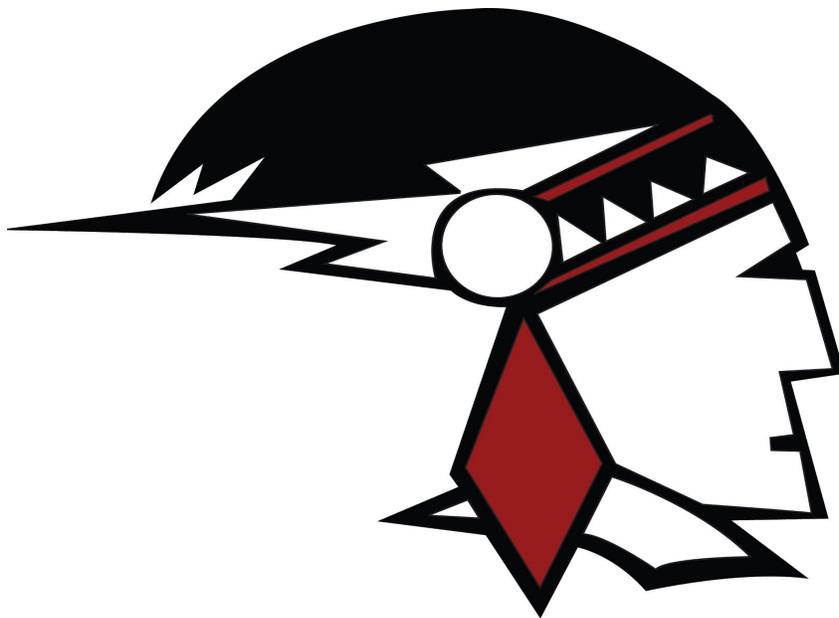


**Belmont High School**

# Student Athletic Handbook

2018-2019

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*Belmont High School prepares students for their futures by promoting and supporting a safe, diverse, and respectful community that fosters individual responsibility and produces engaged members of society through a rigorous academic environment.*

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Dear Parents/Guardians and BHS Students:

Welcome to Raider Nation! The purpose of this handbook is to provide Belmont High School Student Athletes and Parents/Guardians a comprehensive policy book that communicates as much information as possible regarding participation in Belmont High School Athletics. Hopefully, the information in this guide will help make your experience with Belmont High School Athletics more enjoyable.

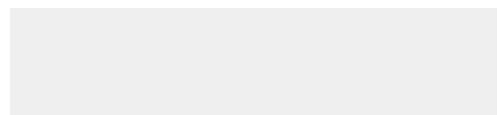
We provide a number of athletic and co-curricular programs at the high school to help enrich the student experience here and hope that all students opportunities. Please let the information that follows serve as a resource to help answer a number of questions that you might have about participation in co-curriculars and athletics.

This handbook is a complement to the Parent and Student Handbook. Student Athletes at Belmont High School are responsible for understanding and following all rules as outlined in this handbook and the parent and student handbook.

All Shaker Regional School District policies and athletic forms can be found on the district web page: [www.sau80.org](http://www.sau80.org) or by contacting Belmont High School.

Thank you and GO RED RAIDERS!

Paul Landau, Athletic Director



*Please be advised that policies referenced in the student handbook may be amended or new policies adopted during the school year. For the recent amendments or new policy adoptions, please go to the Shaker Regional School District website at [www.sau80.org](http://www.sau80.org).*

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### **Goals of the Belmont High School Athletic Program**

1. Foster character attributes such as commitment, perseverance, and self-confidence
2. Promote appreciation and enjoyment of sports
3. Develop athletic skill
4. Teach and promote sportsmanship
5. Encourage and develop multiple sport athletes

### **The Varsity Program**

The varsity interscholastic program is the most intensely competitive level of athletics; therefore, athletes who are chosen to participate at this level will have demonstrated a high level of competence in their sport, the emotional capacity to cope with the pressures of a competitive program, and the willingness to share the responsibility of developing the team and themselves to full potential.

The development of responsibility is a high priority of the varsity program. Building off less demanding situations at the middle school and junior varsity levels, varsity athletes are expected to make a firm commitment to their team and the pursuit of excellence.

The goal of the varsity program is to reach maximum potential and to field a team that is as competitive as possible within the parameters of Shaker Regional School District philosophy.

Athletes' playing times are determined by the nature of the sport, the situation, and the coach's judgement. Every team member cannot expect to play in every contest at the varsity level.

### **The Junior Varsity Program**

The goal of the program is to provide Athletes an opportunity to compete at a lower level than varsity, to develop skills, and to prepare Athletes for further varsity competition. This program will attempt to play everyone while striving to win. This level of competition provides for individual skill development and for the understanding of the team concept. It must be realized that some situations may prevent every team member from playing in every contest.

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### **Belmont High School Athletic Policies for Student Athletes**

Belmont High School will develop an athletic program that is competitive while stressing the ethics of good sportsmanship. Athletic competition is an arena meant to challenge our student athletes while being fun and generating school spirit. Belmont High School believes that athletics are an extension of the classroom. Through athletics, student-athletes can learn about teamwork, commitment, self-confidence, sportsmanship, discipline, winning with grace, and coping with failure. Belmont High School Students participating in interscholastic athletics shall be subject to the rules adopted by the New Hampshire Interscholastic Athletic Association Rules (see Shaker Regional School District Policy JJIC).

#### **Medical Examination**

All students are required by the NHIAA to have on file in their school a medical statement provided by a health care provider certifying that the student athlete has passed a pre-participation physical examination and is able to participate in interscholastic athletics. Belmont High School rules require that a student athlete provide a physical once per calendar year to participate in high school athletics. Any student athlete significantly ill or injured after their pre-participation physical examination must have a written medical clearance by their healthcare provider before being allowed to participate in interscholastic athletics.

**The form for physical exams is available from the athletic director, can be found on the Belmont High School Athletics webpage or can be found on the Shaker Regional webpage. (There is also a parental permission form there; both forms must be turned in prior to the start of practice.)**

#### **Sportsmanship**

In accordance with the NHIAA, any athlete, who is disqualified before, during, or after a game for exhibiting unsportsmanlike conduct shall not participate in the next scheduled interscholastic athletic event. Any player who receives a second game disqualification during that season will be disqualified for the balance of that season. Student athletes will abide by all New Hampshire Interscholastic Athletic Association rules and regulations.

#### **Academic Requirements**

The School Board encourages all students to achieve their fullest academic potential. While school extra curricula provide an opportunity for students to develop their skills and knowledge outside of the classroom, the School Board expects students to study and learn to the best of their ability in the classroom and in other instructional environments. The Board, therefore, hereby establishes academic standards that will guide students by directly influencing their eligibility to participate in designated school extra curricular activities.

In our effort to promote equal treatment of all athletes and students who sign up for a sport of a co-curricular activity, Belmont High School is requiring all students to sign the "Athletic and Co-Curricular Contract" at the beginning of each school year. This provision will mandate that all students understand the requirements and responsibilities associated with membership on any team or belonging to any club or school organization.

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### **Athletic/Co-curricular Eligibility**

#### **Requirements**

Eligibility for each marking quarter is determined by a combination of grades and habits of work scores received in the previous marking quarter. The quarter grade is a “snapshot” of that student’s performance. Eligibility status becomes effective on the day grades close for the quarter. Fall eligibility is determined by the 4th quarter grades of the previous school year. The school principal will have the final decision making authority over all eligibility matters.

- Students who pass all academic classes (scores of 70 or above) will be eligible for all Belmont High School Athletic and extracurricular activities.
- Students who receive two or more failing academic grades (scores of 69 or lower) will be considered ineligible for the next marking quarter and removed from all athletics and extracurricular activities immediately.
- For students who receive one failing academic grade (one score of 69 or lower) eligibility will be determined by habits of work scores received in the previous marking quarter.
  - Any student who receives one or more failing habits of work scores (scores of less than 2), in conjunction with one failing academic grade, will be placed on probation for the next marking quarter.
    - A student on probation may practice with his or her team/club and attend club meetings but is ineligible for any games/events/or performances.
  - Probationary status will be re-evaluated midway through the quarter based on a student’s progress report.
    - Student’s who are passing all academic classes (scores of 70 or above) at this time will be fully reinstated into their team/club.
    - Student’s who are failing one or more academic classes (scores of 69 or lower) will be considered ineligible for the remainder of the marking quarter and will be removed from all athletic and extracurricular activities immediately.

\*See “Policies and Procedures-Academic” section of Student Handbook for more detailed information on habits of work scores.

- Eligibility status will not preclude a student from trying out for a specific team/club/activity so as long as they have the opportunity to become eligible for 50% or more of the remaining season/activity.

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### Attendance

Athletes are expected to attend school each day. Any athlete who does not attend school is ineligible to participate in any event that day. It is the responsibility of the student athlete to communicate with the coach regarding all absences.

### Tardiness to School

It is the responsibility of the student to be on time to class. Teachers will mark students absent who are not in their first block class by 7:25. Students arriving after 7:25 must report directly to the main office where they will sign in, be marked tardy, and be given a pass to class. Occasional tardiness may be caused by an emergency and may be excused; however, being tardy due to oversleeping or missing the bus will be considered unexcused. Parents/guardians should call the main office to let the school know when their son/daughter will be tardy. Excessive unexcused tardies in a given quarter will result in an escalating series of consequences per the following:

3 unexcused tardies in a quarter	Administrative warning/letter home
6 unexcused tardies in a quarter	Parent contact/administrative detention
9 unexcused tardies in a quarter	2hr Saturday detention/senior privilege revoked
12 unexcused tardies in a quarter	4hr Saturday detention/parking pass suspended/ 1 week suspension from athletics and extracurricular activities.
15 unexcused tardies in a quarter	Parent meeting/parking pass revoked/4hr Saturday detention/student is removed from all athletic and extracurricular activities.

### Transportation Expectations

Student Athletes are required to ride in school transportation to and from contests. Students may travel home from an away athletic event in other than school transportation only with the written permission of a parent/guardian.

- A note from parents must be given to the coach stating their consent for an alternative transportation arrangement.
- Student athletes will not, under any circumstances, travel with a parent or guardian other than their own, without written permission.
- Parents must sign Contest Travel Release Form at athletic contest to take their own child.

In accordance with the NHIAA and Shaker Regional School Policy EEBB, under no circumstances is any student to transport himself or herself to away athletic contests. If this occurs the athletic director is to be notified immediately.

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## **NHIAA By- Law Article II Eligibility**

### **Sect. 7: Non-School Competition**

- A. 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, practice or competition to include tournaments, showcases, combines or other athletic events. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

### **Belmont High School Athletic Department Procedures**

#### **Temporary Suspensions**

The Coach, Athletic Director, or School Principal may impose temporary suspensions. Causes for temporary suspensions may include but are not limited to the following:

1. Academic performance
2. Personal misconduct
3. Unexcused absences for practices, games or meets
4. Violations of athletic policies

#### **Dress**

All team members are expected to dress in accordance with team rules on all road trips.

#### **Team Selection**

Belmont High School encourages coaches to keep as many athletes as they reasonably can. Time, space, facilities, equipment, and optimum number of athletes to ensure a quality teaching and playing experience for those involved, will place limits on the most effective squad size for any particular sport.

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### **Team Reduction (cutting)**

Choosing the members of the athletic teams is the sole responsibility of the coaches of the respective team. Prior to trying out, the coach will provide the following information to the team:

1. Extent of the tryout period
2. Criteria used to select team
3. Number to be selected

When cuts become a necessity, the process will include three important elements. Each candidate shall have:

- a. the opportunity to compete in a minimum of three practice days, unless otherwise specified by the Athletic Director.
- b. Performed in at least one intrasquad game or scrimmage
- c. Been personally informed of the cut by the coach, including the reason.

Any athlete that gets cut from their first choice sport may join a non-cut team if they prefer.

### **End of Season Uniform Return**

All athletes must attend an end of the season meeting to return uniforms and other equipment. The student athlete is responsible for all equipment and uniforms assigned to him/her. They will be expected to pay in full for any lost or damaged items. All equipment and uniforms must be returned at the mandatory team meeting. This meeting will take place on the second school day after the team plays its last game. Coaches may also discuss off-season conditioning and programs.

### **Requirements to start practice:**

1. Athletic Participation Physical Examination Form
2. Athletic Parent/Guardian Permission Form
3. Athletic Handbook Signature Page
4. All students must take a baseline concussion screening test provided at BHS
5. Any athlete that wishes to join a non-cut team after the season has begun must get approval from the coach and athletic director. All athletes must have the requirements listed above and also will be subject to a minimum two calendar week practice only period. (In the case of a transfer student already participating in the sport, the coach and athletic director will use their discretion.)

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**Risk of Participation in Athletics**

It is very important that athletes understand the risk of participation. Participation in competitive athletics brings with it the potential for physical injury. While Belmont High School takes all reasonable precautions, you should be aware of the risks involved. The coaches at Belmont High School are trained in many of the aspects of care and prevention of athletic injuries. The staff is also trained in first aid and CPR.

For information on concussions, please refer to the Shaker Regional School District Concussion and Head Injury Policy code JLCJ.

**Reporting of Injuries**

All injuries, which occur as a result of participation in athletics, must be reported to the coach. If the injury requires medical attention by a doctor, treatment center, or hospital, it will be necessary to have an injury report form completed. Once a physician treats an athlete, a doctor's written release will be required before the athlete will be allowed to return to practice or play.

**Mouth Guards**

In accordance with NHIAA by-laws, all athletes participating in the following sports must wear a mouthguard at practices and games: soccer, football, hockey, lacrosse and basketball.

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### **Parent-Coach Communication Guide**

While your child is involved in athletics at Belmont High School, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way your child wishes. At these times, discussion between the coach and athlete is encouraged. In order to help foster these important interpersonal communication skills as well as the ability to resolve conflict, when appropriate, the chain of communication over an issue between your student-athlete and the coach should be as follows:

1. Student-athlete and coach meet to discuss the issue
2. Student-athlete, coach, and parent meet
3. Student-athlete, parent, and Athletic Director meet

By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student-athletes.

### **Communication You Should Expect from Your Child's Coach**

1. Coaches' and programs' philosophy
2. Individual and team expectations
3. Location and times of practices and games
4. Team requirements, i.e., practices, special equipment, off-season conditioning
5. Procedure followed should your child become injured during a practice or game
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 scheduling conflicts well in advance
3. Specific concerns with a coach's philosophy and/or expectations
4. Support for the program and the attributes of, commitment and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.

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### **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

It is very difficult to accept your child not playing as much as you would hope. **Coaches are knowledgeable and trained in their sport.** They make judgement decisions based on what they believe is best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach.

### **If You Have a Concern to Discuss With the Coach**

Please do not confront the coach before, after, or during a practice or game. This can be an emotional time for both the parent and the coach, and this situation does not promote resolution nor objective analysis.

It is the coach's responsibility to consider playing time, team strategy, play calling and other student athletes. If a parent is not satisfied with a resolution after meeting with the coach they can call to set up a meeting with the Athletic Director to discuss the situation.

### **Meet the Coaches Night**

At the beginning of every season the high school will hold a seasonal sports night where parents will first meet with the Athletic Director and then attend parent meetings for their respective teams. This night provides a chance for parents to learn about the athletic program, establish relationships with their student-athletes' coaches, and most importantly, ask questions about team rules and procedures before the season starts.

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## GENERAL RULES AND REGULATIONS GOVERNING EXTRA CURRICULAR OR CO-CURRICULAR ACTIVITIES

Belmont High School believes that students will benefit from participation in extra curricular & co-curricular activities and events. The experience of being involved in an activity/event and the opportunity to learn from others contributes to the emotional, social, and physical growth of all involved. Belmont High School provides opportunities for students to have a positive experience while participating in extra curricular and co-curricular activities/events. **Participation in extra curricular and co-curricular activities/events is a privilege.**

It is fundamental that the coach/advisor be responsible for the behaviors, safety and welfare of the members of their extra-curricular or co-curricular program during meetings, events, practices, and games.

Participants should plan their time so that they devote sufficient time to their academic workload and so that their involvement in an extra-curricular or co-curricular activity does not interfere with their studies. Academic or disciplinary commitments must be met before participation. (See SRSD policy JJI)

### **PARTICIPANTS CONDUCT (On & Off Campus)**

Drug, Alcohol, Tobacco (See SRSD JICG and JICH)

1. Students involved in extra curricular and co-curricular activities where they represent the school either in competition or in performance are affected by this policy. The Shaker Regional Community recognizes the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence) of alcohol, tobacco and illegal drugs, or dependency thereon, as serious health, safety, legal, and security issues. Further, participation in extra curricular and co-curricular activities requires that students refrain from the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence or knowingly being in the presence of) of alcohol, tobacco and illegal drugs. If a student is found to be using (defined as above), the student will be subject to the following consequences:

**1st offense in high school:** Students will be suspended from participation in events/games/activities/practice/meetings for 20 days. (After the first 10 days, the student may rejoin the activity in practice/meetings only.) 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 that the student participates in.

**2nd offense in high school:** Students will be suspended from participation for one calendar year. If the student seeks out help in the form of an assessment by a certified addictions counselor or enrollment in an appropriate program, the suspension can be reduced to 45 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 that the student participates in. The student and parents must sign a release of information form for the student's guidance counselor. The student or parent must provide to the guidance director a written report from the counselor indicating successful participation with and adherence to the recommendation of the counselor. Recommendations included in the report must be followed for one calendar year. If any part of

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this agreement is violated, a suspension of one calendar year (starting from the date of the offense) will be implemented.

**Any subsequent offense during participation in grades 9-12:** The student will be immediately dismissed from the activity/event for the remainder of her/her high school career.

**Unlawful activities:** Unlawful acts by students, in or outside of school hours, will result in the following consequences:

**1st offense in high school:** Students will be suspended from participation in events/games/activities/practice/meetings for 20 days. (After the first 10 days, the student may rejoin the activity in practice/meetings only.) 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 that the student participates in.

**2nd offense in high school:** Students will be suspended from participation for one calendar year. If the student seeks out help in the form of an assessment by a certified addictions counselor or enrollment in an appropriate program, the suspension can be reduced to 45 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 that the student participates in. The student and parents must sign a release of information form for the student's guidance counselor. The student or parent must provide to the guidance director a written report from the counselor indicating successful participation with and adherence to the recommendation of the counselor. Recommendations included in the report must be followed for one calendar year. If any part of this agreement is violated, a suspension of one calendar year (starting from the date of the offense) will be implemented.

**Any subsequent offense during participation in grades 9-12:** The student will be immediately dismissed from the activity/event for the remainder of his/her high school career.

At the end of the school year, we honor students for their outstanding effort in extra curricular activities. Beginning with the 2008 awards, we will not honor any individual who has been suspended for violating our extra curricular & co curricular contract.

## ATTENDANCE REGULATIONS

- A. All students involved in any extra curricular & co curricular activity/event must attend school for a **full day before, on and after** all activities/events. Any student dismissed from school due to an illness may not return to participate in the activity/event for that day. Failure to adhere to this policy will result in non-participation in the next scheduled activity/event. This section will be administered as per the new attendance policy. Exception to this would require a request, prior to that day's activity/event, from the parent to the principal.
- B. All participants are expected to attend all scheduled practices, meetings, and events, It is very important to make arrangements with the advisor for schedule conflicts.
- C. Any student suspended from school (ISS or OSS) will not participate in any activity/event that day.

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**AWAY Activities/Events**

- A. Students involved in an activity/event will travel with the group to all away events off school grounds. A student will not be eligible to participate if he/she does not do so. Exceptions to this would require a request, prior to that day's activity/event, from the parent to the principal or designee.
- B. On away trips, students represent the school and town. Any disrespectful behavior during an away activity/event will result in an eligibility review for the student(s) involved.

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**Extra curricular & Co curricular Student Agreement**  
*This contract is in effect for 365 days from the date of signing*

Printed Name: \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

The Extra Curricular & Co-Curricular Agreement has been designed to achieve understanding between the coach/advisor, the student and the family. By signing this agreement the student and parent/guardian acknowledge and understand the expectations and rules contained in this agreement and recognize the effort and dedication that is required for the students to have the best possible experience in extra curricular and co-curricular activities/events. The expectations set forth in this agreement are not designed to question the integrity of the student, but rather to aid them in achieving a positive experience through extra curricular and co-curricular activities/events.

A copy of the handbook is available on our website

<https://belmonthighschoolredraiders.bigteams.com/>. Click the "more" tab at the top. Click on files and links. You will find the student athlete handbook here. If you would like a hard copy they are available upon request in the main office.

Office Use Only

Date Received \_\_\_\_\_