

LITTLETON HIGH SCHOOL/DAISY BRONSON MIDDLE SCHOOL

CO-CURRICULAR PROGRAM EXPECTATIONS

Littleton High School and Daisy Bronson Middle School (LHS/DBMS) is committed to providing excellence in educational opportunities, including a comprehensive co-curricular program. The following rules and regulations reflect our high expectations as outlined in our school's philosophy and goals. The Code of Conduct (Code) will apply to each athlete or co-curricular Participant (Participant) for one calendar year from the date of his/her most recent signature and will be in effect at all times, in all locations, including non-school activities (Activities). Violation of the Code will result in penalties, which are consistent with those identified within the Code. Violations will be determined by the Activity Advisor, Coach, Director of Athletics or Appropriate School Official (ASO). Each Coach/Advisor has the prerogative to establish and implement additional guidelines specific to his/her particular team. In addition, the following expectations are designed to:

1. Uphold the educational value of co-curricular Activities where each individual contributes to the whole for the success of the team/Activity.
2. Ensure Participants perform at peak levels, developing self and team discipline.
3. Prepare Participants for real life. (e.g., living within the law and contributing to their community)
4. Reflect our school's high standards.
5. Ensure our Participants represent our school in the community and at other schools.

PRIOR TO PARTICIPATION

Before LHS/DBMS Participants may take part in athletic/co-curricular Activities, including practices, **STUDENTS AND PARENT/GUARDIANS** must:

- Attend a minimum of one preseason meeting with the ASO.*
- Read, understand, and agree to the Co-Curricular Program Expectations including the program expectations, rules and consequences
- Sign and return the Co-Curricular Contract and Consent Form to the ASO prior to the first practice.

All Participants, who intend to play a high school sport, are required by the NHIAA and Littleton High School to have a physical exam on record with the school nurse each year as well as a completed Health History Form in order to be eligible. No Physical – No Tryout All injuries are to be reported to the ASO immediately. It is highly recommended that Participants without health insurance purchase school insurance.

Parents/guardians are urged to make arrangements for a physical with their family doctor well in advance of a sport season to avoid a delay in starting practice.

**If a Participant or their parent/guardian is unable to attend the preseason meeting, arrangements must be made with the ASO by contacting the school at 444-5186 to schedule a time to meet in order for their son/daughter to be eligible to participate in practices and/or contests.*

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ACADEMIC ELIGIBILITY

At LHS/DBMS, a Participant is expected to pass all of their classes in order to be eligible for participation. Participants taking part in co-curricular Activities during school hours are responsible for obtaining their homework assignments before leaving for those Activities. If a test is to be given on that day, it is the Participant's responsibility to make alternative arrangements with that teacher in advance.

If at any time the ASO receives an unsatisfactory report on any Participant regarding academic responsibilities such as grades, homework, attitude, or behavior, the ASO will meet with the Participant. After further discussion, the Participant may be deemed ineligible depending on the result of the discussion.

ACADEMIC PROBATION

A Participant may be placed on academic probation for failing one course at either the time of a progress report or the end of a marking period. Only Participants that are enrolled in four classes are eligible for probation. While on academic probation, the Participant will be required to meet with the teacher to develop and implement a plan of action that would address the academic deficiency. This requirement will be monitored weekly. If the Participant is not passing at the end of one week then he/she may be suspended from contests/Activities until he/she is passing all of their classes. When the Participant is passing all of his/her classes, he/she can regain eligibility. While under suspension the Participant may practice with the team. The Participant on probation may also be held responsible if he/she violates any team rules.

ATTENDANCE IN SCHOOL

Attendance is essential to success. Prompt and regular attendance in school each day is expected. It is also expected that attendance at practices, Activities, and games be prompt and regular. Participants who have unexcused absences from school are not eligible to practice or participate in a co-curricular Activity on the day of the absence.

In order to participate in a co-curricular Activity during the school day or evening, the Participant must be in school the entire day. Previously scheduled academic events, doctor, dentist, or court appointments will be considered exceptions to this rule. A note on official letterhead will be required in the case of doctor, dentist, or court appointments. The penalty for non-excused absences will be suspension from the next scheduled game or event.

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DUE PROCESS

See student/parent handbook.

The following issues are not subject to review or appeal:

- 1) Playing time
- 2) Play calling
- 3) Team strategy
- 4) Cut policies
- 5) Other Participants
- 6) Assignment of parts in drama or musical productions

EQUIPMENT

Participants are responsible for all equipment, uniforms or other materials assigned to them. They will be expected to pay in full for any lost or damaged items. All equipment (including uniforms) must be returned to his or her advisor/coach directly at the end of each sport's season or Activity. Failure to accomplish this within one week of the final game or performance may result in no award. The Participant is also ineligible from further participation in interscholastic athletics. Participants who fail to turn in uniforms, equipment, or other materials will not receive a uniform for the next season.

FINAL DATE TO JOIN AN ATHLETIC TEAM

Once final cuts have been made or two weeks have passed in the current season, no Participant will be added to any team. No team member may quit one team to participate in another sport during the same season without prior approval of both head coaches and the Athletic Director.

PLAYER RESPONSIBILITIES RELATING TO ATTENDANCE WITH THE TEAM

A member of a school team is a Participant who is regularly present for, and actively participates in, all team practices and competitions. All LHS/DBMS sports take priority over competitions with out-of-school sports teams. 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 take priority unless a waiver has been granted by the principal and athletic director on a case-by-case basis.

The Participant must inform the coach/advisor that he/she cannot attend prior to missing a scheduled practice or contest. It is the coach/advisor's decision whether to excuse a Participant or not. Participants will not be punished for missing practices or contests due to school sponsored functions or academic events. However, the Participant needs to do his/her best in scheduling his/her time in order to prevent missing these practices, games, rehearsals or performances. Participants who are on a team, sport or Activity that is not sponsored by LHS/DBMS must give priority to LHS/DBMS scheduled practices or games. Participants that miss practices and or

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games to participate on another team may be subject to loss of playing time and other consequence up to and including removal from the team. Coaches/Advisors, whether in-season or out-of-season, will not utilize Participants that are participating on a team currently in-season at LHS/DBMS if they are going to cause them to miss scheduled practices or games (AAU basketball/ cheering during softball or baseball season).

PARTICIPANT BEHAVIOR

Participants will exhibit a respectful attitude toward teachers, coaches, advisors, school and community at all times. Disrespect and dishonesty will not be tolerated. Any Participant who acts disrespectfully, or in such a way as to reflect discredit on him/herself and the Activity, team, club, school, or community shall be suspended from co-curricular Activities for such length of time as decided by the ASO. This includes behavior away from LHS/DBMS while participating in or acting as a spectator or improper use of technology and/or social media.

SUBSTANCE ABUSE: ALCOHOL, TOBACCO, AND OTHER DRUGS

(RSA 179:10 and RSA 179:10-a), Underage Tobacco Use (RSA 126-K:6), and Use of Controlled Drugs (RSA318-B:2) acknowledges the legal standard for sport and athlete specific athletic codes of conduct as upheld by the United States Supreme Court.

It has been proven that alcohol, tobacco and other drugs are addicting and dangerous with serious health consequences. Therefore, Participants will not be in the presence of, have possession of, use, abuse, or sell alcoholic beverages or other illegal drugs.

In the Presence Of: If a Participant attends a party/gathering where alcohol or drugs are being illegally dispensed, the Participant must leave the party/gathering IMMEDIATELY. The following information further strengthens the policy and clearly establishes the expected behavior:

- Report attendance to a coach or administrator before the end of the next school day
- Take as many other Participants with he/she as possible

If we allow Participants to be present in this illegal environment, we promote and allow the possibility for them to be involved in illegal Activities and can assume some will partake in the use of these substances.

Athletes Who Host Lose the Most Initiative There shall be a greater consequence for any Participant if it is determined they were involved in the organization, facilitation, promotion or hosting of any gathering or social event where alcohol or drugs were available or use has occurred. The penalty will be at a minimum of double the first violation.

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Team Leaders: Co-Curricular and Athletic Team Leaders will be held to the highest standard of behavior as they have chosen to be an example to their peers. Any Participant in a leadership role will face a greater consequence (level 2 or 3 punishment) for any serious Code violations.

Student Athletic Leadership Team (SALT)/ Team Captain/Club Leader or Class Officer

- A caring and nurturing individual willing to exemplify the highest standards of character and duty to the team, school and community.*
- Must conduct yourself with behavior that is an example to others. This individual must possess high levels of communication skills and be willing to confront any behaviors of concern or violations of standards of student code of conduct among peers.*
- Must act as a conduit between team/club and coach/advisor.*
- Must be willing to bring any serious concerns to the attention of adult authority.*
- Must be willing to hold team/club meetings to discuss chemical health and behavioral issues.*
- Must act to insure and inspire team/group goals and effectiveness. You will be held to the highest levels of conduct and character because you are in charge of the group.*

First Violation Substance Abuse

The first violation of these rules will result in suspension from all co-curricular Activities for **at least 40% of a typical season (16 games) unless** Participants and their parent/guardian agree that:

1. The Participant will be evaluated by a certified substance-abuse counselor who has been approved by the school in advance within two weeks of the violation.
2. The Participant and his/her parent/guardian shall follow the treatment program prescribed by the counselor.
3. The parent/guardian shall provide proof of the above mentioned (1 and 2).
4. If the Participant fails to complete the above criteria, the Participant will serve the remainder of the suspension.
5. If the Participant agrees to substance abuse counseling and is serving a 20% suspension, he/she will be allowed to practice with the team.
6. Must be truthful about the violation being investigated
7. Must be forthcoming with all information
8. Must not be deceptive or untruthful
9. Must be cooperative
10. No organization, facilitation, promotion or hosting: Penalty should be at a minimum, double the first violation status and include a one- year suspension.
11. Not in a leadership position
12. The suspension is from contests/Activities only
13. Whereupon the consequences may be reduced to 20% of the games or Activities

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Second Violation Substance Abuse

Suspension from co-curricular Activities for a period up to 100% of a typical 16-game schedule and the Participant will attend a substance abuse program as recommended by the school administration.

Third Violation Substance Abuse

Suspension from co-curricular Activities for a period of one hundred-eighty (180) consecutive school days.

All suspensions will be carried into the next season or school year.

If a violation of the LHS/DBMS Code occurs, the Code requires immediate administrative action and involves a Participant Assistance Process. Both the Participant and parent/guardian MUST participate in the process as outlined below:

- a. **Education:** The parent/guardian and Participant must see a qualified Chemical Health specialist to discuss the magnitude and status of the chemical health of the individual. They (parent/guardian and Participant) must also see the School Resource Officer to discuss the legal ramifications of the behavior of concern and to discuss the law and youth risk behaviors such as drinking and driving.
- b. **Corrective:** The Participant and parent/guardian must commit to an understanding that corrective measures are necessary in order to resume the athletic career or to practice and compete again. This includes a signed document that clearly states:
 - i. Acknowledgment that a violation has occurred;
 - ii. They (parent/guardian & Participant) are willing to make changes in order to resume and/or continue athletic participation;
 - iii. Will recommit to adhering to the code of standards;
 - iv. Understanding the next level of consequence that will result should another violation occur.
- c. **Restorative:** The Participant must address the teammates and coaches to admit their violation, show remorse, ask to come back to the team and recommit to provisions of the Code by resigning it in front of teammates and coaches.

Cooperation During Investigation

It is important for all Participants to understand that involvement in athletics and co-curricular programs is a privilege. With the responsibility of being a Participant comes a commitment for the Participant to be truthful and forthcoming with information. A Participant who is under investigation is expected to:

- Be truthful about the violation being investigated
- Be forthcoming with all information
- Not be deceptive or untruthful
- Be cooperative

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If the Participant under investigation does not comply with these expectations, the ASO has within his/her authority to impose a greater level of consequence if it is determined that the Participant has lied, been deceptive or untruthful prior to, or after the determination of guilt and/or consequences. Failure to comply with the above conditions may result in full expulsion from the Activities for the duration of the Participant's future career.

AOD (Alcohol or Drug) Possession on School property

Participants need to respect school property and Activities and consider them to be "Drug-Free" zones. The following violations should result in the immediate and permanent suspension for the remainder of the Participant's career:

- Participants who are in the possession of or use of ILLEGAL DRUGS on school property, or in conjunction with a school Activity or sponsored event, including transport to or from any event.
- Participate in an Activity or practice session while under the influence of an illegal substance.
- Distribute, dispense or sell any such drugs to any other student or Participant.

SOCIAL PROBATION

A Participant may be placed on social probation for violations as outlined in the LHS/DBMS Code of Student Behavior and the LHS/DBMS Co-Curricular Policy. Participants placed on social probation will not be allowed to take part in any co-curricular Activities as a Participant or as a spectator.

SPORTSMANSHIP

Any Participant who is disqualified before, during, or after a game or Activity at the Middle School, Junior Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic Activity or athletic event, including NHIAA Tournament state or regional exhibitions or contests.

Note: During the period of disqualification, a Participant shall not be in attendance at the game(s) or event(s) for which the disqualification is imposed.

If any Participant receives a second disqualification during the season, that individual will be required to forfeit any participation in that interscholastic Activity or athletic event, including NHIAA Tournament state or regional exhibitions or contests at any level, for the balance of the season or Activity.

If the disqualification is administered in the final contest of the season (including tournament play), the penalty shall be carried over in that sport and invoked at the first regular season game or Activity the following academic year. If a disqualification is administered to a graduating senior in his final game for that school, it is the expectation that the school will take immediate and appropriate disciplinary action. Any Participant, who

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leaves the bench area during an interscholastic athletic event when an altercation is taking place in the playing area, shall receive a one-game disqualification for the next scheduled game.

Any unsportsmanlike penalties during a contest that do not result in a game disqualification by an official will be handled in the following manner:**

First offense: Warning or further discipline as seen necessary by the ASO.

Second offense: The Participant will not take part in the remainder of that game/Activity. (minimum)

Third offense: The Participant will not take part in the remainder of that game and the following contest. (minimum)

Participant Conduct

A. Any civil or criminal law infraction, or conduct by a Participant that is determined by the ASO to be detrimental to the athletic program, school, or district, will result in counseling by the ASO. Suspension from the Activity is probable.

B. A Participant who displays unsportsmanlike conduct toward an opponent or game official, or uses profanity during a practice or contest, will receive immediate counseling by the head coach/advisor, possible suspension from that game, possible suspension from the next game, and possible suspension from the team.

C. Any theft or malicious destruction of any school's or an individual's equipment or property will not be tolerated. Any theft or malicious destruction is to be reported to administration by the coach/advisor. Disciplinary action will follow. This disciplinary action will be the same as that for the Chemical Health Rule (see that section of this handbook) with the exception that attendance in a Chemical Awareness Program will not be a part of the disciplinary action under this section.

Cyber Image Policy: Any identifiable image, photo or video which implicates a Participant to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the Code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be the responsibility that the Participant must assume. It must also be noted that there may be a person who would attempt to implicate an athlete by taking images to place them in situations where they might be in violation of Code standards. This is our rationale for demanding that our athletes not place themselves in such environments.

** Other standards may be put in place by the ASO

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TRANSFER RULE

Students who transfer to Littleton High School prior to the start of the season and have been deemed eligible by the NHIAA will be allowed to participate/try-out for a team. Students that transfer to Littleton High School after the start of the season will be allowed to participate if deemed eligible by the NHIAA, in sub-varsity competition pending no Participants had been cut during a try-out process. If students have been cut, the transferring student must wait for the next season to participate on an athletic team.

TRANSPORTATION

Littleton High School's rules require that Participants travel to and return from all Activities with the team/Activity group on school arranged transportation. In an unusual situation when a Participant must ride home only with his/her parent/guardian, a written note from the Participant's parent/guardian must be presented in advance to the ASO and be approved. Notification will then be passed on to the coach/Activity director.

*While exceptions to this policy are rare, administration reserves the right, **after consultation** with appropriate parties, to make judgments that are in the best interest of all individuals involved. The ASO reserves the right to determine a consequence more serious or less serious than stated in the Code.

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CO-CURRICULAR CONTRACT 2020-21

By signing this document, I _____, Parent/Guardian, indicate that I understand and agree with these standards, as set forth in order for my son/daughter _____ to be afforded the privilege of representing Littleton High School as a Participant. I am also aware that any violation on the part of my child, of any of these standards, shall result in the consequences contained within this policy.

Participant Signature

Date

Parent / Guardian Signature

Date

I give permission for my child to be photographed as part of participation in the Littleton High School athletic program. These photographs may be published in local newspapers, on the LHS website, on Channel 2, etc.

Parent/Guardian Signature: _____ Date: _____