

2011-2012
STUDENT ATHLETIC HANDBOOK
FOR
MILFORD HIGH SCHOOL
100 WEST STREET
MILFORD, NEW HAMPSHIRE 03055

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MILFORD HIGH SCHOOL
MILFORD, NEW HAMPSHIRE
2011-2012
STUDENT/ATHLETE HANDBOOK

Philosophy

The athletic program should be an integral part of the overall educational process of the Milford High School. Our aim is to develop competitive athletes but not to lose sight of educational values such as sportsmanship, health, and scholastic attainment. The program should occupy a position in the curriculum comparable to that of other subjects or activities and should aid in promoting school morale.

Objectives of Interscholastic Athletics

1. Provide opportunities to develop skills and to experience the satisfaction of performing effectively in emotionally charged situations.
2. Contribute to the development of a health and fitness attitude that will provide a carry-over interest during adult leisure time.
3. Satisfy the physiological needs of growing young people.
4. Contribute to the development of a wholesome appreciation for a well-developed and properly conditioned body.
5. Contribute to the development of desirable social and citizenship qualities such as responsibility, respect for authority, leadership and fellowship abilities, respect for the rights and properties of others, harmonious and cooperative group action, and respect for individual differences.
6. Help students learn to deal effectively with emotional strains and stresses.
7. Contribute to the satisfaction of certain psychological needs such as self-understanding, self-expression, understanding of others, challenge, confidence, acceptance, recognition, and approval.
8. Contribute to the development of desirable character traits including persistence, determination, unselfishness, will-to-win, alertness, maximum effort, resourcefulness and tenacity.
9. To display courtesy and respect to officials, spectators, and visiting teams.

Code of Ethics and Conduct

The purpose of this Code of Ethics and Conduct is to provide guidelines for Milford High School students, coaches, and spectators to follow.

GUIDELINES FOR STUDENTS AND COACHES

1. Participants shall represent the school in an exemplary manner at all times. These include, but are not limited to team busses, visiting schools, locker rooms prior to and after contests, and behavior on the field/court of play.
2. They should show respect toward their opponents and game officials at all times.

GUIDELINES FOR SPECTATORS

1. Spectators should respect the judgment of the coaching staff.

2. Spectators should respect game officials and accept their decisions.
3. Spectators should watch games from those areas defined by each school or the game officials as spectator areas. They should not call to players, coaches or officials in an unsportsmanlike manner, go onto the field of play, or run up and down sidelines.

A PARENT-COACH COMMUNICATION GUIDE

The NHIAA has prepared a guide to facilitate effective communication between parents and coaches. The following five areas should be considered and may prove to be beneficial to our student athletes.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Locations and times of all practices and games.
4. Team requirements, i.e., practices, special equipment, off season conditioning.
5. Procedure followed should your child be injured during practice or games.
6. Any discipline that may result in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

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

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

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

Eligibility of Athletes

In order for a student to compete in interscholastic athletics, they must fulfill completely all the regulations and requirements set forth by the NHIAA and/or the local school district SAU#40.

The requirements are as follows: A Student Athlete

1. Must be carrying a minimum four (4) course units during his/her sports season and must have passed four (4) units of course work in the previous marking period. Fall athletes must pass four units of course work during the 4th quarter of the previous year.
2. A student with a grade of "F" in more than two courses in a quarter prior to the start of a sport shall be ineligible to play. A student with a grade of "F" in more than one course shall be placed on probation. Should this status continue to the next report card, the student shall become ineligible to play.
3. Must have successfully passed a physical examination by a doctor. If passed, in the freshman year, the exam will be good through graduation. Physical forms will be kept on file by the athletic trainer. It is strongly recommended, but not required, that a student should have a second physical prior to the beginning of the junior year.
4. An athlete who does not attend school during the day due to illness, injury, oversleeping, etc. may not participate in a scheduled game or practice that day or evening. A student returning to school on the day of a doctor's appointment may attend a practice or a game on that day with the doctor's written permission. Examples of excused absences in the student handbook include: doctor visits, verified college visits, religious holidays, bereavement, and school-sponsored/sanctioned activities.
5. A student who has reached the age of 19 on or after September 1 may represent the school.
6. Must not have changed schools. (Except upon change of residence of your parents).
7. Must not have, at any time, received financial remuneration for participation in any athletic activity.
8. Must not have been in high school for more than eight semesters beyond the 8th grade.
9. **Non-School Competition:** 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 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 athletic director and principal on a case by case basis.

Penalties: Any student 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.

General Rules and Regulations Governing Athletics

It is fundamental that the coach is responsible for the behaviors, safety and welfare of the members of their squad during practices and games. Student athletes are responsible to their coach for their conduct on and off the field, during their season.

1. Athletes should plan their time so that they devote sufficient time to their academics and so that their involvement in an athletic activity does not interfere with their studies. Academic or disciplinary commitments must be met before athletic responsibilities.
2. The possession or use of tobacco products, alcoholic beverages, illegal drugs and illegal use of controlled substances is strictly forbidden. Any athlete guilty of an infraction of this rule will be subject to the following consequences:
 - 1st offense: Athletes will not be allowed to participate with the team, in any way, for twenty-one (21) calendar days. If the number of days is greater than the remainder of the season, the days will be added on to the next season that the athlete participates in. If the student seeks out help in the form of an assessment by a certified addiction counselor or enrollment in an appropriate program, the suspension can be reduced to fourteen (14) days.
 - 2nd offense: Athletes will be suspended from participation for the remainder of the season. This policy does not preclude punishment of a student under the school drug and alcohol policy in appropriate situations. Additional consequences will be considered by school administration.
3. Athletes who have been suspended from school will not be allowed to participate in any school activity for the entire duration of their suspension. This includes all team activities, practices and games.
4. Athletes should maintain a good attendance record.
5. Good sportsmanship should be encouraged both in victory and defeat.
6. Students who participate in athletic activities are school leaders and should assume their responsibilities at home, in school and in the community.
7. Athletes should be sure that all injuries are given proper attention, which the athlete should immediately report to the coach.
8. Athletes will not use profane language.
9. Athletes should always work for the betterment of their school and their team.
10. Athletes should not allow employment to interfere with their responsibilities to their team or their schoolwork.
11. Athletes will attend all games and practices for the team of which they are members.
12. Athletes who anticipate being late or absent for a game or practice have a responsibility to the team and coach to advise the coach of this and make any necessary arrangements.
13. A violation of any of the rules may result in disciplinary action.

Sanctions to the Rules and Regulations

1. Student must be in good standing in the school to be permitted to participate in interscholastic sports activities. Violation of any school or team rule can cause disciplinary action by the coach. Coaches have the authority to suspend any athlete from their team as part of a disciplinary response.
2. All violations of school and/or team rules should be punished in a fair manner commensurate with the seriousness of the infraction.
3. A student may be declared ineligible if they conduct themselves in a manner that, in the opinion of school authorities would reflect unfavorably upon the school or other students. This applies to all co-curricular activities, regardless of location.
4. The New Hampshire Interscholastic Athletic Association dictates that any student who does not comply with established school regulations will be declared ineligible.
5. An ineligible student may not represent the school in any home or away interscholastic event, contest, or scrimmage situation. This student may practice with the team if extraordinary circumstances exist. Coaches must present such a situation to the athletic director and only after approval from the athletic director, may special practice arrangements be made by the coach.

Grievance Procedure

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

Hazing

No person associated with any organization sanctioned by the School District shall engage in or be associated with hazing, nor shall any such person participate in any secret fraternity or organization that is related to a District-sanctioned activity.

Student hazing means any act directed toward a student, or any coercion or intimidation of a student, to act or participate in, or submit to any act, when:

- 1) Such act is likely, or would be perceived by a reasonable person, as likely to cause physical or psychological injury to any person; and
- 2) Such act is a condition of initiation into, admission into, continued membership in, or association with any organization, even if the student willingly participates in the activity.

Hazing is further defined as an activity which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation, admission, or affiliation with any organization sanctioned by the District.

“Endanger the physical health” shall include, but is not limited to, such physical acts as whipping, beating, branding, exposure to elements, forced consumption of food, alcohol, or drugs, or any forced physical activity, outside of that associated with acceptable athletic conditioning appropriate to the sport, that could adversely affect the physical health or safety of an individual.

Hazing con't

“Endanger the mental health” shall include any activity which would subject the individual to mental stress such as sleep deprivation, exclusion from social contact, or any forced activity that would affect the dignity of the individual.

Students or employees who violate this policy will be subject to disciplinary action up to and including expulsion for students and termination for employees. All incidents of hazing should be reported to school authorities. The Superintendent/designee shall report to local law enforcement officials incidents of reported hazing to which he/she has knowledge.

Permission Forms

Before the first practice, a completed parental permission form, completed athletic handbook form, doctor's physical form and insurance form must be submitted to the appropriate coach.

Insurance

1. It is a school requirement that the student must be covered by insurance before he may participate on any interscholastic athletic team.
2. School insurance coverage includes regular school sessions, going to and from school and all school sponsored and school supervised activities including interscholastic football.

Doctor's Physical Forms

1. Documentation of a Doctor's physical is required before a student may participate in any interscholastic activity. This includes practices, scrimmages and contests. Physicals should be completed in or after June of the incoming freshman year. Contact the Athletic Director or Athletic Trainer if there are extenuating circumstances such as insurance company restrictions.
2. Once a student has had a physical, subsequent physicals are not required unless the student has had an injury, which has required doctor's care. In the event that such an injury has taken place the student will need a doctor's certificate in order to resume practice/playing. If an athlete is withheld from athletic participation by a physician, the athlete must have written approval from THAT physician prior to returning to his/her sport. This is to be submitted to the school's athletic trainer. It is strongly recommended, but not required, that a student should have a subsequent physical prior to the beginning of their junior year.

Private Transportation

NO athletic team or team members will be transported in private cars for any reason unless the Athletic Director or Principal gives prior approval in writing. Buses will be chartered for all games by the school. Students who are members of the athletic teams going to a contest or game will return on the bus. Requests from parents to transport their son/daughter or if extenuating circumstances, other team members should be in writing to the Athletic Director at least 24 hours in advance. For the purpose of team unity and cohesiveness, players should all use the school transportation. Parents transporting their son/daughter must sign and submit the Parental Consent form on page 9 to the coach after the sporting event.

Equipment

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

It is the athlete's responsibility to see that all equipment is returned in good condition. If the equipment issued is lost, stolen or has had abnormal usage, the athlete shall be charged accordingly. Students are ineligible to participate in any athletic activity or tryout the next season until restitution is made.

NHIAA Disqualification Policy

NH.I.A.A. By-Law Article VIII: Sportsmanship:

Section 3: Disqualification from an Interscholastic Athletic Event

The following policies for disqualification shall apply in all sports:

Any player who is disqualified before, during or after a game at the Freshman, Junior Varsity or Varsity level for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. Any player who is disqualified from a game and participates in the next scheduled interscholastic athletic event, including NHIAA Tournament contests, will cause that school's game 1 event to be forfeited in the event of a win. In the event of a loss, the matter will be referred to the Sportsmanship Committee for action.

If any player received 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 a coach in his final game of coaching for that school, it is the expectation of the NHIAA that the school will take immediate and appropriate disciplinary action.

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

Letter Requirements and Awards

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

Special athletic awards may be given to those members who compete on teams that win their conference championship, state or sectional titles or go undefeated. The type of award given is to be determined by the Coach, Athletic Director, Principal, Superintendent and the Milford School Board.

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

Criteria for Letter

1. Attendance - athletes should attend all practices and games unless there is a reasonable excuse, accepted by their coach. Athletes removed from teams due to disciplinary action are ineligible from receiving a letter.
2. Sportsmanship - athletes should realize that they are representing their school and community and should conduct themselves in an appropriate manner.
3. Adherence to training rules - athletes must abide by the training rules as set forth by the athletic department.
4. Participation in games/contests - varsity athletes must participate in at least 50% of games or contests to be considered eligible for a varsity letter (An exception to this requirement can be made in cases where an injury keeps an athlete from competing in 50% of the contests). All students who participate on freshman or junior varsity level teams and fulfill the requirements outlined in sections 1, 2, and 3 above will be eligible for the appropriate award.
5. Service - senior athletes who have successfully completed three years of service to a sport and meet all of the criteria except participation may be awarded a varsity letter for their service, dedication and loyalty to the team.

Criteria for Senior Athlete Awards

The athletic department has established requirements for the Outstanding Senior Male and Female Athletes of the year.

1. A senior must have earned varsity letters in at least two sports during their senior year.
2. Students who have quit teams or been removed from teams due to disciplinary action are ineligible for this award. If extenuating circumstances occurred, the dismissing coach would be requested to provide needed information on the situation.
3. Recipients must have demonstrated outstanding character and loyalty to Milford and its athletic program.
4. Students must have represented the school well at all times while remaining in good academic standing.

2011-2012

MILFORD HIGH SCHOOL

**MILFORD, NEW HAMPSHIRE
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SPORTING EVENT PARENTAL CONSENT FORM

I understand that my signature allows me to take my child home from any away sporting event the day of that event. I also understand that by doing so SAU 40, its transportation agent, and its coaches or designated representative are no longer responsible for the transportation of my child from said event.

I also understand that I may not transport any child but my own without previously made arrangements and approval in writing from the Athletic Director of Milford High School.

STUDENT

PARENT SIGNATURE

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MILFORD HIGH SCHOOL

**MILFORD, NEW HAMPSHIRE
STUDENT/ATHLETE HANDBOOK
ACKNOWLEDGMENT FORM**

Athlete's Name _____

Sports _____ School Year _____

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

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

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____

I hereby give my consent for the above-named student to compete in Milford High School approved sports, and go with the coach or other representatives of the school on any trips.

It is understood that the High School does not assume any responsibility in case an accident occurs. The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above-named pupil.

This form once signed and returned, is in effect during each sport season played.

Date: _____

(Signature of Parent or Guardian)