

PHILOSOPHY

The primary goal of the Epping Athletic Program is to develop individuals that understand and appreciate the importance of athletics in one's educational experience and life experience. This will require the provision of as many venues as possible to accommodate elementary, middle school, junior varsity and varsity athletes with interscholastic and intramural sports programs. The school community shall promote an athletic climate in which every athletic win is framed by modesty while a loss is framed with grace and dignity. Coaches will work vigorously with all athletes, regardless of individual talents, to instill a desire for personal excellence – while encouraging sportsmanship, integrity and character. Our athletes will also exhibit friendship, and respect for their teammates and opponents. The end result will be students who exhibit sound values from their participation in the Epping Athletic Program and who develop into respectful, involved, and knowledgeable citizens in their school and community.

ATHLETIC PROGRAM OBJECTIVES

To provide a positive image of school athletics at Epping High School.

- To strive always for playing excellence that will produce competitive teams within the bounds of good sportsmanship and fair play.
- To provide opportunities where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. Athletics should provide adequate and natural opportunities for:
 - Physical, mental and emotional growth and development.
 - Acquisition and development of fundamental skills in activities of student's choice.
 - Team play with the development of personal traits such as respect, responsibility, communication, cooperation, compromise, and other desirable social traits.
 - Directed leadership that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship. .
- To provide opportunity for a student to experience success in a sport he/she selects.
- To create a desire to succeed and excel.
- To develop an understanding of the value of athletics in a balanced educational process.

SPORTSMANSHIP CODE

The following is the code of conduct to which all Epping students, both players and spectators, must adhere. Students should also impress upon their parents/guardians and friends – the importance of the code.

'I promise to...'

- Consider all athletic opponents as guests and treat them with courtesy and friendliness;
- Accept all decisions of officials as final;
- Never 'hiss' or 'boo' any player or official;
- Never utter abusive or irritating remarks;
- Never attempt to rattle an opposing player; such as, a player attempting a free throw;
- Seek to win by fair and lawful means according to the rules;
- Win with modesty – lose with dignity;
- Not use horns or noisemakers;
- Urge each parent, student, friend and player to do his/her best to abide by the Code of Good Sportsmanship.

ATHLETIC DEPARTMENT CHAIN OF COMMAND

We will follow the Chain of Command listed below. All issues will be initially referred to the coach. If the issue cannot be resolved, the Athletic Director will assist the coach to resolve the issue. We will work up the chain until the issue is resolved. The chain will not be broken on any issues and is as follows:

Epping School Board
Superintendent of Schools ↑
Principal ↑
Athletic Director ↑
Coach ↑
Athlete ↑

ATHLETIC ELIGIBILITY

In order to participate in interscholastic sports, the students must meet these eligibility requirements for each sports season:

- Students must have a Health Information Form, a Physical Examination Form and an Emergency Medical Information Form – completed and returned to the school, prior to athletic participation.
- Physical examination must have been performed within **two years** of the athletic sport start date. Anyone without health insurance or a primary care provider can contact the Health Office for confidential information or referrals to community agencies that provide these services for free or at a low cost.
- Student athletes significantly injured or ill since the last examination are also required to be re-examined in order to be eligible for athletic participation.
- Students must have proof of insurance coverage (school or family).
- Students must sign an agreement to abide by the Athletic Code of Conduct.
- Parents/guardians must sign, complete and return a consent agreement for student's participation in athletics.
- Students must exhibit habits and conduct in and out of school worthy to represent the standards of the Epping School District in athletic events.
- Must be a student in good standing.

REASONS STUDENTS WILL NOT BE ELIGIBLE TO PARTICIPATE

- If a student is 19 years of age before September.
- If a student has been in high school for more than eight semesters beyond the eighth grade.
- If a student has changed schools this semester (unless the parent/guardian changes residence).
- If a student is a postgraduate student.
- If a student has received financial re-numeration for his/her participation in any athletic activity.

ACADEMIC ELIGIBILITY

At Epping High School we believe that academic achievement is the first priority. We hold all students who participate in extra-curricular activity to the same standard, be they members of a club or school athletic team. To participate in any extra-curricular activity, a student is allowed only one failure per grading period. As a result of failure in one class, the student will be placed on probation. The student athlete will be ineligible to participate in first 20% of scheduled games upon distribution of report cards. During this period of time, the student may travel and must sit with the club/organization or team, and is expected to attend all practices and team meetings. The student athlete may practice, but not be able to wear their athletic uniform on the bench, or participate in games. The student will also receive a bi-weekly calculated Progress Report. Eligibility to continue after the first 20% in full participation is subject to the athlete being in good academic standing (passing all classes) for the remainder of the athletic season. Other academic requirements may apply as outlined in School Board Policy JJI.

SUSPENSION

Any athlete who earns a suspension (in school suspension or out of school suspension) for serious misconduct, including but not limited to, fighting, threats, theft, possession of illegal substances, and other repeated or serious offenses, will be ineligible to play for a minimum of two games. In cases where a school suspension lasts longer than one day – the athlete will be ineligible to play or practice for all games until the ISS or OSS is completed. Eligibility resumes on the first day the student is back in regular attendance at school. For example, if an athlete receives a five-day suspension (OSS) and there are four games scheduled, the athlete is ineligible for all four games. In addition, if a student is suspended on a Friday, the student is ineligible to participate in any games until the student returns to the regular school day on Monday.

Further/additional serious misconduct resulting in second suspensions during the season, either ISS or OSS, will result in the athlete's immediate dismissal from the team.

Bullying and Harassment

The School District maintains a firm policy prohibiting all forms of bullying and harassment. Bullying is conduct which subjects a pupil to insults, taunts, or challenges, whether verbal or physical in nature which is likely to intimidate or provoke a violent or disorderly response from the student being treated in this manner. Harassment is verbal or physical conduct that denigrates or shows hostility or aversion toward an individual. All persons are to be treated with respect and dignity, and bullying and harassing will not be tolerated under any circumstances.

Any behavior by individuals, or team member directed at other individuals which is regarded as bullying, harassment, or hazing should be reported immediately to the coach, and or athletic director. This report can be done in complete confidentiality by any student/athlete who may witness such behavior. The athletic director will investigate and file a report with the principal for accountability and consequential purposes.

USE OF ILLEGAL SUBSTANCES

Students who participate in athletic activities shall not use, have in their possession, or be in the presence of underage/illegal substances including, but not limited to, illegal drugs, alcohol, tobacco, inhalants, and medications contrary to the manner for which they were prescribed. This policy applies to all participants and applies on or off school grounds, 24 hours a day. The following behaviors would constitute serious violations of this policy:

1. Drinking of alcoholic beverages.
2. Smoking or using tobacco in any form (under the age of 18).
3. Use of illegal drugs.

Being at a party where alcohol, tobacco, or illegal drugs are present and being used by minors.

Upon the School Principal's determination that there is reasonable evidence of a violation of this policy, the following actions will be taken. Such action is subject to the district's due process for discipline violations.

1. First Violation – Parents shall be notified. Student will be removed from participation for part or all of the season based upon the offense. Athletic privileges will be suspended based on school days. This suspension will include weekend days if the suspension carries over from one week to another and if the suspension period ends on the last day of the school week. Student may be allowed to practice for competitive events following all rules for the duration of the suspension. Student will not be allowed to participate, however, in competitive events during their suspension. NHIAA rules may also apply. Student may be required to attend counseling, perform community service, and/or write a paper on the effects of committing the offense. The student may request a reduced penalty by submitting a rehabilitation plan incorporating counseling, community service, and/or paper. The student is responsible for following through with his/her plan and documenting such with the School Principal. The School Principal shall oversee the disciplinary process and determine the disciplinary action.
2. Second Violation – Parents shall be notified. If a student commits a second violation within twelve (12) months of the first violation, the student will no longer be allowed to participate for the season in any capacity. The student will be removed from associating in any way with any sports or extracurricular activities in any season for a full year (12 months) from the date of the second violation. The student must attend counseling, perform community service, and/or write a paper on the effects of committing the offense before making a petition for reinstatement to any sports team or extracurricular activity.

TOBACCO PRODUCT POLICY

Use or possession of tobacco products is prohibited on school grounds, within 'Safe School Zones' and by student-athletes under the age of 18. This policy applies to student-athletes 30 days prior to the first day of practice and the last day of the season and applies on or off school grounds, 24 hours a day.

- 1) Upon evidence of a violation of the Tobacco Product Policy, the student-athlete will be and his/her parent(s)/guardian(s) will be notified. The student-athlete will be ineligible to play in games pending the investigation. The student must still attend practices and games.
- 2) Verification of a violation of the Tobacco Product Policy will result in the following:
 - a) A first offense violation of this policy will result in the student-athlete being ineligible for two games. The student-athlete must attend practices and games during the period of ineligibility.
 - b) A second offense violation of this policy will result in removal from the team for the season.
 - c) Student-athletes may appeal the ineligibility or removal from the team by submitting a request, in writing, to the Superintendent. The sanction will remain in effect pending the outcome of the appeal.
 - d) Students may appeal the ineligibility or removal from the extracurricular activity by submitting a request, in writing, to the Superintendent. The sanction will remain in effect pending the outcome of the appeal.

RESPONSIBILITIES OF STUDENT-ATHLETES REGARDING THE ILLEGAL SUBSTANCE POLICY

Student-athletes are expected to take all steps necessary to ensure their compliance with the Illegal Substance Policy. The following behavioral expectations are required for student-athletes who find themselves in the presence of underage/illegal use or underage/illegal possession of substances prohibited under the Illegal Substance Policy:

- 1) If possible to do so safely, immediately leave the area.
- 2) If it is not possible to safely leave the area, notify a coach, parent/guardian or the police.
- 3) Upon return to school, immediately notify the Athletic Director or High School Principal of the incident.

Your first responsibility is for you own safety and well-being. If you are in a situation where you feel others are in danger or are not making appropriate decisions, do not take it upon yourself to act in a manner that may jeopardize your safety, well-being or eligibility. Instead, notify a parent/guardian or the police.

TRANSPORTATION

Athletes are required to travel to and from athletic contest by using district sponsored provider. Athletes wishing to travel privately must submit alternate Student Transportation form 24 hours in advance to athletic director. This form is availbale from AD or on the Epping High School Athletics webpage (www.sau14.org/ehs)

ATTENDANCE CODE

All athletes are expected to be in school for the entire day of school on the day of an athletic contest unless authorized by the Principal. Athletes who arrive at school after 8:00am (unless authorized by the Principal) will be ineligible to play that day. Athletes who are tardy, but arrive before 8:00am will be ineligible to start the next game. Athletes must still attend games with team members.

All athletes are required to attend a full day of school the day after an athletic contest. Failure to do so (unless authorized by the Principal) will result in the player being ineligible that day. The Principal may, in unusual cases, grant an exception to this rule.

Consequences for Missed Practices and Contests*

Situation	Documentation	Consequence
Family Emergency (death, funeral, etc)	None	No consequence
School (extra help, finals, etc)	Note from teacher	Missed Practice = no consequence Missed Contest = no consequence
Mandatory Work (training, inventory, etc)	Note from employer	Missed Practice = no consequence Missed Contest = ineligible for next contest Limit 3 per season**
Sickness	Parent	Must be excused by parent
Vacation	Note from parent	Ineligible for same number of contests as missed Ineligible 1 contest for every 2 practices missed
College Visits	College Visitation Form to Athletic Director	Days missed for travel fall under vacation consequence guidelines. College Admission Representative Signature Required.
Tardy (school, practice, contest, bus departure)	Case by Case	Chronically tardy (>3 per season) Sit out contest if >3 tardies & meet with coach and AD Subject to removal from team if tardy behavior continues
Skip (contest or practice)	None	Ineligible next contest Limit 3 per season**
Non-School Competition (missing high school contest or practice for non-high school team participation)	Waiver signed by Principal and AD	Priority is to high school team unless waiver is granted. A waiver may be granted for “extraordinary opportunities”*** and are subject to NHIAA By-Law Article II, Section 7A. Decision of Principal is final and athletes missing contest/practice without a waiver are subject to NHIAA penalty.

*Special consideration may be taken for student-athletes participating in simultaneous high school sports.

** Students exceeding limits will lose their status as an athletic team member.

*** Extraordinary opportunities are defined as those once in a lifetime opportunities that may result in the advancement in a students’ career academically, or athletically.

CARE OF EQUIPMENT/STUDENT OBLIGATIONS

Each athlete is responsible for all equipment issued to him/her. Athlete must return uniform at last contest of season that they participate in. This will require athlete to bring a change of clothes to last contest, and if athlete fails to do so they will be ineligible to play, or attend that contest. If the athlete fails to return equipment, he/she is responsible for the replacement cost. Failure to do so will result in the athlete being ineligible for another sport until the equipment is returned or replaced.

NO UNIFORM MAY BE WORN IN SCHOOL AS EVERYDAY CLOTHING, WITH THE EXCEPTION OF SPIRIT EVENTS AS APPROVED BY PRINCIPAL OR COACH. Individuals wearing uniform without such permission would be in violation of policy. Athlete will receive two warnings with subsequent offenses making the athlete ineligible to participate in next contest.

Students and parents are encouraged to attend one sports information night per year regarding handbook policies. This is under the direction of the athletic director, and may coincide with sport team meeting held by coaches.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Pre-Season Parent Meeting – Time and Date
- Coach's and program's philosophy
- Individual and team expectations
- Channels of communication used including request form to contact your child via email or text
- Request for parents contact information, and how parents and students would like to be contacted
- Location and times of all practices and games including notifications of all cancellations, and postponements, and rescheduled dates.
- Team requirements, i.e., practices, special equipment, off-season conditioning
- Procedure followed should your child be injured during practice or games
- Punctuality issues regarding picking up child from practices, or games
- Any discipline that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notification of schedule conflicts well in advance
- Specific concerns with regard to a coach's philosophy and/or expectations
- Support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence

Encourage your child to excel. While your child is involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child, mentally, socially and physically
- Ways to help your child improve and develop
- Concerns about your child's behavior
- Dismissal time from practice concerning punctuality

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe is best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the direction of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time
- Team strategy
- Play calling
- Other student athletes

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

- Try to set up an appointment with the coach
- In case coach cannot be reached, call your Athletic Director. A meeting will be set up for you with the coach.
- Please do not attempt to confront a coach before, after or during a practice or game. These can be emotional times for both the parent and the coach, and this situation does not promote resolution nor objective analysis.

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION

- Call and set up an appointment with the Athletic Director to discuss the situation.

WHAT ARE THE BENEFITS OF PARTICIPATING IN HIGH SCHOOL INTERSCHOLASTIC ATHLETICS?

Athletics support the academic mission of schools. They are not a diversion, but rather an extension of a good educational program. Students who participate in athletic programs tend to have higher grade point averages, better attendance records, lower drop-out rates and fewer discipline problems than students generally.

Athletics are inherently educational. Athletic programs provide valuable lessons on many practical situations – teamwork, sportsmanship, winning and losing, hard work. Through participation in athletics, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.

Athletics foster success in later life. Participation in high school athletics is often a predictor of later success – in college, career and becoming a contributing member of society.

Epping High School
21 Academy Street, Epping, NH, 03042
603-679-5472 x 2
Fax 603-679-8118

Health Office

Epping Middle School
33 Prescott Road, Epping, NH, 03042
603-679-2544 x 2 Fax 603-679-2966

PHYSICAL EXAMINATION



Name _____ DOB ___/___/___ Age ___ yrs ___ mos

Male/Female Height _____ Weight _____ BP ___/___ Pulse ___ Vision _____ Hearing _____



Physical Date ___/___/___ Immunizations: Reviewed ___ and Attached ___

Physically Fit and Able to Play Sports: YES / NO / Restrictions are _____

HEALTH HISTORY [Please check all that apply]

____ Drug allergy [specify] _____ Reaction _____ Tx _____

____ Food allergy _____ Reaction _____ Tx _____

____ Environmental _____ Reaction _____ Tx _____

____ Asthma [type & med] _____ Well controlled - YES/NO

____ ADD/ADHD [med] _____ Well controlled - YES/NO

____ Diabetes [type, age of onset, med] _____ Well controlled - YES/NO

____ Seizure disorder [type & med] _____ Well controlled - YES/NO

____ Bleeding issue [type & med] _____ Well controlled - YES/NO

____ Heart condition [type & med] _____ Limitations _____

____ Surgery [type] _____ Date ___/___/___ Limitations _____

____ Injuries [fx, dislocations, etc; specify] _____ Date ___/___/___

____ Concussion Date ___/___/___ How occurred _____

LOC: YES/NO – Duration ___ sec ___ min ___ hr/s Seizure activity: YES/NO – Duration ___ sec ___ min

Side effects _____

____ Migraines [type & med] _____ Well controlled – YES/NO

____ Heat exhaustion/Heat stroke Date ___/___/___ Severity _____

____ Glasses/contacts [specify which & need for] _____

____ Braces [oral, arm, leg, back, neck & reason for] _____

OTHER _____ (additional info continued to back of page: yes / no)



Medical Provider's Signature _____ **Date** ___/___/___

AND OFFICE STAMP



EPPING HIGH SCHOOL ATHLETIC DEPARTMENT



ACKNOWLEDGMENT OF WARNING AND CONSENT AGREEMENT

I/we, _____ am/are the parent(s) or guardian(s) of _____ (minor), who desires to participate in the following school sports for the 2010-2011 season: Fall _____ Winter _____ Spring _____

I/we acknowledge that I/we have been informed as to the nature of the sport, and that this sport/extracurricular activity, and that this sport/extracurricular activity may have risks of injury associated for those who participate, including transportation from and to the school campus. Although the school staff will endeavor to provide each participant with due care, the school cannot ensure that my/our child will remain free of injury.

I/we represent that my/our child is physically fit to participate in this sport/extracurricular activity and, if required, that he/she has been examined by a licensed physician who verifies that my/our child is physically fit to participate in this particular sport/extracurricular activity. The school district will rely on this representation. I/we understand that if my/our child has a serious injury or illness that he/she will need to be reexamined by a licensed physician to verify that my/our child is physically fit to participate in this particular sport/extracurricular activity after injury/illness.

I/we understand that school cannot ensure safety for children and that the school's obligation is to take reasonable precautions for safety and well-being. My/our child also has a responsibility for his/her own safety and that of others.

I/we acknowledge that I/we must provide the athletic/extracurricular staff with any medical or other information which I/we feel is important for the school to know about my/our son/daughter. This information must be kept confidential. I/we will provide medical and other information on my/our child prior to the start of the first practice or extracurricular activity. The School District will rely on me/us to provide this additional information.

I/we acknowledge my/our child must adhere to all policies, procedures, rules, regulations and instructions pertaining to school athletics or extracurricular activities, and that failure to comply could exclude my/our child from participation in this sport or extracurricular activity. Students shall not use, have in their possession, or be in the presence of underage/illegal substances including, but not limited to, illegal drugs, alcohol, tobacco, inhalants, and medications contrary to the manner for which they were prescribed. This policy applies to all participants and applies on or off school grounds, 24 hours a day.

I/we acknowledge receipt of the Athletic Code of Conduct and will adhere to this policy if applicable.

I/we acknowledge and understand the risks and requirements for my/our child to participate in the sport/extracurricular activity of _____. I/we consent to my/our child's participation in this sport/activity.

I/we understand that prior to my/our child's participation in this sport; I/we must provide the school nurse with the following documentation:

- Up to date immunization records (tetanus shots are good for up to 10 years, unless there has been serious injury).
- A copy of a physical examination – **signed, dated and office stamped by a medical provider** – with the provider stating the athlete is '**physically fit and able to participate in school sponsored sports.**'
 - Physical examinations are good for two years from the date of the last physical. **Example** – a physical done on 9/01/2004 will be good through 9/01/2006.
- Health insurance company name and ID number. **Confidential** information on free or reduced-cost health care and insurance is available by called the Heath Office during school hours (7:25am-2:25pm) at 603.679.5472 x214 or x242. School insurance is also available, costing under \$20 for a school year.

In order to insure all athletes health and safety during his/her athletic experience, the above medical records, this Acknowledgment of Warning and Consent Agreement and the Health Information Sheet are due to the school nurse **two weeks before the last day of school for fall sports or, at least two school days prior to the first practice for all others.**

- 1) Please read entire form. If there is anything about this form or the described activity that you do not understand, do not sign the form until you are satisfied that you have obtained a complete explanation.
- 2) Fill in ALL blanks.
- 3) If you have more than one child participating, complete one form per child.

_____/_____/_____
Parent/Guardian Signature Date

TO BE COMPLETED BY A PARENT/GUARDIAN:

Student Name: _____ Grade: _____
Home Address: _____ Town: _____
Home Phone: _____ Date of Birth: ____/____/____

EMERGENCY CONTACTS: (*MUST have 'Other Contact' listed, in the event that you cannot be reached during a medical emergency*)

Mother/Guardian: _____
Home: _____ Work: _____ Cell: _____
Father/Guardian: _____
Home: _____ Work: _____ Cell: _____
Other Contact: _____ Relationship: _____
Home: _____ Work: _____ Cell: _____
Family Doctor: _____ Phone: _____
Family Dentist: _____ Phone: _____

GENERAL INFORMATION: (*Please complete ALL lines*)

Food or drug allergies: _____
Other allergies: _____
Present medications: _____
Chronic medical problems: _____
Other items of concern: _____

NAME OF HEALTH INSURANCE COMPANY:

Policy # _____ Group # _____ ID# _____

'I give permission for my student to use insect repellent containing 25% Deet.' _____ Yes or _____ No

PARENTAL AUTHORIZATION:

'In case of a medical emergency and in the event that I cannot be reached, I authorize the Epping Middle and High Schools, its agents, employees and other officers to procure and consent to any medical examination, diagnostic process or course of treatments ~ including hospital care ~ to be rendered to my child by or under the supervision of any licensed doctor/surgeon, dentist or other health care practitioner.'

_____/_____/_____
Parent/Guardian Signature Date

TO BE COMPLETED BY HEALTH OFFICE:

Date of last physical exam: ____/____/____ Other concerns: _____
OK to use insect repellent: _____ Yes or _____ No _____

**ACKNOWLEDGMENT AND CONSENT SIGNATURE
SHEET
OF THE EPPING ATHLETICS STUDENT ATHLETE
HANDBOOK**

(Please return this signed sheet to your coach)

'I have read and understand the information contained herein and I intend to abide by all rules and policies stated. I understand that failure to meet the above policies and procedures may result in dismissal from the program.'

_____ /_____/_____
Student Athlete's Signature *Date*

_____ /_____/_____
Parent/Guardian Signature *Date*

_____ /_____/_____
Parent/Guardian Signature (if applicable) *Date*