

## NEWMARKET JUNIOR-SENIOR HIGH SCHOOL Co-Curricular CONTRACT

Newmarket Junior-Senior High School recognizes the value of co-curricular activities in the educational process. Student-athletes are given the opportunity to develop physically, mentally, and emotionally. We encourage all students to expand their learning beyond the classroom, and athletics is a very significant extra-curricular activity. We believe that any student will find his or her involvement to be a richly rewarding experience.

Participation in athletics requires time, effort, dedication, and commitment. The following rules, regulations, and policies have been designed to ensure that athletic participation is a rewarding experience for **all** of our student-athletes. Students and parents should read the following pages **very** carefully.

### A. ELIGIBILITY

1. A pupil is eligible to compete in interscholastic athletics during the school year if his or her 19<sup>th</sup> birthday is on or after September 1<sup>st</sup>. *NHIAA By-Law Article II, Sect. 1*
2. No pupil is eligible for competition for more than (8) consecutive semesters beyond 8<sup>th</sup> grade. *NHIAA By-Law Article II, Sect.3*
3. All pupils must have physical clearance from the nurse in order to try out for interscholastic athletics. *NHIAA By-Law Article II, Sect.8:A*
4. All students competing in contact sports must have completed Baseline Testing prior to any athletic participation. The Athletic Trainer will complete the testing with the teams during pre-season. Baseline Testing is required to be completed every two years.
5. High School students must be enrolled in and pass a minimum of six courses (**passing is 65 or higher**), and Middle School students must pass a minimum of five courses during the previous marking period to be allowed to try out for or continue to represent the school athletic teams. Eligibility is determined when report cards are issued. Incompletes are not considered passing grades. Summer make-up classes will not be considered for student eligibility. Eligibility is based on quarter grades, not semester grades.
  - a. Eligibility will be checked at the midpoint of each quarter. If a student does not meet the eligibility standard above, the student will have a two week period to bring grades up. During this period, the student will not be allowed to compete in any contests. If the student meets the eligibility standards after two weeks, the student will return to competition. If not, the time will be extended another two weeks.
6. A student must attend tryouts in order to be on a team. If a student does not attend the scheduled tryout, he or she cannot be put on a squad. Extenuating circumstances will be reviewed by the Athletic Director, and a decision will be rendered.
7. During the spring season only, a student that is academically ineligible after Quarter 2 may try out and participate in pre-season workouts. The student may not participate in a scrimmage or contest until Quarter 3 report cards are issued.

### B. ATTENDANCE:

1. Students are expected to attend all practices, scrimmages, and games. The **athlete** should notify the coach in advance if he or she is unable to attend a practice or game.
2. Athletes will not be penalized for being late to practice if they are after school for academic help. The school encourages all student athletes to seek extra help. Athletes should bring a signed pass by the teacher to practice.
3. A student athlete must be in school within the first 30 minutes of the school day to practice or play on that particular day. An athlete must provide documentation for a medical or dental appointment. Extenuating circumstances will be left to the discretion of the Principal.
4. Illness, conflicting school events, and emergency family situations will be considered excused absences. All other absences, including detention, work, and Driver's Education, will be considered unexcused. Any other extenuating circumstance which causes a student to miss a practice or contest will be considered by the coach and the Athletic Director.
5. Students who have an unexcused absence from a practice or game will be disciplined by the coach and subject to a one-game suspension. Additional unexcused absences will result in dismissal from the team.
6. There will be no participation during out-of-school suspension.

7. Unfortunately, our athletic seasons encompass school vacations. **It is very important that the team practice together during this time and often there are contests scheduled during school vacations. Commitment and responsibility are two of the principles we are trying to instill. We hope that families will plan accordingly and allow the student to participate with the team during vacations.** If this is not possible, the student-athlete must notify the head coach, in writing, at least two weeks prior to departure for vacation.
  - a. It is important to note that no student-athlete will be guaranteed the same place on the roster upon returning from an extended absence. Athletes who do not go on vacation will assume a new role in the makeup of the team and, therefore, playing time may change upon return.
  - b. Conditioning of the athlete must be considered for safety of the athlete after an extended leave from the team. Before contest participation can resume, an athlete must practice **one day for every two practices or events missed** due to vacation. Optional practices will be considered a practice.
8. **High School Participation: Bona fide members of a high school team are prevented from missing a school practice or competition to compete with an “out-of-school team”, practice or competition to include tournaments, showcases, combines or other athletic events.**
  - a. Whenever a conflict arises between the school team practice/ competition and an out-of-school practice/competition on the same day, the school team practice/competition must be honored by the student athlete. Priority must be given at all times to the school team, its practices, and its contests.
  - b. Penalties: Any student athlete who violates this rule for the first time shall be declared ineligible for the next 4 consecutive interscholastic events or 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 school sport.
  - c. 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. *NHIAA By-Law Article II, Sect. 7:A*
9. Every effort will be made by the Athletic Director to schedule practices and competitions to minimize schedule conflicts involving school and “out-of-school” teams. Coaches from school teams and out of school teams are encouraged to work together for the better development of the child /sport by providing flexibility so no student will be restricted by one sport only at any time of the year.

### C. CODE OF CONDUCT:

1. **Academics:** Student athletes are students first and should work to be successful in the classroom and get the most out of their education in Newmarket.
2. **Role Model:** Participation in sports is a privilege and not a right, and athletes are expected to represent our school, coach, teammates, and community with honor, on and off the field and both in and out of season.
  - a. The position of captain is one of honor, leadership, and responsibility. As a result, student athletes serving in that capacity are expected to conduct themselves in an exemplary manner in and out of school. Any captain involved in any violation of the discipline code that results in a school or athletic suspension may lose their captainship.
  - b. Assault, destruction of property (including graffiti, arson, or vandalism), theft, civil rights violations or threats, possession or use of a dangerous weapon, or other serious violation of the school discipline code or local and state laws are prohibited. Consequences for such conduct are outlined in the section on Penalties below.
  - c. Conduct at games and as a representative of the school in the community...
3. **Sportsmanship:** Athletes are expected to live and play with class. They need to be gracious in victory, accept defeat with dignity, help up fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
  - a. Any student ejected from a game for unsportsmanlike conduct or fighting will be suspended for the next two games and will be dismissed from the squad for the second offense.
  - b. Inappropriate and/or abusive language, and use of rude or obscene conduct will not be tolerated. The penalty will be a two-game suspension for the first offense and dismissal from the squad for the second offense.
  - c. Athletes are expected to show respect for all game officials and opponents. Failure to do so will result in appropriate disciplinary action by the coach at the discretion of the Athletic Director.

4. Healthy Lifestyle: We encourage student athletes to safeguard their health at all times. While in season, use or possession of any illegal or unhealthy substances including alcohol, tobacco, or drugs or engaging in any unhealthy techniques to gain, lose, or maintain weight are prohibited.
  - a. Use or possession of alcohol (*RSA 179:10 and RSA 179:10-a*) or a controlled substance (*RSA 318-B:2*) at any time, including at a social gathering outside of school, will serve as grounds for discipline, if evidence is presented and confirmed by the police and/or school administration. Consequences for such conduct are outlined in section 5 below.
  - b. Any athlete who uses or is in possession of tobacco (*RSA 126-K:6*) or who engages in any unhealthy techniques to gain, lose, or maintain weight or otherwise enhance performance will be suspended for a minimum of two weeks at the discretion of the Athletic Director and school administration.
5. Penalties for Serious Infractions: Penalties for violations of Role Model, Section b, and Healthy Lifestyles, Section a, are as follows.
  - a. First Violation: When the principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted even if a student becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. Any fractional part of an event will be dropped when calculating the 25% of the season.
  - b. Second and Subsequent Violation(s): When the principal confirms, following an opportunity for the student to be heard, that a second or subsequent violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. Any fractional part of an event will be dropped when calculating the 60% of the season.
  - c. If, after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in NHIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a chemical dependency program or treatment program must certify that the student is attending or has been issued a certificate of completion. If the student does not complete the program, the penalty reverts back to 60% of the season. Any fractional part of an event will be dropped when calculating the 40% of the season.
  - d. Penalties shall be cumulative each academic year, but a penalty period will extend into the next academic year (e.g. if the penalty period is not completed during the season of the violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year).
  - e. The Principal, with approval from the Superintendent, may impose exceptions to the above penalties for extenuating or egregious circumstances.

#### **D. EQUIPMENT:**

1. All athletes are responsible for their uniforms and equipment. All uniforms must be **cleaned** and returned at the end of each season.
2. Athletes will be charged for any lost or damaged uniforms or equipment.

#### **E. MEDICAL CLEARANCE:**

1. Athletes must pass a physical exam prior to the 6<sup>th</sup> and 9<sup>th</sup> grade year to be eligible for participation in athletics. Proof of a physical exam must be on file with the school nurse.
2. A health history and insurance form must be completed and submitted to the Athletic Director before a student can try-out.
3. All injuries should be reported to the coach immediately. A student whose injuries require a doctor's attention must present a doctor's note clearing the athlete to return to practice or competition.

#### **F. TRANSPORTATION:**

1. All athletes will travel to and from all contests on the team bus. If an athlete needs to travel home from a game with a parent or emergency contact, the person providing transportation must be listed as an emergency contact on the athlete's emergency form. The coach must see the athlete leave with the person allowed to transport the athlete.
2. Under no circumstances will an athlete transport himself/herself to a contest.

## G. LETTER AWARDS:

In order to qualify for a “letter”, each participant must:

1. Participate in 25% of all scheduled contests on the varsity level.
2. Complete the scheduled season.
3. Attend all scheduled contests; exceptions may be made for injury, illness, conflicting school events, extenuating circumstances (as per the Athletic Director’s discretion).

## H. RESOLVING PROBLEMS:

If an athlete or parent encounters a problem, the following “chain of command” **must** be used to solve the problem. A reminder, **playing time is an issue to be discussed between the coach and athlete only.**

1. Coach
2. Athletic Director
3. Principal
4. Superintendent
5. School Board

Times to be avoided when initiating contact:

- Immediately prior to and/or right after a contest.
- During an active practice session.
- During a time when students are present and/or when the discussion is visible to others.
- When it is apparent that there is not sufficient time to allow for a complete discussion.

**ATHLETIC CONTRACT SIGNATURE PAGE  
2023-2024**

By signing this document, we indicate that we have **knowledge, understanding, and agreement** to these standards, set forth in order for my son/daughter to be afforded the privilege of representing Newmarket Jr-Sr High School as a student-athlete. I am also aware that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this policy. This Contract is in effect for all sports for the 2023-2024 school year.

\_\_\_\_\_  
Name of student-athlete (**please print**)

\_\_\_\_\_  
Signature of student-athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date