Before he/she is allowed to return to practice and attend any contest in street clothes, the student-athlete must successfully complete at least two sessions with someone from the school counseling office, submit the typed paper, and address the team and coaches.
7. A student-athlete must complete all required actions as described above before he/she can participate in any contest.

Second Violation:

- a. The student-athlete will be ineligible to participate in athletics for the next 24 consecutive weeks or 24 interscholastic events*, whichever is greater.
- b. If the student-athlete, on his/her own volition, becomes a participant in a treatment program, approved by the school administration but at no cost to the school district, he/she may be certified or reinstated for participation after a minimum of 12 weeks. The director or counselor of a chemical dependence treatment center must issue such certification.

Third Violation:

- a. If there is a third or subsequent violation, the student-athlete shall lose eligibility for a period of one year.
- b. The student-athlete must, following the third or subsequent violation, become a participant in a school approved chemical dependency program or treatment program, but at no cost to the school district. Following completion he/she may be certified or reinstated for participation after a minimum of 24 weeks and with approval of school administration.

All penalties shall be cumulative through the student-athlete's academic career. If a penalty is not completed prior to the end of one season or school year, it is continued to the next.

For any behaviors that result in a school suspension, the school suspension will be served first; upon return to school, any above consequences will go into effect.

*An event is described as a game, meet, or invitational.

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 licensed athletic trainer. If the licensed Athletic Trainer is not present at the time of the injury, the athlete should see the licensed Athletic Trainer that day, if possible, or the following day for evaluation. The licensed 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 an active part of the team as possible. The student athlete should attend all practices and sit with the team, assisting in any way possible. John Stark 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

An athlete must receive clearance from the John Stark licensed Athletic Trainer in order to return to practice or competition under the following conditions: if the trainer has held them out of practice or competition, if the trainer or the coach has requested that they seek medical treatment, and/or, if the athlete receives treatment by a medical provider. Athletes are not permitted to return to practice or competition without the permission of the John Stark licensed Athletic Trainer even in cases where medical clearance has been obtained.

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 have the responsibility to reduce their chance of injury by obeying all safety rules, report any physical problems to their coaches and/or athletic trainer, follow a proper conditioning program, and inspect their own equipment daily.

Concussions

Concussions are a type of Traumatic Brain Injury (TBI), resulting from a blow or jolt to the head or body that temporarily disrupts the normal function of the brain. Concussions range from mild to severe depending on the severity and the length of the symptoms.

- Most concussions do not involve a loss of consciousness.
- You can sustain a concussion even if you do not hit your head (whiplash).
- A clear CT /CAT scan or MRI does not rule out a concussion.

What are the signs and symptoms?

Signs and symptoms may be subtle and are not always obvious. They may show up immediately after the injury; or they may show up minutes, hours, or days after the injury. If a student-athlete reports signs of symptoms, or if any of these symptoms are observed, seek immediate medical attention. If signs/symptoms are severe and/or are becoming worse call 911.

Signs Observed by Others:

- Appears dazed/stunned or a vacant stare
- Is confused about assignments/forgets plays
- Is unsure of date or where they are
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events prior to or after the hit

Symptoms Reported by Athlete:

- Headache
- Nausea/vomiting
- Visual problems
- Balance problems or dizziness
- Ringing in ears
- Sensitivity to light or noise
- Feeling sluggish or foggy
- Concentration or memory problems
- Sleep disturbances

This information is not intended to be, and should not be used as a substitute for appropriate medical care.

What can be done to prevent a concussion?

Using proper form/mechanics taught by coaches and insuring all equipment fits properly is the best method of avoiding head and neck injuries. Unfortunately, there is no piece of equipment or method that is 100% effective in preventing a concussion.

What should a student-athlete do if they think they have a concussion?

- Report it to your athletic trainer, coach, school nurse, or parent.
- Rest: Cognitive rest is just as important as physical rest to recover from a concussion. Give your brain a chance to rest by cutting back on screen time, physical activity, and anything causing a reoccurrence of symptoms or making them worse.
- Take time to recover. The risk of returning to play too early may result in:

- Post-Concussion Syndrome: A neurologic disorder in which the signs and symptoms of the concussion, such as headaches, dizziness, or difficulty concentrating persists for weeks, months, or even years.
- Second Impact Syndrome: A life threatening neurologic disorder, which can lead to severe impairment and even death. Second Impact Syndrome can occur when an athlete sustains another blow to the head while the athlete is still symptomatic of a concussion.
- If symptoms continue to get worse and/or the licensed athletic trainer does not see improvement over time (about 10-14 days), referral may be necessary for more in depth tests/therapy. This may include:
 - Physical Therapy
 - Occupational Therapy
 - Consulting a Neurologist or other Specialist

What to expect if you have a concussion during the season:

- The student-athlete will take a follow-up concussion test within 24-72 hours of injury.
- The school nurse and the licensed Athletic Trainer will closely monitor the student-athlete's symptoms during and after school, respectively. The student-athlete must report to the school nurse and Athletic Trainer every school day until cleared to play.
- The student-athlete may be withheld from all physical activity including sports and gym classes.
- As needed, accommodations (e.g., shorter classes, lighter homework) may be made to help the student get back into school. Guidance counselors and teachers, among others, may be involved in this process. Student-athletes having trouble concentrating must be sure to let people know.
- The student-athlete must have written medical clearance as follows: be asymptomatic at rest, during activity, and have returned to full school activities before starting the return to play program.
- In cases where the student-athlete has been treated and monitored solely by the licensed Athletic Trainer, clearance from the Athletic Trainer will be acceptable.
- In cases where the student-athlete has been seen by a physician or other provider for the concussion, the student must have written clearance from a primary care physician or specialist (not the Emergency Room physician) for progression to activity. **Getting cleared by a doctor does NOT excuse the athlete from going through the full RTP protocol with the licensed athletic trainer and/or health care provider.**
- Parent/Guardian must provide the licensed Athletic Trainer with written permission for the student-athlete to return to play.
- Progression is individualized, and will be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age, and sport/activity in which you participate. A student-athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport will be progressed more slowly.

- In cases where involved medical professionals cannot reach agreement on return-to-play status, the more conservative opinion should take precedence. (NH State Advisory Council on Sports Related Concussion, 2010).

After the clinical exam and concussion test results have returned to baseline levels, the student-athlete has resumed full school activities asymptomatic, and all appropriate medical clearance paperwork has been signed, the student-athlete will begin a supervised return to play progression. The student-athlete will not be progressed faster than one step per day.

1. Light aerobic exercise – walking, stationary bike
2. Light Running
3. Non-contact training drills
4. Full-contact training after medical clearance
5. Game play

Note: If the student-athlete experiences post-concussion symptoms during any phase, the student-athlete should drop back to the previous asymptomatic level and resume the progression after 24 hours. (NFHS Suggested Guidelines for Management of Concussions, 2014 and Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012)

The licensed Athletic Trainer will decide appropriate activities for the day and explain what the student-athlete is allowed to do on any given day during recovery. For the student-athlete's safety, the student-athlete must follow the program that the licensed Athletic Trainer recommends until the student-athlete receives full clearance to return to sports.

Parents may request an alternative method of completing the first two steps of the school's return to play protocol when the school's licensed Athletic Trainer is not available. The school's concussion team must approve any request.

When it is determined that students may have experienced a second or subsequent head trauma or concussion within a four-year period:

- a. Licensed Athletic Trainer and/or school nurse will notify the Athletic Director.
- b. Licensed Athletic Trainer will counsel the student, coach and parents about the process to be followed prior to initiating return to play protocols.
- c. Student-Athlete must have appropriate medical clearance from a physician specializing in concussion management before return to play protocol can begin.
- d. The John Stark concussion team will meet to will review pertinent physical information as well as any academic indicators to form a recommendation prior to the student returning to practice situations that may involve contact.

The concussion team will include:

- The licensed Athletic Trainer
- The Athletic Director

- The School Nurse
- The Principal or designee
- Others as Appropriate

GUIDELINES FOR COMMUNICATIONS AND SPECTATOR CONDUCT

Athlete-Coach Communication

If an athlete has an issue about their experience on a John Stark Regional High School athletic team they must first approach the coach. The athletic experience at John Stark Regional High School provides the opportunity for young people to develop communication skills with adults and those in positions of authority.

Parent-Coach Communication

Appropriate concerns to discuss with coaches:

1. The treatment of your child mentally and physically.
2. Ways to help your child improve individually and as a team member.
3. Concerns about your child's behavior.

Issues not appropriate for parents to discuss with coaches:

1. Playing time.
2. Other student athletes.
3. Play calling and strategy.
4. Coach's skill and knowledge of the sport.
5. Win/loss record.

Family-Coach 24-Hour Rule

Parents/guardians: Please, do not attempt to confront a coach before, during or following a contest or practice. These can be emotional times for both the parent and the coach and this period does not promote objective analysis of the situation. Please allow at least 24 hours to pass from the completion of the game or practice. When a meeting is set up, the discussion will focus on the issue. Personal opinions are not allowed to control the meeting.

If the meeting with the coach does not prove 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.

Communication Protocol-Chain of Command

1. Player to Coach
2. Parent to Coach
3. Athletic Director
4. Principal

Spectator Conduct

Any spectator exhibiting disruptive behavior at John Stark Regional High School athletic contests will be asked to leave the venue. Infractions will be documented and further discipline will result in not being allowed to attend any other future events until approved by administration.

GENERAL INFORMATION

John Stark Regional High School is a member of the New Hampshire Interscholastic Athletic Association, the governing body for Interscholastic Varsity, Junior Varsity, and Reserve sports teams. Based on school size, we are categorized as Division II and Division III in our athletic programs.

All students in good academic standing are eligible to try out for our teams and are encouraged to do so annually. Players will be subject to the same disciplinary consequences that are in effect for the entire student population, in addition to these expectations presented in the John Stark Regional High School Athletic Handbook.

Squad size is determined annually by the coach and athletic director, but will not exceed the New Hampshire Interscholastic Athletic Association roster limit. The sports we participate in:

FALL SPORTS

Bass Fishing - Girls & Boys

Cross Country - Girls & Boys

Field Hockey - Girls

Football - Boys

Soccer - Girls & Boys

Volleyball - Girls

WINTER SPORTS

Alpine Ski – Girls & Boys

Basketball - Girls & Boys

Ice Hockey - Boys

Indoor Track & Field - Girls & Boys

Swimming - Girls & Boys

Unified Basketball - Girls & Boys

Winter Spirit - Girls & Boys

Wrestling - Girls & Boys

SPRING SPORTS

Baseball - Boys

Softball – Girls

Lacrosse – Girls & Boys

Track & Field - Girls & Boys

Unified Track & Field – Girls & Boys

Volleyball – Boys

School Information

Principal: Gary Dempsey

Associate Principals: Brian Emery & Beth Dooly

Athletic Director: Rodney Brown

John Stark Regional High School

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