SOUHEGAN HIGH SCHOOL ATHLETICS
Student-Athlete/Parent Handbook

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Introduction

The material presented in this handbook has been compiled to acquaint you and your family with some of the policies, practices, and regulations that govern the athletic programs in the Souhegan Cooperative School District. By registering to participate in athletics at Souhegan, you are agreeing to the contents of this handbook. Please keep this handbook and refer to it if questions and/or concerns about your student's athletic experience should arise. If your questions or concerns are not answered within this booklet, please feel free to contact us.

Participation in our Athletic programs are a privilege earned by students who meet and maintain the standards and expectations as outlined in this handbook as well as in the Souhegan High School Student Handbook.

Mission and Vision of Souhegan Athletics

High school athletics are an extension of the classroom wherein our student-athletes learn valuable lessons that will help them as they progress through life.

The athletic department will establish strong working relationships with your student-athletes that will allow teaching and learning to flourish. To accomplish this, creating an environment of respect and support for both the athletic and academic endeavors of your student-athletes is essential. It is within this atmosphere that we will help to develop the youth of Amherst and Mont Vernon so that they will be able to make positive contributions to society.

Core Values

In fostering a thriving athletic community, the Souhegan Cooperative School District recognizes the importance of instilling core values within its student-athletes. These values—respect, trust, and courage—serve as guiding principles, shaping not only individual behavior but also the collective culture of our athletic programs. Upholding these values is integral not only to the success of our teams but also to the holistic development of our student-athletes. Through a commitment to respect, trust, and courage, we aim to cultivate leaders who excel not only on the field or court but also in their academic pursuits and personal endeavors. By embodying these core values, our student-athletes are not only preparing themselves for success in college and beyond but also leaving a lasting legacy within our community.

Respect:

- For school community: Student-athletes are to follow the expectations set forth by the Souhegan Cooperative School District, their school, the Souhegan Athletic department, and the sport-specific program in which they participate.
- For teammates and coaches: In order to make our teams the best they can be, coaches and student-athletes must be fully committed. Family, faith, and academics should be the only priorities that come before interscholastic athletics.
- For opponents and officials: Student-athletes represent themselves, schools, families, and city. Unsportsmanlike behavior by students will have consequences.

Trust:

Student-athletes have a responsibility to be leaders amongst their peers. We are trusting them to be representatives of our larger community on very public scenes. They must demonstrate respect to their community, school, program, team, and self by behaving appropriately at all times. They are encouraged to excel in school and to make the right decisions in social settings and in peer groups.

Courage:

Every task, drill, practice, game, and homework assignment should be done with pride and excellence at all times; understanding that each individual's level of excellence may be different. In order to make our teams the best they can

be, coaches and student-athletes must be fully committed. Family, faith, and academics should be the only priorities that come before interscholastic athletics.

Sports Offered

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship, completed permission and liability information and basic physical/health qualifications including Impact testing.

FALL:
- Bass Fishing
- Cross Country
- Field Hockey
- Football
- Golf
- Soccer
- Spirit
- Girls Volleyball
- Unified Soccer

WINTER:
- Alpine Skiing
- Basketball
- Bowling
- Gymnastics
- Ice Hockey
- Indoor Track
- Nordic Skiing
- Swimming/diving
- Wrestling
- Unified Basketball

SPRING:
- Baseball
- Lacrosse
- Outdoor Track
- Softball
- Tennis
- Boys Volleyball
- Unified Track and Field

Governing Bodies

Souhegan High School is a member of the **New Hampshire Interscholastic Athletic Association** (NHIAA) and is governed by association rules and regulations. The NHIAA is a member of the National Federation of State High School Associations and is bound by its set of rules, policies and regulations. Rules governing individual sports vary depending on the sport. Copies of the complete set of NHIAA Rules and Regulations are available online at www.nhiaa.org.

Additional policies, regulations and rules are set by the Souhegan Athletic Department. Local communities may set their own policy, rules and/or regulations as long as they are more stringent than stipulated by the NHIAA. The NHIAA Handbook can also be viewed online and in the Souhegan Athletic Department Offices.

Proper Conduct and Sportsmanship

Student-athletes represent themselves, their coaches, their teammates, their school, and the Souhegan community. It is expected and encouraged that they maintain the highest level of scholastic achievement and citizenship, conducting themselves in a positive, courteous, and respectful manner at all times, whether in or out of season. Good sportsmanship will be displayed at all times with teammates, opponents, coaches, and officials. It is also expected that student-athletes will encourage this sportsmanship by spectators by leading by example.

Student-athletes will abide by all school, District, Athletic department, and team rules and expectations at all times. This includes, but is not limited to, proper dress and only using appropriate language at all times.

Smoking or use of any tobacco-like products (including e-cigarettes and vapes), drinking, and use of other drugs is prohibited. Violations of this will result in severe disciplinary actions up to and including dismissal from a team.

The Principal, Athletic Director, or Assistant Athletic Director reserves the right to remove a student from a team for poor academic performance, inappropriate behavior, and/or poor citizenship for any length of time. A student may be reinstated upon sufficient evidence of improvement as determined by the Principal and Athletic Director.

Commitment

Tryouts

Participation in interscholastic athletics is a privilege. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet those expectations for the duration of the season.

Daily Team Attendance

It is expected that once a season begins (first day of practice or tryouts), a student will be in attendance at every tryout, practice, competition, and team event. This includes, but is not limited to, the two or three weeks of the fall season before school starts in August as well as school holidays and vacations. If this level of commitment is not possible, a student will most likely not be a member of the team. If a student is not going to be present at a practice or game, he/she must notify the coach. Students may be excused from team activities for illness, injury, academics, family or religious reasons with **prior** notification and approval whenever possible. Team communications should go through SportsYou or by emailing the coach via their SAU39 email account. Our coaches expect athletes to be present at all team-related activities in-season and may suspend a student-athlete from contests for absences.

It is expected that all High School athletes will attend the preseason meeting and the end of season Awards' Night.

High school athletics is a 5 to 6 day a week commitment. It is to be expected that practices and events will take place on weekends and over school holidays and vacations.

High School Varsity Letters

Student-athletes must complete an entire season to be recognized with a varsity letter. Criteria for earning a varsity letter is determined by the Head Coach and may vary by sport.

12-Season Athlete Recognition

It is the philosophy of the Souhegan Athletic department to promote and encourage multi-sport participation. At the conclusion of a student-athlete's senior year the NHIAA and the school district will recognize athletes who have competed in all 12 seasons of their high school career. For a season to count toward this recognition:

- A student must finish the season in good standing.
- He/she may not have quit, been removed from the team for disciplinary, academic, or attendance reasons.
- A student-athlete may use "team manager" as a qualifying season (according to the guidelines below).
- See also information below regarding unified partners

Team Managers

Team managers are an integral part of a successful program. There are many responsibilities of a high school athletic team manager, some of which may qualify for community service. Team manager duties that qualifies for community service hours are: keeping the book for games, tracking stats for games, creating team rosters, and helping in uniform collection and tracking.

It is important for team managers to understand that they too represent the Souhegan Athletic Department and are held to the same expectations as those participating in uniform. Team managers must register and agree to the contents of the Student-Athlete Parent Handbook and meet all athletic eligibility requirements but are not required to pay the athletic user fee. Managers are expected to follow all team rules and perform the duties as expected by the coaching staff.

Dual Sport Athletes (2 sports in the same season)

On rare occasions students may wish to participate in two sports during the same season (for example: alpine ski racing and indoor track). Students may do so only with the approval of both head coaches and the Athletic Director.

Students participating in two sports during the same season are only required to submit payment of the athletic user fee of the more expensive sport. Dual sport participation only counts as one season toward the 12-season athlete recognition.

Daily School Attendance

A student's attendance record is final once daily attendance reports are published (based upon the PowerSchool SIS). It is the responsibility of the student-athlete to be sure to follow proper school procedures for absences and tardies at the beginning of each school day. The Athletic Office cannot override the official school attendance. There will be no changes **once the report has been sent to coaches** (exceptions to this will only be made if the absence was recorded in error).

Absences

- All students must be in attendance for all of their class periods and advisory in order to participate in practice or an event that day.
- If a student-athlete is dismissed by the School Nurse due to illness; he/she is ineligible to participate in athletics that day.
- If a practice or contest is scheduled on a weekend or over a school vacation, the student must be in attendance the preceding Friday (or last school day prior) in order to participate.
- A suspension (in-school or out) is considered an absence from school. Once notified of the suspension the student is ineligible for extracurricular activities until returning to a full day of school.
- Exceptions, such as school field trips, college visits, family emergencies, funerals, religious holidays, and scheduled appointments, must be cleared through the Athletic Office prior to participating in the day's events.
- Unique or extenuating circumstances not listed above may be excused at the discretion of the Principal, Athletic Director or Assistant Athletic Director.

Excused Tardies and Dismissals for appointments

- If a student has a legitimate appointment (for example: doctor, dentist, orthodontist), it is expected that the student attends school for as much of the day as possible.

Unexcused Tardies

- Student-athletes will be allowed three unexcused tardies without athletic consequence (we understand that "life happens").
- On the 4th unexcused tardy: the student-athlete will not be permitted to practice or compete that day. The student is expected to attend practice or event but may not be in uniform or participate.
- On the 5th through 9th unexcused tardy: the student-athlete will not be permitted to practice or compete that day AND will not be permitted to participate in the next scheduled contest (if the 5th through 9th unexcused tardy occurs on a game day, the student sits that game and the next).
- On the 10th unexcused tardy the student may be excused from the team.
- The unexcused tardy count begins on the first day of the season and continues for the duration.

Any coach who allows a student to practice or compete when he/she should not have will be suspended from coaching the next contest.

School/Family Vacations, Extended Absences

Every student-athlete is expected to be present for all team practices and contests. Because of scheduling demands set by the NHIAA and Division schools, many of our high school teams practice and/or play during scheduled school vacations.

It is the expectation of the Athletic Department that each team member will be at all scheduled practices, games, and meetings. It is important for parents and student-athletes to realize that athletic seasons encompass all school vacation weeks and that in the spring season the schedule may extend after the scheduled academic school year.

Student-athletes who anticipate extended absences during the season—due to vacations, family commitments, driver's education, or other scheduling conflicts—should meet with both the Athletic Director and the Head Coach **prior to the start of the season** to discuss the situation and any potential impact on team participation. The Athletic Department realizes that certain circumstances will arise, and ask families to understand that extended absences from team commitments may result in a role change within the team as a natural consequence.

Student-athletes who participate in **school-sponsored trips during their season** will not be penalized. However, time away from practices and games may affect their readiness to return to competition or their previous role on the team.

If a student-athlete takes a **non-school-sponsored vacation**, they will be suspended from the same number of contests they miss while away. Additional consequences for missed practices may be applied at the coach's discretion. Any issues or problems arising from this policy should be addressed to the Athletic Director.

Playing Time

There are many benefits to be gained by participation in athletics at the high school level. Student-athletes learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being, and striving towards excellence. Although there are many measures of success in the minds of each participant, perhaps the most emotional is "playing time" during contests. If a student has questions as to his/her "playing time" he/she is encouraged to discuss it with the coach. In the Souhegan Athletic Department, being a member of a team does not guarantee an equitable amount of "playing time." However, there are guidelines for this important topic.

Sub-Varsity Teams

At the sub-varsity level (junior varsity, freshman/reserve teams), members of the coaching staff will strive to play all team members for meaningful amounts of time as these levels are for development. There are many factors that govern an individual's playing time, but overall, students must be positive contributing team members, attending practices, showing effort, having a positive attitude, and exhibiting a full commitment to the school team. Another factor that must be considered is athletic skill. If these factors are present at the sub-varsity levels, students may expect to enjoy their share of playing time but it may not be equal.

Varsity Teams

At the varsity level, the guidelines for the coaching staff are similar with one other additional factor. The varsity teams want to compete against opponents at the highest possible level. Players, coaches, parents, and staff members all want the Souhegan varsity teams to be successful on the field, court, track, pool, rink, etc. and pursue a Divisional championship. To reach that goal, teams must compete to win as many contests as possible. In order to do this, there are many instances when the major burden of the contest will be carried by the most competitive and most skilled team members; however, teams cannot be successful without committed substitutes and role players. These athletes have to be ready at all times to step forward and shoulder the burden when needed. They have to practice as hard as they can to help make the teams as competitive as they can be. They also have to constantly strive to move up to a "starting" role.

Disqualification/Ejection from an Event

Any player who is disqualified before, during or after any sanctioned event at the sub-varsity or varsity level shall not participate in any scheduled interscholastic athletic events until sitting out the next **two** scheduled events at the level at which the suspension occurred. This includes NHIAA tournament contests, invitational events, or regular season contests. The NHIAA imposes a one game suspension, Souhegan imposes a second.

Any player involved in a fight shall receive a **four** game suspension for the first offense (2 games from the NHIAA, 2 games from Souhegan).

A second disqualification will lead to a disqualification in that sport for the balance of the sports season.

Any coach who is disqualified before, during or after a game at the sub-varsity or varsity level shall not participate in the next **four** scheduled interscholastic athletic events, including NHIAA tournament contests, invitational events, or regular season contests. The NHIAA imposes a two game suspension, Souhegan doubles that.

Additional event suspensions may be imposed by the Athletic Director based on the nature and severity of the incident that caused the disqualification.

An ejection or disqualification from an event is a subjective decision by the officials and cannot be protested or appealed to the NHIAA. The above suspensions are in place regardless of the reason for the ejection/disqualification.

School Athletic Equipment

Students have an obligation and responsibility for all equipment and uniforms issued to them. Proper care, retention, and return of all equipment and uniform parts is a requirement.

Uniforms must be returned within one week of the last scheduled contest. Students failing to turn in all issued equipment, uniforms, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment or uniforms. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment or uniform is found and/or returned after payment, a refund will be made.

Students will not be issued an athletic uniform if there are any outstanding athletic fees owed to the school and/or unreturned school issued athletic equipment, including uniforms. Once the fees are paid and/or items are returned, the student will receive his/her uniform.

Locker Rooms and Facilities

Student Lockers

Students are expected to lock all personal items and team equipment in a locker at all times. Students should never give their locker combination to anyone else. Experience has shown that most losses are due to lockers being left open or unlocked. Leaving bags and other athletic equipment in the hallways outside of the locker rooms is not allowed as it poses a hazard and is against fire code.

On road trips, when lockers are not available, it is highly recommended that students leave valuables at home or give them to parents for safekeeping at the game site. Cash should never be carried or left at the school.

The Souhegan Athletic Department is not responsible for items left unlocked and/or unattended.

Building and Facility Access

At the conclusion of each school day, student-athletes should bring all items that they need until the next school day to the locker room area. For safety reasons students are not allowed access to other areas of the building after practice, games, or on non-school days. No students will be allowed access to any of our athletic facilities and/or equipment without proper supervision by a school staff member.

Team Captains

Team captains are leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to not only be aware of team rules and student responsibilities but also to help their teammates abide by them. Captains are expected to communicate with the coach and team in the event of any problems that may affect

the team or its members. Captains may be asked to meet with the Athletic Director during the school year to discuss the athletic program. Captains of teams may be relieved of their position for violation of team, department, school, District or state rules.

The coach determines how team captains are selected, if at all. Captains may be elected by the team or appointed by the coach. Captains may also be elected or appointed on a game-by-game basis. There is no requirement that teams must have captains nor that captains must be seniors

Information for the College Bound Athlete

One of the most important decisions facing high school students is what to do with their lives after high school. The Souhegan Athletic Department staff and coaching staff are willing and eager to assist all students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send videos, if available, and write letters of recommendation. As appropriate they will guide students to more knowledgeable staff members who can help with post-high school decisions.

If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations. Copies of the latest regulations are available in the Guidance Office, the Athletic Office, and online at www.ncaa.org. Student-athletes wishing to pursue collegiate athletes should register through the NCAA Eligibility Center early in their high school career. Please be familiar with these regulations and seek assistance if clarification is needed. The NCAA replaced the National Letter of Intent (NLI) with a new system involving athletics aid agreements and, in some cases, revenue-sharing contracts. This change aims to provide more direct communication and agreements between institutions and prospective student-athletes. Institutions that are able now directly offer financial aid agreements to prospective student-athletes, outlining the terms of the scholarship, including the amount and duration.

Commitment Days

We will hold one signing day in the fall and one signing day in the spring for students who wish to have public recognition and a ceremony for their commitment to continue their academic and athletic careers at the collegiate level. Families/students are responsible for notifying the athletic department of an athlete's commitment to a collegiate program.

Communication

While interscholastic athletics can provide some of the most rewarding and inspiring moments in students' lives, there can also be times when things may not go the way a parent or child wishes. If a conflict or issue arises during a season, it is imperative that it be addressed in a timely and appropriate manner so that the concern can be resolved promptly. Both parenting and coaching are extremely difficult jobs. Open communication and clear expectations will enable both groups to work together to provide a greater benefit to the student-athletes.

In many instances, a conversation between a **parent and the student-athlete** can resolve most questions or concerns. The student-athlete who is in attendance daily at practices and games should be able to address rules and roles of the program.

If this conversation does not resolve the problem or answer the question, the next step is for the **student-athlete and coach** to discuss the concern. Many times a misunderstanding can easily be resolved with this direct conversation.

If it is necessary for a **parent and coach** to meet to discuss a concern, the parent should contact the coach to schedule a meeting. 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 would not promote a positive resolution. Please wait at least 24 hours before contacting the coach. It should be understood that playing time, team strategy, play calling, and other student-athletes are not topics of discussion.

If none of the above avenues resolve the concern, then a meeting between the student, parent, coach, and Athletic Director will be scheduled.

Contact the Athletic Director immediately at any time in the case of an emergency or a severe violation of safety or any rules or regulations

Student Athletic Leadership Team (SALT)

Mission Statement:
Our Student Athlete Leadership Team aims to cultivate leadership, communication, and team-building skills among student-athletes, using athletics as an extension of the classroom.

Vision Statement: SALT will create unique opportunities for our peers to Live the Six through engaging in events on and off campus. We are committed to fostering an environment of respect and support for students both on campus and in the surrounding community.

Goals for Souhegan SALT:

- Create a more engaging environment on campus for all activities.
- Give back to our community.
- Provide students with leadership opportunities to promote growth beyond the traditional classroom or athletic environment.
- Empower student-athletes with communication skills to strengthen relationships with peers, staff members, and community members.

Who Can Join SALT?:
SALT is open to all student-athletes who are passionate about leadership and making a positive impact in their sports and school. Members will be selected based on their commitment to athletic excellence, leadership potential, and willingness to contribute to team goals. Student-athletes interested in joining SALT must be in good behavioral standing at Souhegan High School.

Application Process:
Students may apply to join SALT during a time period at the start of both the first and second semesters and membership will be for the duration of the school year. Applications will be reviewed by the SALT Advisors. The link to apply can be found HERE or on certain newsletters and posts throughout the school year. After reviewing applications, students can expect notification regarding their membership status.

Member Expectations:
In addition to the grade and behavior eligibility outlined in the Student-Athlete Handbook, members are expected to attend each group meeting and participate in SALT events. If you are unable to attend, please email Ben Arnold in advance to notify him of your absence. Consistent attendance issues may lead to removal from SALT. Additionally, if a member falls out of good behavioral standing with the school, they may also be removed from SALT. Members are expected to actively engage in their roles, contributing to group discussions and completing individual assignments.

Meeting Frequency:
SALT meetings will occur monthly, and will be held from 3:00-3:45 pm. If for some reason a meeting time should change, the SALT group will be notified ASAP.

SALT Subcommittees:
Listed below are the current SALT Subcommittees. As the program grows, we will discuss expansion into other realms of student-athlete life as needs arise.
Mental Wellness: The mental wellness committee will promote student mental wellness across campus.
SaberSupport: SaberSupport will find ways to give back to the community that has given us so much.
Campus Engagement: Campus engagement will generate traffic at student-driven events on campus such as athletic events, plays, concerts, dances, etc.

Communication:
SALT members and advisors will communicate primarily through SportsYou.

The Role of Parents in High School Sports

(Adapted from a variety of sources)

- Support the demands and time commitment of high school sports.
- Do everything possible to have your child at every practice, team event, and competition.
- Attend as many games as possible.
- Support the entire team, not just your child.
- Support the coach and let him/her be the single instructional voice before and during competition.
- View the game with team and program goals in mind.
- Accept the goals and roles of your child.
- Model appropriate behavior before, during, and after the game. Be poised, confident, and calm.
- Model and demand positive sportsmanship.
- Cheer positively for your team only.
- Relieve competitive pressure, do not increase it.
- Accept the judgment of the officials and remain in control.
- Do everything possible to make the athletic experience a positive one for the players, yourself, and those around you.
- Be an encourager, keep both victory and defeat in perspective.

Let the players play, the coaches coach, and the officials officiate.

Meet the Coaches Nights

At least one parent/guardian is required to attend a Meet the Coaches Night session, prior to their students' participation. Parents/Guardians need only attend one Meet the Coaches Night for the school year. Registration prior to these events is required to ensure appropriate space for the meeting. We will hold one meeting at the start of each season.

Spectator Sportsmanship Policy

As is read prior to many of our athletic events … we would ask that parents help make the event a meaningful one for the athletes by showing respect for your team, the opposing team, the coaches, and the officials. Actions contrary to this will result in removal from the event, the grounds (whether home or away), and possibly future events in accordance with SCSD policy KFA.

Registration Process/Eligibility

Students wishing to participate in high school interscholastic athletics must complete the following in order to be eligible. A student MAY NOT participate until all items are completed and verified.

1. **Online registration through PowerSchool for each season of participation**
   During this registration process, the parent/guardian will
   - give permission for participation and provide emergency and medical information
   - provide proof of health insurance.
   - accept policies, procedures, and expectations as outlined in this handbook.

   Opportunities will be provided for families to use a school computer if other internet access is not available.

2. **Proof of medical examination clearing student for athletic participation**
   This is required once in the student's high school career. It is required prior to participation at any level. For students new to high school athletics, the physical must be dated on or after July 1 of the previous year.
   For example: for the 2019-20 school year the physical must be dated on or after July 1, 2018 (last summer).
   If necessary, please see the Athletic Department for information regarding locations of free or inexpensive athletic physicals.

3. **Academic Eligibility – Please see the "Guide to Athletic Academic Eligibility and Waiver Process"**
   Please refer to NHIAA By-Law Article II Section 2.

   Students who do not meet these academic requirements at the beginning of a season may apply for an academic waiver through the athletic office. Mid-season waivers are not granted.

4. **Impact Testing for contact sports**
   All freshmen, juniors, and students new to high school athletics in Souhegan who wish to participate in a contact sport will need to take the computerized Impact test. This test will provide baseline data which will aid in the return to participation in the event of a head injury. High school sports which do not require Impact testing: cross country, golf, swim, tennis, track (except pole vaulters), and unified sports.

5. **Athletic User Fee Payment (subject to change)**
   Athletic user fees can be paid online via My School Bucks during the registration process or by cash or check delivered to the athletic office in the respective high school. Checks should be made payable to "SHS-Activities" with the sport name on the memo line. There will be a $35 charge for all checks returned due to insufficient funds. Students may try out prior to this fee being paid but students will not be issued a uniform until the fee is settled (ie: paid, free/reduced lunch or financial hardship granted, family cap, or payment plan agreed to). Dual sport athletes (two sports in one season) are required to only pay the higher of the two fees.

   <u>Fee Waivers</u>
   - Students who qualify for free or reduced meals through the Food Services Program are exempt from athletic fees.
   - No family will be required to pay more than $400 in any single school year. Ice Hockey does not count towards the cap.

   A fee waiver or payment plan may be requested if there are extenuating circumstances regarding financial hardship. This request can be made to the athletic director.

Participation Fee Structure

$100	$125	$150	$300
Bass Fishing	Alpine Skiing	Baseball	
Bowling	Soccer	Basketball	
Cross Country	Swimming	Field Hockey	Girls Ice Hockey
Golf	Tennis	Football	
Nordic Skiing	Track & Field -Winter	Gymnastics	
Spirit	Volleyball	Lacrosse	$450
Track & Field - Spring		Softball	
		Wrestling	Boys Ice Hockey

Refunds

Full refunds will be issued if a student submits payment and then does not make a team.

A 50% refund will be given if a student is injured in the first half of the season and will not be able to play due to medical conditions. The Athletic Office must be notified of such injuries.

No refunds will be given if a student quits, is removed from the team for disciplinary or attendance reasons, or fails to meet the academic eligibility standards during the season.

Additional NHIAA Policies for High School Athletics

In addition to Academic Eligibility stated above, there are other NHIAA policies which have been summarized below in an attempt to highlight the most important rules and regulations. If the following information does not answer specific questions, or if there is a concern, please refer to the NHIAA Handbook (which can be viewed at www.nhiaa.org) or contact the Souhegan School District Athletic Office.

Age (NHIAA By-Law Article II Section 1)
A student must be less than 19 years of age prior to September 1 of the current school year.

Eight Semester Rule (NHIAA By-Law Article II Section 3)
A student shall be eligible for interscholastic high school competition for no more than eight consecutive semesters beyond the eighth grade. This rule applies regardless of participation in athletics during that time.

Transfer Students (NHIAA By-Law Article II Section 4)
The rules governing transfer students entering the Souhegan School District from another school are governed by the NHIAA. Students who transfer into the Souhegan School District **must be declared eligible** prior to participating in a contest. Information regarding the athletic eligibility of all students transferring to the Souhegan School District should be requested from the Athletic Department Office.

Non-School Competition (NHIAA By-Law Article II Section 7)
Members of a school team are prevented from missing any portion of a high school practice or competition to practice or compete with an out-of-school team. This includes non-school tournaments, showcases, combines, or other athletic events. 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** unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

Penalties: Any student-athlete who violates this rule, unless a waiver has been granted, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (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 or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

Additional Souhegan School District Guidelines and Policies

Transportation To and From Contests

The school provides bus transportation, or a suitable substitute, to and from most "away" contests. The time spent as a team on the bus are some of the most memorable for student-athletes and are essential in developing team identity and chemistry. All team members are expected to travel to these contests using the school provided transportation in order to compete in the event. A student-athlete who does not ride the bus with the team without prior approval will not participate in the event.

Parents wishing to transport their child home from an away event must provide the transportation release form to the coach prior to taking their student-athlete home.

Sportsmanship for Student-Athletes

Souhegan student-athletes must honor the responsibility that accompanies the privilege of representing their school by behaving with dignity and class on and off the field, ice, mat, track or court. Student-athletes participating in NHIAA sponsored events are expected to treat opponents and officials with respect. There will be no tolerance for trash-talking, taunting, heckling, or baiting of opponents. Souhegan student-athletes must appreciate and understand that they are perhaps the most visible representatives of their school.

If any student in any sport willfully, flagrantly, or maliciously attempts to injure an opponent, he/she may be withheld from participation in athletics in the future.

The NHIAA suspends any student from participation in a sport if ejected from athletic contests for unsportsmanlike behavior or what may be considered dangerous play. The Souhegan School District imposes additional penalties as well. The District also reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any contests, both home and away.

Physical Education

All students are required to participate in their regularly scheduled physical education classes. Students being medically excused from physical education may not participate in their team practice or game for that day.

School Disciplinary Actions

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The Athletic Department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement. It is expected that our athletes be model citizens both in and out of school; they should set an example for all students.

Hazing

Hazing activities are contrary to the Souhegan School District's educational goals and objectives and will not be tolerated in our Schools. Hazing activities are prohibited at all times. Hazing is also a violation of the NH Criminal Code section 631:7, Student Hazing. The Criminal Code defines student hazing as "any act directed toward a student, or any coercion or intimidation of a student to act or to participate in or submit to any act when: (1) Such act is likely or would be perceived by a reasonable person as likely to cause physical or psychological injury to any person; and (2) Such act is a condition of initiation into, admission into, continued membership in or association with any organization."

Permission, consent, or assumption of the risk by an individual subjected to hazing is not a defense to the prohibitions contained in this Policy. No school board member, administrator, faculty member, school employee, or volunteer of the Souhegan School District will encourage, commit, condone, or tolerate hazing activities. No student will plan, encourage, or engage in any hazing. (See SCSD Policy JICFA for full details)

Behavioral Expectations for Student-Athletes

Students who participate in Souhegan High School athletic programs are expected to adhere to high standards of conduct. Any violation of the Student Behavior Standards policy resulting in a suspension will cause a student to be suspended from athletic activities. The following behaviors are examples of violations:

- Illegal use or possession of alcoholic beverages, regardless of where such use or possession occurs;
- Illegal use, manufacture, possession, having under control, sale, purchase, prescription, administering, transportation, dispensation, or compounding of any controlled drug, controlled drug analog, or any preparation containing a controlled drug, as any of the above terms are defined in N. H. RSA 318-B:1, regardless of where such behavior occurs;
- A finding of guilt, delinquency, probable cause, or indictment for violation of a criminal statute in any jurisdiction.
- Student Hazing as defined in N.H. RSA 631:7(d), and in POPPS 3244.2, regardless of where such student hazing occurs;
- Illegal gambling, assaultive or threatening conduct, stealing, vandalism, and destruction of property – if any of these behaviors occurs while on school grounds, or otherwise while participating or attending a scholastic or interscholastic event;
- Misconduct, including but not limited to assault or on advisor, coach, judge, official, participant, opponent or spectator; inappropriate behavior and/or obscene language; cheating; directing threats or obscene gestures at an advisor, coach, judge, official participant, opponent or spectator – if any of these behaviors occur while participating in or attending a scholastic interscholastic event.

Any student suspended from school, in or out of school, will also be suspended from participating in and/or attending any school activities or functions, including athletics. At minimum, the length of the athletic suspension is equal to the number of days of the school suspension. The suspension from athletics begins on the date of notice of suspension and concludes no earlier than the first day the student returns to their regular class schedule.

NOTE: If a student is on suspension during a try-out period of an athletic activity, it will be at the discretion of administration if the student may participate in a try-out period. This exception may only be made on a student's first violation.

Illegal Substance Policy

Persons under 21 years of age are forbidden by State Statute to possess or consume alcoholic beverages. Possession of illegal drugs (i.e. controlled substances) is also forbidden. Persons 21 years of age and over are forbidden by State Statute to provide alcoholic beverages and/or drugs to persons under 21. No one shall possess or ingest alcohol or a controlled substance, nor be under the influence of alcohol or a controlled substance as defined by the laws of New Hampshire, while on school property, while en route to or from any school sponsored event, or while participating in school activities. No person shall sell, share, or give to another student alcohol or a controlled substance on school property, or while participating in interscholastic events or any school sponsored event.

A student is considered in violation of the school district's policy on alcohol and other drugs if they are:

- In possession of alcohol or drugs;
- In possession of paraphernalia associated reasonably with illegal drug use.
- Distributing alcohol or drugs;
- Selling alcohol or drugs;
- Under the influence of alcohol or drugs;
- In the act of using alcohol or drugs;
- Knowingly in the presence of students in the act of possessing, distributing, selling, or using alcohol or drugs, except when it is clear that the student's presence is for the purpose of intervening for safety reasons or against another's use of alcohol and/or other drugs.

In addition to the consequences outlined in the Souhegan High School Student Handbook, the following consequences, based on the violation, apply to our student-athletes:

- Selling or Distributing (attempted or actual):
  - Removal from the team
- Possessing, using, consuming, or being under the influence of alcohol or drugs:
  - Suspension from athletics, corresponding with the school suspension
  - For in-school suspensions: the athlete may attend practices and games but may not participate until the suspension is complete
  - For out of school suspensions: the athlete may not attend practices, team events, or games or participate, in any way, until the suspension is complete.
  - For all suspensions for this infraction, the athlete will not play in the next 2 contests.
- Possession of items (e.g. tools, paraphernalia):
  - Items (e.g. tools, paraphernalia) that can be associated reasonably with illegal drug use, but which show no evidence of drugs having been used, will be confiscated.
  - Athlete will be expected to attend all team events and may practice
  - Athlete will not play in the next scheduled contest.
- Being knowingly in the presence of drugs or alcohol, but not involved with any of the above infractions:
  - Athlete will be expected to attend all team events and may practice.
  - Athlete will not play in the next scheduled contest

- Multiple infractions to the policies above may result in progressive consequences, including removal from the team.

Self-Referral

When a student recognizes that they have a problem with alcohol and/or with other drugs and chooses to do something about this problem, the school will cooperate as fully as possible with the student. The school will meet with the parents and recommend an appropriate medical or social agency that can serve the student. No disciplinary sanctions will be imposed provided the following conditions are met:

- There is no immediate or apparent threat of harm to self or to others.
- The student is self-referred and not “caught” in violation of school or legal policies.

A student under the influence of alcohol and/or other drugs will be allowed one opportunity to self-refer to a school counselor or nurse without disciplinary action.

Injuries

The Athletic Director, Assistant Athletic Director and/or Coach, in consultation with the Athletic Trainer, reserves the right to withhold any student from participating in any school sponsored practices and/or contests, if it is determined that student is not in full health.

Return to Play from Injury

The Souhegan School District employs Athletic Trainer services for each of the high school athletic programs. The Athletic Trainers are trained and certified to provide the very best care for our student-athletes. All high school student-athletes who suffer an injury or who feel discomfort must be evaluated by the Athletic Trainer prior to returning to their sport. Any time a student-athlete visits the emergency room or a doctor due to potential injury, that student must provide documentation from the doctor they visited, or their primary care physician stating they are safe to return to said sport or activity. Documentation from a health care provider does not guarantee that a student is able to return to participation right away. Several injuries will require a gradual return to play and the note from the healthcare provider is the first step in making a return to play a possibility.

Treatment for Head Injuries

The Souhegan School District and Athletic Department are keenly aware of the nature and concern regarding the topic of head injuries. Significant progress has been made the last several years to ensure that students do not return to participate in athletic endeavors prior to reaching a full recovery. In recent history research has shown that participating in athletics while suffering from a concussion can result in lifelong injuries and complicated health issues. The Athletic Department utilizes the ImPACT Program to evaluate head injuries. Students at the high school level participating in high risk head injury sports will be required to take an online ImPACT Baseline Test prior to the start of their season in both their Freshman and Junior years. The Athletic Trainer, Athletic Director, or the director's designee will administer the test.

If a student-athlete is suspected of suffering any head trauma, they will be evaluated by the Athletic Trainer. The Athletic Trainer will determine if the trauma suffered requires the student to take a "Post Injury" ImPACT Test. The first "Post Injury" Test should be taken within three days of suffering trauma. Upon completion of the "Post Injury" Test the Athletic Trainer in consultation with a Certified ImPACT Test Doctor will determine if the student is healthy and can take the next step to return to play, or determine if the student must remain out of competition until they are symptom free. The term symptom free is defined in this context as a student who does not experience any of the symptoms associated with a concussion, including: headaches, dizziness, nausea, exhaustion, sensitivity to light, difficulty with concentration, etc.

(1) If determined that a student-athlete can move to the second step in return to play, they will take a second "Post Injury" test, this time after 30 minutes of physical exertion. Students will be asked to ride a stationary bike, or go on a treadmill. After the second "Post Injury" Test and Athletic Trainer's evaluation, it may be deemed that the student is healthy and may return to participation. This step may also require a note from the student's primary care physician, if requested.
(2) If it is determined that the student continues to suffer concussive symptoms, they will be scheduled to take his/her second "Post Injury" test when symptom free, and typically 7-10 days after injury. Once again the student will be evaluated, and may return to participate once deemed he/she in full health.
(3) Students experiencing symptoms through the 7-10 day period will not be allowed to return to participate because the student's health is the priority.

Concussion Information

What is a concussion?
A concussion is a type of brain injury resulting from an impact to the body causing the brain to strike the inside of the skull. A direct hit to the head is not required for a concussion to occur. Students suffering from concussions may experience symptoms for a few days, weeks, or in severe cases even months. Because the brain is very complex, every brain injury is different. Some symptoms may appear right away, while others may not show up for days or weeks after the concussion. Sometimes the injury makes it hard for people to recognize or admit that they are having problems.

The signs of concussion are subtle. Early on, problems may be missed. People may look fine even though they are acting or feeling differently.

Concussion Symptoms
A concussion can affect a student in a variety of different ways: physically, cognitively, emotionally, and with sleep. Each student's symptoms are different in both occurrence and severity. Symptoms for a student should only be compared to how he/she felt, acted, slept, and performed prior to the concussion. One student's symptoms and recovery should never be compared to another student's.

Physical	Cognitive	Emotion	Sleep
Headache	Slow processing	Irritability	Trouble falling asleep
Dizziness	Mental fog	Sadness	Trouble waking
Balance difficulties	Trouble focusing	Nervousness	Sleeping more than usual
Nausea/vomiting	Memory problems	Embarrassment	Sleeping less than usual
Fatigue	Concentration problems	Anger	Drowsy
Sensitivity to light	Feeling confused	More or less emotional than normal	Altered sleep schedule
Sensitivity to sound	Shortened attention span	Anxiety	
Change in vision	Difficulty planning	Paranoia	
Feeling sluggish	Difficulty organizing		
Speech problems	Slower reading		
	Difficulty with comprehension		
	Easily distracted		

Who can diagnose a concussion?
Only a licensed health care professional who has experience managing concussions can officially diagnose a student with a concussion.

Danger Signs
If any of the following are observed in an individual with a concussion, he/she should be taken to the doctor or Emergency Department immediately:

- Cannot be awakened
- Have one pupil (the black dot of your eye) larger than the other
- Have convulsions or seizures
- Have slurred speech
- Are getting more confused, restless, or agitated

Recovery
How fast people recover from a concussion varies from person to person. Although most people have a good recovery, how quickly depends on many factors. These factors include how severe the concussion was, what part of the brain was injured, their age, and how healthy they were before the concussion.

Rest is very important after a concussion because it helps the brain to heal. You will need to be extremely patient because healing takes time. As the days go by, you can expect to gradually feel better.

While you are healing, you should be very careful to avoid doing anything that could cause a blow to your head. On rare occasions, receiving another blow before a concussion has healed can be very dangerous and possibly fatal. Here are some tips for healing:

- Get plenty of sleep at night and rest during the day
- Return to activities gradually, not all at once
- Avoid activities that could lead to a 2nd brain injury until cleared by the doctor
- Take only those drugs that your doctor has approved
- Rest your brain – limit cognitive stimulation: cell phones, TV, computer, video games

The Souhegan School District has implemented a Return to Learn Protocol for students with concussions. Be sure to notify the school nurse immediately if your child has been diagnosed with a concussion.

Resources:
NFHS Guidelines for Management of Concussions in Sports

- https://www.nfhs.org/media/1018446/suggested_guidelines__management_concussion_april_2017.pdf

NFHS Learn Courses

- https://www.nfhslearn.com/courses?searchText=Concussion
- Concussion in Sports
- Concussion for Students

REAP^{sm} the Benefits of Good Concussion Management

- https://www.nfhs.org/media/1015690/reapaugust2015.pdf

Souhegan High School Head Injury Assessment Information for Parents and Athletes

Athletic Trainer Marcus Jones souheganatc@sau39.org Athletic Director Kelli Braley kbraley@sau39.org
School Nurse Angela Hildreth ahildreth@sau39.org

Your daughter/son has been evaluated for a concussion.The provided information will guide you and your child through their recovery as well as their return to academics and athletics. If you have any further questions, please do not hesitate to reach out to any of us.

Rest is of extreme importance at this time. Your child should be resting from exercise, school work, and it is imperative they **eliminate/severely restrict screen time, including phones, gaming, television**. They should eat a well balanced diet and drink plenty of water.

Once your daughter/son no longer has any symptoms and appears back to normal behavior for at least 24 hours, they can slowly resume regular activities under the care of their support team.

Today, your child exhibited the circled/highlighted symptoms. If these symptoms increase or do not diminish they should be evaluated by their physician or at an urgent care setting. **Please do not give your child pain relieving medication at this time as it may mask any symptoms that may arise.**

Headache	Pressure in Head	Neck Pain
Nausea	Dizziness	Blurred Vision
Balance Problems	Sensitivity to Light	Sensitivity to Noise
Feeling “in a fog”	“Don’t feel right”	Difficulty Concentrating
Difficulty Remembering	Fatigue or low energy	Drowsiness
Confusion	More emotional	Irritable

In addition, if they have any of the following, they should be seen immediately at an emergency room or urgent care:

Slurred speech, loss of consciousness, seizures, abnormal behavior, weakness or numbness in the arms or legs, difficulty awakening.

Your child should check in with the nurse first thing in the morning to have another symptom check and again in the afternoon with the Athletic Trainer. Once symptoms have alleviated, return to play/academics can begin.

Return To Athletics:

There should be a minimum of 24 hours between Steps. If any symptoms arise during a Step or at any time during the 24 hours post exercise, the athlete is to wait 24 hours after symptoms subside and the Step should be repeated. IMPaCT should be given prior to Step 1 and then again after Step 2.

Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.

- Walk or Stationary bike at low resistance for 10 minutes

Step 2: Running in the gym or on the field. No helmet or other equipment. Drills with no contact/low impact.

- Jog/bike 5 minutes
- 15 jumping jacks 15 lunges 15 sit ups 15 step ups-low 15 push ups
- Jog/bike 5 minutes
- Repeat for 20 minutes

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

- Run/bike with resistance 10 minutes
- Sports Specific Drills as appropriate
- 15 jumping jacks 10 dumbbell press 15 sit ups 15 leg press/lunge with dumbbells
- Run/bike with resistance 10 minutes
- Repeat for 30 – 45 minutes

Step 4: Full contact practice or training

Step 5: Game play

Concussion Guidelines for Classroom: Return to Learn (subject to change pending results of pilot program fall 2025)

In order to promote a fast and full recovery from the brain injury the following guidelines are recommended for the first week or two following the injury.

If the student does not progress well during the first week or two following the injury they may need these guidelines for up to a month or two following the injury. We will re-evaluate and notify you if this is the case.

Please allow the student:

To sit near the front of the class to keep on track and avoid distractions

To go to the nurse if they appear sleepy or in pain (squinting, putting their head down or holding their head)

To refrain from the use of computer screens, TV screens, I Phones, I Pads for the first few days

To have extra time for tests and quizzes and they should be allowed to put them off for a few days when possible (No tests until cleared)***

To take tests and quizzes in a quiet environment

To take short breaks to visit nurse for rest or medication

To refrain from long reading or writing assignments

To refrain from any physical activities that may be conducted during your class

Please contact me if you have any questions or concerns during the school day and I will consult with the Doctor, Athletic Trainer, student or parent as indicated.

If a student is an athlete, he or she will have periodic evaluations with the Athletic Trainer to track their progress in recovery from their head injury.