



**Oyster River High School  
Student- Athlete/Parent Handbook**

**OYSTER RIVER HIGH SCHOOL**  
**ATHLETIC DEPARTMENT**  
*Athletic Handbook*

**EQUAL ATHLETIC OPPORTUNITIES**

**The Oyster River Cooperative School District is committed to the concept and implementation of equal athletic opportunities as required by federal and state laws for all students, regardless of sex, race, creed, color, marital status, national origin, sexual orientation, or physical or mental disability. (See Board Policy AC). Students and/or parents should address any questions or concerns to the Director of Pupil Services at 36 Coe Dr., Durham NH 03824.**

**GOALS OF THE PROGRAM**

The goals of interscholastic athletics at Oyster River High School include:

1. Encourage all participants to develop respect for self and others, leadership skills, self-discipline, and positive sportsmanship.
2. Develop physical skills, mental skills, physical conditioning and the ability to work cooperatively with others in a team setting.
3. Assist the faculty and administration in implementing the Oyster River High School Vision Statement. Coaches, like teachers, are educators and responsible for implementing all aspects of the Vision Statement and implementing and adhering to school regulations.
4. Offer well-planned instruction prior to participation in an interscholastic sport for students who desire to play the game, are physically able, and who can compete fairly.

All interscholastic athletic team members are required to abide by the rules outlined in this handbook as well as any sport specific rules and the expectations of their coach. Violations of any of these rules will result in disciplinary action by the coach, Athletic Director or Principal. Not every situation can be covered by a “rule”. **Athletics is a privilege earned by exhibiting appropriate behavior, demonstrating a positive attitude, and making good decisions. Athletes who do not meet these standards and/or do not represent Oyster River High School according to our expectations will be disciplined, which can include removal from the team.**

**ELIGIBILITY RULES**

Eligibility regulations of the New Hampshire Interscholastic Athletic Association apply to each category of interscholastic participation at the varsity and sub-varsity levels. For eligibility purposes the sports season begins on the date that school officials call first practice for that sport. The sports season ends on the final date that the school will be represented in inter-school, NHIAA, or New England Association events in that sport.

**Age of Contestants:**

A student who has reached the age of 19 before September 1 may not represent the school in any interscholastic athletic contest during that school year. A student must pass four units of work during the school’s previous ranking period to represent the school in interscholastic athletics.

**For fall athletics the previous ranking period is the fourth quarter of the previous school year. First year freshmen are immediately eligible in their first quarter, regardless of grades in their eighth grade year. Middle school students are not eligible by ORCSD Board policy. Failing grades cannot be made up during summer school for eligibility purposes. All students must be enrolled in at least four units of work to be eligible for participation.**

A student must attain a minimum grade point average of 1.0 (D average) with no more than one F or Incomplete as well as pass four units of work (credit classes), during the previous marking period. A course being taken for grade improvement (already passed), or audit, does not count toward the four units of work. **Reinstatement at mid-quarter (after 22<sup>nd</sup> day of the quarter) needs to be appealed to the Athletic Director. To be reinstated students must be passing all classes with a minimum of a 2.0 average. Students can only appeal for reinstatement once per school year.** An incomplete is not considered a passing grade and will not be counted as such until a passing grade has been recorded by the teacher with the registrar.

**Scholastic Standing**

A student must pass four units of work during the school’s previous ranking period to represent the school in interscholastic athletics

### **Fall Season Athlete:**

Quarter 4 of the previous school year will determine eligibility.  
All incoming 9<sup>th</sup> graders are automatically eligible for the fall season

**Winter Season Athlete:** Quarter 1 will determine eligibility for tryouts. Keep in mind most winter sports continue past the end of Quarter 2. At that time a new grade check will be done to confirm athletes remain eligible for the remainder of the season.

**Spring Season Athlete:** Quarter 3 will determine eligibility.

Reinstatement at mid-quarter (after 22<sup>nd</sup> day of the quarter) needs to be appealed to the Athletic Director. To be reinstated students must be passing all 5 classes with a minimum of a 2.0 average. Students can only appeal for reinstatement once per school year.

### **Academic Intervention Program**

Determination of a student be placed on AIP will be determined by preceding quarter grades or overall cumulative GPA. Students will still be allowed to tryout and make sport teams. Placement on a JV/V team will have no impact on whether a student is placed on AIP or not. Student can voluntarily be placed on AIP. A student with a cumulative GPA below a 2.0 or below a 2.0 for preceding quarter will be placed on AIP. Athletic director will monitor the grading through power school and will take consideration in minimal assignments graded. Students will stay in AIP throughout that entire quarter or sport season.

**The whole purpose of this program is not to have students face suspension but rather prevent poor test scores and missing assignments ultimately bolstering the student's academic success.**

### **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."  
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.  
Penalties: Any student athlete who violates this rule 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. This penalty is effective from the date of his or her last participation in a high school sport. (Please note this is an NHIAA Rule, and as a member school we must adhere to it).  
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.
- B. International Competition:  
Students and/or teams desiring this kind of competition must have the approval of the NHIAA. No requests for approval will be considered unless received in writing and signed by the Principal six (6) weeks prior to the date of participation. Requests are to be submitted to the NHIAA Executive Director for action.
- C. Member Schools' Students Attending Foreign Country Schools:  
Member school student athletes attending high schools in a foreign country will be under all the Eligibility By-Laws as stated in the NHIAA Handbook.

### **ATHLETIC CODE:**

**Tobacco and Nicotine Products (Juil, etc.)-** Medical experts have concluded that the use of tobacco/Nicotine products in any form is injurious to health and will have a detrimental effect on athletic performance. Athletes are forbidden from using, or possessing, any tobacco products **at any time** while a member of any athletic team. This "at any time rule" begins at the first tryout for a sport and extends through the entire final day of participation. The consequences of using tobacco and or nicotine products are as follows:

**First Offense:** Suspended from team for two weeks, including at least two events and the athlete is required to meet with the school's Student Assistance Counselor during each week.

**Second Offense:** Suspended from the team for the remainder of the season.

**II. Substance Abuse** - The use of alcohol and illicit drugs by students has serious physical, psychological, and legal implications. Accordingly, students who possess use or transmit alcohol or illegal drugs on school property or at any function under the jurisdiction of the school shall be suspended from school in accordance with school policy. Athletes are, furthermore, forbidden from using, possessing, knowingly being in the presence of, or transmitting alcohol or illegal drugs *at any time* while a member of an athletic team. This “at any time” rule begins at the first tryout and extends through the entire final day of participation. Knowingly being in the presence of infers parties or other events where drugs or alcohol are being consumed. It does not infer family occasions or restaurants where alcohol is being consumed legally by non-minors.

Action taken in regard to this regulation will depend on the type of referral. If the abuse is identified by school officials, law enforcement personnel, or members of the community, the referral is termed “disciplinary”. When a concerned peer, parent, teacher or coach approaches a school official to get help for a friend, or an athlete asks for help with a drug or alcohol problem, the referral is considered voluntary. Concerned-persons will remain anonymous. Any report of selling or furnishing drugs or alcohol is handled as a disciplinary referral regardless of the source of the report.

### **Under the influence of drugs or alcohol or in possession in the “off season”.**

Any student who is possessing drugs or alcohol or under the influence will be subject to the same consequences as they would be in their sport season. This consequence will carry over to the following school year should the student-athlete not participate in any other sport for their current year.

Example: If a winter sport athlete attends a fall sporting event and is under the influence or in possession of drugs or alcohol they will be suspended for the first 4 regular season games or 25% of the winter season.

### **First Offense for Drug/Alcohol Use and or Possession of**

1. Discuss the concerns with the athlete, informing him/her of the consequences.
2. Inform the athlete’s parent/guardian of the report and the consequences.
3. Suspend the athlete from the team for 25% of the regular season. At the coach’s discretion the athlete may practice and attend games, but may not wear the uniform.
4. Require the athlete to meet with the Student Assistance Counselor, who may require attendance at a drug or alcohol awareness program. Failure to attend will result in suspension for the season.
5. Encourage the athlete’s parent/guardian to attend a drug or alcohol education program.
6. Reinstatement is at the discretion of the Athletic Director and coach.

### **Second Offense for Drug or Alcohol Use and or Possession of**

1. Notify the athlete’s parent/guardian.
2. Suspend the athlete from sports for the season.
3. Require an assessment by the Student Assistance Counselor before allowing the athlete to participate in any other athletic activity during a subsequent season.
4. Require the athlete to attend a drug or alcohol education program before being allowed to participate in any other athletic activity.
5. Encourage the athlete’s parent/guardian to attend an appropriate drug or alcohol education program.

### **Third Offense for Drug or Alcohol Use and or Possession of**

1. Loss of athletic eligibility for remainder of high school at Oyster River.

## **SELLING OR FURNISHING DRUGS**

### **First Offense**

1. Notify the athlete's parent/guardian.
2. Notify the Principal and Superintendent.
3. Suspend the athlete from athletics for the remainder of the season.
4. Require an assessment by the Student Assistance Counselor before allowing the athlete to participate in any subsequent athletic activity.
5. Require the athlete to attend a drug or alcohol education program before being allowed to participate in any subsequent athletic activity.
6. Encourage the athlete's parent/guardian to attend an appropriate drug or alcohol education program.

### **Second Offense**

1. Loss of athletic eligibility for remainder of high school at Oyster River.

### **Student/Athletes in the presence of others using, possessing or distributing drugs and alcohol**

- Student Athletes who are found to be voluntarily associating with others who are illegally using, possessing or distributing drugs, drug paraphernalia or alcohol must attempt to remove themselves from the situation within 5 minutes or they will be found in violation of the Athletic Code. This applies to any situations that take place ON or OFF campus and at ANY TIME during the student's high school enrollment including the off season.

### **Parties/Cyber Images**

- Any image, photo or video that implicates a student to have been in possession or in the presence of drugs or alcohol or portrays actual use, shall be confirmation of a violation of the code. Since there is not a way to establish a timeframe for when or location of where the image is taken, this shall be the responsibility that the student must assume. 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.

***Legal Authority Cited: References to the NH State Statute prohibiting underage alcohol use (RSA 179:10 and RSA 179:10-a), underage tobacco use (RSA 126-K:6), and use of controlled drugs (RSA 318-B:2). The United States Supreme Court acknowledges the legal standard for sport and athlete specific athletic codes of conduct.***

## **SPORTSMANSHIP**

Oyster River High School coaches, athletes and fans are expected to treat all others with respect and courtesy. There will be no tolerance for disrespectfulness or unsportsmanlike behavior directed towards opposing coaches, players, fans or game officials involved in interscholastic competition with Oyster River High School.

**A.** Any player or coach who is disqualified from a game at any level for exhibiting unsportsmanlike conduct shall not participate in the next interscholastic athletic contest in that sport, regular season or tournament. Disqualified coaches will be suspended for the next two interscholastic contests. Student athlete or coach must meet with Athletic Director prior to returning to the team. Suspension means missing the next contest at the level in which they were disqualified. They may not play or coach at another level until the suspension has been served at the level it was assigned. **During a suspension the player or coach may not attend the game/event in which the suspension is imposed.**

**B.** If any player or coach receives a second game disqualification during the season, that individual will be suspended from the sport, at all levels, for the remainder of the season.

**C.** If the game disqualification is in the final contest of the season (including tournament play) the penalty will be carried over in that sport and invoked at the first regular season game of the following year. If a disqualification is administered to a graduating senior the suspension will be administered in the next sport season in which he/she

participates. If the athlete or coach does not participate in another season the NHIAA expects the school to take other appropriate measures.

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

**E.** A player or coach who makes physical contact with an official before, during, or after any interscholastic contest shall be expelled from the game immediately and banned from further participation until a meeting with the Athletic Director and Principal takes place. Reinstatement will be at the discretion of Principal, Athletic Director and Coach.

## **Media Relations**

When communicating with the media, Coaches, players, and other school officials will stress the positive displays of sportsmanship demonstrated by the student athletes, coaches, spectators, and schools involved in the contest. The effort of each team/individual (s) and spirit of competition should be stressed. Additionally coaches and school officials:

- 1) Will not permit anyone under their supervision to criticize athletic contest officials.
- 2) Will cooperate with the media in the interpretation and clarification of rules and other aspects of the athletic contest.
- 3) Will not comment about specific decisions of game officials, make negative comments about the opposing team (coaches, players or spectators). **This includes using social media as a platform to do so.**

Any coach or player found in non-compliance with this rule will be subject to disciplinary actions based on the level of infraction. Suspension from the next scheduled interscholastic athletic event, including NHIAA tournament contests, will be the minimum punishment. A second violation of this rule shall cause disqualification from coaching or playing in that sport for the balance of that season.

## **Taunting**

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

Examples of taunting that would lead to ejection include, but are not limited to "trash talk", physical intimidation outside the spirit of the game, reference to sexual orientation, "in the face" confrontations by one player to another, standing over/straddling a tackled or fallen player. Taunting by a spectator will result in that person being asked to leave the contest.

## **VANDALISM OR THEFT**

Destroying, damaging, defacing or theft of any private or school property at a practice or contest will result in at least a one-week suspension from the team, dependent on the severity of the incident. Vandalism at any time at an ORCSD school, another public or private school, or UNH will result in at least a two game suspension. The person or persons responsible shall not return to the team until full restitution has been arranged.

## **BULLYING AND CYBERBULLYING**

### ***I. GENERAL STATEMENT OF POLICY***

It is the policy of the Oyster River Cooperative School District that its students have an educational setting that is safe, secure, peaceful, and free from student harassment, also known as bullying or cyberbullying. The School District will not tolerate unlawful harassment of any type and conduct that constitutes bullying or cyberbullying as defined herein is prohibited. Retaliation or false accusations against a victim, witness, or anyone else who in good faith provides information about an act of bullying or cyberbullying is prohibited. All students are protected regardless of their status under the law. Any person violating this Policy may be subject to disciplinary action up to and including expulsion. Each building Principal is responsible for the implementation of this Policy.

## ***BULLYING AND CYBERBULLYING DEFINED***

1. "Bullying" is a single significant incident or a pattern of incidents involving a written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof, directed at another student which:

- (a) physically harms a student or damages the student's property;
- (b) causes emotional distress to a student. For the purposes of this policy, the term "emotional distress" means distress that impairs the student's participation in academic or other school-sponsored activities. The term "emotional distress" does not include the unpleasantness or discomfort that accompanies an unpopular viewpoint;
- (c) interferes with a student's educational opportunities;
- (d) creates a hostile educational environment; or
- (e) substantially disrupts the orderly operation of the school.

"Bullying" includes actions motivated by an imbalance of power based on a student's actual or perceived personal characteristics, behaviors, or beliefs, or motivated by the student's association with another person and based on the other person's characteristics, behaviors, or beliefs.

"Cyberbullying" is any conduct defined in paragraph 1 of this Section undertaken through the use of electronic devices which include, but are not limited to, telephones, cellular phones, computers, pagers, electronic mail, instant messaging, text messaging, and websites. Cyberbullying includes, but is not limited to, the following actions: harassing, teasing, intimidation, threatening, stalking or terrorizing another person by sending or posting inappropriate and hurtful e-mail messages, instant messages, text messages, digital pictures or images, or web site postings, including blogs or other use of technology.

*For more detailed information please refer to ORCSD School Board Policy JICK*

## **HAZING**

Hazing of fellow athletes, or prospective athletes, under the guise of creating team unity, making them "earn their spot", or for any other reason is absolutely improper and forbidden. Students hazing others will be disciplined appropriately. Hazing includes any disrespectful treatment of a player, or group of players, distinguished by grade, or other measure. This includes requiring others to perform deeds/duties that are not required of all other players. Similar or equal duties may be assigned to different groups, but duties should be rotated among all players in a season. All athletes should receive equal treatment by coaches and teammates. Hazing in any form will not be tolerated and those found guilty will be suspended from their respective teams.

## **SEXUAL HARASSMENT**

Oyster River High School provides learning and working environment in which all interpersonal relationships are based on respect and dignity, and where sexual harassment is prohibited. Sexual harassment means unwelcome sexual advances, requests for sexual favors, and other inappropriate verbal, written or physical contact of a sexual nature. Such behavior can interfere with performance and create an intimidating or offensive environment. Students and employees of Oyster River High School are responsible for conducting themselves in a manner consistent with the spirit and intent of an environment based on respect and dignity.

If you feel that you are being sexually harassed by anyone, you are encouraged to ask the person to stop the bothersome behavior and report the alleged acts immediately to an administrator or counselor. All reports/complaints of alleged sexual harassment will be investigated by the Sexual Harassment Response Team and necessary and appropriate disciplinary action will be taken with any person who is found to have sexually harassed another. Necessary and appropriate action may include detention, suspension, evaluation, counseling, behavior contracting, expulsion or exclusion, and being reported to appropriate agencies.

## **TEAM CAPTAINS**

Captains are chosen at the discretion of the team coach. The selection of a team captain must be approved by the athletic director before the selection is announced. We expect captains to be good leaders and to demonstrate the type of behavior that is essential to representing Oyster River High School and the community properly. Captains do not need to be outstanding athletes, but must be outstanding citizens. Individuals named captains of ORHS teams must

realize that they are held to a higher standard and that their status as a captain can be revoked by the Coach or Athletic Director for poor conduct or inappropriate behavior.

## **TRYOUTS/TEAM SELECTION:**

Student-athletes should understand that participation in athletics is a privilege. **Athletes at the high school level are expected to attend tryouts during the identified tryout period, unless there are extenuating circumstances that do not allow for that to happen. Family vacations do not qualify as “extenuating circumstances” and should be planned around the sports season.** Coaches are not required to give a student athlete a tryout unless the absence has been communicated with that coach prior to the evaluation period and it has been deemed an excused absence. Coaches, in consultation with the Director of Athletics, will consider requests for excused absences from tryouts on a case by case basis and will determine if the request meets the criteria for “extenuating circumstances”. If deemed excused, coaches will grant a tryout upon the athletes return.

For some of our team’s cuts are made in order to maintain a high level of safety, coaching effectiveness, playing time and competitiveness in the particular level of play. To be a member of a team, student-athletes are expressing their interest to represent Oyster River High School and, therefore, must live up to certain conditions and expectations. Some of our sports are considered non-cut. That is to say that cuts are not made and the student-athlete’s willingness and attendance at practices and games are the main requirements to becoming a member of a team. Other sports, however, require cuts or selections to be made. While this is a difficult process for all parties involved, (student-athlete, coach and parent) some things to remember are listed below:

1. The tryout period for each team shall be long enough in duration to allow the coaching staff to make a reasonable assessment of each candidate’s ability and potential. Tryouts usually last at least two days, however this is at the discretion of the coach.
2. Coaches will not use “cut lists”, and each coach will meet with all members of the team individually to explain their reasoning and if possible, will recommend a plan which would be designed strengthen those areas in which the student-athlete needs improvement. 1 on 1 meetings should take place between all coaches and athletes throughout the season as roles and place on the team can change.
3. Team selection is based solely on placing an individual at the appropriate level that best suits their skill set **AND IS NOT BASED ON WHAT GRADE THEY ARE IN.** The final decision on team placement is the responsibility of the Varsity Head Coach in consultation with Assistants, JV and Reserve Coaches.
4. Some sports are more popular than others. While we do everything possible to try to accommodate all student athletes, there are times when the number are too high. **Please understand that when those circumstances arise, we will have to cut players completely from the program.**

## **DRESS CODES**

All teams are expected to dress in such a way as to be a credit to their team and school, both in school and at games. Reasonable dress codes will be specified by individual coaches. Any clothing other than team issued uniforms or “dress up” attire **must be approved by the coach or AD.** Any team related spirit outfits that are disruptive to the school environment or inappropriate in any way will result in game suspensions for offenders. Clothing with offensive words, symbols, or pictures that are not allowed in School cannot be worn to practices or games. Props are NOT ALLOWED. Uniforms shall not be worn for practices or Physical Education classes.

## **NHIAA DUE PROCESS**

All requests for review of New Hampshire Interscholastic Athletic Association decisions must be made by the Principal in writing to the NHIAA Executive Director. The remainder of the Due Process procedure is outlined in the NHIAA Handbook, available in the Principal’s or Athletic Director’s office.

## **UNIFORMS AND EQUIPMENT**



Athletes are responsible for the care and regular laundering of uniforms. Uniforms should be laundered after every contest. Athletes will not be allowed to wear dirty uniforms to begin games. **Uniforms are the property of the school system and shall not be worn for personal use.**

Uniforms lost or damaged will be paid for by the athlete at the replacement price. Equipment that is lost or unnecessarily damaged will be paid for by the athlete. Athletes misusing uniforms or equipment may forfeit their use and be disciplined by the coach.

**Athletes may not wear uniforms or use equipment issued to another athlete without the permission of that athlete and his/her coach.** School equipment or uniforms shall not be loaned out to non-school personnel without the prior approval of the Athletic Director.

Adjustments to the general uniform are in many cases against the rules and should not be allowed. All team members should be dressed alike in contests. Athletes must wear protective equipment required by their sport at all times while practicing or playing.

## **TRANSPORTATION**

All team members and managers shall travel to, and return from, games, meets or matches on the team bus whenever one is provided. For the purpose of team unity and cohesiveness players should all use the school transportation. It is understood that on occasions parents may need to transport their athlete home. If this is the case, parents must sign out with the coach after the game. Athletes are not allowed to return with parents other than their own without approval of the Athletic Director.

***Buses should not be delayed to wait for unprepared or tardy players. When students are dismissed early they may not leave school grounds after dismissal except on the bus.*** Bus times are carefully planned and starting times should not be delayed or altered, and teams or officials delayed due to the poor planning of individual players.

An athlete missing the bus shall not be allowed to play in the contest without administrative approval. Repeated occurrences may result in dismissal from the team.

All students should be picked up within 30 minutes of the end of any practices or games, or within 30 minutes of the team's arrival following away games.

## **AWARDS**

### **Certificates**

All participants who complete the season on a team, at any level, as a player or manager will receive a certificate.

### **Letters and Pins**

Athletes on varsity teams, who complete the season and meet playing time or performance requirements for a letter, will receive a varsity letter and pin for their first letter only. After the first letter is awarded they will then receive a pin. Managers and captains will also receive a special pin. Adjustments to the playing time requirements due to an injury or special circumstance will be considered by the coach and discussed with the athletic director.

### **Finishing the Season**

For all awards the athletes must complete the season in good standing. Anyone being dismissed from the team for academic or disciplinary reasons, or anyone dropping off a team will not be eligible for any award for that team.

## **SPORTS/TEAMS OFFERED: 2017-18**

**Fall** Boys = Cross Country, Soccer (3), Volleyball (2), Co-ed Golf (2) Football, Co-ed Unified Soccer  
Girls = Cross Country, Field Hockey (2), Soccer (2), Volleyball (2) Co-ed Golf (2), Co-ed Unified Soccer

**Winter** Boys = Basketball (3), Ice Hockey (2), Indoor Track, Swimming & Diving, Alpine/Nordic Skiing, Wrestling, Co-ed Unified Basketball  
Girls = Basketball (3), Indoor Track, Swimming & Diving, Alpine Skiing, Ice Hockey, Wrestling, Co-ed Unified Basketball

**Spring** Boys = Baseball (2), Lacrosse (2), Outdoor Track, Tennis (1), Co-ed Unified Volleyball  
Girls = Softball (1), Lacrosse (2), Outdoor Track, Tennis (1), Co-ed Unified Volleyball

Football, Skiing, and Ice Hockey are either partially or non-funded by the Oyster River Cooperative School District but they are considered varsity sports in all other ways.

## ATHLETIC TRAINING

### Athlete's Information

Participation in practices or games can only begin once all necessary paperwork is turned in to the athletic department including an update athletic physical, emergency medical form, and medical history form.

Athletes are required to have health or accident insurance coverage through their family's own insurance plan. If necessary, please contact the school nurse for more information regarding health insurance options. The school must be notified of changes in insurance status. ***The Oyster River School District is not liable for personal medical charges due to accidents or injuries incurred during participation in interscholastic athletic events, practices or tryouts.***

### Physician's Statement

Students must have a physician's statement on file at school certifying that the student has passed a physical examination prior to participating in interscholastic competition. An athlete will be required to provide documentation of a current physical every 2 years to remain eligible.

When an athlete has been taken out of action after an injury or illness by the recommendation of a doctor or trainer, he/she must present to the Athletic Trainer a note clearing him/her to resume participation. An original note saying that the athlete should remain out of participation for a specific amount of time is acceptable.

## Concussion Protocol for Oyster River Cooperative School District:

For in depth information please check out the following website:

[http://orhs.orcsd.org/athletics/athletics - forms](http://orhs.orcsd.org/athletics/athletics_-_forms)

- Any student athlete coming off a concussion must have written consent to return by the following:

1. Physician
2. Parent or guardian

## PRACTICE ATTENDANCE

Participation in any sport requires that athletes adhere to attendance requirements specified by the coach. Disciplinary measures will be taken by coaches for missed practices. Repeated offenses may result in suspension or removal from the team. Coaches shall keep accurate attendance records.

Athletes reporting late to practice because of meetings with a teacher, counselor, or administrator may be required to bring a note indicating the time that he/she left for practice.

***Athletes may not miss practice to attend a practice/competition for another team they are a participant for. See section on Non-School Competition under Eligibility Rules.***

## ACADEMIC ATTENDANCE RULES

***Students must be present within 10 minutes of the start or their first class period and attend all classes on a given day to be eligible to participate in practices or games held on that day. Exceptions must be approved by the Assistant Principal or Athletic Director and may be but not limited to:***

- A. Approved medical or dental appointments.
- B. College visitation (prior approval by administration).
- C. Family emergency.
- D. Other approved school activity.

***A student's absence as a result of an approved medical or dental appointment must be confirmed by presenting documentation from the doctor's office.***

"In attendance" means being present in assigned classes. There is no rule requiring students to be in attendance on the day before a weekend or holiday game or practice. However, individual coaches may have expectations beyond the district policy that must be adhered to.

Athletes having practice before school (swimming, ice hockey, etc.) are expected to be in school following practice. If the athlete becomes ill and doesn't attend school the attendance clerk must be notified.

Athletes who have been suspended from school cannot participate in any athletic activity, including practice, during the suspension. This applies to in-school or out-of-school suspension. A suspension ends at 7:30 AM on the morning of the return to school, unless stated otherwise by the administration.

Students are not excused from detention because of practices or games. If a student has a detention and misses the bus to travel to an away game, he/she will not play in that game. If a student skips detention to play or practice they will be suspended from the next game following their school consequence. Coaches will be informed of detentions.

## **Competition Levels:**

Each level of competition offers their own unique experience for student-athletes. Each level comes with their own expectations from student-athletes and parents. Outlined below are expectations and beliefs at each team level:

### **Varsity-**

Varsity competition is the highest level of competition that many student-athletes will enter. At this level, playing time is awarded to the student-athletes who earn it based on several factors determined by each coach. This includes, but not limited to, skill, effort, attitude, and commitment to the team. Coaches at the varsity level offer high intensity practices, necessitate higher levels of time commitment and require a more complex level of understanding of the sport. Ultimately at the varsity level, emphasis is on the end result for the team while maintaining all other core values of the Oyster River Athletic Department. Playing time at the Varsity level is not equal or mandatory.

### **Junior Varsity-**

Junior Varsity (JV) competition is a developmentally centered level in which student-athletes learn skills and techniques that will benefit them ultimately for varsity level competition. Playing time at the JV level is not equal or mandatory. Student-athletes earn playing time through practice experiences and previous game situations. Coaches at this level will search for a balance between competitiveness and in-game experience for their teams.

Student-athletes in grades 9-11 are eligible for JV competition and in some instances, students in grade 12 may be offered a spot on a JV team.

It may be necessary for some players to "swing" from Varsity and JV as well as JV and Reserve. The coaches will ultimately make this decision based on what is best for the individual, the program and team.

### **Reserve Team**

Reserve level competition is exclusively for freshman and sophomore student-athletes that require further skill development and conceptual understanding. Coaches at this level will attempt to get each student-athlete into each contest. The amount of playing time will be based upon practice habits, attendance, understanding of the system and prior game performance. Emphasis at this level will be development of the student-athlete through positive practice habits and earned in game experience. Only in rare circumstances will student-athletes not participate in a contest.

# NHIAA STUDENT ATHLETE CODE OF ETHICS

## TRUSTWORTHINESS

**Trustworthiness** - Be worthy of trust in all you do.

**Integrity** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it's unpopular or personally costly.

**Honesty** - Live and compete honorably, do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

**Reliability** - Fulfill commitments; do what you say you will do; be on time to practices and games.

**Loyalty** - Be loyal to your school and team; put the team above personal glory.

## RESPECT

**Respect** - Treat all people with respect all the time.

**Class** - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show sincere respect in pre- and post game rituals.

**Respectful Conduct** - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of the sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

**Respect Officials** - Treat contest officials with respect; do not complain about or argue with officials' calls or decisions during or after an athletic event.

## RESPONSIBILITY

**Importance of Education** - Be a student first and commit to earning your degree and get the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

**Role Modeling** - Remember, participation in sports is a privilege not a right and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.

**Self-control** - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

**Healthy Lifestyle** - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

**Integrity of the Game** - Protect the integrity of the game; do not gamble, associate with or deal with professional gamblers.

**Sexual Conduct** - Sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

## FAIRNESS

**Be Fair** - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

### **CARING**

**Concern for Others** - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.

**Teammates** - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### **CITIZENSHIP**

**Play by the Rules** - Maintain a thorough knowledge of and abide by all applicable game and competition rules.

**Spirit of Rules** - Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

# NHSCA PARENT CODE OF ETHICS

1. Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
2. Be a "team" fan, not a "my kid" fan.
3. Weigh what your children say; they will tend to slant the truth to their advantage.
4. Show respect for the all players, coaches, spectators and support groups.
5. Be respectful of all official's decisions.
6. Don't instruct your children before or after a game, because it may conflict with the coach's plans and strategies.
7. Praise student-athlete in their attempt to improve themselves as students, as athletes and as people.
8. Gain an understanding and appreciation for the rules of the contest.
9. Recognize and show appreciation for an outstanding play by either team.
10. Help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose.
11. If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.
12. Please reinforce our drug and alcohol free policies by refraining from the use of any controlled substances before and during athletic contests.
13. Remember that a ticket to a school athletic event is a privilege to observe the contest.

# PROCEDURAL GUIDELINES FOR ATHLETIC ISSUES AND/OR CONCERNS OF PARENTS

If any parent/guardian has an issue or problem with a decision made by a coach he/she should take the following steps in order to resolve the issue.

- **First**, he/she should encourage the student athlete to solve the problem themselves by communicating with the coach directly. One of the great life lessons we can learn as young athletes is to begin to communicate and advocate for ourselves.
- **Second**, if not yet resolved, the parent should make an appointment to meet with the coach. This is not to precede step 1 and should not be done immediately following a game or practice. A minimum of 24 hours should take place before contact is made.
- **Third**, if yet unresolved, the parent should make an appointment to meet with the Athletic Director. This may or may not include the coach and student athlete.
- **Finally**, if still not resolved, the parent should make an appointment to meet with the Principal.

The list below contains legitimate and non-legitimate issues/concerns to discuss with the coach, but it is not an all-inclusive list.

## **Legitimate Issues/Concerns:**

1. Failure to provide due process in disciplinary action.
2. Failure to provide a fair opportunity to compete to make the team.
3. Mistreatment of athletes (safety, negligence, abusive conduct, inappropriate language, etc).
4. Any violation of an adopted code (ethics\conduct\expectations)

## **Non-legitimate Issues/Concerns:**

1. Athlete not given enough playing time
2. Athlete not playing the right position.
3. Strategies used by the coach.
4. Win/loss record of the team or coach.

It is intended that problems be resolved before coming to a formal grievance process. When a problem or concern develops between a student/parent and coach and a meeting or discussion has been held but resolution was not achieved, the following procedure and time line should be followed:

At the request of the student/parent, a meeting shall be held involving the student/parent, coach and Athletic Director. It is hoped that an acceptable solution will be agreed upon. Whether or not agreement is reached, an outcome of the meeting should be the clarification of:

1. The nature of the problem.
2. Reason(s) for the problem.
3. Prior communication that has taken place, from either or both parties.
4. Efforts that have been made to correct the situation.
5. Acceptable solutions for or expectation of each party.

If the problem is resolved to everyone's satisfaction, a written statement of the conference should be generated by the Athletic Director and kept on file. If the problem is not resolved, and the student/parent decides to pursue the grievance process, a written summary of the student/parent concern (authored by the student and/or parent) and a summary of the conference (authored by the Athletic Director) are to be submitted to the Principal for further consideration.

***At Oyster River, we welcome calls and/or conferences with parents and community members at large who have concerns about the policies or practices of our athletic program. It is imperative that we know when and what concerns students and parents have.***