

**SOUHEGAN HIGH SCHOOL
AMHERST, NEW HAMPSHIRE
2007-2008
STUDENT ATHLETIC HANDBOOK**

MISSION STATEMENT

"Souhegan High School aspires to be a community of learners born of respect, trust and courage.

We consciously commit ourselves:

To support and engage an individual's unique gifts, passions and intentions.

To develop and empower the mind, body and heart.

To challenge and expand the comfortable limits of thought, tolerance and performance.

To inspire and honor the active stewardship of family, nation and globe."

PHILOSOPHY

The athletic program is an integral part of the overall educational process of Souhegan High School. It promotes greater desire among our student body and other members of the community to take an active part in our sports program either as participants or spectators.

Our aim is to develop competitive athletes but not to lose sight of the educational values of sportsmanship, health and scholastic attainment. The program should occupy a position in the curriculum comparable to that of other subjects or activities and should aim to promote school morale.

VALUE OF ATHLETICS

"Athletics, when utilized properly, serve as potential educational media through which optimum growth - physical, mental, emotional, social and moral - of the participants may be fostered. During the many arduous practice sessions and in the variety of situations that arise during the heat of the contests, the players must repeatedly react to their own capabilities and limitations and to the behavior of others. These repeated reactions, and the psychological conditioning that accompanies them, inevitably result in change - mental as well as physical, in the players. Because each contest is usually surrounded by an emotionally charged atmosphere and the players are vitally interested in the outcome of the game, the players are more pliable and hence, more subject to change than in most educational endeavors." (AAHPER, Athletics in Education, Washington, D.C. AAHPER, 1963, p. 3)

OBJECTIVES OF INTERSCHOLASTIC ATHLETICS

1. Provide opportunities to develop skills and to experience the satisfaction of performing effectively in emotionally charged situations.

2. Contribute to the development of a health and fitness attitude that will provide a carry over interest during adult leisure time.
3. Satisfy the physiological needs of growing young people.
4. Contribute to the development of a wholesome appreciation for a well developed and properly conditioned body.
5. Contribute to the development of desirable social and citizenship qualities such as responsibilities, respect for authority, leadership and fellowship abilities, respect for the rights and properties of others, harmonious and cooperative group action and respect for individual differences.
6. Help students learn to deal effectively with emotional strains and stress.
7. Contribute to the satisfaction of certain psychological needs such as self understanding, self expression, understanding of others, challenge, confidence, acceptance, recognition and approval.
8. Contribute to the development of desirable character traits including persistence, determination, unselfishness, will to win, alertness, maximum effort, resourcefulness and tenacity.

SIGNIFICANT FACTS

1. The athletic program is an integral and vital part of the school's educational program.
2. The athletic program is available to any student willing to abide by established rules and standards.
3. The athletic program contributes and provides value to three groups: the participants, the student body and the community.
4. The athletic program is organized in a manner most consistent with needs, interests, maturity and abilities of the students.
5. The coaches and administrators must take into account all possible variables in order to assure maximum educational benefits from interscholastic athletics.
6. The athletic program has little inherent value as an educational activity without professional leadership, established educational objectives and acceptable standards of behavior.
7. Coaches exert a substantial influence on youngsters. They can assist athletes to set higher achievement goals in other endeavors such as living a healthy life and applying to and selecting appropriate post secondary education.
8. The athletic program provides an opportunity for the loyalty of spirit of the school to be constantly renewed and strengthened by uniting parents, patrons and friends.

ELIGIBILITY OF ATHLETES

In order for a student to compete in interscholastic athletics, they must fulfill completely all the regulations and requirements set forth by both the N.H.I.A.A. and by Souhegan High School.

Souhegan High School:

Eligibility/Expectations of Co-curricular Participants **(Adopted 10/23/97)**

All students who participate in activities where they represent the school will be subject to the same eligibility requirements and same set of behavioral expectations. The activities include (but are not limited to): athletics, drama, band, music, chess team, US First, Envirothon, Destination Imagination, etc. Any activity that involves either competition or performance would be affected by this change. The only exception would be for performance activities that are directly related to a class (for example, band and chorus required performance as part of their assessment).

The N.H.I.A.A. requirements are as follows:

1. **AGE OF CONTESTANTS**

A student who has reached the age of 19 on or after September 1 may represent the school in any interscholastic athletic contest during the school year.

2. **POST GRADUATES AND EDUCATIONALLY HANDICAPPED**

No post graduate shall represent the high school in interscholastic athletics. A post graduate is one who has completed Grade 12.

Students receiving service under I.D.E.A., 89:313, RSA 186:C and related State Board of Education regulations may be declared academically eligible by their Principal provided that all other eligibility requirements are met.

3. **SCHOLASTIC STANDING**

No pupil who has failed to pass four units of work during the previous grading period shall represent the school in any interscholastic contest. A minimum of four units of work per grading period is required for participation in interscholastic athletics.

ACADEMIC MAKE-UPS

Scholastic failure cannot be made up for eligibility purposes in any manner until the next grade report.

SUMMER SCHOOL

A student athlete may not regain eligibility by making up academic deficiencies or failures of the regular school year during the summer months. Likewise, school year or after school academic/credit recovery programs cannot be utilized to regain academic eligibility.

INCOMPLETES:

Incompletes are not to be considered passing grades for the purposes of eligibility.

4. SEMESTER RULE

A student is eligible for competition, whether or not he/she competes in interscholastic athletics, for no more than eight consecutive semesters beyond eighth grade.

NOTE: Since Souhegan High School uses trimesters the rule is no more than twelve consecutive trimesters beyond eighth grade.

5. TRANSFER RULE

A student who transfers enrollment with a corresponding move into a new school district by his/her parents or guardian shall be declared eligible immediately if all other eligibility requirements are met.

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 date of enrollment in order to establish athletic eligibility. This requirement will be waived, if all the following conditions are met:

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.

The transfer rule Affidavit is completed and submitted to the NHIAA Executive Director.

In order to participate in post season NHIAA Tournament play, students who transfer without a corresponding move into the new school district by his/her parents or guardian must have been a member of that team for a least fifty percent of the team's regular scheduled contests.

6. AMATEUR STATUS

An amateur athlete is one who participates in athletics solely for the physical, mental, social and educational benefits from such participation. The amateur athlete treats all athletic activities in which he/she participates as a vocational endeavor. One who takes or has taken pay, or has accepted the promise of pay, in any form, for participation in athletics, or has directly or indirectly used his/her athletic skill for pay in any form shall not be considered an amateur and will be in violation of this rule.

7. NON SCHOOL COMPETITION

A. 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 prevented from missing a high school practice or competition to compete with an "out-of-school team."

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests.

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 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.

B. International Competition:

Students and/or teams desiring this kind of competition must have the approval of the NHIAA. No requests for approval will be considered unless received in writing and signed by the Principal six (6) weeks prior to the date of participation. Requests are to be submitted to the NHIAA Executive Director for action.

C. Member Schools' Students Attending Foreign Country School:

Member school student athletes attending high schools in foreign country will be under all Eligibility By-Laws as stated in the NHIAA Handbook.

8. MEDICAL STATEMENT

Students shall be ineligible to participate in interscholastic athletics (practices or games) unless there is on file in the school a medical statement provided by a physician (within the meaning of N.H. RSA 329) certifying the student has passed a pre-participation physical examination prior to the beginning of the student athlete's high school career.

GENERAL RULES AND REGULATIONS GOVERNING ATHLETICS

It is fundamental that the coach be responsible for the behaviors, safety and welfare of the members of their athletic team during practices and games. Student athletes are also responsible for their conduct on and off the field.

1. Athletes should plan their time so that they devote sufficient time to their academic work load and so that their involvement in an athletic activity does not interfere with their studies. **Academic or disciplinary commitments must be met before athletic activities take place.**

2. Students involved in athletics and other co-curricular activities where they represent the school either in competition or in performance are affected by this policy. The Souhegan community recognizes the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence) of alcohol, tobacco and illegal drugs, or dependency thereon, as serious health, safety, legal, and security issues. Further, participation in co-curricular activities requires that students refrain from the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence) of alcohol, tobacco, and illegal drugs. If a student is found to be using (defined as above), the student will be subject to the following consequences:

1st offense in high school: Students will be suspended from participation for 21 calendar days. If the number of days is greater than the remainder of the season, the days will be added on the next season or activity that the student participates in. If the student seeks out help in the form of an assessment by a certified addiction counselor or enrollment in an appropriate program, the suspension can be reduced to 7 days. The student and parents must sign a release of information form for the student's guidance counselor. A written report, including the counselor's recommendation, must be sent to the guidance counselor. Recommendations are

included in the report and must be followed for one calendar year. If any part of this agreement is violated, an additional 14 days suspension will result.

2nd and subsequent offenses in high school: Student will be suspended from participation for one calendar year. If the student seeks out help in the form of an assessment by a certified addictions counselor or enrollment in an appropriate program, the suspension can be reduced to 28 days. If the number of days is greater than the remainder of the season, the days will be added on to the next season or activity that the student participates in. The student and parents must sign a release of information form for the student's guidance counselor. A written report, including the counselor's recommendation, must be sent to the guidance counselor. Recommendations are included in the report and must be followed for one calendar year. If any part of this agreement is violated, a suspension of one calendar year (starting from the date of the offense) will be implemented.

At the end of the school year, we honor three males and three females for their outstanding effort in the athletic department. Beginning with the 2001 awards, we will not honor any individual who has been suspended for violating our drug and alcohol policy!

3. Athletes who have been suspended from school will not be allowed to participate in any school activity for the entire duration of their suspension. This includes all team activities, practices and games.
4. Athletes should maintain a good attendance record.

School Attendance Policy:

Souhegan believes in the concept of "student as worker" in the educational process. Therefore, attendance at school is a necessity for success. There is a direct correlation between a student's attendance and maximum achievement. Academic time with classmates and teachers is instrumental to one's learning. Conversely, sporadic attendance compromises the achievement of the individual. For this reason all students are expected to arrive at school on time, before 7:25am for a 7:30am first period starting time and attend all classes and activities. Given Souhegan's emphasis on group work and active participation, families are strongly advised to plan vacations so that students are not pulled out of classes. It is simply not fair to teachers, coaches, and other students. Excessive absences may result in a student's receiving no credit in courses and having to repeat specific courses or a year of school. Student Services will check on attendance daily by calling the homes of those students absent. Also, students may be removed from athletic teams.

What is an unexcused absence?

Unexcused absences (truancy) are absences that are not sanctioned by the school... The school sanctions class absences and/or early dismissals for the following reasons: Personal illness (if in school, student must be dismissed by the school nurse), medical appointments that must fall within the school day, family emergencies, pre-approved college visits (coordinated through Student Services), school sanctioned field trips or activities. Students who have not received approval by the school for an absence or lateness will have cut school. Anyone who is more than fifteen minutes late to class will be considered truant from the class.

Coming home late from a sporting event does not excuse you for coming late to school the next morning. You must still arrive on time.

5. Good sportsmanship should be encouraged both in victory and defeat.
6. Students who participate in athletic activities are school leaders and should assume their responsibilities at home, in school and in the community.
7. Athletes represent the school and should do so in an exemplary manner at all times.
8. Athletes should show respect for authority at all times.
9. Athletes should demonstrate a positive attitude toward opponents and game officials.
10. Athletes should be sure that all injuries are given proper attention and the athlete should immediately report to the coach.
11. Athletes will not use profane language.
12. Hazing of any kind will not be accepted by the Souhegan High Athletic program. Hazing in the state of NH is a crime and is governed by NH Student hazing law RSA 631.7.

“HAZING” is defined as any conduct or method of initiating students onto any student team or organization, which subjects a student to physical or mental abuse and/or publicly embarrasses or humiliates the student. Such conduct shall include, but not be limited to, whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug or other substances, or any other brutal treatment or forced physical activity which subjects such students to extreme mental stress, including extended deprivation of sleep or rest and extended isolation.

13. Athletes should always work for the betterment of their school and their team.
14. Athletes should not allow employment to interfere with their responsibilities to their team or their school work. Athletes should arrange their work schedule around practice and game schedules.
15. Athletes will attend all games and practices for the team which they participate. Academic assistance takes priority over team practices.
16. Athletes who anticipate being late or absent for a game or practice have a responsibility to the team and the coach to inform the coach and make any necessary arrangements.
17. Athletes are encouraged to get sufficient rest each night.
18. Good nutrition is a "must" for all athletes.
19. Personal hygiene and positive health habits should be demonstrated.
20. The athlete must maintain clean locker room habits.
21. Athletes should be appropriately groomed and dressed while representing the school.
22. Athletes should not engage in any type of team fund raising without the expressed consent of their coach and approval of the Athletic Director.

23. Athletes should appreciate that their coach and the school administration have the best interest of the school and the team in mind as they plan and conduct the athletic program.

24. Athletes who come out late for Athletic Teams:

Any athlete who comes out late will not be allowed to participate in a game or scrimmage until they have taken part in 5 practices. No equipment will be issued until after their fifth practice. They must also have a physical and have their grades checked for eligibility.

25. Souhegan High School athletic rules require students to ride the busses to and from all athletic events. Departure from this requirement will release Souhegan High School and the Souhegan School District from all liability for any adverse result that may occur.

If it becomes necessary for a student to ride home after a game with their parents a release form must be completed and on file with the Athletic Office prior to the dismissal of school on the day of the contest.

Forms may be obtained from the coach or from the Athletic office.

CAPTAINS

The position of a captain is one where the individual accepts the role of a leader and of a role model both on and off the competitive arena. A Captain is subject to dismissal from the captaincy if they are found in violation of the drug/alcohol/tobacco policy whether they are in or out of season. Students who are selected as captains need to understand that they are the visible student leaders and therefore are expected to act as leaders at all times. Any violation by a captain of the athletic handbook or any serious disciplinary matter in school or outside should be examined closely to determine if the captaincy should be removed.

SANCTIONS TO THE RULES AND REGULATIONS

1. Students must be in good standing in the school to participate in interscholastic sports activities. Violation of any school or team rule can cause disciplinary action by the coach. Coaches have the authority to suspend any athlete from their team as part of a disciplinary response once approved by the athletic director.
2. All violations of school and/or team rules should be punished in a fair manner commensurate with the seriousness of the infraction once approved by the athletic director.
3. A student may be declared ineligible in any interscholastic activity in which he or she represents the school in a public appearance if they conduct themselves in a manner that, in the opinion of school authorities would reflect unfavorably upon the school or other students.
4. The N.H.I.A.A. dictates that any student who does not comply with established regulations will be declared ineligible.

GRIEVANCE PROCEDURE

1. The coaching staff and head coach have the right of judgment in matters concerning enforcement of team rules.
2. The student athlete has the right to appeal the coach's decision regarding suspension or dismissal to the Athletic Director.
3. The Principal will take action on matters requiring administrative attention. The Athletic Director will be consulted on all decisions as directed by the Principal or administration.

PARENTAL AND PHYSICIAN PERMISSION FORMS

Before the first practice, a completed parental permission form, doctor's physical form, insurance form and user fee must be submitted to the athletic office.

USER FEE FOR OUR ATHLETES

The school board and the finance community have agreed upon charging the athletes \$55 per individual, per season. This fee will be collected by the Athletic Department. Times when money will be collected will be announced to coaches and will be posted in the Newspapers.

Copies of the handbook and physical forms will be available to parents and students in the front office after July 1st. When the student has completed all of the requirements, he or she will be given a card signed by Bill Dod or Diane Gratz to give to the coach stating that they may receive equipment and begin practice. No individual may receive equipment or participate in a practice until the coach receives this card.

INSURANCE

1. It is a school requirement that the student must be covered by insurance before he or she may participate on any interscholastic athletic team.
2. School insurance coverage includes regular school sessions, going to and from school and all school sponsored and school supervised activities. Football requires an additional insurance. Forms for school insurance can be picked up from Diane Gratz.

DOCTOR'S PHYSICAL FORMS

1. Documentation of a doctor's physical is required before a student may participate in any interscholastic activity. This includes practices, scrimmages and games.
2. Once a student has had a physical, subsequent physicals are not necessary unless the student has had an injury that requires doctor's care. In the event that such an injury has taken place the student will need a doctor's certificate in order to resume practice/playing.

PRIVATE TRANSPORTATION

NO athletic team or team member will be transported in private cars for any reason unless prior approval is given in writing by the Athletic Director or Principal. Buses will be chartered for all games by the school. Athletes and team managers will return on the bus. Departure from this requirement will release Souhegan High School and the Souhegan School District from all liability for any adverse result that may occur.

If it becomes necessary for a student to ride home after a game with their parents a release form must be completed and on file with the Athletic Office prior to the dismissal of school on the day of the contest.

EQUIPMENT

No athletic equipment issued to squad members may be worn in wellness class or worn outside of practice or game situations. Athletes may wear jerseys to school on game days at the discretion of the coach.

It is an athlete's responsibility to see that all equipment is returned in good condition. If the equipment is lost, stolen or has been misused, the athlete shall be charged accordingly.

LETTER AND AWARD REQUIREMENTS

Requirements for earning a letter have been established by the athletic department. Athletes will be informed of these requirements prior to the season.

Special athletic awards may be given to those members who compete on teams that win state championships. The type of award given is determined by the Athletic Director.

The coach shall recommend the members of the squad who have met the requirements for an award. These recommendations are to be based on the established criteria as outlined below and approved by the Athletic Director. If any situations arise due to extenuating circumstances, a committee composed of the coach, Athletic Director and Principal shall be involved to make the final decision.

CRITERIA FOR LETTER

1. **Attendance** - Athletes should attend all practices and games unless there is a reasonable excuse accepted by the coach.
2. **Sportsmanship** - Athletes should realize that they are representing their school and community and should conduct themselves in an appropriate manner.
3. **Adherence to Training Rules** - Athletes must abide by the training rules as set forth by the team and athletic department.

4. Participation in Game/Contests - Varsity athletes must participate in at least 50% of games or contests to be considered eligible for a varsity letter. An exception to this requirement can be made in cases where an injury keeps an athlete from competing in 50% of the contests. All students who participate on freshmen or junior varsity level teams and fulfill the requirements outlined in 1, 2 and 3 will be eligible for level certificate awards. Varsity certificate can be awarded to athletes who have not earned a varsity letter but warrants recognition as being a member of the varsity team.
5. Service - Senior athletes who have successfully completed 3 years of service to a sport and meet all of the criteria except participation may be awarded a varsity letter for their service, dedication and loyalty to the team.

SPORTS EJECTION POLICY -
AS WRITTEN IN THE NHIAA ATHLETIC HANDBOOK

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Sect. 3: Disqualification from an Interscholastic Athletic Event

- *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. 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 event, including NHIAA Tournament contests. 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 the 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 or player shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed.

- *B. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in the interscholastic sport, at any level, for the balance of that 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 for 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 schedule gamed.

- * This decision cannot be appealed to the NHIAA Sportsmanship Committee, as it is considered to be a judgment call by a game official.
- ** 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 balance of the sports season.

This rule supersedes the NFHS Ice Hockey Penalty rule 4-5 Game Misconduct Penalties. A player or coach who has received a game misconduct penalty shall be immediately removed from the game by the NHIAA sportsmanship By-Law invoked as stated above.

2007-2008
SOUHEGAN HIGH SCHOOL
AMHERST, NEW HAMPSHIRE

STUDENT/ATHLETE HANDBOOK
ACKNOWLEDGMENT FORM

ATHLETE'S NAME: _____

SPORT: _____ SEASON: _____

I have read the Student/Athlete Handbook and I understand the rules and policies which regulate athletics at Souhegan High School. I agree to abide by these rules and policies and understand that if I violate them that I could be disciplined by my coach. I also understand that my coach may have additional training rules and policies for which I am responsible.

I understand that the athletic activities offered by Souhegan High School require dedication, hard work and strenuous athletic exertion. I understand that those who participate in athletics are exposed to the risk of injury including serious permanent injury.

ATHLETE'S SIGNATURE

DATE

PARENT'S SIGNATURE

DATE