



Lebanon High School
Athletic and Co-Curricular
Handbook
2026-2027



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LHS PROGRAM OFFERINGS

ATHLETIC TEAMS

Fall

Bass Fishing
Coed Cross Country
Cheer
Field Hockey
Football
Coed Golf
Boys Soccer
Girls Soccer

Winter

Boys Basketball
Girls basketball
Cheer
Boys Ice hockey
Girls Ice Hockey
Coed Indoor Track and Field
Coed Ski- Alpine
Coed Ski- Nordic
Swimming
Unified Basketball
Wrestling

Spring

Baseball
Boys Lacrosse
Girls Lacrosse
Outdoor Track & Field
Softball
Boys Tennis
Girls Tennis

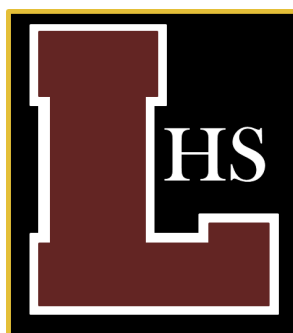
Athletic Clubs

Gymnastics
Volleyball
Wrestling

CO-CURRICULAR PROGRAMS

Acapella
Art Club
Ballroom Dance Club
Band
Big Buddies
Book Club
Chess Club
Chorus
Code Club
Creative Minds
Creative Writing
Dance Team Club
Debate Club
Disc Golf
Diversity Club
Drama/Musical
Dungeons and Dragons
Economics
Feminist Club
French Club
Game Club
Health Tech Club
Interact Club
Jazz Band
Pep Band
Literary Club
Math team (junior and senior teams)
Model United Nations
National Honor Society
Project Evergrow
Puzzle Club
Red Cross Club
School Council
Science Honor Society
Science Olympiad

	Spanish Club Students for a Sustainable Future Student Council Superlatives Ultimate Frisbee Club Wellness Club Wet Paint Players Yearbook Young Progressive Activists Youth in Action
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Welcome!

This handbook is designed to provide you with information concerning all opportunities offered by the Lebanon High School co-curricular program. While academics are our top priority, student participation in school programs is an integral part of a high school student's education. The main objective of our program is to encourage participation, teamwork, and the enjoyment of school co-curricular offerings. The values learned through commitment to a school program are numerous and beneficial to all participants.

As parents/guardians, your presence at events and cheering for your child's program is essential. You have a role in modeling appropriate behavior at events and must help us provide a healthy, yet competitive environment, for our participants without compromising the integrity of our school or community. We ask that you do not engage in behavior that demeans or degrades officials, coaches or participants as it will not be tolerated. We do encourage and appreciate parents who wish to become involved as a support system for each of our programs.

This handbook describes the rules and regulations of the Lebanon High School student co-curricular programs and the New Hampshire Interscholastic Athletic Association (NHIAA). The handbook also addresses concerns we have with regard to participation in all school programs, as well as students' welfare and conduct as representatives of their programs and the school. By signing the Athletic and Co-Curricular Activity Contract, it is in effect giving one's word that the student will abide by the policies outlined in this handbook. This is a commitment we take very seriously.

Please read, discuss, and co-sign the agreement form with your son or daughter. Your signature also indicates that you have received and read the concussion fact sheets and that you give your child permission to participate in all athletic and co-curricular activities during their high school experience. *This contract need only be signed once and is in effect from the point of signature until graduation. Signing the agreement and returning it to the athletic office is a prerequisite for participation in the Lebanon High School co-curricular programs. We especially appreciate your attention to your child's commitment not to use alcohol, illegal drugs, or tobacco products.*

Let's work together for a safe and successful co-curricular experience for all our students!

Ben Davis
Director of Athletics and Co-Curricular Activities
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FORWARD

The purpose of this handbook is:

- to stress the importance of dynamic student co-curricular programs and their importance to the positive social, physical, and educational development of students.
- to make sure all participants of this program, coaches, advisors and spectators understand the educational values derived from participation.
- to share the Lebanon High School Philosophy, Rules of Conduct, and Guidelines.
- to clarify objectives, policies, and responsibilities.

All students who participate in athletics and/or co-curricular activities, coaches, advisors, and volunteers will receive this handbook. All should read it to become familiar with the responsibilities, procedures, and practices. Parents and students are required to sign the athletic and co-curricular activity contract and emergency medical form prior to beginning in an activity. All questions or concerns should be directed to the attention of the Athletic and Co-Curricular Director prior to signing the contract.

ATHLETIC & CO-CURRICULAR PHILOSOPHY

LHS believes that its programs promote and serve the following purpose:

- To teach and instruct students in the rules, fundamentals and skills of various individual, team sports and co-curricular programs.
- To provide physical and/or mental training and an outlet for adolescent energy.
- To provide healthy competition and cooperation within and between schools.
- To promote and develop in each student the best principles of good sportsmanship.
- To develop a strong positive value system.
- To learn to accept the responsibility of citizenship.
- To develop self-awareness, self-reliance, self-confidence and self-respect.
- To learn to relate effectively with different kinds of people, and to learn to make strong and enduring friendships.
- To learn that a healthy mind and a healthy body must be maintained throughout life by sound health practice and continuing exercise.
- To develop the ability to solve problems as an individual and as a member of a team.
- To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- To display courtesy and respect to officials, spectators and visiting teams.

ATHLETIC POLICY - GENERAL STATEMENT

It is the policy of the Lebanon School District to maintain and direct as full a program of athletics as possible. We encourage the development of a variety of competitive teams at the varsity, junior varsity, and, where appropriate, reserve levels.

The goals of this program are to encourage as many students as possible to participate in competitive sports to promote their physical development and enrichment; to satisfy normal competitive instincts; to attain educational goals in such areas as team play and sportsmanship; and to acquire skills which can be used later in their lives. To this end, it is the goal to have the program include both team sports and individual sports in such a mix as may be desirable considering the needs of the student body.

At all times the program shall be primarily concerned with the health, safety and well-being of its participants. Although parents and spectators are encouraged to attend contests, it must always be kept in mind that the program is for the participants first, and all decisions will take this into account.

The program is under the ultimate direction of the Lebanon School Board at the policy level and the Superintendent of Schools at the administrative level. The Athletic Director acts as a liaison between the coaches and administration at the secondary level, performs certain administrative functions and reports to superiors as outlined in administrative guidelines. As with any other school program, each building principal is responsible for athletic programs within his/her building.

EXPECTATION AND STANDARD OF BEHAVIOR AND CONSEQUENCES

The purpose of this section of the handbook is to make clear expectations and guidelines having to do with student behavior, as well as to communicate consequences and punitive actions that students can reasonably anticipate if they violate rules and fail to meet expectations having to do with being a student athlete or co-curricular participant.

PROPER CONDUCT AND GOOD SPORTSMANSHIP

Throughout the Code of Conduct, "proper conduct" and "good sportsmanship" refer to these qualities:

- Treat other persons as you know they should be treated, and as you would wish them to fairly treat you.
- Regard the rules of your game as agreements, the spirit of which you should not evade or break.

- Treat officials and opponents with respect.
- Accept absolutely and without quarrel the final decision of any official.
- Honor visiting teams and spectators and treat them with respect.
- Behave as an honored guest when you visit another school.
- Be gracious in victory and defeat.
- Be as cooperative as you are competitive.
- Remember that your actions on and off the field reflect on you and your school.

CONDUCT AT ALL SCHOOL EVENTS

The school athletic and co-curricular programs at Lebanon High School has as its primary objective the development of self discipline, a spirit of cooperation, good citizenship, and respect for rules and authority. We seek to instill in our students principles of justice, fair play, and good sportsmanship.

In order to accomplish these objectives, it is necessary to develop and maintain team and school spirit that is based on discipline and uniformity of goals. Certain regulations are necessary to prevent the disruption of team spirit.

GUIDELINES FOR PARTICIPANTS

1. Participants shall at all times represent themselves and their school with honor, proper conduct, and good sportsmanship.
2. Participants shall comply fully with the rulings of the officials. In no way shall they demonstrate their dissatisfactions with the decisions made.

GUIDELINES FOR SPECTATORS

1. Spectators, whether students, faculty, parents, alumni or friends, bear important responsibilities to the school for the atmosphere and conduct of games, whether at home or away.
2. Spectators should watch games from those areas defined by each school as spectator areas. They must NOT run up and down sidelines, call to players, coaches or officials in an unsportsmanlike manner, go onto the field of play, or deface property. Any action which detracts from the ability of coaches, players and officials to do their best is not acceptable.
3. Faculty members should remember that their responsibilities for student discipline and behavior extend to disciplining and controlling students who misbehave as spectators.
4. It is the policy of the Lebanon School District that the use of tobacco products is prohibited on school grounds and in private vehicles while on school grounds.
5. Any person, including an adult, who behaves in an inappropriate manner during a co-curricular, or any other school-sponsored event may be ejected from the event and/or denied admission to school events for an extended period of time, at the discretion of the principal, his/her designee, and/or athletic director. Examples of inappropriate conduct, include, but are not limited to, the following examples:
 - a. Using vulgar or obscene language or gestures;
 - b. Possessing or being under the influence of any alcoholic beverage;
 - c. Possessing or being under the influence of any illegal substance;
 - d. Possessing a weapon or an item being used as a weapon;
 - e. Fighting or otherwise striking or threatening another person;
 - f. Failing to obey the instructions of a police officer or school district employee; and
 - g. Engaging in any activity that is illegal or disruptive.

The police may be involved at the discretion of the principal, his/her designee, and/or athletic director on duty.

ELIGIBILITY FOR SCHOOL ACTIVITY PARTICIPATION

A uniform standard will be applied for eligibility to participate in all school programs as a member of a team, co-curricular program, or school recognized club. As a member of a group representing the school, participants bring attention to themselves and to the student body and influence the way other people and communities view our school and community. It is a privilege to represent the school in its programs and it follows logically that the school must have the authority to revoke the privilege when the student does not conduct themselves in a responsible manner. Students participating in school programs are expected to be model citizens of the school. Students should be familiar with these guidelines.

ACADEMIC REQUIREMENTS TO PARTICIPATE

The athletic department will uphold the standards of Lebanon High School in terms of minimum course requirements (Located in the LHS Program of Studies). The athletic department will also adhere to the standards set forth by the NHIAA relative to passing of academic courses. See NHIAA Scholastic Standing By-Law II Sect.2

All students must meet the minimum standard to participate in school athletic and co-curricular programs. Lebanon High School has adopted The New Hampshire Interscholastic Athletic Association policy that states:

"No pupil who has failed to pass four (4) units of work during the school's previous grading period shall represent the school in any interscholastic contest. A minimum of four (4) units of work per grading period is required for participation in interscholastic athletics.

Schools utilizing alternative scheduling formats like block scheduling or trimesters should calculate and equate their system to meet the intent of passing four (4) units of work in a traditional format (i.e. in a 4 x 4 block program the student would need to pass a minimum of two (2) subjects to meet the standard). Recognizing that schools are increasingly moving away from the Carnegie Unit/seat time hours for instruction and grading, it is expected that the school principal will follow the intent of the By-Law when certifying academic eligibility for student athletes. For example, a student could meet this requirement through a virtual school, off-site real world learning, on-line classes, etc. as long as the school officially recognizes and certifies the activities to be academically legitimate and part of the school's educational program."

Definitions:

- Grading Period: Not less than six (6) weeks.
- Previous Grading Period: Indicates the last prior grading quarter of the school year (not semester grades).
- Passing Grade: As determined by the NHIAA individual member high schools.
 - A unit of work reflects a course that meets the equivalent of five (5) times per week in a traditional Carnegie Unit format.
 - All units taken outside of LHS will be evaluated on an individual basis by the LHS counseling department.
 - Academic make-ups: A student may regain eligibility by making up academic deficiencies, failures or incompletes of the regular school year through academic/recovery programs completed prior to the first date of play in a sport as listed in By-Law Article XXXVI of the NHIAA Handbook.
 - Incompletes are not to be considered passing grades for the purposes of eligibility.
 - It should be noted that the NHIAA scholastic standing by-law defines minimum standards only. There is no prohibition on schools adopting higher academic standards in determining academic eligibility.

WEEKLY ELIGIBILITY

1. After quarter eligibility has been established, students passing fewer than four classes may become ineligible.
 - a. Weekly grade checks beginning in the 2nd week of the quarter will determine eligibility for the upcoming week.
 - b. The Assistant to the Athletic Director will generate a list of all those student athletes/co-curricular participants who are not passing four classes.
 - c. Students will receive at least one warning week prior to any ineligibility.
 - d. Students that improve to eligible status will regain immediate eligibility.
2. The second consecutive week that a student appears on the ineligibility list, the Athletic Director will meet with the student.
 - a. The Athletic Director will notify the Assistant Principal, who will assign a study hall during the school day or during reassessment period.
 - b. Unexcused absences from the assigned study hall may result in the inability to participate in the athletic activity for that day.
 - c. The student shall remain in the study hall until they no longer appear on the ineligibility list.
3. The third consecutive week that a student appears on the ineligibility list
 - a. The Assistant Principal meets with the Athletic Director to review the "Low Grade Report." The SIST (Students in need of Support Team) is another source for insight into the academic situation of students.
 - b. The Athletic Director emails the coach and parent(s) and meets with the student to devise alternative measures to improve academic performance. These alternatives may include, but are not limited to the student setting up a standing meeting with the teacher during mandatory times of the school day or after school. This may mean an absence from practice or games.
 - c. Extension of a study hall to go to 4:30 Room 16)
 - d. The student not participating in all or part of games /practices
4. The last two weeks of the quarter:
 - a. Any student athlete/co-curricular participant who appears on the ineligibility list during the last two weeks of the quarter will be placed in a study hall for the remainder of the quarter.
 - b. The Athletic Director will notify the Assistant Principal, who will assign a study hall during the school day or during reassessment period.
 - c. Unexcused absences from the assigned study hall may result in the inability to participate in the athletic activity for that day.

LEBANON HIGH SCHOOL ATTENDANCE AND BEHAVIOR REQUIREMENTS

Attendance: For a student to be eligible to participate in an extracurricular activity on a given day, they must be in attendance for the full school day, other than for documented reasons with prior exception and/or approved by an Administrator. The Athletic Office will run an attendance report at 12:30 p.m. Any athlete on the LHS Unexcused Absence list shall be deemed unable to participate in the day's activity. The Athletic Office will send an email to the coach and the participant regarding this notification. Should the status change, the student must notify the Athletic Office of the change.

The main office will notify the Athletic Office of any Unexcused Tardies that they deem require the Athletic Director's attention (i.e consistently late issues, etc.).

1. Detention: A student must serve detention on the assigned day(s) whether or not it conflicts with any school athletic or co-curricular practice or event.
2. Suspension: A student may not participate in practices, athletic events or other school events during the term of after hours or out-of-school suspension.

3. Any question of eligibility to participate will be resolved by the Athletic Director and Principal.

STATEMENT ON HAZING

No student or employee of the District shall participate in or be members of any secret organization that is in any degree related to the school or to a school activity. No student organization or any person associated with any organization sanctioned by the Lebanon School Board shall engage or participate in hazing.

Hazing is defined as an activity that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization sanctioned or authorized by the School Board.

This might include, but is not limited to, any brutality of a physical or mental health nature which could adversely affect the health or safety of the individual. Any coach or advisor encouraging, condoning, or tolerating such practices will be terminated. Any team or activity member taking part in the hazing or initiating of other team or activity members will be dropped from the team or activity. If the hazing or initiation takes place within the last week of the athletic season, the students participating will be ineligible to participate in any sport during the next athletic season in which the student plans to participate. As required by state of New Hampshire Hazing Law (RSA 631:7), all such incidents will be reported to the police.

PUBLIC SAFETY AND VIOLENCE PREVENTION-BULLYING

All participants in co-curricular activities will be held accountable for reading, understanding, and following the bullying policy as stated in the Lebanon High School Student and Parent Handbook. See Reporting Procedure in Student and Parent Handbook.

All Lebanon High School students are responsible for complying with the rules of the student handbook. The Expectation and Standard for Behavior and Consequences is enforced 365 days a year and is cumulative through all four years. Furthermore, students must comply with the following:

- Refrain from the use, sale or possession of illegal drugs at any time or place.
- Refrain from the use, sale or possession of tobacco at any time or place.
- Refrain from the use, sale or possession of alcohol at any time or place.

When an "actionable offense" is reported, the student-athlete shall be subject to the rules and regulations found in the co-curricular code of conduct. "Actionable Offense" is defined as an offense is that which is brought to the school's attention from one or more of the following sources:

1. Information from the Police
2. The student-athlete admits to the issue
3. Teacher/Staff member witnesses the action

Each coach, club sponsor, band director, etc., may establish and enforce additional rules and consequences. These rules and consequences must be in writing, approved by the Athletic Director and/or Building Principal, and shared with all participating students and parents.

1. **Category I Violations** – Fighting, malicious or spiteful insubordination toward school personnel, threatening or intimidating behavior and/or harassment of school personnel or destruction of school property. Threatening or intimidating behavior and/or harassment of another student in school or at any school function.
 - a. **Penalty**
 - b. First offense: 10% (of the total regular season games) of the next consecutively scheduled dates (days) of competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation.
 - c. Second offense: 50% (of the total regular season games) of the next consecutively scheduled dates (days) of competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation.
 - d. Third Offense: Suspension for one (1) calendar year from the time the principal or athletic director is notified of the infraction. Before reinstatement after serving the year, the participant must present a written letter to the athletic director explaining why he/she/they should be reinstated.
2. **Category II Violations** -
 - a. Use or possession of tobacco in any form, including paraphernalia; use, possession or under the influence of a controlled substance (other than prescribed by a physician) and paraphernalia related to those substances; consumption, possession or under the influence of alcoholic beverages; to steal or be an accomplice to the act of stealing.
 - i. **Penalty**
 - ii. First offense: 10% (of the total regular season games) of the next consecutively scheduled dates (days) of competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation.

- iii. Second offense: 50% (of the total regular season games) of the next consecutively scheduled dates (days) competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation.
 - iv. Third offense: Suspension for one (1) calendar year from the time the principal or athletic director is notified of the infraction. Before reinstatement after serving the year, the participant must present a written letter to the athletic director explaining why he/she/they should be reinstated.
 - b. **Sale or distribution of substances** – Illegal sale or distribution of a controlled substance (including prescription medications) or alcoholic beverages.
 - i. **Penalty**
 - ii. First offense: 50% (of the total regular season games) of the next consecutively scheduled dates (days) competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation.
 - iii. Second offense: Suspension for one (1) calendar year from the time the principal or athletic director is notified of the infraction. Before reinstatement after serving the year, the participant must present a written letter to the athletic director explaining why he/she/they should be reinstated
 - c. **Hosting gatherings where illegal substances or alcoholic beverages are present.**
 - i. **Penalty**
 - ii. First offense: up to 50% (of the total regular season games) of the next consecutively scheduled dates (days) competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation.
 - iii. Second offense: Suspension up to one (1) calendar year from the time the principal or athletic director is notified of the infraction. Before reinstatement after serving the year, the participant must present a written letter to the athletic director explaining why he/she/they should be reinstated
 - d. **Gross Misconduct** – Gross misconduct is defined as cheating, fighting, violation of a civil or criminal law or any socially unacceptable behavior that brings discredit to the athlete, parents, school or team.
 - i. **Penalty**
 - ii. Suspension up to 50% (of the total regular season games) of the next consecutively scheduled dates competition, including NHIAA tournament contests, (excluding scrimmages) effective immediately. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation. Possible removal of the privilege of being a team captain, possible suspension from the team for the remainder of the season or seasons and/or possible suspension from athletic participation for up to one calendar year. Consequence will be dependent upon severity of the offense and may require a written letter to the athletic director explaining why he/she/they should be reinstated
 - iii. If the penalty is not completed during one season, or the infraction occurs out of season, the penalty will be carried over to the next immediate season of participation. Possible removal of the privilege of being a team captain, possible suspension from the team for the remainder of the season or seasons and/or possible suspension from athletic participation for up to one calendar year. Consequence will be dependent upon severity of the offense and may require a written letter to the athletic director explaining why he/she/they should be reinstated.

STUDENT PARTICIPATION IN ALL SCHOOL ACTIVITIES

As many students as possible should be encouraged to participate in the co-curricular program; however, there may be a limit to the number of participants that can be accommodated. Factors such as finances, facilities and availability of qualified coaches or advisors may place limitations on the number of students who can be accommodated within each program.

Coaches are given the discretion to place or cut players on the different teams within the program according to ability, desire, conditioning, and other specific criteria. For example, Seniors do not automatically qualify for varsity level, and freshmen are not limited to participation on a reserve or junior varsity level.

Students participating in the program are expected to adhere to all rules and regulations of the school and the NHIAA. Coaches and advisors have the flexibility to keep students in a program within the maximum program range, based on facilities, talent, age, etc. Once teams or co-curricular groups have been set, no student can be cut without first talking to the Athletic and Co-Curricular Director.

Before any student may participate in a Lebanon High School co-curricular program, the coach or advisor must have on record that the following information has been turned in and checked.

1. Physical exam form (for athletes only) appropriately dated and signed.
2. Athletic & Co-curricular Activity Contract with complete information and appropriately signed.
3. The student must be certified as eligible by the Athletic Director.

Coaches and advisors are responsible for making sure all paperwork is properly signed and dated. Specific attention needs to be made on the dates of physicals. Physicals need to be good for the given sport period.

The amount of actual participation or playing time is determined by the coach. Programs become increasingly competitive from reserve to junior varsity to varsity levels. At the reserve level the primary goal is broad participation; at the junior varsity level the goal remains participation, but not at the expense of the team being competitive. At the varsity level the goal is to strive for playing excellence that will produce winning teams within the bounds of good sportsmanship and the mental, social and physical health of the student athlete.

SCHEDULES AND PRACTICES REGULATIONS

The NHIAA is the governing body on starting and ending dates of practices and games. The NHIAA also sets a minimum and maximum number of games. The dates and number of contests change yearly.

A coach may not have any contact with the team or potential team members for the purpose of planning, practicing or playing at any time other than within the season limits prescribed by the NHIAA. A coach shall be limited to one one-hour pre-season meeting with his or her sport and may call one "out-of-season" meeting to collect equipment. Voluntary workouts may be scheduled to take place in the season prior to the actual game season.

A coach may not require an athlete to participate in a sport or a training program for that sport outside the NHIAA defined sports season of that sport.

"Captains" and/or "Underground" practices are not permitted under any circumstances during the school year.

Practice time will be limited to a maximum of two hours per day (on field or court) during the school year and a maximum of four hours (split into two 2 hour sessions) during August pre-season. No triple sessions.

The first allowable official meeting with the team during the season should include an information session, discussion of student-athlete policies, and information gathering for purposes of eligibility, physicals, etc. The Athletic Director may ask to be present at this first meeting.

The first week of practice should be spent primarily on conditioning, skill development, individual and team assessment, with an emphasis on prevention of injury. Full pads are not allowed in football for the first three days of physical practice. Full contact in football, ice hockey and boys' lacrosse is not allowed for the first five days.

- No practices (required or optional) will be scheduled on Sundays for any Lebanon High School activity in any school or other facility.
- Special situations, such as a Sunday tournament game or Sunday practice before a Monday tournament game, will require a written request for approval through the Principal to the Superintendent.
- Any coach or advisor who violates this clear prohibition on the use of Sunday for school activities will be officially reprimanded.
- Every effort will be made to minimize scheduled activities during school vacations. However, practices and games may be scheduled and it is important for coaches, advisors, students and parents to plan accordingly.
- Schedules and practices will be posted on our school web page (lebanonraiders.org).

PLAYING TIME

At all levels, the coach will determine playing time according to each player's ability. The NHIAA Coach-Parent Communication Guide states that playing time or player position is a non-negotiable topic for discussion. Playing time is not a negotiation on the part of a parent.

The player should realize where he/she/they is in terms of the depth chart and understand what he/she/they needs to do in order to change that situation should he not like it. This is accomplished by developing a plan for improvement by the head coach, position coach (if applicable), and the player. This plan needs to be clear and should present ways for the student-athlete to improve. It is up to the athlete to follow through. All communication for this should take place between the student-athlete and coach.

Expectation: a student athlete will learn to advocate for him/her/their self/selves using this procedure. Do not rely on parental involvement. This is part of the growth process and becoming a responsible young adult. At times, the student-athlete must be present for parental meetings that occur with your coach and, if need be, the athletic director. These are usually communication issues at the core, and it is best to have all parties involved present.

INCLEMENT WEATHER

In the event of bad weather, we want to make clear that the parent/guardian has the ultimate determination to send the student to an athletic/co-curricular event.

TEAM SELECTION

We encourage coaches at all levels to keep as many students as they can without affecting the integrity of the sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the effective team size for any particular sport. At the varsity level, the NHIAA has set roster limits in many sports. All participants will be offered the opportunity to practice for an approved period of time before first-round cuts will be made. The selection criteria must be presented to participants and parents prior

to the start of the season at the program's pre-season meeting. The criteria must meet the Athletic Director's approval. No athlete may try out for a team after the first regular season game. The Athletic Director and Principal, in extenuating circumstances, may grant exceptions. Once tryouts have concluded and the process of team selection has been determined and announced by the coach of a designated program, a student-athlete will not be permitted to remove themselves from that team in an effort to join another team or program in a given season.

- Commitment to sports is taken very seriously. Athletes are expected to be at every required practice unless excused by the coach. Athletes who must miss practice for an appropriate reason should inform the coach ahead of time.
- Athletes who are late for or miss a practice because they attended an extra help session or test makeup will not be penalized. Frequent absences, under all conditions, could lead to removal from the team.
- Athletes who are late to off-campus practices will not be penalized for tardiness; speeding to avoid lateness is unacceptable and will result in disciplinary action.
- Athletes who receive detention and arrive late to practice or games will be subject to team rules regarding lateness and may be kept out of games.
- Athletes who work during the sports season should think very seriously about participating. Practices and games may be changed without notice, and an athlete's attendance is mandatory. Missing practice or games because of a work commitment will not be excused.
- Athletes who miss practices or games because they go on vacation will not be allowed to play in the first game or match upon their return to ensure the safety of other participants.
- Athletes who are released from class early so that they may travel to away games or matches will be responsible for any schoolwork missed during their absence. Arrangements should be made ahead of time with all teachers involved.

PHYSICAL EXAMINATION

A physical examination is required before participation in athletic activities is permitted. Any ninth grade student or transfer student involved in athletics will be required to have a physical form, not more than a year old, completed by a physician prior to starting practice. Physicals are required every two years thereafter for all athletes.

EMERGENCY MEDICAL FORM

Each athletic and co-curricular participant's parent/guardian shall complete an Emergency Medical Form giving permission for treatment by a physician or hospital when the parent(s) cannot be reached. The form will be kept in the athletic office with each coach or advisor receiving a master list of program participants and the required emergency information. Please inform the athletic office of any changes during the year.

HEALTH INSURANCE

Lebanon High School expects that all athletes' families will have insurance for their students. Although students are not required to have insurance for participation in athletic or co-curricular programs it is strongly encouraged.

CONFLICTS IN STUDENT PROGRAMS

An individual student who attempts to participate in several programs will, undoubtedly, be in a position of experiencing a conflict of obligations. The co-curricular department recognizes that each student should have the opportunity for a broad range of experiences.

Students have a responsibility to do everything they can to avoid continuous conflicts. This means being cautious about belonging to too many programs where conflicts are bound to happen. It also means notifying the faculty advisor/coaches involved immediately when a conflict does arise. When a conflict does arise, the student should work out a mutually acceptable solution with the advisor/coach. Once the decision has been made and the student has followed the decision, he/she/they will not be penalized in any way by either the advisor or the coach.

LHS DUAL SPORT PARTICIPATION IN THE SAME SEASON

A student-athlete will be allowed to participate on two Lebanon High School sports teams within the same season after the athletic director, athlete, parent(s) and coaching staff have met and signed the dual sport contract. This form may be acquired from the Athletic Director. At this time a primary and secondary sport will be declared. It is important to note however, that a coach can refuse to allow for dual sport athletes in his or her program.

Any athlete who is "cut" from a team within the preseason, may try-out for a secondary team providing this occurs within 5 practice days of being cut and with the prior approval of the athletic director and the coaching staff of the secondary team. Once approved, an athlete must participate in 5 days of organized practice within the secondary sport before participation may occur in any scrimmage or regular season game. Athletes are not permitted to join a sport late, unless prior approval from the athletic director and principal has been granted. The season officially begins with the first day of preseason practice.

ATHLETIC & CO-CURRICULAR MEETING TIMES

Student participants in co-curricular activities will be permitted to be late for or, on occasion, miss athletic practice to attend co-curricular meetings when they have informed the coach ahead of time of the meeting. Students who are late for or miss practice to attend such meetings will suffer no punitive consequences.

All coaches are expected to abide by the provisions of this policy. Since many of our students are involved in co-curricular activities, it is essential that this policy be fully implemented to support this joint participation and to avoid putting students in the middle between their coaches and activity advisers.

FUNDRAISING

No athletic team or co-curricular program should engage in any fundraising activity without prior written approval from the Athletic Director, Principal, and Superintendent. Fundraising forms are available in the Athletic Office. Athletic teams are limited to one (1) direct sale fundraiser per school year. Fundraising for the purpose of articles of clothing must first be approved by the Co-curricular Committee, and clothing should comply with school colors (maroon, white and gold).

INCLEMENT WEATHER POLICY

When school is canceled or dismissed early due to poor weather conditions, all extracurricular events will be canceled.

TOURNAMENTS, PLAYOFFS, ETC.

One of the major goals of varsity teams at Lebanon is to make the playoffs each year, or to attend the final state tournaments. The emphasis will be placed on state competition, rather than regional or national.

Tournaments: Tournament play will be restricted to NHIAA playoffs for varsity teams and one holiday tournament per varsity team. Lebanon High School will allow its sub-varsity teams to compete in invitational tournaments providing there is no loss of school time, the cost is minimal, and there is money available in the athletic budget. Transportation funds are normally available to send teams to state play-offs and tournaments, or to host teams if we are among the higher seeded teams.

The decision to send teams or individuals to regional competitions will be made jointly by the Principal, Athletic Director and the head coach. In reaching this decision, consideration should be given to budgetary limitations, the availability of extra budgetary monies, length of time since the close of the regular season, the extent to which the activity may impinge upon academic commitments, and the value of the competition as an educationally and socially broadening experience for the student athlete.

EQUIPMENT

All uniforms are the property of the Lebanon High School Athletic Department. Uniforms may not be worn for recreational use.

Uniforms/equipment will be issued to the athlete at the beginning of the season. All athletes are responsible for the proper care and security of equipment issued to them.

School-furnished equipment may be worn to school only on home game days. During the season all equipment, including uniforms, must be kept clean. Athletes returning equipment not clean and in good condition at the end of the season will be subject to a financial penalty.

Uniforms will be returned to the coach at an organized time two days following the end of the season. No student will be allowed to participate in another athletic or co-curricular program until all equipment including uniforms is returned from a previous program. The student will be billed for replacement costs of said uniforms and/or equipment.

GROOMING AND DRESS CODE

Once you have volunteered to be a member of a team, you have made a choice to uphold certain standards expected of all athletes in this school. All Lebanon athletes are expected to be well groomed, according to the school dress code policy. Appearance, expression, and actions always influence people's opinions--opinions of athletes, the team and the school. All uniforms, warm-ups and t-shirts worn while representing an LHS team or club at any school event must be approved by the Athletic Director and shall comply with school colors (maroon, white and gold). Specific colors for special events (cancer awareness, military, etc) and neutral colors (gray, black, etc.) for non-uniform team apparel must also have approval from the Athletic Director. All uniform items are expected to be clean and washed after every event. Proper care and maintenance of uniform items is essential to the "lifespan" of the garment(s).

WEIGHT ROOM PROCEDURES

The LHS weight room is available to individuals and teams throughout the school year only under constant supervised conditions. Coaches, faculty or adult volunteers who have been authorized by the Athletic Director or Principal may supervise the weight room.

Weight Room Rules:

- Students should dress accordingly.
- Weights should not be left on bars. They should be stacked neatly on the floor or on racks provided.
- Students are **not allowed to lift alone** in this room. There must be an authorized coach, teacher, or adult volunteer present. Authorization is given by the Athletic Director.
- Noise must be kept to a minimum.
- Profanity will not be tolerated. Students will be asked to leave for inappropriate language.
- Personal items should not be left in the room.

- Lifters must work with spotters.
- Warm up with proper stretching exercises.
- Perform the lifts correctly.
- All safety equipment including, but not limited to, clamps, collars and belts are required.

DRIVING DIRECTIONS

Directions to away contests may be viewed on our athletics web page, www.lebanonraiders.org

TRANSPORTATION

The school district will provide transportation for all contests that fall within the NHIAA preseason, regular season and postseason tournament play. Athletes are required to provide their own transportation to all regular practice sites. Practices that are not held at our normal practice facilities may require school transportation.

Athletes are to be transported to and from all away contests by school-funded transportation. It is important that the athlete travel with the team for team unity and other factors, however, if a parent wishes to take their child after a contest, it must be allowed. Parents wishing to take their child home must see the coach after the contest and sign their athlete out on the coach's sign-out sheet.

No participating student may leave a contest with another parent without written permission from his/her own parent in advance. All such permission must be approved by the Athletic Director or designee in advance of the trip. Parents may fill out an Alternative Driver form prior to each season, which will indicate what other parent(s) may drive their child home. **Immediate family members at least 18 years of age may serve as an Alternate Driver.** A copy of this form will stay on file in the athletic department and will be given to the coach to use as reference. Coaches may let students leave with only with their parents or parents of another student. Coaches must see parents and have confirmation that they are taking students home with them.

At away contests, students must remain at the site of the contest with the coach at all times.

- Coaches will inform the Athletic Director of any cancellations or postponements.
- Teams must be ready to leave on time.
- **Students cannot drive themselves or other players to or from away games.**

RISK OF PARTICIPATION IN ATHLETICS

It is very important that you understand the risk of participation. Participation in competitive athletics brings with it the potential for physical injury. While we at LHS take all reasonable precautions, you should be aware of the risks involved. Our coaching staff is trained in many of the aspects of care and prevention of athletic injuries, and is also trained in first aid and CPR.

POTENTIAL INJURIES THAT MAY BE INCURRED DURING PARTICIPATION IN SCHOOL ACTIVITIES:

Strains	Sprains	Contusions
Broken Bones	Dehydration	Abrasions
Blisters	Concussions	Cramping
Fractures	Punctures	Dislocations

EXAMPLES OF SPORT-SPECIFIC INJURIES

<u>SPORT</u>	<u>POTENTIAL INJURY</u>
Football	Neck and back injuries--knee injuries--head injuries
Soccer	Eye damage--knee injuries--mouth/teeth injuries
Tennis	Elbow inflammation--heat exhaustion
Cross Country	Groin strains--shin splints--heel contusions
Track and Field	Hamstring/groin/quad strains--head/neck injuries
Basketball	Mouth/teeth injuries--eye damage--dislocations
Spirit	Back, neck, and shoulder injuries--wrist sprains
Field Hockey	Knee injuries--muscle contusions
Nordic skiing	Knee injuries--back injuries--hip flexor injuries
Softball	Eye damage--rotator injuries--mouth/teeth injuries
Baseball	Eye damage--rotator injuries--mouth/teeth injuries
Ice Hockey	Neck and back injuries--head injuries--knee injuries

REPORTING OF INJURIES

All injuries which occur as a result of participation in athletics/activities must be reported to the trainer, coach or advisor. If the injury requires medical attention by a doctor, treatment center, or hospital, it will be necessary to have an injury report form completed. Once a physician treats an athlete, a doctor's **dated and signed** written release will be required before the athlete will be allowed to return to practice or play. No athlete shall return to play (RTP) on the same day of a concussion. Any athlete removed from play because of a concussion must have medical clearance from an appropriate health care professional before they can resume practice or competition. After medical clearance, RTP **must be completed and** shall follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms.

CONCUSSIONS AND HEAD INJURIES – POLICY JLCJ

The School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in "contact" or "collisions" sports. However, in order to ensure the safety of all District student athletes, this policy will apply to all competitive athletic activities as identified by the board and administration.

Consistent with the National Federation of High School (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. *All students who participate in sports are given Baseline ImPACT testing (part of return to learn program to be instituted in 2016-2017)*

Annually, the district will distribute a head injury and concussion information sheet to all parents/guardians of student athletes in competitive sport activities prior to the student athlete's initial practice or competition.

For purposes of this policy, "student athlete" means a student involved in any co-curricular or club sports program conducted outside the regular teaching day or competitive student sports program between schools in grades 4 through 12.

For purposes of this policy, "student sports" means co-curricular or club sports programs conducted outside the regular teaching day for students in grades 4 through 12 or competitive athletic programs between schools for students in grades 4 through 12, including all NHIAA sanctioned activities, including cheer/dance squads, or any other district sponsored sports or activities as determined by the board or administration.

For purposes of this policy, "head injury" means injuries to the scalp, skull, or brain caused by trauma, and shall include a concussion which is the most common type of sports related brain injury.

All coaches, including volunteers, will complete training as recommended and/or provided by NHIAA, New Hampshire Department of Education and/or other pertinent organizations. Additionally, all coaches of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions.

Athletic Director or Administrator in Charge of Athletic Duties

Updating: Each spring, the athletic director or designee shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA or the District's on-call physician, if applicable. If there are any updated procedures, they will be adopted and used for the upcoming school year.

Coach Training: All coaches shall undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through viewing the NHIAA sport-specific rules clinic; or (2) through viewing the NHIAA concussion clinic.

Parent Information Sheet: On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent/guardian prior to the student-athlete's initial practice or competition. This information sheet may be incorporated into the parent permission sheet that allows students to participate in extracurricular athletics.

Coach's Responsibility: A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play.

Administrative Responsibilities: The Superintendent or his/her designee will keep abreast of changes in standards regarding concussion, explore staff professional development programs relative to concussions, and will explore other areas of education, training and programs.

Removal From Play and Protocol For Return to Play

Any coach, official, licensed athletic trainer, or health care provider who suspects that a student-athlete has sustained a concussion or head injury in a practice or game shall immediately remove the student-athlete from play. A student-athlete who has been removed from play shall not return to play on the same day. They must be evaluated by a health care provider and receive medical clearance and written authorization from that health care provider to return to play. The student-athlete shall also present written permission from a parent/guardian to return to play. An approved health care provider for the purposes of this policy means:

- 1) Certified Athletic Trainer
- 2) Licensed Physician
- 3) Licensed Physician's Assistant
- 4) Registered Nurse Practitioner
- 5) Board Certified Sports Physical Therapist

The District may limit a student-athlete's participation as determined by the student's treating health care provider. Designated District Personnel may limit a student-athlete's participation until the student completes an approved "Graduated Return to Play Standards and Protocol" as outlined in the Lebanon School District Handbooks.

Concussion Awareness and Education

To the extent possible, the District will implement concussion awareness and education into physical education and/or health education curriculum.

Academic Issues in Concussed Students

In the event a student is concussed, regardless of whether the concussion was a result of a school-related or non-school-related activity, school district staff should be mindful that the concussion may affect the student's ability to learn. In the event a student has a concussion, that student's teachers will be notified. Teachers should report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents and treating physician. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion. Section 504 accommodations may be developed in accordance with applicable law and board policies.

PROCEDURES FOR CONCUSSIONS AND HEAD INJURIES – POLICY JLCJ-R

RETURN TO PLAY PROTOCOL: (minimum 5 day return)

When athlete has been without symptoms such as but not limited to (headache, vertigo, dizziness, nausea/vomiting, light and sound sensitivity) for a minimum of 24 hours:

- Step 1 – 15-20 minutes stationary bike or jogging
- Step 2 – 15 minutes jogging/15 minutes footwork
- Step 3 – 30 minutes running and footwork combined; non-contact sports specific drills (may be part of a team practice)
- Step 4 – 15 minute running (before team practice); contact/ full team practice
- Step 5 – Full team practice/game with no restrictions

Student-athlete must be without any sign of concussion/head injury during each step of activity and remain so until the next day to proceed to the next step. If symptoms reoccur activity must be stopped immediately. If symptoms reoccur, the student-athlete must return to previous level but only after being asymptomatic for 24 hours. Student-athletes must check in with the Athletic Trainer or School Nurse before and after each step occurs.

MOUTHGUARDS

The NFHS/NHIAA mandates the use of mouthguards in football, field hockey, ice hockey, lacrosse and wrestling (for wrestlers wearing braces). While not mandated, the NHIAA also highly recommends the use of mouthguards in soccer and basketball.

SCHOOL ACTIVITY AGREEMENT

Students who participate in co-curricular programs represent Lebanon High School to the public in a more prominent manner than other students. As a result of this public representation, co-curricular participants are expected to meet high behavioral standards. All team captains will sign the Captain's Code of Conduct. This Contract will be in place for the duration of the student's captaincy. A student's commitment as a captain begins the moment they are elected. Any behavioral infractions may be cause for immediate removal of this privilege by the LHS administration.

BEHAVIORAL EXPECTATIONS

- A student athlete who is ejected from an athletic contest for violent or abusive behavior or language will be suspended from the next two games/matches/meets.
- All other athletic eligibility issues will be covered by the LHS Student and Parent Handbook and NHIAA eligibility rules.
- Athletes are expected to attend every practice, scrimmage or game unless properly excused by his/her coach. Students will be permitted to be late for or miss practice to receive academic help or to attend non-athletic co-curricular meetings when they have informed the coach ahead of time of these obligations.
- Each student representing Lebanon High School in a co-curricular event will conduct himself/herself as an appropriate representative of the school.
- Each student is expected to travel to and from a co-curricular event with the participating group or team. However, any student may travel from a co-curricular event with his/her parents or guardian, with prior parent or guardian written permission, approval from the coach and authorization of the Athletic and Co-curricular Director, Principal or his/her designee.

This policy is intended to emphasize the sacrifice that each student must make and the dedication they must have for the program to be successful. It is also intended to allow students and their families to learn how to balance family commitment with team and school commitment.

WHAT IF I HAVE A CONCERN WITH THE COACH OR ADVISOR?

Although we strive for a well-balanced co-curricular system, there are times when a student or a parent does not agree with a coach or advisor, the co-curricular department or the school. The proper protocol is for the student or parent to first meet with the coach or advisor to discuss the potential disagreement. By not addressing a concern, it is impossible to help when help is needed most. If after meeting with the coach or advisor the student or parent is not satisfied with the end result of that meeting, a meeting with the athletic and co-curricular director and coach or advisor may be needed. It would be the intention of all parties to be able to remedy issues at this level. If after meeting with the coach or advisor and the director and the student or parent is not satisfied with the end result, a meeting with the athletic and co-curricular director and principal may be needed. Please be sure to ask pertinent questions at the pre-season meetings, and do not hesitate to ask questions if you are uncertain of policies or procedures.

NEW HAMPSHIRE INTERSCHOLASTIC POLICIES

POLICY ON FIGHTING IN INTERSCHOLASTIC SPORTS

Athletes are expected to remain composed in all situations. Any athlete who is involved in a fight during an athletic event, scrimmage or game will be subject to disciplinary action, which may be equal or exceed the sanctions of the NHIAA. The Principal, Athletic Director, team coach, and any member of the administration or faculty that may have witnessed the incident will review any alleged altercation. The use of videotape evidence may be appropriate. If the incident was not witnessed by a member of the staff, statements from others will be taken and reviewed. After review by the school administration, a further review by the NHIAA may be necessary. Any athlete found to be responsible for a fight or altercation, leaving the team area to go to the area of the fight, or doing anything that can be deemed unsportsmanlike, will be suspended for a game, games, or for the rest of the season depending on the severity of the offense.

NCAA Eligibility

Student Athletes should be aware that there are academic requirements to play in Division I and/or Division II colleges. It is a student's responsibility to register in the NCAA Center, ensure that his/her high school course load has been approved by the NCAA, and meet with a school counselor to discuss aspirations. In addition, SAT scores and cumulative GPA are factors in eligibility. More information is available at ncaa.org

DISQUALIFICATION POLICY: NHIAA By-Law Article IX Sect. 6

Any player who is disqualified before, during, or after any sanctioned event at the sub-varsity or the 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 sub- varsity or varsity level for exhibiting unsportsmanlike conduct shall not participate in the next two scheduled interscholastic athletic events, including NHIAA tournament contests and must take the NFHS Teaching and Modeling Course for Disqualified Coaches prior to returning to coach in any capacity. Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including any NHIAA tournament contest, shall cause that school's games(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. It is the coach's responsibility to promptly notify the school of any disqualification and the school must immediately impose the stated sanctions regardless of when formal notification is received from the NHIAA. During the period of disqualification, a coach may not be in attendance before, during or after the game(s)/event(s) for which the disqualification is imposed. The local school administration can impose additional sanctions in addition to the two game suspension required under this By-Law should they feel such action is warranted. If there is a violation the contest shall be forfeited, or reviewed by the Executive director as noted in Sect. 6 above. Individual schools can determine if a disqualified student athlete is allowed to continue practice or other school activities or whether to exclude the student athlete as in the case of a disqualified coach.

A disqualified student athlete must view the "NFHS Sportsmanship" video on the NFHS website under the supervision of a school official prior to returning to game action. A certificate of completion must be filed with the athletic director and reported to the NHIAA.

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

Any player who leaves the bench area during an interscholastic athletic event where an altercation is taking place in the playing area shall receive a one-game disqualification for the next scheduled game.

Taunting in all sports is a flagrant unsportsmanlike foul that shall result in the ejection of the participant from that day of competition, plus the next day of scheduled competition. Taunting is defined as: "Any actions or comments by coaches, players, or other game personnel which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is contact that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal matters."

Examples of taunting that would lead to ejection include, but are not limited to, "trash talk", physical intimidation outside the spirit of the game, reference to sexual orientation, "in the face" confrontations by one player to another, or standing over/straddling a tackled or fallen player. NOTE: This policy reinforces the responsibility of game officials, site managers, and game directors during regular season and NHIAA tournament play.

NON-SCHOOL COMPETITION: NHIAA By-Law Article II Sect. 7

A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prohibited from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include 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 as stated above, 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 time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

International Competition: Students and/or teams desiring this kind of competition must have the approval of the N.H.I.A.A. 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 N.H.I.A.A. Executive Director for action.

SUMMER COMPETITION

Competition during the school summer vacation period in athletic activities of a nonprofessional nature by certified members of school teams shall not be considered in violation of the NHIAA eligibility regulations.

Out-Of Season Competition: NHIAA By-Law Article II Eligibility Sect. 9

School Year: Fall Starting Date Until Spring Closing Date

A coach may have contact with his/her team or potential (**above grade 6**) team members for the purpose of instruction, skill development and conditioning outside of the season provided the following steps are followed:

1. A coach is defined as anyone presently under contract or anyone under contract the previous year. (This includes volunteer coaches.)
2. That no district provided operational school funds are used to subsidize out-of-season activity. Use of Booster funds or fundraised monies is permissible only to subsidize activity that is open to all.
3. A written plan is developed by the coach and approved by the principal and athletic director.
4. The written plan describes the goals of the activity, the number of participants, the site to be used and the amount of time.
5. The purpose is to allow individual and/or small groups of students to participate in conditioning and instructional/skill development activities for individual growth and improvement. Scrimmages, games, leagues and full team practices are not allowed.
6. The plan is approved and does not compete with existing seasonal commitments by the student athlete. The provisions of By-Law Article II: Eligibility Sect. 7: Non-School Competition with respect to priority given to school teams applies to activities permitted under the provisions of this By-Law.
7. The coach has the ability to have contact with his/her prospective athletes during the academic year in the season that precedes their sport season. This would be termed the "live" period for contact. The fall season could work with students during the previous spring season. The winter season could work with students during the fall and the spring season could work with students during the winter.
8. Individual schools may adopt more restrictive policies relative to out-of-season competition based on the school district's policies and or resources.

Summer:

A high school coach who is employed by a school district (paid or volunteer) may coach his/her sport under the following conditions:

1. The school year has ended for the school.
2. That no school funds are used (excludes facilities and equipment). Use of Booster funds or fundraised monies is permissible only to subsidize team activity that is open to all.

TRANSFER STUDENTS: NHIAA By-Law Article II Sect. 4

A student who transfers enrollment with a corresponding move into a new school district by his/her parents or guardians 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 guardians shall be required to be in attendance in the new school for one (1) year from the date of enrollment in order to establish athletic eligibility. This includes those students who transfer from a non-member school (i.e. prep school, etc.) back to the local school and those students who change schools as a result of a change in guardianship (i.e. move to live with different parent/guardian without parent/guardian changing residence).

This requirement of the New Hampshire Interscholastic Athletic Association may be waived, if all of 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 NHIAA Transfer Rule Affidavit is completed and submitted to the NHIAA Executive Director. The affidavit may be picked up in the Athletic Director's office. Participation is not allowed until the Principal, Athletic Director, and coach of both the sending and receiving schools have signed the affidavit and notice has been received from the NHIAA that participation is allowed.
- Any student who at any time has received financial remuneration for participation in sports that are recognized by NHIAA shall render him or herself ineligible for all high school sports from the date of discovery.

Student Athletes should be aware that there are academic requirements to play in Division I and/or Division II colleges. It is a student's responsibility to register in the NCAA Center, ensure that his/her high school course load has been approved by the NCAA, and meet with a school counselor to discuss aspirations. In addition, SAT scores and cumulative GPA are factors in eligibility. More information is available at ncaa.org

AWARDS/LETTER REQUIREMENTS

In order to be eligible for receiving a varsity letter, the following criteria must be met:

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

AWARDS PRESENTED BY THE ATHLETIC DEPARTMENT:

1. Athlete earning letter for the first time, receive "L" certificate, "L" letter, & sports pin. (varsity only)
2. Athlete already earned letter in another sport, receive "L" certificate & sport pin. (varsity only)
3. Athlete earned letter in this sport before, receive "L" certificate & bar. (varsity only)
4. Managers & captains receive "manager/captain pin". (varsity, JV, 9th grade)
5. Certificate of Participation is given to all J.V. & 9th grade athletes. (Athletes who didn't letter on varsity team also fall under this category.)

AWARDS PRESENTATION

Each individual team/coaching staff will arrange for an end of season presentation of awards. This should be done in as timely a fashion as possible following the conclusion of the season. Date and time needs to be approved through the Athletic Office.

Board of Education Approval: April 20, 2015

Lebanon High School
ATHLETIC & CO-CURRICULAR ACTIVITY CONTRACT
(included for reference)

As a member of a group representing the school, participants bring attention to themselves and to the student body and influence the way other people and communities view our school and community. It is a privilege to represent the school...and it follows logically that the school must have the authority to revoke the privilege when the student does not conduct him/her/their self/selves in a responsible manner. Students participating in co-curricular activities are expected to be model citizens of the school. Students should be familiar with these guidelines.

These guidelines fall into several categories that are listed below. The student and his/her parents/guardians should familiarize themselves with the specific standards, expectations, and consequences found in the *Student Handbook* and the Co-Curricular handbook.

1. Academic and Attendance Requirements for Participation
2. Statement of Hazing
3. Physical Requirements
4. Policy on Tobacco Products, Alcohol, and Drugs
5. Behavioral Expectations and Consequences

Signatures

INFORMED CONSENT: The Lebanon High School Athletic Department hereby informs both the students and the parents that there are risks inherent in athletic participation. I acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death. By signing below, the student and the parents acknowledge this information and give their consent to participation.

Signing below also signifies that

- you have read, understand, and agree to uphold the standards of behavior outlined in the *Student Handbook* and *School Activity Manual*
- you agree to abide by the consequences as stated
- you have received and read the concussion fact sheets and that you give your child permission to participate in all athletic and co-curricular activities for the school year.

Your signature on the Lebanon High School Handbook at the beginning of the school year also holds the student responsible for the co-curricular standards rules *for the entire four years of high school*.

Student _____
PRINT FULL NAME CLEARLY

Grade _____

STUDENT'S SIGNATURE

Date _____

Parent/Guardian _____
PARENT/GUARDIAN SIGNATURE

Date _____

Team/Club _____ Coach/Advisor _____

Lebanon High School
PARTICIPANT MEDICAL FORM

NAME: _____ ADDRESS: _____

GRADE: _____ D.O.B.: _____

FATHER'S NAME: _____ WORK NUMBER: _____

E-MAIL: _____ HOME NUMBER: _____

(Address if different from above): _____

MOTHER'S NAME: _____ WORK NUMBER: _____

E-MAIL: _____ HOME NUMBER: _____

(Address if different from above): _____

DOCTOR'S NAME: _____ PHONE NUMBER: _____

OTHER SPORTS/CLUBS YOU PLAN TO PARTICIPATE IN THIS YEAR: _____

Name of person to notify in an emergency if parents cannot be reached:

NAME: _____ HOME NUMBER: _____

RELATIONSHIP: _____ WORK NUMBER: _____

E-MAIL: _____

INSURANCE COMPANY: _____

POLICY NUMBER: _____

Please allow us to be prepared to respond to your child properly in an emergency situation by completing the following questions:

ALLERGIES _____ Epi-Pen _____ Benadryl _____ ASTHMA _____
Yes Yes Yes

PRIOR CONCUSSION(S) – Date of Injury _____ SEIZURE DISORDER _____
Yes

OTHER MEDICAL CONDITIONS _____

I authorize a representative of the Lebanon School District to secure the services of a physician and/or hospital in the event of an accident and/or injury to the above named student.

I, _____ understand that I am responsible for payment of medical services.

Parent's Signature

Date