

Pembroke Academy Athletic Policies and Expectations

2023-2024

Philosophy

It is our belief that high school athletics is, and should be, an integral part of the curriculum. We believe that athletics help young people to develop cooperation, competitiveness, honesty, self-control, and dignity. It is further our belief that good sportsmanship is a vital tenet of our athletic code, and it is our responsibility to bring to our school community a full realization of the value of athletics as an educational tool in training responsible citizens.

Athletic Eligibility

- A. Athletic eligibility is based upon the previous interim grade report. This means, for example, that participation in fall sports is based upon a student's grades for the last grade report of the previous year. Winter sports eligibility will be determined by the November interim grade report, while spring sports eligibility will be determined by the interim April grade report. All first-year freshmen are eligible for fall sports. Note that a student's eligibility status may change during a particular sports season if the issuance of an interim grade report coincides with that season's calendar.
- B. Students taking six (or more) courses in a quarter must pass at least five of those courses to maintain eligibility. A passing grade is a 2 or higher.
- C. Any student taking fewer than six courses in a quarter must pass all his or her courses to maintain eligibility. No student taking less than 5 classes may participate in Athletics unless approved by the Headmaster and Athletic Director
- D. Students may regain athletic eligibility by making up academic deficiencies, failures, or incompletes of the regular school year through academic/credit recovery programs/ summer school that are completed prior to the date to play in a sport. "Incompletes" do not count as passing grades.

Tardy to School or Dismissed from School

Athletes are expected to fulfill academic responsibilities. All students at Pembroke Academy are given detention once they have reached three tardies in a nine-week marking period. At that time, Athletes entering school late will not be allowed to participate in practice or games that day. Dismissals will be allowed for medical appointments, and a note from the doctor will be needed to verify the dismissal. Exceptional circumstances may be brought to an administrator. If the administrator finds just cause for the tardiness, participation may be allowed. Additional examples may include funerals for family members/relatives, court appointments or college visits.

Medical Exam

All athletes are required by the NHIAA to have a physical exam on record in the nurse's office before they can participate. One physical exam dated on or after August 1st, 2022, will satisfy this requirement for ALL four years of high school sports. We ask that when student-athletes get their "yearly" physical, that they bring a copy to the school Nurse, so that current health status is on file.

NO PHYSICAL – NO TRYOUT/PARTICIPATION!

Sportsmanship

Players shall at all times represent themselves and their school with honor, proper conduct, and good sportsmanship. They shall confine the competitiveness of the game to the field or court, and, in particular, behave properly on the sidelines and in the locker rooms both before and after games.

Players shall comply fully with the rulings of the officials. In no way, either by voice, action, or gesture, shall they demonstrate their dissatisfaction with the decisions made. Players must never forget that they represent their school. Pembroke Academy will not tolerate *any spectator, (student or adult), whose behavior is disrespectful toward players, officials, coaches, or other spectators during athletic contests.*

NHIAA Sportsmanship Rules

Sportsmanship:

- A. Any player who is disqualified before, during or after a game at the Freshman, Sub-Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. In addition, a disqualified student athlete must view the "NFHS Sportsmanship" video on the NFHS website under the supervision of a school official prior to returning to game action. *Any coach, who is disqualified before, during or after a game at the Freshman, Sub-Varsity or Varsity level for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic events, including NHIAA Tournament contests and must take the NFHS Teaching and Modeling Course for Disqualified Coaches prior to returning to coach in any capacity.* Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA Tournament contests, will cause that school's game(s)/event(s) to be forfeited in the event of a win. In the event of loss(es), the matter will be referred to the Sportsmanship Committee for action. *Note: During the period of disqualification, a coach shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed. If there is a violation, the contest shall be forfeited.*
- B. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of the season.
- C. If the game 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 the following academic year. If a disqualification is administered to a graduating senior or coach in his final game of coaching at that school, it is the expectation that the school will take immediate and appropriate disciplinary action.
- D. Any player who leaves the bench area during an interscholastic athletic event where an altercation is taking place in the playing area, shall receive a one-game disqualification for the next scheduled game. **

***Any player involved in a fight shall receive a two (2) game suspension for the first offense. A second offense will lead to a disqualification in that sport for the balances of the sports season.*

Use of Alcohol, Drugs and Tobacco

Any athlete using or in possession of alcohol, drugs or tobacco (including electronic nicotine delivery devices) during the season in progress, will be removed from participation during that season. Any athlete guilty of a second offense in a calendar year shall be ineligible to participate on any athletic team for a period of 365 days from the time of the infraction. Any student who is in the presence of illegal drugs or alcohol is subject to sanctions up to and including removal from the team.

Transportation

Every athlete is expected to travel to and from an athletic event with the team.

Injuries

All injuries, however slight, should be reported to the coach immediately. In the event of a significant injury, where an accident/injury report has been submitted and the athlete has been taken or referred to a physician for evaluation, each athlete is expected to follow the "Return to Play" guidelines set forth by the Certified Athletic Trainer, the School Nurse and the Athletic Director. This may include a "Return to Play" meeting before the athlete returns to play. In most, if not all cases, the athlete is expected to be observed in a practice setting before returning to game conditions.

Concussion Protocol

If concussion symptoms are present or suspected it will result in immediate removal from the game. An evaluation must occur from a trained medical professional. Return to play will happen after the following steps have taken place, Step 1: light aerobic exercise (if symptom free- progress to step 2). Step 2: More intense aerobic exercise. Step 3: Non-Contact Practice. Step 4: Full practice. Step 4.5: Final MD clearance with passing ImPact test results. Step 5: Cleared for full participation by ATC .

Equipment/Uniforms

The athlete is responsible for all equipment and uniforms assigned to him/her. They will be expected to pay in full for any lost or damaged items. All equipment (including uniforms) must be returned *to the coach primarily, or AD office promptly* at the end of each sport's season. *Student-athletes who have not fulfilled this obligation in a timely manner may be subject to NOT being allowed to take their final exams until their obligations are met.*

We have read the **2023-2024** Athletic Policies and Expectations and are aware of and agree to abide by the standards set forth for participation in Pembroke Academy's athletic program. We are aware of the consequences, which will be imposed if any of these expectations are violated.

Student name (Print)

Student Signature

Date

Parent/Guardian Signature

Date