

Goffstown High School

Student Athlete – Parent Handbook



Sportsmanship-Leadership-Citizenship

Effective March 18, 2019



“Sportsmanship-Leadership-Citizenship”

GHS Athletics is committed to excellence in athletics while supporting the educational mission of Goffstown High School. We believe that impassioned student-athlete learners contribute positively to the school community through their active participation both within and beyond the classroom. We believe that students' participation in GHS athletics better prepares them for the future by providing opportunities for personal growth, skill development, socialization, creativity, and competitive experience. To this end, we value the contribution that athletics provide our student-athletes in providing a well-rounded educational experience.

We believe that **caring relationships** are a necessary foundation to support all student-athletes. Care personalizes the athletic culture and envisions each student athlete's needs as individual and unique.

We believe that **choices and opportunities** in athletics motivate students to challenge themselves and to achieve their highest potential.

We believe that **impassioned student-athletes** contribute to the school community through their active participation both within and beyond the playing fields and courts.

We believe that to thrive in an ever-changing world, all student-athletes must be **skilled thinkers, communicators, and problem-solvers** who work collaboratively.

21st Century Athletic Expectations

- **Communicate** effectively.
- **Solve problems** analytically and creatively.
- **Manage time** efficiently.
- Utilize **organizational skills**.
- **Respect** others' rights, opinions, beliefs and property.
- **Contribute** to a safe school community.
- **Work effectively** with teammates and coaches.
- Assume **responsibility** for one's behaviors.
- Make **healthy choices**.
- **Participate**.
- Win/Lose with good **sportsmanship**.





Goffstown High School Athletic Department
Sportsmanship-Leadership-Citizenship

To the Parents of GHS Athletes:

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to our athletes. As parents, when your child becomes involved in our athletics program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of their respective team.

Communication you should expect from your child's coach:

- Philosophy of the coach
- Location and times of practices and games
- Team requirements
- Injury procedure
- Team discipline and behavior

Communication coaches expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach's philosophy and expectations

There are situations that may require a conference between the coach and a parent. It is important that both parties involved have a clear understanding of the athlete's position. The procedures should be followed to help promote a resolution:

- Call the Athletic Director to set up an appointment with the Coach
- If a meeting with the Coach did not provide a satisfactory resolution, schedule a meeting with the Athletic Director and Principal

We hope the information provided in this handbook makes both your child's and your experience with GHS athletics a positive one. Research indicates that a student involved in co-curricular activities has a greater chance for success during adulthood. Many character traits required to be a successful participant are exactly those that will promote a successful life after high school. We wish all of our athletes a successful school year. Thank you for your continued support!

Respectfully,

Athletic Director
and
Principal of GHS

REQUIREMENTS FOR PARTICIPATION ELIGIBILITY

Academic Eligibility:

All students involved in interscholastic athletics must abide by all regulations established by the NHIAA concerning academic eligibility. Goffstown School Board policy requires that a student must pass a minimum of **FIVE** classes in the **quarter** immediately preceding the respective athletic season. If the season spans two quarters, the student must remain eligible based on the grades received during the subsequent marking period. Incomplete grades are not to be considered passing grades for the purpose of eligibility. Academic eligibility will be determined on the date that report cards are distributed.

A student **ineligible** under Goffstown High School rules, yet **eligible** under the NHIAA guidelines, may apply for a waiver hearing to determine, on a case-by-case basis, if a student should be granted eligibility. This can only happen once in a student-athlete's high school career and is subject to approval by the Principal.

Physical Examination:

No student athlete shall be eligible to try out, practice, or represent the school in interscholastic athletics without a current (within one year of date of participation) physician's statement certifying that the student is fit for participation. A physical form can be obtained at: https://goffstownathletics.com/library/files/goffstownhighschool_bigteams_21520/files/ATHLETIC%20PARTICIPATION%20PHYSICAL%20EXAMINATION%20FORM.pdf

A physical on or after June 1st of the year of entrance into the high school is good for all four years. We recommend having a physical every year. Currently, all students in grades 7, 9, and 11 who participate in contact sports will receive a free baseline concussion test.

Registration:

All athletic registration is online at: www.goffstownathletics.com. Click on the Athletic Department tab. In the drop down menu select, "Sports Registration." The registration site will be open a minimum of 30 days before the season start date(s).

Prior to registering for a sport for the first time, it is recommended that all student-athletes and their parent/guardian take the online concussion course. Separate from the "Impact" or baseline test which is given at the high school to all Freshmen, Juniors and first time team members, this free, online course can be found at <http://nfhslearn.com/courses/38000>.

Proof of Insurance:

Any student participating in interscholastic athletics must submit to the school written evidence of accident/health insurance. Student accident insurance purchased through the school will meet this requirement.

Home Educated, Charter and Non-Public Students

Goffstown and New Boston residents who are home educated or who attend a charter or non-public school may be eligible to participate in co-curricular athletics. Parents or guardians are to contact the Principal and Athletic Director to confirm eligibility. Charter and non-public school students will be immediately eligible to try out for a team after the Principal certifies residence.

Transfer Students:

If your student has transferred to GHS, you must fill out a transfer affidavit before the first day of tryouts or practice for non-cut programs. This form can be found at:

<http://goffstowathletics.com/siteRepository/21520/userfiles/Transfer-Rule-Affidavit-2015.pdf>.

Attend Pre-Season Meeting:

Open communication between the coach, parents, and student athlete is necessary for a successful season. In order to ensure that this communication takes place, pre-season meetings are scheduled at the beginning of each season. When pre-season meetings are held, student athletes and parents are expected to attend.

Topics of Discussion at Pre-Season Meetings

- Athletic program policies and procedures
- Game and practice schedules
- Expectation of players, coaches and parents
- Goals for season
- Coach/Parent Communication

Team Attendance:

One purpose of participation in athletic activities is the development of mutual commitment and collaboration skills. There is an expectation that students who participate in athletics recognize that when they work in teams or groups there is a responsibility to themselves and their teammates to attend practices, games, and activities as scheduled. This goal is best accomplished through ongoing communication between students, parents, and coaches. Students are expected to communicate with the coach in advance when they will not be attending a practice, game, or scheduled team activity.

We understand that athletics is one part of a student's adolescent growth and development. We strive to balance academics, athletics, and family needs. When challenges between these three arise, they are best addressed through communication with the student's coach.

ATHLETIC CODE OF CONDUCT & ACADEMIC RESPONSIBILITIES

In order to provide a safe and meaningful learning experience for our student athletes, there needs to be clear boundaries and expectations. Our Student Athlete—Parent Handbook has been designed to achieve understanding between the coach, the student and the family.

By completing the sign-off form at the end of this handbook the student and parents acknowledge an understanding of the rules and regulations contained in this agreement and recognize the rules and regulations that pertain to the athletic activity involved as well as the effort and dedication that participation requires. The regulations set forth in this agreement are not designed to question the integrity of the student, but rather aid them in achievement toward being the best they can be.

All actions and behaviors referenced below apply to all student athletes anywhere for the duration of this agreement, from the first day of the NHIAA official Fall starting date through the final day of school at GHS. Willful violation of any of these rules will be investigated by administration. All students will be afforded due process.

- *Drinking or possession of alcoholic beverages*
- *Unauthorized use or possession of drugs*
- *Vandalism*
- *Stealing*
- *Bullying and/or harassment (includes social media)*
- *Gambling - including gambling on the outcome of school contests*
- *Smoking, vaping, or use or purchase of tobacco products (including chew and snuff)*
- *Gross misconduct*
- *Hazing - Hazing refers to any activity expected of someone joining a group (or to retain full status in a group). It is commonly defined as practices that humiliate, degrade or risk emotional and/or physical harm regardless of the person's willingness to participate.*

If, after due process, there is found to be an infraction of these rules set forth, the following protocol will be used in implementing consequences.

***Note: Consequences are cumulative over the course of a student's career at GHS.**

First Offense

- Parent/Guardian will be notified
- Student will be suspended from the team for twenty school days. If the number of days is greater than the remainder of the season, the days will be added on to the next season or activity in which the student participates. If the student seeks out help in the form of an assessment by a licensed alcohol and drug abuse counselor (LADC) or a licensed mental health counselor (LMHC) approved by the Wellness Team, the suspension can be reduced to seven school days. The student and parents must sign a release of information form for the student's Wellness Team*. A written report, including the LADC's or LMHC's recommendations, must be sent to the Wellness Team. Recommendations included in the report must be followed for one calendar year. If any part of the agreement is violated, an additional thirteen days of suspension will result.

Second and Subsequent Offenses in High School:

- Parent/Guardian will be notified
- Student will be suspended from the team for ninety school days. If the student seeks out help in the form of an assessment by a licensed alcohol and drug abuse counselor (LADC) or a licensed mental health counselor (LMHC) approved by the Wellness Team, the suspension can be reduced to 28 days. If the number of days is greater than the remainder of the season, the days will be added on to the next season or activity in which the student participates. The student and parents must sign a release of information form for the student's Wellness Team. A written report, including the LADC's or LMHC's recommendations, must be sent to the Wellness Team. Recommendations included in the report must be followed for one calendar year. If any part of this agreement is violated, a suspension of 62 days will be implemented.

*A student's Wellness Team consists of the Director of Guidance, the Dean of Students, the Athletic Director and the Principal. As determined by the Athletic Director, other staff (such as school counselor and/or case manager) may be included in the Wellness Team. The Special Education Facilitator will be consulted by the Athletic Director for student(s) with an Individualized Education Plan.

Daily School Attendance:

Athletes who are absent from school are ineligible to compete or practice on that day. **It is the expectation that all student athletes will be in attendance for the whole day in order to practice and/or play.** Student athletes must be in attendance *no less than* half the school day (7:56-11:01 AM or 11:06 AM-2:41 PM), unless prior approval is given by the school administration for the student to be absent. The Director of Athletics must be notified of deviations from this rule. Athletes are expected to be in school and on time the day following an athletic event. Any student who serves an out of school suspension may not participate in the practice session or the game/meet on the day(s) in which the suspension occurred.

Spectator Code of Conduct:

The Athletic Department expects all spectators to participate by:

- Demonstrating a high degree of sportsmanship and modeling appropriate behavior.
- Showing team support through positive comments and appropriate language.
- Accepting the judgment of coaches, officials, and referees.
- Acknowledging that fields, courts, and bench areas are the players' domain during a contest.
- Always BE LOUD-BE PROUD, and BE POSITIVE!

Spectators must recognize that their conduct influences the perception of the school and their words and actions can impact the success of teams.

Goffstown School Board policies, including but not limited to the following, are applicable to student athletes:

EEAEC	Student Conduct on School Buses
EEAEC-R	Student Conduct on School Buses – Regulation
EEAG	Use of Private Vehicles to Transport Students
GBEA	Staff Ethics
GBEB	Staff Conduct
GBEBB	Employee – Student Relations
GBGBA	Use of Automated External Defibrillators
GBI	Staff Community Relations
IHBG	Home Education Instruction
JICC	Student Conduct on School Buses
JICFA	Hazing
JICK	Pupil Safety and Violence Prevention – Bullying
JJE	Student Fund Raising Activities
JJIF	Guidelines for Proper Sportsmanship
JLCJ	Concussions and Head Injuries

Student Athlete - Parent Handbook and Athletic Code of Conduct Sign Off Form

I have read, understand and agree to the terms and conditions as stated in the Goffstown High School Athletics Student Athlete - Parent Handbook.

My signature indicates that I understand and will follow all Goffstown High School rules, regulations and procedures and Goffstown School Board policies.

Printed Parent Name

Printed Student Name Grade

Parent Signature Date

Student Signature Date

Please return this form to your coach on or before the first day of practice.