

Mascoma Valley Regional High School

Student Athlete Handbook 2022-2023



Mascoma Inspires!
Build the path you want to take

Mascoma School District Mission Statement

"We are a community that values creativity, curiosity and the pursuit of excellence, cultivating our strengths and interests to inspire partnerships in the district, community and the world beyond."

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INTRODUCTION

The Athletic Department congratulates you on your desire to represent Mascoma Valley Regional High School (MVRSD) as a member of a “Royal” athletic team.

It is the policy of Mascoma Valley Regional High School to maintain and direct a well-rounded athletic program at the interscholastic level that is a coordinated part of the school curriculum. To that end, this handbook includes the fundamental principles of the *Life of an Athlete* initiative sponsored by the NHIAA.

This handbook is designed to familiarize students and parents with the policies and expectations of the Mascoma Valley Regional High School Athletic Department. All required forms must be viewed, completed, and signed by the student-athlete and a parent/guardian. These forms include the Mascoma Valley Regional High School Athletes Pledge, Health/Insurance Information Sheet, Acknowledgment of Risk/Consent Form and Parent/Guardian Acknowledgment Form. A physical examination must be administered either by a personal physician. Physical exams must be up to date (within two calendar years) and on file with the Mascoma Valley Regional High School Health Center to meet Athletic Department eligibility requirements. Student-athletes must sign up through our Family ID portal. Student-athletes will not be allowed to try out, practice, or participate until these forms are completed and returned to the Athletic Director.

Interscholastic Sports Philosophy

Interscholastic athletics play an integral role in the complete high school educational experience. In administering the athletic program, efforts will be made to offer those activities that meet the needs and interests of the students, to provide the best possible facilities, and to provide qualified coaching personnel. The health and welfare of the participants are the primary concerns of the athletic program.

The interscholastic athletic program at Mascoma Valley Regional High School is a key part of our co-curriculum offerings. The program provides opportunities and emphasizes goals that are difficult to duplicate or achieve in other high school activities. The coaches of interscholastic sports have an opportunity to achieve many educational goals outside of the classroom with small groups of highly motivated students. For many students, athletics provides an opportunity for rich and enduring learning experiences.

SAU #62 seeks to develop responsible decision makers, teach the essential skills necessary to meet the demands of a changing world and develop caring and contributing members of a multicultural world. This mission guides the work of the athletic department and our coaches. The academic success of all student-athletes is one of the department’s top priorities.

In addition to academic success, the athletic department strives to develop: sportsmanship, leadership, work habits, a competitive spirit, a winning attitude and team and school loyalty. Our athletes are also expected to display ethical conduct and fair play by showing respect for fellow players, coaches, officials, opposing teams, and fans. Finally, student-athletes are expected to be model students in the classroom through their effort and their respect shown to school staff and adherence to school rules and expectations.

The Varsity level will exhibit impeccable sportsmanship and excellence. Varsity athletics are highly competitive and advanced, focused on winning games, but doing so in a way that builds character, leadership, and camaraderie. At this level the student athlete will

be evaluated thoroughly on their character, ability, attitudes, and skills. The most qualified student athletes will be selected for the varsity team. Playing time will be entirely at the discretion of the head coach. There is no guarantee that every athlete will play in every game. Coaches will communicate with players about their roles, coaches' expectations, and general playing time expectations

The Junior Varsity level will be a transition between the middle school and Varsity levels. It is to allow for continued development of skills and a greater understanding of the game, as well as a continuation of the player's development of fundamental skills, conditioning, and good sportsmanship. Playing time will vary according to the level of competition and the player's readiness for competition. Playing in games remains contingent on attitude and participation in practice. Junior Varsity teams are intended to prepare student athletes for varsity play. It is expected of Junior Varsity players that they be on time, work hard, and maintain a positive attitude. The determination of which players will play on the Junior Varsity team will be made by the Varsity and Junior Varsity coaches, in consultation with the Athletic Director. At the head coach and Athletic Director's discretion certain student athletes may be designated as a swing player to benefit the program and the student-athlete's development.

Athletic Program Goals

- To provide students with the opportunity to engage in competitive activities and to come to understand that the word "compete" is derived from Latin words meaning "to strive together."
- To provide students with the opportunity to experience self-discipline, sacrifice, and dedication as means of achieving goals.
- To provide students with the opportunity to exemplify good sportsmanship as a means for learning good citizenship and respect for others.
- To provide students with the opportunity to experience working as a member of a team in order to achieve a goal.
- To provide students with the opportunity to experience both winning and losing. Students should come to understand that losing provides opportunities to learn and that winning is not as important as an end result, as it is a feedback indicator that you're probably doing a good job as individuals and as a team.
- To demonstrate to students that real, lasting satisfaction comes not so much from "winning" but from knowing that you did your best.
- To provide students with the opportunity to experience a feeling of self-worth and to develop self-confidence.
- To provide students with the opportunity for experience in problem solving and decision-making.
- To provide students the ability to socialize and engage in activities with other students whom they may not be able to work with in the classroom
- To provide students with the opportunity to develop a desire to succeed and excel.
- To provide students with the opportunity to have a positive rallying point for the school in order to help them develop school loyalty and a sense of participation in a larger whole.
- To instill in students the importance of their academic pursuits by consistently placing academics as the number one priority of all Mascoma Valley Regional High School student-athletes.

Please refer to this Student/Athlete Handbook as a guide. You are responsible for its contents, the contents of the Mascoma Valley Regional High School Student Handbook and additional information the Athletic Department provides you.

I. CODE OF ETHICS AND CONDUCT

The purpose of this Code of Ethics and Conduct is to provide guidelines for Mascoma Valley Regional High School athletes and coaches to follow.

A. PROPER CONDUCT AND GOOD SPORTSMANSHIP

At the heart of this matter lie several terms which are often hard to define -- yet no more important task confronts teachers and coaches than to set standards that are fair and honorable. Throughout this Code when such terms as “proper conduct” and “good sportsmanship” are mentioned, they refer to such standards as these:

1. Treat other people as you know they should be treated, and as you would wish them to fairly treat you.
2. Regard the rules of your game as agreements, the spirit or letter of which you should not evade or break.
3. Treat officials and opponents with respect.
4. Accept the final decision of any official.
5. Honor visiting teams and spectators as your own guests. Likewise, behave yourself as an honored guest when you visit another school.
6. Be gracious in victory and defeat.
7. Be as cooperative as you are competitive.
8. Remember your actions on and off the field are a reflection of you and your school.
9. Responsibility
 - To yourself: You owe it to yourself to derive the most from your high school experiences by living a healthy lifestyle.
 - To your academic studies: Your first commitment is to academic success.
 - To your school and community: The Mascoma Valley Regional High School community is well known for its outstanding support of its schools in general and athletics in particular. This community as well as visiting schools judge us by your attitude and conduct both on and off the field. It is important that our athletes are a class act and that we are known as a program of character and excellence.
 - To others: Many people have supported you in developing your ability to participate in high school athletics, most importantly are your parents. When participating on a Mascoma Valley Regional High School team; keep them in mind and perform in a way that they will be proud of you.
 - To younger athletes: You are the role models for the younger athletes in the community. They will model your behavior. Set good examples for them.
 - All violations are cumulative for a student’s entire time of attendance at Mascoma Valley Regional High School and will be monitored by the Athletic Director.
 - Sport season is defined according to the New Hampshire Interscholastic Athletic Association (NHIAA) guidelines or until the activity's end of season banquet or awards ceremony or the beginning of the next sports season, whichever comes first.
 - Failure to comply with the full policy may result in the student's removal from the team or activity.

B. GUIDELINES FOR COACHES AND VOLUNTEERS

Coaches may establish additional rules beyond those outlined in this handbook for their teams. Such rules will be explained to the athletes at the beginning of the season. Any suspensions or dismissals from a team will be discussed with the Athletic Director before they are imposed. Every student wishing to take advantage of the athletic program at Mascoma Valley Regional High School should make certain that he/she is well aware of the rules and obligations that they are assuming before deciding to become a team member. Parents should also be familiar with these rules and obligations. Each student must realize that participation in athletics at Mascoma Valley Regional High School is a privilege and not a right. The student athlete is allowed the privilege of representing his/her school as long as the athlete adheres to the expectations of the program and the team.

1. Coaches shall remember school athletics are part of each student's education. Set an example both on and off the playing field. Be a living example of sound personal values and good sportsmanship.
2. Coaches shall use athletics to help each student achieve the standards listed in the athletic philosophy.
3. Coaches shall assist each student toward developing his or her fullest potential in athletics and shall give each student equal and fair attention.
4. Coaches shall conduct themselves in a way which brings credit to themselves, their team, their school and their sport.
5. Coaches are expected to schedule regular practices appropriate to their sport and level. Coaches must be present at practices unless arrangements have been made in advance with the Athletic Director for another coach to supervise. Captains and/or Volunteers may not be in charge of a scheduled practice without proper adult supervision by district employed coaches. Athletes will follow the attendance policy that is in the student athlete handbook.
6. Coaches are permitted to have one pre-season organizational meeting with potential athletes. This meeting should be scheduled at least two weeks prior to the start of the sport season. Coaches must remind athletes of eligibility requirements at the meeting and provide all necessary information. Athletes who do not have the forms completed by the first day will not be allowed to participate.
7. Coaches shall be responsible not only for coaching their teams, but also for running games, dealing fairly and properly with officials, and meeting before and after games with visiting coaches and players.
8. Be modest in victory and gracious in defeat and instruct your players accordingly.
9. Coaches shall preserve the tradition of teams shaking hands after games and matches.
10. At times there are league, rule clinics, and state level meetings for your particular sport. It is the expectation that the head coach and/or representative of the program will be present to represent the school.

POLICY GBEBB EMPLOYEE-STUDENT RELATIONS

The Mascoma Valley Regional School Board expects all staff members to maintain the highest professional, moral and ethical standards in their conduct with students.

Staff members are expected to maintain an atmosphere conducive to learning, through consistently and fairly applied discipline and established professional boundaries. For the

purpose of this policy staff means employees, contract service providers, school volunteers, coaches and student teacher/interns.

Unless necessary to serve an educational or health-related purpose:

1. Staff members shall not make derogatory comments to students regarding the school and/or its staff.
2. The exchange of purchased gifts between staff members and students are discouraged.
3. Staff members shall not fraternize, written or verbally, with students except on matters that pertain to school-related issues.
4. Staff members shall not associate with students in any situation or activity which could be considered sexually suggestive or involve the presence or use of tobacco, alcohol or drugs.
5. Dating between staff members and students is prohibited.
6. Staff members shall not use insults or sarcasm against students as a method of forcing compliance with requirements or expectations.
7. Staff members shall maintain a reasonable standard of care for the supervision, control and protection of students commensurate with their assigned duties and responsibilities.
8. Staff members shall not send students on personal errands.
9. Staff members shall, pursuant to law and Board policy, immediately report any suspected signs of child abuse or neglect.
10. Staff members shall not attempt to counsel, assess, diagnose or treat a student's personal problem relating to sexual behavior, substance abuse, mental or physical health and/or family relationships but, instead, should refer the student to the appropriate individual or agency for assistance.
11. Staff members shall not disclose information concerning a student, other than directory information, to any person not authorized to receive such information. This includes, but is not limited to, information concerning assessments, ability scores, grades, behavior, mental or physical health and/or family background.
12. Staff members shall not be alone in a room with a door closed, a locked door, or with the lights off.
13. Staff members are strongly discouraged from socializing with students outside of school on social networking websites, consistent with the provisions of Policy GBEED.

Staff members who violate this policy may face disciplinary measures, up to and including termination, consistent with state law and applicable provisions of a collective bargaining

agreement. Any employee who witnesses or learns of any of the above behaviors shall report it to the building principal or Superintendent immediately.

II. TEAM MEMBERSHIP

The New Hampshire Interscholastic Athletic Association (NHIAA) has regulations that apply to interscholastic participants. Some of the more common and basic ones are listed below. Mascoma Valley Regional High School also has some specific regulations that have been included as well.

A. NHIAA ELIGIBILITY (BY-LAW ARTICLE II)

Eligibility regulations of the NHIAA apply to each category of interscholastic participation: Varsity, Junior Varsity and freshman levels. In order to represent a member school in interscholastic athletics, a student must be enrolled at that school. No students will represent their school in an interscholastic athletic event unless the principal of that school has certified the student's eligibility through the official Eligibility Affidavit as filed with the NHIAA.

The sole responsibility for determining athletic eligibility rests with the principal of the high school. The principal is the official representative of the school at all hearings and appeals. This responsibility cannot be delegated unless prior approval from the NHIAA has been granted.

1. Age of Contestants.

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

2. Postgraduates and Educationally Handicapped

- i. No postgraduate shall represent the high school in interscholastic athletics. A postgraduate student is one who has completed Grade 12.
- ii. Special Education Students--Students receiving service under I.D.E.A., 89:313, R.S.A. 186:C and related State Board of Education regulations may be declared academically eligible by their Principal provided that all other eligibility requirements are met.

3. Scholastic Standing

- i. No pupil who has failed to pass *four (4) units of work* during the *previous ranking period* shall represent the school in any interscholastic contest. A minimum of four (4) units of work per marking period is required for participation in interscholastic athletics.

Definitions:

- 1) Basic Ranking Period -- Not less than six (6) weeks.
 - 2) Previous Basic Ranking Period -- Indicates the last prior ranking period of the school year.
 - 3) Passing Grade -- As determined by the NHIAA individual member high schools.
- ii. A student may regain eligibility by making up academic deficiencies, failures, or incompletes of the regular school year through academic/credit recovery programs completed prior to the first date to play in a sport. Information on the specifics of academic recovery is available in the main office.

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

4. Semester Rule

A student is eligible for competition, whether he/she competes in interscholastic athletics, for no more than eight (8) consecutive semesters beyond the eighth grade. Participation by seventh and eighth graders does not count toward the eight (8) allowed semesters. Also, if a student terminates at one school he/she may not transfer to another school to increase eligibility.

5. Non-School Competition

A member of a school team is a student athlete who is regularly present, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an “out-of-school” team.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director on a case by case basis.

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 4 consecutive interscholastic events or 3 weeks of a season in which the student athlete is a participant, whichever is greater.

Any 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.

6. Transfer and Foreign Exchange Students

Transfer and foreign exchange students will need to see the Athletic Director prior to participation.

NOTE: There may be other specific NHIAA eligibility criteria that may be pertinent to your situation. Please contact the Athletic Director if you have an unusual situation or circumstance.

B. MVRHS ELIGIBILITY (School Board Policy IGDJ – adopted 2/16/17 and JJIC – adopted 5/12/15)

The Mascoma Valley Regional High School District has established its own set of standards for student athlete eligibility. These are in addition to the NHIAA policies and may in fact supersede them in certain situations. Prior to any student participating in tryouts, practices, or competitions with any club or team, he/she must have on file with the athletic director/coach the following:

1. Eligibility to Try Out

In order for a student to be eligible to try out for any school sponsored activity, students in grades nine-twelve (9-12) must:

- i. Have earned a minimum of a 2.0 GPA in the previous marking period (quarter).

Eligibility for students to tryout is determined as follows:

- a. **Fall:** The GPA of the fourth quarter of the previous year must be a 2.0. Students in grade 9 will automatically be eligible to try out.

- b. **Winter:** The GPA for the first quarter of the current year must be a 2.0.
- c. **Spring:** The GPA of the second quarter of the current year must be a 2.0.
- d. Athletes who fail to earn a 2.0 in a marking period may request a one-time exception to this requirement during their four (4) year athletic career so long as they meet all other NHIAA and MVRHS eligibility requirements. Athletes will have two weeks to regain a 2.0 and will practice/tryout with their team, but cannot participate in games during that time.
- ii. Meet all NHIAA standards for eligibility.
- iii. Be enrolled in at least five (5) courses for high school or vocational credit earning five credits and continue to meet NHIAA standards for eligibility.
- iv. Pass a physical examination within one year prior to participation in a sport season. Physicals are good for one (1) calendar year.
- v. Family ID: A parent/guardian must register the student-athlete prior to sports season through Family ID at <https://www.familyid.com/mascoma-valley-regional-high-school>.
 - Complete a Health Release/History Form for each season of participation with documentation of health insurance against accident or injury.
 - Complete an Acknowledgment of Risk(s), Consent Form, Acknowledgment of Student Athlete Handbook and Athlete Pledge.
- vi. If a student is unable to try-out because of academic ineligibility, they will not be allowed to participate on that team during that season.
- vii. Have completed an IMPACT concussion baseline test prior to the first practice. These tests will be administered at least two weeks prior to the start of each season.
- viii. Students who fail to attend practice/tryouts during the 1st week of a sports season are ineligible to join a team after completion of the first week of the season. The only exceptions are special circumstances approved by the Athletic Director and transfer students who meet compliance with all NHIAA guidelines in order to be eligible to participate. All appeals are subject to Section VI, Athletic Grievance Procedure.

2. **Eligibility to Participate**

In order for a student athlete to participate in any school sponsored or NHIAA sponsored activity, a student must be selected for a team after try-outs and he/she must fulfill the following requirements to participate:

- i. Students are enrolled in at least five (5) courses for high school or vocational credit earning five credits and continue to meet NHIAA and MVRHS standards for eligibility. Students who lose their academic eligibility while participating in an athletic or performance co-curricular activity, in which the season extends beyond the quarter, will be allowed to participate in practice provided they are participating in academic tutoring. They will not be allowed to participate in games, or be allowed to travel with the team to away contests. This will go into effect at the time that the report card is issued.
- ii. Summer school grades and credit recovery will be averaged in accordance with current Mascoma Valley Regional High School Board policy.
- iii. Comply with all school district policies, rules, and regulations and team rules during the season of participation.
- iv. Be in school for the entire day in order to participate in any co-curricular activity. The only exceptions are for doctor's appointments (written verification must be provided to the athletic director) or family emergencies (written notice provided by the parent or guardian). Student Athletes will be excused once per season for emergencies. Students with Junior/Senior Privilege must attend all scheduled classes.
- v. If a student gets a suspension from school (either in or out of school) he/she will sit out the next scheduled game.

- vi. Attendance at practice is expected the day before a competition. Coaches may establish additional guidelines and expectations for practice attendance. Violation of these guidelines may result in a game suspension or dismissal from the team.
- vii. If an athlete decided to drop from a team, he/she has a responsibility to the program and to the coach to see that coach and discuss the reasons involved. All issued equipment must be returned to the coach immediately after the athlete/coach conference. Conferences will begin after the first week of the regular season.
- vii. All appeals are subject to Section VI, Athletic Grievance Procedure.

3. Gross Misconduct

Gross misconduct is any action that brings discredit to the athlete, school or team and, in the administration's judgment is contrary to good citizenship. Depending on the level of misconduct, the minimal consequence will be suspension equal to 1/3 of the originally scheduled season. If the penalty is not completed during a season, or if the infraction occurs out of season, the penalty will be carried over to the next season. Further consequences, depending on the nature of the offense, could be possible suspension from the team for the remainder of the season or possible suspension from athletic participation for up to one calendar year. All decisions as to offending behavior and consequences will be made by the principal, associate principal and athletic director. Appeals of a decision will be heard by the Superintendent of Schools.

C. TEAM SELECTION, SCHEDULES, & ATTENDANCE POLICY

1. Team Selections

The coaching staff (under the leadership of the head coach) will select teams. The selection process and evaluation process will be made clear to the students prior to the evaluation period beginning.

2. Multi-Sport Athletes

Student athletes may request to participate in two sports in the same season. Requests should be made to the Head Coaches and the Athletic Director. Because missed practices and games diminish the success of any team, participation in two "team sports" in the same season is not allowed. Participation in a "team sport" as a primary commitment and an "individual sport" such as cross country or track as a secondary commitment is possible with the approval of both Head Coaches, the Athletic Director, Principal, and parents/guardians. Team sports are the following: Baseball, Basketball, Field Hockey, Football, Volleyball, Soccer, Softball, and Spirit. All decisions regarding participation in two sports are at the discretion of the Principal and Athletic Director.

3. Season Schedule

Sport season is defined according to the New Hampshire Interscholastic Athletic Association (NHIAA) guideline, until the activity's end of season banquet, or the beginning of the next sports season, whichever comes first. While game and practice schedules are initially determined at the start of each season, there are a number of variables, which make changes inevitable. Athletes and their families should take this into consideration before making other commitments.

4. Game Schedule

Each season's games are pre-scheduled. Make-up games are required to take place on the first available open date agreeable to both schools. NHIAA policy precludes rescheduled games from occurring on Sunday without NHIAA approval. If a player misses an athletic contest because of an unexcused absence, he/she will sit out the next athletic contest.

4. Practice Schedule

Each practice will be pre-scheduled on a weekly basis. The week will start on Monday and end on Sunday. No team will practice or play more than six (6) consecutive days in that period. No practice will exceed two hours in length. This shall be interpreted as practices for a single team, not sport. Varsity and Junior Varsity shall be considered two teams. Student athletes considered swing players shall be considered to be part of two teams and therefore allowed to participate for both teams. A student athlete will not be mandated to participate in two practices. Participation in two practices shall be voluntary in nature. Practices during vacations, weekends, or holidays must be approved by the Athletic Director. All athletes must have completed a minimum of five (5) separate days of organized practice and/or try-outs in their sport under the direct supervision of their coach before the date of participation in their first inter-school contest for that season, i.e. game. Athletes joining a team after pre-season has begun will be held to the same minimum five (5) day standard, but their eligibility to participate in an interscholastic contest will be determined by both the coach and the athletic director based on their evaluation of the athlete's conditioning and ability to safely compete without jeopardizing either themselves or their team. This applies to all teams. If an athlete has an unexcused absence from a mandatory practice/game, it will result in the player missing the next scheduled game.

5. Daily Attendance

A student must attend all scheduled classes in order to participate in a practice or a game. Exceptions must have the prior approval of the Athletic Director. It is the athlete's responsibility to see the Athletic Director if these exceptions are needed.

6. Absences

Coaches will distribute practice and game schedules prior to the sports season. The Mascoma Valley Regional High School Athletic Department and coaches expect that athletes will be at all practices and contests during vacations. We ask the cooperation of parents in assisting the athlete in this commitment. Absence during vacations could affect an athlete's status (i.e. playing time, position) on a team as other players are continuing to work hard and improve.

- i. Excused absences are those that can be documented (i.e. doctor and dentist appointments, counseling sessions, etc.) Family emergencies/vacations, school-related activities, funerals, weddings, religious or other extenuating circumstances may be considered excused absences.
- ii. Unexcused absences are those that have not been pre-approved by the coach or Athletic Director. Three (3) unexcused absences will result in dismissal from the team.

NOTE: Please understand that it is the responsibility of the Student Athlete to notify his/her coach or Athletic Director (preferably in writing at least 24 hours in advance) of any and all foreseeable absences or tardiness as soon as they become aware of a conflict. Also, please note that each coach has the discretion to start and determine playing time of the members of his/her team in regards to the health and safety of the player. Any absence may affect a coach's decision as to the aforementioned and is the sole decision of the coach.

7. Conflict with Other Activities

A student who attempts to participate in athletics and other school or out of school activities will undoubtedly experience a conflict of commitments. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities. It is expected that students will do all they can to avoid continuous conflicts between a team and other activities; membership on a team presumes a serious commitment. Students should be cautious about belonging to activities where conflicts are bound to occur. When a conflict is discovered, the student must notify the coach and activity advisor immediately and work out a mutually acceptable solution.

D. STATEMENT ON HAZING & BULLYING

The practice of hazing as a means of initiating new members of an athletic team or an activity, will not be encouraged, condoned, or tolerated by Mascoma Valley Regional High School. Hazing as defined in school board policy JICFA is “an activity which 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 school activity.”

Any coach or advisor encouraging, condoning or tolerating such practices will be terminated. Any student 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 an athletic season, the students participating will be ineligible to participate in any sport during the next athletic season.

As required by the State of New Hampshire Student Hazing Law (RSA 631:7), all such incidents will be reported to the police.

Bullying, as defined in school board policy JICK, is “a single significant incident or pattern of incidents involving a written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof, directed at another pupil which physically harms a pupil or damaging the pupil’s property, causes emotional distress to a pupil, interferes with a pupil’s educational opportunities, creates a hostile educational environment, or substantially disrupts the orderly operation of the school.”

Bullying shall also include “actions motivated by an imbalance of power based on a pupil’s actual or perceived personal characteristics, behaviors, or beliefs, or motivated by the pupil’s association with another person and based on the other person’s characteristics, behaviors, or beliefs.” Cyber bullying is defined as “any conduct defined as “bullying” that is undertaken through the use of electronic devices. Any references to the term bullying shall include cyber bullying. Electronic devices include, but are not limited to, telephones, cellular phones, computers, pagers, electronic mail, instant messaging, text messaging, and websites. School property means all real property and all physical property and equipment used for school purposes, including public or private school buses or vans.”

Any coach or advisor encouraging, condoning or tolerating such practices will be terminated. Any student or activity member taking part in the bullying or initiating of other team or activity members will be dropped from the team or activity. If the bullying or initiation takes place within the last week of an athletic season, the students participating will be ineligible to participate in any sport during the next athletic season.

As required by board policy, all such incidents will be reported to the coach and principal who shall in turn report the incident to the Superintendent of Schools.

E. SUBSTANCE ABUSE POLICY/CONSEQUENCES

New Hampshire RSA 179:10, 126-K:6 and 318-B:2 prohibit the underage consumption and possession of alcohol, tobacco and controlled drugs, respectively. Therefore, the Mascoma School District, for legal and educational reasons, maintains a “no use” position when it comes to alcohol and drugs. All coaches, assistant coaches, and volunteers will report any suspected instances involving substance abuse by student athletes to the principal, vice principal and athletic director.

The Athletic Department, consistent with school policy, prohibits the following Mascoma Valley Regional High School students grades 9-12 who are participating in extracurricular activities are prohibited:

- The consumption, possession, solicitation or illegal transportation of alcoholic beverages;
- The use or possession, solicitation of tobacco products, E cigarettes or similar products;
- The use or possession, solicitation of unlawful drugs;
- The use or possession of any substance presented as a mood-altering substance, whether legal or illegal. School nurse, coach or advisor will be responsible for prescription medications.
- Knowingly being present where underage drinking, smoking or illegal drug usage is taking place. Knowingly being present means remaining in a location where others are illegally using alcohol or drugs and not making a reasonable effort to leave that location. A student who finds himself/herself in a location where alcohol or drugs are being used illegally is expected to leave that location as soon as possible.
- Any image, photo or video that implicates a student to have been in possession or in the presence of drugs, alcohol or portrays actual use, shall be confirmation of a violation of the code. When presented with a photo or image that may implicate a student, the timestamp on the materials will be used to validate. Also, it is possible that others may take pictures to purposely implicate a student by taking such images. This is our rationale for demanding that students not place themselves in such environments.

A “violation” of the policy is “Any drug or alcohol related incident which occurs at any time during a calendar year and includes the purchase, use, possession, being under the influence of alcohol and/or drugs, dealing in alcohol or other drugs and the possession of devices specifically or reasonably associated with alcohol, tobacco, and/or drug use or any other specific drug or alcohol related action(s).”

Due Process will include: The consequences and due process afforded the student/athlete for violation of the policy of the Mascoma Valley Regional High School Athletic Department shall be consistent with district wide policy for alcohol and drug abuse. During any investigation, athletes are expected to be truthful and forthcoming with information.

For possession or use of tobacco, alcohol, drugs, or any other mood altering chemicals or devices specifically or reasonably associated with alcohol, or drug use the consequences are:

First Offense: Suspension from the team for a number of games equal to $\frac{1}{3}$ of the originally scheduled season. The student will also have to meet with a drug and alcohol counselor for five

(5) hours, and perform ten (10) hours of community service. Players will be allowed to practice during their suspension. Players must complete the community service commitment and have met with the counselor before they are allowed to play in contests. Players are required to attend all games.

Second Offense (within the school year): Suspension from all athletic programs for one (1) full year (365) days from the date at which the suspension was given. Following the 365 day suspension and the completion of ten (10) hours of substance abuse counseling and ten (10) hours of community service, a student will be eligible to participate.

Suspensions will carry over from season to season and year to year. When a suspension carries over from one season to the next, students will be allowed to try out for the activity. The suspension will continue once the student has been selected to participate in the activity. The number of days between the end of school and the beginning of the next preseason activity in the next school year shall not be counted as part of the suspension. All violations are cumulative for a student's entire time of attendance at Mascoma Valley Regional High School and will be monitored by the Athletic Director.

There will be a greater consequence for an athlete if it is determined that they were involved in the organization, promotion or hosting of any social event where drugs or alcohol are available or where use has occurred. This penalty will be a one year suspension from athletics. Captains involved in any activity of this nature will be subject to appropriate due process and removed from their position and any future captain's position.

III. PLAYER RESPONSIBILITIES

A. INJURIES

It is the responsibility of the student athlete to report ALL injuries to his/her coach immediately, no matter how insignificant it appears. It is also strongly recommended that if an athlete becomes injured during an activity that this student athlete immediately stops participation until such time that the extent of the injury can be determined.

Anytime an athlete misses a practice or game, an injury report form must be completed, if an injury requires medical attention by a doctor. Once a physician treats an athlete, a doctor's written release will be required before the athlete will be allowed to return to practice or play.

Upon physical examination, the athlete must obtain a note from the doctor stating the specific extent of the injury and whether the athlete is allowed to participate or not. This note must be given to the coach or the student athlete will not be allowed to participate.

Coaches will not provide treatment or rehabilitation for the athletes. Coaches will provide basic first aid procedures and dressings when necessary. Immobilization and icing of a suspected sprain, muscle strain or bruise is recommended until an athlete can be treated by a professional. The ambulance or Fast Squad will be contacted in the event of an emergency or if the parent(s) cannot be contacted for transportation to a hospital.

B. CONCUSSION PROTOCOL

Mascoma Valley Regional High School follows the NHIAA guidelines for the management of concussions which are divided into two (2) areas: Sideline Decision Making and Medical Clearance RTP (Return to Play) Protocol.

A. Sideline Decision-Making

1. No athlete should return to play (RTP) on the same day of concussion.
2. Any athlete removed from play because of a suspected or diagnosed concussion must have medical clearance from an appropriate health care professional before the athlete can resume practice or competition.
3. Close observation of the athlete should continue for a few hours.
4. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

B. Medical Clearance RTP Protocol

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking and stationary bike.
3. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
4. Begin non-contact skills and drills specific to sport such as dribbling, fielding, and batting.
5. Full contact in practice setting.
6. If an athlete remains asymptomatic, he or she may return to game/play.
 - a. A student athlete must remain asymptomatic to progress to the next level.
 - b. If symptoms recur, a student athlete must return to their previous level.
 - c. Medical check should occur before contact.

C. DRESS CODE

1. Student-athletes are expected to dress neatly when representing Mascoma Valley Regional High School at games. Hats may only be worn if they are part of the team uniform. Athletes must be in appropriate team apparel for games.
2. Athletes will dress appropriately on all trips as described in the student handbook. Only school-issued uniforms and other approved apparel should be worn on the sidelines.

D. GAME PROCEDURES

1. Athletes and Coaches who receive technical fouls, yellow cards, excessive penalty minutes, or other penalties for unsportsmanlike behavior may be suspended from game participation and will meet with the Athletic Director to determine an appropriate course of disciplinary action in accordance with New Hampshire Interscholastic Athletic Association guidelines. Athletes and Coaches must immediately make the Athletic Director aware of this conduct.

E. TRAVEL PROCEDURES

1. All trips will leave as scheduled. Athletes are responsible to be on time. If an athlete misses the bus, he/she will not be allowed to participate in that contest.
2. Coaches will have direct supervision of athletes while traveling and at events. Athletes are not to leave the immediate school grounds or site unless accompanied by the Coach.
3. The school provides transportation to and from all games/activities. Parents may drive their own child/student home from a game/activity after securing permission from the coach. Any other transportation arrangements must be requested by the parents in writing at least 24 hours in advance of the game/activity and addressed to and approved by the Athletic Director or the administration.
4. Parents must sign a Transportation Release Form that will be in the possession of their child's coach. This form must be signed prior to the coach releasing the child to the parent.

5. The student/athlete is responsible for all class work assigned and due on early dismissal days. Athletes must be prepared for tests/quizzes in the event the game is canceled.

F. UNIFORMS

1. Each team is provided with a specific uniform. No variation in the uniform may be made without the permission of the Athletic Director. Uniforms will be issued by the coach before the first game. In some sports an athlete may be required to purchase certain personal items such as socks, hats, etc.
2. Uniforms are to be worn for games only and are to be washed after each game.
3. Uniforms must be returned clean to the coach or Athletic Director at the end of the season.
4. Privileges will be suspended until uniforms and/or equipment is returned (Senior early/late release).
5. A bill will be issued for the cost of replacement of any missing or damaged uniforms and/or equipment. This bill must be paid prior to participation in any other sport.
6. The Athletic Department does not sell uniform parts to seniors or returning players.

G. MEMBERSHIPS

National Federation of High Schools (NFHS)
New Hampshire Interscholastic Athletic Association (NHIAA)
NEASC (New England Association of Schools and Colleges)

H. STUDENT FUND-RAISING ACTIVITIES

All coaches, athletes or organizations wishing to conduct a fundraising event for a specific team must comply with School Board Policy JJE and JJE-F, Category: O (*adopted 5/14/19*).

The Mascoma Valley Regional School Board recognizes that parents, teachers, community members, and organizations may wish to undertake fundraising activities which support a particular school program or activity that benefits the students and/or the school district. The following principles will guide such activity within the Mascoma School District to ensure that fundraising does not exploit children, make unreasonable time demands on school personnel, or make excessive demands on district parents and businesses, and also to assure that funds raised are properly handled and managed by district staff and students.

Participation in fund-raising will be allowed for children in grades Kindergarten through Grade 12. No child grade two or below should be involved in carrying money related to fund-raising.

All fund-raising activities involving school personnel or students should have an educational purpose supported by the schools.

All fund-raising activities involving children will directly relate to activities that benefit the students' own school. That is to say that elementary children will not be asked to participate in raising funds for high school projects or programs. Carry-over activities, e.g. a program to benefit 4th graders entering 5th grade at a different school are acceptable, as are acts of charity and concern by older students for younger students.

At all levels, the parents will be apprised of fundraising activities which will be conducted to benefit activities or programs of their child's school, and general guidelines for students participation. Student participation involving unsupervised door-to-door sales will not be allowed.

Requests to conduct fundraising activities should be made in writing to the building principal. Principals will develop a schedule of fundraising activities to be conducted in or on behalf of their schools, making a reasonable effort to assure that students, staff, parents, and area businesses are not overwhelmed by fundraising requests.

All monies handled for fundraising activities sponsored by the schools will be handled in a manner defined and overseen by the Business Administrator.

All fundraising activities shall be reviewed for approval by the school principal to assure the activity does not interfere with educational goals, philosophies, standards, or homework or class work requirements of students.

Any person or organization who is a charitable organization as defined by statute and who conducts a raffle on school property must comply with the provisions of RSA 287-A. No student or school personnel are to be involved in raffles as a direct school function.

Any questions regarding the legality or propriety of a specific fund-raising activity will be brought to the Superintendent for clarification.

Principals will review all requests related to fundraising activities which will take place in the school's name or to benefit the school, or which will involve the contracted time of personnel, or the efforts of district students. Matters needing policy clarification will be brought before the School Board. *JJE-F Student Fund-raising Activity Form - Appendix, page 28.*

I. COLLEGE RECRUITMENT

Any student/athlete (junior or senior) who is being recruited or is interested in participating in college athletics should contact the Athletic Director for eligibility information and assistance.

J. AWARDS

To be eligible for awards a student must have completed the entire competitive season in good standing. A certificate of participation is presented to each athlete who has participated on an athletic team. A Varsity Letter is presented to athletes who have met the criteria pre-established by the coach for lettering in a varsity sport.

- First-year letter winner receives a letter.
- Second-year letter winners receive a sport pin.
- Third-year letter winners receive a bar.
- Four-year letter winners in a particular sport will be awarded a bar.
- Scholar-Athlete Certificates will be presented to those student-athletes who qualify under conference standards.
- There are five (5) awards that the Mascoma Valley Regional High School Athletic Department recognizes for sports: JV Award, Sportsmanship Award, Coaches Award, Most Improved Award, and Most Valuable Player Award. The coaching staff per sport has the discretion to rename these awards upon approval of the Athletic Director.
- Student managers are eligible for awards if in good standing at the conclusion of the season.
- An athlete who is injured during a sports season would still need to meet the full pre-established criteria for earning a varsity letter prior to or after their injury.

IV. BUILDING UTILIZATION DURING PRACTICES

A. HIGH SCHOOL

1. Doors will not be left ajar or unlocked when teams are practicing.
2. Cleated shoes, including turf shoes, are not allowed in the building.
3. Equipment may be taken out when the Coach is present. The gym cannot be used unless a Coach is present in the gym at the time of use and for the entire time it is in use.
4. The locker rooms will not be left open during practices or games.
5. The gym is closed during practices to spectators and students not a part of the team.
6. Players participating in after school practices and contests shall not roam the halls unsupervised.

B. ENFIELD ELEMENTARY AND INDIAN RIVER SCHOOL

1. Team members must wait outside until the Coach arrives.
2. Students are not to bring food or beverages into the building.
3. No spectators are permitted in the gym during practices. Only the team members practicing are allowed. This includes members from other school teams.
4. Team members must follow directions from building teachers as they would any other teacher.
5. Players participating in after school practices and contests shall not roam the halls unsupervised.

V. GUIDELINES FOR COMMUNICATIONS AND SPECTATOR CONDUCT

A. ATHLETE-COACH COMMUNICATION

If an athlete has an issue about their experience on a Mascoma Valley Regional High School athletic team they must first approach the coach. The athletic experience at Mascoma Valley Regional High School provides the opportunity for young people to develop communication skills with adults and those in positions of authority.

B. PARENT-COACH COMMUNICATION

1. Appropriate concerns to discuss with coaches:
 - i. The treatment of your child mentally and physically.
 - ii. Ways to help your child improve individually and as a team member.
 - iii. Concerns about your child's behavior.
2. Issues not appropriate for parents to discuss with coaches:
 - i. Playing time.
 - ii. Other student athletes.
 - iii. Play calling and strategy.
 - iv. Coach's skill and knowledge of the sport.
 - v. Win/loss record.
3. Parent-Coach 24-Hour Rule
 Parents/guardians: Please, do not attempt to confront a coach before, during or following a contest or practice. These can be emotional times for both the parent and the coach and this period does not promote objective analysis of the situation. Please allow at least 24 hours to pass from the completion of the game or practice. When a meeting is set up, the discussion will focus on the issue. Personal opinions are not allowed to control the meeting.
4. Communication Protocol-Chain of Command
 - i. Player to Coach
 - ii. Parent to Coach
 - iii. Athletic Director
 - iv. Principal

C. SPECTATOR CONDUCT

Any spectator exhibiting disruptive behavior at Mascoma Valley Regional High School athletic contests will be asked to leave the venue. Infractions will be documented and further discipline will result in not being allowed to attend any other future events until approved by administration.

VI. ATHLETIC GRIEVANCE PROCEDURE

In keeping with Mascoma Valley Regional High School's Philosophy of Athletics and our sincere desire to provide our students/athletes with the best athletic experience possible, we believe it is prudent to establish a procedure to address any concerns that may arise. All conflicts will be resolved as fairly as possible and with the least disruption to the athletic program. In order to accomplish this, the following grievance procedure shall be followed:

- A. The first attempt at resolution must be with the coach. Unless a coach's actions are so extreme that a higher authority must be notified immediately, the student/athlete or parent should approach the coach at an appropriate time and manner to discuss the matter that is at issue. All attempts at resolution should be entered into with an open mind and should be documented in writing. Only after this avenue of resolution is exhausted should parties to the problem progress to the next level. At this point the issues should be documented in writing.
- B. Should the problem not be resolved with the coach then and only then should the grievant take the issue to the Athletic Director. The grievant should summarize particulars of the conflict, times and dates of meeting with the coach, and the reasons why he/she feels the issue has not been resolved. At the discretion of the Athletic Director and the grievant further attempts at resolution involving the coach will be conducted. Again, all attempts at resolution should be documented.
- C. If the issue is not resolved at Step 2, the grievant should repeat the procedure with the Principal at Mascoma Valley Regional High School. Should this not result in resolution, the same procedure should be repeated with the Superintendent of Schools. In all cases, the Superintendent shall be the final arbiter in this process.

APPENDIX

**Mascoma Valley Regional High School
Athletic Department**

Acknowledgment of Risk/Consent Form

Instructions:

1. Please read and complete. If there is anything about this form or the described activities that you do not understand, do not sign the form until you are satisfied that you have obtained a complete explanation.
 3. If you have more than one child participating, complete one form per child.
-

Participant's Name: _____ Grade: _____

The above, a minor, desires to participate in the following school sports for the school year (please circle all that apply):

Field Hockey Soccer Cross Country Volleyball Spirit (Fall/Winter)

Football Basketball Softball Baseball Track & Field (Winter/Spring) Wrestling

We acknowledge that we have been informed as to the nature of the sport, and that this sport has risks of injury associated for those who participate, which includes transportation to and from the school campus. Although the school staff will endeavor to provide each participant with due care, the school cannot assure that each participant will remain free of injury.

We agree that the above participant is physically fit to participate in the above sport(s) and, if required, that he/she has been examined by a licensed physician who verifies that he/she is physically fit to participate in athletics. The school district will rely on this representation.

We understand the school cannot assure safety for children and that the school's obligation is to take reasonable precautions for safety and well-being. We also have a responsibility for our own safety and the safety of others.

We acknowledge that we must provide the athletic staff with any medical or other information which we feel is important for the school to know about the above participant. This information must be kept confidential. We will provide medical and any other information on the above participant prior to the start of practice for each season. The school district will rely on us to provide this additional information.

We acknowledge that the above participant will adhere to all the rules, regulations, and instructions pertaining to the safety and protection of each participant and that failure to comply could exclude the above participant from the program.

Parent/Guardian Acknowledgment

We acknowledge and understand the risks and requirements for our child to participate in the athletic program for the sports circled above. We consent to our child's participation in the athletic program at Mascoma Valley Regional High School and agree to our child being administered a baseline concussion test and treated by an athletic trainer if needed.

Signing this document indicates that I have read the Mascoma Valley Regional High School Student/Athlete Handbook and have knowledge of its contents, understand them and agree with those standards. I am also aware that any violation on the part of my child to any of these standards shall result in the consequences contained in this handbook. I realize that as a parent and spectator, I have a responsibility to abide by these policies and accept the sanctions for any violation.

Parent/Guardian signature: _____ Date: _____

Please Print:

Parent/Guardian's Name: _____

Relationship: _____

Address: _____

Telephone Number (Home): _____ (Work): _____

Participant's Acknowledgment

I acknowledge and understand the risks and requirements involved in my participation in the athletic program for the sports circled above.

I further acknowledge that I have read the Mascoma Valley Regional High School Student/Athlete Handbook and understand and agree with its content. I realize that as a

participant I have a responsibility to abide by these policies and accept the sanctions for any violation.

Signature of Student/Athlete: _____ Date: _____

**Mascoma Valley Regional High School
Athletic Department**

Health Information Sheet

Instructions: This form will be provided to the doctor or medical personnel to whom your child is taken in the event of a medical emergency while involved in a school-sponsored athletic event, practice or trip. Please complete ALL sections as accurately as possible. Please Print.

Student Name: _____ Date of Birth: _____

Home Address: _____ Telephone#: _____

Emergency Contacts:

Mother/Guardian: _____ Telephone#: _____

Father/Guardian: _____ Telephone#: _____

Emergency Contact #1: _____ Telephone#: _____

Emergency Contact #2: _____ Telephone#: _____

General Information:

1) Food or drug allergies: _____

2) Other allergies: _____

3) Present medications: _____

4) Chronic medical problems: _____

5) Other items of concern: _____

PARENTAL AUTHORIZATION

In case of a medical emergency, in the event I cannot be reached, I authorize Mascoma Valley Regional High School, its agents, employees and other officers to procure and consent to any medical examination, diagnostic process or course of treatment, including hospital care, to be rendered to my child by or under the supervision of any duly licensed doctor, dentist, surgeon, or other health care provider.

Signature of Parent/Guardian

Date

Health Insurance Company: _____

If your child does not have Health Insurance, you must sign the Save Harmless Agreement Below:

Save Harmless Agreement

My/our child does not have Health Insurance. I/We will not hold Mascoma Valley Regional High School responsible for any medical expense incurred through my/our son/daughter's participation in athletics. I/We understand that I/We are responsible for all medical costs.

_____ Signature of Parent/Guardian	_____ Date
_____ Signature of Parent/Guardian	_____ Date

**Mascoma Valley Regional High School
Athletic Department**

Student Athlete's Pledge

Participation in athletics is a privilege, not a right. The student-athlete must earn this privilege through dedication, desire and discipline, being a good citizen, and student while striving for athletic excellence. The administration, faculty and coaching staff at Mascoma Valley Regional High School believe that a tradition of excellence is established and maintained upon the following principles.

As an athlete in my school, I promise:

1. To be a worthy representative of my teammates, coaches, and school. To abide by school expectations and to reflect my team's values of commitment, hard work, and sportsmanship.
2. Take good care of myself and remain substance free.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To attend every practice unless excused by my coach.
5. To make school work a top priority, understanding that my future as a responsible adult relates more to my academics than to my athletic activities.
6. To accept the responsibilities of team membership through cooperation, support of my teammates, sharing of responsibilities, engaging in positive interactions with others and demonstrating mutual respect.
7. To express my feelings and ideas intelligently and appropriately both on and off the field of play.

I have read and understand the policies and expectations outlined in the Mascoma Valley Regional High School Athletic Handbook and promise to abide by them.

Student Signature: _____ Date: _____

**Mascoma Valley Regional High School
Athletic Department**

Student Manager Role and Responsibilities

Student Manager Role: The student manager supports the sports program and its coaches during all activities while continuing to expand their knowledge of the sport. The student manager is considered a member of the team who will not physically participate in competitions, who may or may not participate physically in practices, be present and helpful from the sidelines during all sport-related activities. Student managers will abide by all team rules.

Student Manager Responsibilities: Although duties may vary from season-to-season, sport-to-sport, team-to-team, and student manager-to-student manager; the duties for each student manager position must be agreed to by the student, their parents/guardians, the coach, and the Athletics Director before the student begins in the position. Additionally, the student manager's team must be informed of the role of the student manager for the current season, as the duties might be different from previous seasons. Student managers are eligible for awards if in good standing at the conclusion of the season.

The duties of a student manager include:

- Equipment management and sanitizing, including helping to maintain the first aid kit
- Hydration
- Drills, warm-ups, and cool-downs support*
- Time, score, and statistic keeping
- Team spirit activities (i.e.- decorating/poster-making, team music)
- Game film recording
- Photography for the team and Athletic Department
- No personal phones allowed. School photography equipment preferred.

*Student managers can participate in the portions of practice that will not affect team play. For example, student managers can practice with the team when working on sport-specific skills, strength, conditioning, endurance, and speed. However, student managers cannot participate in the parts of practices that involve game strategy and/or competition preparation.

Student managers are always a positive presence on the team, providing both encouragement and support from the sidelines. Student managers must always represent their team and school to the highest standards, on and off the field.

The student managers are prohibited from:

- Providing instruction and directives to team members.
- Sharing any information learned from a coach that has not been released.
- Interact with officials, volunteers and/or fans unless a specific role has been assigned (i.e. providing the umpire softballs, bringing water to a player from a parent).
- Interaction with team members in a way that is unsportsmanlike.
- Participating in any coaches meeting, or providing feedback/opinions to coaches.

Student managers will be held to the same standards, rules and expectations as any student athlete, on and off the field and are expected to represent the team, the coaches and the school to the highest standards.

I have read and understand the expectations outlined above.

Student signature: _____

Parent/Guardian signature: _____

General Information

Mascoma Valley Regional High School is a member of the New Hampshire Interscholastic Athletic Association, the governing body for Interscholastic Varsity and Junior Varsity sports teams. Based on school size, we are Division III in all sports, except football (Division IV)

All students in good academic standing are eligible to try out for our teams and are encouraged to do so annually. Players will be subject to the same disciplinary consequences that are in effect for the entire student population, in addition to these expectations presented in the Mascoma Valley Regional High School Athletic Handbook.

Squad size is determined annually by the coach and athletic director, but will not exceed the New Hampshire Interscholastic Athletic Association roster limit.

The sports we participate in are:

~ FALL ~

Cross Country	Girls & Boys
Field Hockey	Girls
Football	Boys
Volleyball	Girls
Soccer	Girls & Boys
Fall Spirit	Girls & Boys

~ WINTER ~

Basketball	Girls & Boys
Indoor Track & Field	Girls & Boys
Wrestling	Girls & Boys
Winter Spirit	Girls & Boys

~ SPRING ~

Baseball	Boys
Softball	Girls
Track & Field	Girls & Boys

ATHLETIC DIRECTOR:	Rodney Brown
PRINCIPAL:	Tina Fleming
ASSOCIATE PRINCIPAL:	Rick Simula

School Address:	Mascoma Valley Regional High School 27 Royal Road, Canaan, NH 03741 Telephone: (603) 632-4308
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JJE-F

STUDENT FUND-RAISING ACTIVITY FORM

Name of Organization: _____

Sponsoring Individual: _____

Date: _____

1. Please describe the fund raising activity.

2. Please describe the reasons for the fundraising activity.

3. How many students will be involved?

4. What are the proposed date(s) for the fundraiser?

5. What is the proposed service(s) or product to be given for the donation?

6. Approved: _____ Date: _____

Rejected: _____ Date: _____

Comments: