



Somersworth High School
ATHLETIC DEPARTMENT
ATHLETIC CONTRACT
“LIFE OF A HILLTOPPER”
v. 6/12/17

The Somersworth High School athletic department consists of a proud, successful group of student athletes led by committed and knowledgeable coaches, athletic trainers, and administrators. The athletic program is an important and integral part of the total educational experience; however participation in this program is a privilege and not a right. With this privilege come certain responsibilities. Student athletes represent Somersworth High Schools in the classroom, in the hallways, in the athletic arena, and in the community. The Athletic Code of Conduct is in effect 365 days of the year, 24 hours a day, and 7 days per week. Through voluntary participation, the athletes are expected to give time, energy, and loyalty to the program. To meet this commitment, the athlete must comply and agree with training rules, regulations, and responsibilities which are unique to the athletic program. In order to contribute to the welfare of the team and the athletic program as a whole, the athlete is required to and must be willing to assume the following obligations:

Somersworth High School has agreed to be a participating member of the New Hampshire Interscholastic Athletic Association (NHIAA) and, therefore, Somersworth High School athletes are required to adhere to established NHIAA rules as well as those of Somersworth High School.

1. **ACADEMIC STANDARDS FOR ATHLETES** – Primary attention will be given to academic matters and all team members will be expected to meet the Somersworth School District guidelines and the NHIAA guidelines. *Academic achievement comes first!*
 - A.) SHS Standard – Students may not, in any marking period, receive any failing (F) grades and may not receive more than one grade at the D level or lower. Student athletes may request a waiver of this standard in accordance with the policy of academic standards found in the SHS student handbook.
 - Sanctioned Appeal Process – Students are eligible to go through the one per year appeal process if they are sanctioned. They have to be NHIAA eligible to go through the appeal process.
 - B.) NHIAA Standard – Students must pass a minimum of 4 courses in the quarter preceding participation. Under the block schedule, SHS participants must pass a minimum of two courses in the quarter preceding participation.
2. **Mandatory Seasonal Meetings**- Pre-season meetings for the athlete and at least one parent/ guardian are mandatory before the student-athlete is allowed to begin practice or compete in any games. The meetings will impress upon all stakeholders, that by signing the code an individual indicates they have **KNOWLEDGE, UNDERSTANDING, AND AGREEMENT** to all the standards set forth for the privilege of being involved in the athletic program. Create this climate by having all stakeholders sign the code of conduct together.
3. **Sportsmanship**
Unsportsmanlike behavior will result in discipline which may include either game(s) suspension or expulsion from the program depending on the seriousness of the infraction.*

- A.) Athletic Teams at Somersworth High School come under the jurisdiction of and are required to abide by the rules of the New Hampshire Interscholastic Athletic Association, so that all athletes may compete under identical standards
- B.) Those who take advantage of the privilege to participate in athletics, either as an athlete or spectator, are expected to conduct themselves in a manner that does not detract from the educational environment.

4. Transportation

All student/athletes must travel to and from contests by way of transportation provided by the school. The only exceptions are:

- A.) Injury to a participant which would require alternate transportation
- B.) Prior arrangement between the student/athlete's parent or guardian and coach or him/her to ride with parent or guardian. Email or a written note explaining the reasoning for not taking school transportation to the Athletic Director.
- C.) Exceptions to a or b must be approved by the Principal and/or Athletic Director.

5. Attendance/Tardy/School Suspension Policy

- A.) According to the Somersworth School Board attendance policy students who have an excused absence, who are dismissed because of illness, are serving an out of school suspension, or who have an unexcused absence in one or more classes are ineligible for participation in school activities that day. School activities shall be defined as those under the direction and supervision of the school.
- B.) Tardy – If the student has an unexcused tardy, they are ineligible for participation in school activities that day.
 - Note: Ice Hockey practices would follow into the next day, since practices are held in the morning.
- C.) Team members must be in school during the day of a contest unless excused by the administration. Athletic participation on that day will be left to the discretion of the administration.

6. Theft or malicious destruction

Theft or malicious destruction of a school's property, an individual's property or commercial property is forbidden. The first offense will result in suspension from participation for the remainder of the season.

7. Being in the presence of others using, possessing or distributing drugs or alcohol

Student athletes who are found to have been voluntarily associating with others who are illegally using, possessing, or distributing drugs, drug paraphernalia or alcohol, and who do not attempt to remove themselves in 5 minutes are in violation of the SHS Athletic Code of Conduct. This regulation applies to circumstances that take place ON or OFF school grounds and at ANY TIME during the student's high school enrollment including the off season as well as the summertime. *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 (RSA318-B:2). The United States Supreme Court acknowledges the legal standard for sport and athlete specific athletic codes of conduct.*

8. Substance Use

A. Students who make a commitment to athletics do so with the knowledge that the commitment brings extra responsibilities, obligations, and effort beyond that expected of all Somersworth High School students. Medical research substantiates the fact that the use of tobacco, alcohol, steroids, illegal drugs and mood-altering substances produces harmful effects on the body. Further, the use of such substances alters the individual's ability to make reasonable choices and to live up to the commitments that have been made.

- These rules are in effect for a student's entire high school career, including summer. These rules begin on the first day of practice at Somersworth High School and end on the final day of the student's senior year. Offenses are cumulative.
- Students are expected to be honest and forthcoming during investigation of any infraction/violation of the training rules. If a student is not truthful during the administration's investigation, the suspension will double.
- All suspensions will carry over to the next sport, if the suspension has not been fulfilled.
- If a student is involved in another activity during the suspension, the student will not be allowed to represent Somersworth High School until suspension is completed.
- Host of a party that consist of having illegal substances will automatically skip the first offense and will serve the second offense plenty.

First Offense: 20% of the regular season and playoff contest (rounded up to the nearest full contest) Offender must be counseled by the resource or guidance counselor for a minimum of three sessions before they are eligible to participate in a scheduled game or contest. All suspensions will carry over to the next sport, if the suspension has not been fulfilled. *A parent or guardian must attend the first session*

Second Offense: 50% of the regular season and playoff contests (rounded up to the nearest full contest) Offender must be counseled by the resource or guidance counselor a minimum of three sessions before they are eligible to participate in a scheduled game or contest. All suspensions will carry over to the next sport, if the suspension has not been fulfilled. *A parent or guardian must attend the first session*

Third Offense: Offender is out of all activities for the remainder of their school career at the school in which the student is currently enrolled

- After one year suspension the student may appeal for reinstatement.
- B. While on suspension, the student athlete will not be permitted to practice until they have completed a minimum of 7-10 hours of community service assigned by the athletic director.
- C. **Restorative:** The student must address the teammates and coaches and admit to the violation, show remorse and recommit to provisions of CODE

by resigning it in front of teammates and coaches. This process is educationally based and is patterned after the restorative justice model.

9. **Team Leaders**- Student-athlete leaders will be held to the highest standards of behavior as they have chosen to be an example to their peers. Any student athlete in a leadership role will face a greater consequence (level 2 or 3 punishment) for any serious code violations. *A caring and nurturing individual willing to exemplify the highest standards of character and duty to team, school and community. Must conduct yourself on and off the fields of play with behavior that is an example to others. This individual must possess high level communication skills and be willing to confront any behaviors of concern or violations of standards of student-athlete code of conduct among peers. Must act as a conduit between team and coach. Must be willing to bring any serious concerns to the attention of adult authority. Must be willing to hold team meetings to discuss chemical health and behavioral issues. Must act to insure an inspire team goals and effectiveness. You will be held to the highest levels of conduct and character because you are in charge of a group.*

Parties/Cyber Images

- Any identifiable image, photo or video which implicates a student to have been in possession or presence of a drug or portrays actual use, or out of character behavior or crimes, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student must assume. It must also be noted that there may be persons, who would attempt to implicate a student, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our students not place themselves in such environments.

10. Hazing

- Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any athletic team. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.
- The athletic program does not permit any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity.
- Suspected acts of hazing should be reported to the coach, activities director, principal or other school administrator.
- The first offense will result in suspension from participation for the remainder of the season.

11. Student Athlete Injury

- **It is the philosophy and opinion of the Somersworth Athletic Department that student athlete health, safety, and well-being, is more important than winning.**
- **Any student athlete seen or evaluated by a doctor will require medical clearance prior to resuming participation**
 - **A clear timetable or date for return must be in writing.**
 - **B. Any limitations or modifications must be listed.**

12. Expectation of Participation

- **Participation in school-based athletics is a privilege. Student-Athletes are expected to conduct themselves in a positive manner both on and off campus while participating in athletics at Somersworth Athletics.**
- **All student athletes must attend all practices, scrimmages, & games unless obtaining prior approval from the athletic director and coach.**
 - **Any athlete missing one or more practice(s), scrimmage(s), or game(s) will be subject to the consequence of a loss of playing time to be determined by the coach and athletic director.**
 - **In the event and the decision may deal with more than a one practice or a one game suspension, it becomes necessary to submit, in writing by coach and parent, the entire situation with the recommendation of the coach. This will be submitted to the Athletic Director with a copy to the Principal. The Athletic Director will arrange a meeting with the coach, Athletic Director, and Principal to review the case. The final decision will rest with the Principal.**
- **Medical excuses will be granted for injury, illness, and other medical situations with prior parental notification to the coach and athletic director.**
- **Non-school competition and participation for programs and or sport clubs outside of school may not conflict with Somersworth athletics, per order of the NHIAA By Law Article II, Rule F, Section 8:**

“A member of a school team is an 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 or practice 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 competition / practice must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director on a case by case basis. Any athlete who violates this rule, unless a waiver has been granted, for the first time will 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. A second violation will result in athletic ineligibility for the balance of the school year.”

13. Behavior in School

It is important for student-athletes to be good citizens while in school. Earning detentions, suspensions or ODRs for inappropriate behavior or disrespect toward staff members will also bring athletic disciplinary consequences including game suspensions and the possible removal from the team for the remainder of the season. Students suspended from school will not be permitted to attend or participate in any activities including athletics during the period of suspension

- All ODRs that include inappropriate behavior or disrespect toward a staff member will have an immediate consequence of either game suspension or no practice.

PARENTAL NOTIFICATION OF CONTRACTUAL ACCEPTANCE

By Signing this document indicates that I have the knowledge, understanding and agreement to these standards, set forth in order for my son/daughter to be afforded the privilege of representing Somersworth High School as a student-athlete. I am also aware that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this policy.

SPORT PLAYED _____

Athlete's Printed name _____

Date _____

Athlete's Signed name _____

Date _____

Parent/Guardian Signature _____

Date _____
