

**SPAULDING HIGH SCHOOL
ATHLETICS**

**STUDENT-ATHLETE AND PARENT
HANDBOOK
AND
POLICY PACKET**



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* To be returned with the Emergency Medical Card and Medical History Form before an athlete can try out, practice or play any interscholastic sport at Spaulding High School.

SPAULDING HIGH SCHOOL ADMINISTRATION

Justin Roy	Principal
Pam Martin	Deputy Principal
Chad Strout	Assistant Principal
Jenna Kotsonis	Assistant Principal
Lori Gay	Special Education Director
Sean Peschel	CTE Director
Kevin Hebert	Athletic Director

PROGRAMS

Spaulding High School offers 33 sports programs for its students. Listed below are the programs offered by season.

FALL

Bass Fishing (Co-ed)
Cross Country (Boys)
Cross Country (Girls)
Football (Boys)
Golf (Co-ed)
Soccer (Boys)
Soccer (Girls)
Spirit (Co-ed)
Unified Soccer
Volleyball (Girls)

WINTER

Alpine Skiing (Boys)
Alpine Skiing (Girls)
Basketball (Boys)
Basketball (Girls)
Ten Pin Bowling (Co-ed)
Gymnastics (Girls)
Ice Hockey (Boys)
Spirit (Co-ed)
Swimming (Boys)
Swimming (Girls)
Indoor Track (Boys)
Indoor Track (Girls)
Unified Basketball
Wrestling (Boys)

SPRING

Baseball (Boys)
Lacrosse (Boys)
Lacrosse (Girls)
Softball (Girls)
Tennis (Boys)
Tennis (Girls)
Outdoor Track (Boys)
Outdoor Track (Girls)
Unified Volleyball (Co-ed)

Athletic Department Phone 1-603-332-0757 x*2135
Athletic Department Fax 1-603-330-0810
Calendar of Athletic Events www.schedulestar.com

THE PURPOSE OF SPAULDING HIGH SCHOOL

Spaulding Red Raiders

We are a powerful community of close to 1600 students, well over 3000 parents, and more than 200 faculty and staff members. Our students are scholars, athletes, musicians, singers, artists, mathematicians, writers, environmentalists, historians, explorers, activists, cadets, citizens, apprentices, and entrepreneurs. They are and we are smart, talented, tough, and proud. And, for the most part, we take good care of one another. Coming together each day to study, to practice, to challenge ourselves, to learn and to grow we are on a mission to better ourselves and the world around us.

THE EDUCATIONAL PHILOSOPHY OF SPAULDING HIGH SCHOOL

The philosophy of education at Spaulding High School is that students need to acquire the skills, values, behaviors, and knowledge that are essential for success in a diverse and rapidly changing society. Students also need to develop skills, talents, and abilities that will enable them to pursue new truths, knowledge, and skills. Students should also aspire to use their knowledge, skills, talents and abilities to improve the human condition. Embedded within this philosophy is our understanding of the nature of the learner, nature of learning, and developmental traits of high school students.

NONDISCRIMINATION POLICY

Spaulding High School voluntarily subscribes to and complies with IDEA, Section 504 of the Rehabilitation Act of 1973, Title IX of the Education Amendments of 1972, Title VI and Title VII of the Civil Rights Act of 1964, NH Law Against Discrimination (RSA 354-A) and other applicable State and Federal statutes. Spaulding High School does not discriminate or deny services on the basis of race, color, national origin, sex, sexual orientation, handicap or disability, religion, marital status, or age.

Any individuals who feel they have been discriminated against should contact either Principal Peter Weaver, 332-0757, ext.*2102, or any administrator.

Individuals, who feel they may qualify for assistance or accommodations under Section 504 of the Rehabilitation Act of 1973, should contact the Special Education Coordinator Lori Gay, 332-0757, ext. *2116.

STUDENT ATHLETIC HANDBOOK

The Student Athletic handbook is intended to serve as a guide to help students and their families come to know Spaulding High School's Athletic Program. This handbook will provide everyone with the expectations of Spaulding High School student-athletes and to have knowledge of the rules and regulations by which the Spaulding Athletic Program is governed.

Please understand that no set of rules or guidelines can cover every conceivable situation that may arise. The rules, policies, and procedures set forth in this handbook are intended to apply under normal circumstances. However, from time to time, there may be situations that require immediate or non-standard responses. This handbook does not limit the authority of Spaulding High School to deviate from the normal rules and procedures set forth in this handbook, and to deal with individual circumstances as they arise in the manner deemed most appropriate by the Spaulding High School Administration and Athletic Director.

PHYSICALS

1. To be eligible to participate in interscholastic athletics at Spaulding High School, every athlete must receive a complete physical. This must be done prior to participating in any try-out, practice session, or playing in any game or scrimmage.
2. This physical *must* be submitted on a *Spaulding High School Physical Form*. Forms are available in the Athletic Office (telephone # 332-0757 x*2135), in the main office or on the Spaulding High School Athletic web site www.rochesterschools.com
3. The cost for the physical is the responsibility of the parent/guardian.
4. Physicals will be good for 4 years from the date of the exam. Provided the physical was completed AFTER June 1st of a student-athletes incoming 9th grade year. (If not it is good from one year from the date of exam)
5. Once a year an athlete is required to provide a medical history update and complete the *Athletic Emergency Medical Card* signed by the parent/guardian prior to participation. This card is attached to the back of this booklet.
6. Each season an athlete will need to fill out the permission to participate form (Athletic Program Agreement).
7. At the end of each school year, the School Doctor, School Nurse, Athletic Trainer, and Athletic Director will compile a list of athletes, who because of their medical history, will be required to be re-examined by a physician prior to participation in athletic programs in the next year. Any athlete who has had a major illness or injury, which may affect safe participation in athletics, must be re-examined before returning to play.
8. Any athlete who was treated by any type of doctor must submit a release note from that doctor prior to resuming participation. The Athletic Trainer will coordinate this process.
9. *Incoming freshmen* must have their physical *after June 1* of the year they are entering Spaulding High School.

CARE OF EQUIPMENT

1. Spaulding High School provides its athletes with uniforms and equipment. The athlete is responsible for the uniforms and equipment issued. Spaulding will provide each athlete with a locker to protect valuables. The athlete is responsible for all personal valuables.
2. All uniforms and equipment issued to athletes will be collected at the end of the season. An athlete who quits during the season is responsible for returning the equipment to the coach. Spaulding does not give away any equipment or uniforms.
3. If any equipment issued is lost, the athlete is expected to reimburse Spaulding for the replacement cost. If the equipment is not returned or if reimbursement for lost equipment is not made, an athlete will be subject to administrative disciplinary action.

CARE OF FACILITIES

Spaulding High School has many athletic fields and facilities. Each of the areas is for the benefit of the athlete and the sports' program. Any athlete caught abusing any of the indoor or outdoor facilities will be subject to administrative disciplinary action by the school.

ELIGIBILITY

Eligibility for Spaulding High School athletes is governed by the NHIAA. This eligibility requirement is set for all levels of competition (Varsity, JV, and Frosh).

An athlete must meet the following eligibility requirements:

1. An athlete must have passed a physical examination and have completed a *Physical Form* provided by the Spaulding High School Athletic Department prior to playing or practicing a sport at Spaulding.
2. An athlete must not have been born before September 1, 1993.
3. An athlete is eligible for interscholastic competition for no more than eight consecutive semesters once entering grade nine.

4. An athlete must pass four academic units of work during the previous marking period. Summer school grades cannot be used toward athletic eligibility. An athlete must be eligible at the start of a season in order to be a member of a sports team.
5. An athlete may play only one sport during a season.
6.
 - a. If at any time an athlete receives any type of financial remuneration for participating in sports that are organized by the NHIAA, athletic eligibility for that athlete will be terminated from all high school sports from the date of the infraction.
 - b. Accepting a nominal fee for instructing, supervising, or officiating in an organized youth sports program or recreation, playground or camp activity shall not jeopardize the athlete's amateur status.
 - c. If an athlete signs a professional playing contract, amateur status will be lost in the sport involved.
7. 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.
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.
8. Please consult the Athletic Director if you have transferred to Spaulding from another high school. Certain regulations must be followed to allow the athlete to participate.
9. If an athlete competes in any NHIAA event under a false name, the athlete will be athletically ineligible for a period of 365 days from the date of the infraction.
10. During the school calendar year, athletes may not have any contact with their coach for the purpose of planning, preparing or playing at any time other than within the limits of the season as described by NHIAA rules.
11.
 - a. Any athlete or coach who is disqualified from a game at the Freshman, Junior Varsity, or Varsity level, for exhibiting unsportsmanlike conduct shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. The athlete or coach is not allowed to be in attendance at the next scheduled event. There is a two game suspension for an athlete who is removed from a game due to fighting.
 - b. If any athlete or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the remainder of that season.
 - c. If the game disqualification is administered in the final contest of the season (including tournament play), the penalty shall be carried over in that sport and invoked at the first regular season game the following academic year. If a disqualification is administered to a graduating senior or coach in the final game of coaching for the Academy, it is the expectation of the NHIAA that the school will take immediate and appropriate disciplinary action.

RULES AND REGULATIONS

The following regulations have been set forth by the Spaulding High School Athletic Department to govern participation in school athletic programs.

1. Athletes must be physically fit.
2. Athletes are expected to be loyal and dedicated to their family, team, teammates, school and coaches.
3. Athletes must have and maintain a record of acceptable and appropriate citizenship, character, and personal conduct, both inside and outside the school environment. In regard to a student's questionable eligibility, the Principal will investigate and make the determination. In a finding of ineligibility, this determination will also include specific periods of time.
4. An athlete must comply with the coaches' procedures for pre-season practice and try-outs. If there are circumstances (physical or otherwise) which involve the athlete, it is important that the coach and/or Athletic Director be notified in advance of the situation.
5. Athletes are expected to attend all practices, scrimmages, games, meets or matches. Acceptable absences include only those for: illness, college visitations, doctor appointments, religious holidays, and school sponsored

- activities approved by the administration. Teacher-sponsored trips (example: trips taken during vacation to Europe, Canada, etc.) and family vacations will not be considered excused absences. Parents and athletes are asked to make these decisions prior to the beginning of the sports season. Realizing special situations may occur, athletes and parents can apply for a waiver to this rule from the Athletic Director or Coach. If the waiver is granted, the athlete will be required to sit out contests/meets/events upon returning from the trip. It is necessary for the athlete to apply for this waiver well in advance of the absence.
6. An athlete may not participate in school sports or practice unless present in school on that day. If an event is scheduled for Saturday, the athlete must be present the Friday before the game. If a violation becomes known at a later date, the penalty will be enforced at the next practice or game following the disclosure with possible additional penalties.
 7. Athletes are expected to attend school each day. (Special emphasis should be placed on the day of and the day after athletic contests.) Any athlete who does not report to school by **7:30 AM** or leaves school during the day for reasons of sickness or truancy will not be eligible to participate in any scheduled interscholastic practice, scrimmage, or contest on that date. If the violation becomes known at a later date, the penalty will be enforced at the next practice or game following the disclosure. Removal from the team will occur on the second violation. *Special requests from parents regarding dismissals from or late arrivals to Spaulding **must** be requested of the Athletic Director.*
 8. Spaulding athletes are to dress neatly when traveling to other schools for athletic events. For boys, dress pants (no denim jeans), shirt and tie or turtleneck along with a suitcoat or sweater is acceptable. For girls, skirts, dresses, or dress slacks (no denim jeans) are acceptable. Team warm-ups are acceptable.
 9. All athletes must travel to and from away games on the transportation provided by Spaulding High School. There are two exceptions to this rule.
 - a. Athletes may be released directly to their parent after a contest and will be expected to ride home with the parent. ***A signed permission to ride form is needed prior to the event.***
 - b. An athlete can never drive to or from an away athletic event.
 10. a. Any athlete or parent having a concern or problem related to an athletic program should contact the appropriate coach of the particular team.
 - b. If the athlete or parent is not satisfied with the decision of the varsity coach, the Athletic Director should be contacted to express concerns and discuss the matter. The Athletic Director will review the facts of the case and should make a decision within five school days.
 - c. If the athlete or parent does not agree with the decision of the Athletic Director, an appeal can be made to the Principal. The Principal will conduct a hearing with the athlete, parents/guardians, coaches involved in the particular case, and the Athletic Director. The Principal will gather the information regarding the case, review the evidence presented and make a decision within five days of the hearing date. Under extenuating circumstances, an appeal may be made to the Superintendent and/or School Board.
 11. Any person who attends a school sponsored extra-curricular activity who behaves in a disorderly or unsportsmanlike manner may be ejected. The Principal and or Athletic Director may exclude anyone who is found to be disorderly or unsportsmanlike from extra-curricular or athletic events for up to one year.
 12. An athlete is allowed to try out for only one sport in a season. The only exception is when a sport begins tryouts after another sport has already made their cuts. Every sport will have a minimum of three days of tryouts. Students must be present at these tryouts in order to be eligible to be selected as a team member.
 13. If an athlete quits a sport, they are not able to return to the sport or tryout for another sport during that season.
 14. All game uniforms that represent Spaulding High School must be red and white or red and gray. Other colors may be used in very small amounts to border or highlight numbers or letters. All other clothing, warm-up jackets, shirts, etc., may be black or gray provided red and/or white is used as the other color.

SPAULDING ATHLETIC EXPECTATIONS for DRUGS/ALCOHOL and Other Behavior

The following athletic expectations are designed to:

- Uphold the educational value of programs where each individual contributes to the whole for the success of the athletic team
- Ensure students perform at peak levels, developing self, group and team discipline
- Prepare students for living within the law and contributing to their community
- Reflect the school high standards
- Ensure that students participating in athletics serve as good representatives of our school and demonstrate appropriate representation through their character, sportsmanship, teamwork, mutual respect and trust

The student-athlete, while a member of a sanctioned school team, must abide by the following rules and regulations or be expelled from that team:

1. During the season of practice or play, a student-athlete shall not, regardless of the quantity, use or consume, possess, be in the presence of, buy/sell or transfer any substance containing marijuana, alcohol, tobacco, or any controlled substance (the only exceptions are: a student in the company of their parent/guardian that is using tobacco or consuming alcohol, or controlled substance(s) prescribed for that specific student). PENALTY:

First Offense:

- Parent(s) will be notified.
- Student will be suspended from the team or activity for 25% of the season. If there is not 25% of the season remaining, the student would serve remaining games but also be subject to fulfilling the remainder of the consequences before participating in any other co-curricular activity.
- Student will be reinstated after suspension, if he/she agrees to, and follows through with:
 1. Writing a reflective narrative, apology to the team and those involved in the incident (once approved, athlete may practice).
 2. Attending and completing Teen Drug Court program.
 3. Performing ten (10) hours of community service pertinent to the offense, and not inclusive of any other school community service requirement.
- Failure to comply will result in removal from sports or activities for the season.

Second Offense:

- Parent will be notified.
- Student will be suspended from participating with all co-curricular activities for 365 days.

Third Offense:

- Parent will be notified.
 - Student will be suspended from all sports or activities for the remainder of the student's High School career.
Note: Violations are cumulative over a course of a student's four year career at Spaulding HS
2. No stealing or vandalism of: athletic or school equipment or property; property of coaches, managers, teammates, or other teams' personnel; buses, practice or game facilities; or any other establishment visited as a team member. PENALTY: Sport season expulsion.
 3. All student-athletes will adhere to all obligations and attendance policies developed by the coaches. Other than for medical or personal matters which have been cleared through the Athletic Director or Principal, excused absences are permissible for family vacation trips, school sponsored trips and academically enriching trips. Academically enriching trips are educationally related trips where the school staff has been given permission to advertise on school premises by the School Board. Coaches will be notified in writing at least 4 weeks in advance of a trip. Failure to notify the coach in advance may result in removal from the team.
 4. The Principal and/or the Athletic Director may expel a student-athlete from a sport team if a violation occurred prior to the beginning of the season or during the season.
 5. It is a violation of this agreement if a student-athlete, by their actions, words, and or behavior inside or outside of the school environment brings dishonor or discredit to the reputation of the school or athletic program may be suspended or removed from the team. PENALTY: Game(s) suspension and may include sport season expulsion.

6. Gross misconduct, including but not limited to assault on an advisor, coach, judge, official, participant, opponent or spectator; inappropriate behavior and/or obscene language; cheating; directing threats or obscene gestures at an advisory, coach, judge, official, participant, opponent or spectator. If any of these behaviors occur while participating in or attending a scholastic interscholastic event, suspension or removal from a team may occur. PENALTY: Game(s) suspension and may include sport season expulsion.

Any violation or infraction of the above rules and regulations will result in the following:

1. All violations or infractions warranting expulsion must be investigated by the coach. When verification confirms the infractions, the coach will immediately suspend the student-athlete from further team participation.
2. The Athletic Director will review the violations or infractions, the investigation of the coach, and if in agreement, will dismiss the student-athlete from further athletic participation on that team that school year.
3. The coach or Athletic Director will notify the student-athlete and the parents/guardians regarding his/her decision.
4. Any appeal of dismissal shall take no more than ten days from the date of temporary suspension.
5. Any dismissal may be appealed through the normal chain of command, which is: Coach, Athletic Director, Principal, Superintendent, and School Board.
 - a. Any student-athlete who is suspended from a sanctioned school team has a right to appeal the decision.
 - i. Suspensions of the first level can be appealed to the Principal
 - ii. The basis of the appeal would typically include:
 - A decision lacks substantive basis in fact to support the findings.
 - There is incongruity between the disciplinary action and the findings.
 - There has been unfairness in the hearing process.
 - There is newly discovered important evidence not known at the time of the hearing or disciplinary action.
 - iii. The burden of proof is on the appellant that no substantial evidence to support the finding is present.
6. Any second expulsion shall result in suspension from all athletics for 365 days from the time of the second infraction.

NOTE: *The Head Coach has the authority to discipline student-athletes beyond what is outlined within this policy.*

SPAULDING HIGH SCHOOL STUDENT ATHLETE CODE OF ETHICS
Taken from NHIAA Handbook

TRUSTWORTHINESS

1. *Trustworthiness* – Be worthy of trust in all you do.
2. *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.
3. *Honesty* – Live and compete honorably, do not lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.
4. *Reliability* – Fulfill commitments; do what you say you will do; be on time to practices and games.
5. *Loyalty* – Be loyal to your school and team; put the team above personal glory.

RESPECT

1. *Respect* – Treat all people with respect at all times.
2. *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.
3. *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.

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

RESPONSIBILITY

1. *Importance of Education* – Be a student first and commit to earning your diploma and get the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship of playing on a professionally 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.
2. *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.
3. *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.
4. *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.
5. *Integrity of the Game* – Protect the integrity of the game; do not gamble or associate with or deal with professional gamblers.
6. *Sexual Conduct* – Sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

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

CARING

1. *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.
2. *Teammates* – Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

1. *Play by the Rules* – Maintain a thorough knowledge of and abide by all applicable game and competition rules.
2. *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.

SPAULDING ATHLETIC POLICY ON HAZING

Hazing - is NOT permitted under any circumstances

Rochester School District Policy (JFCF)

HAZING

In accordance with NH RSA 631.7, hazing is strictly prohibited by the Rochester School District.

It is the policy of the District that no student or employee of the District shall participate in or be a member of any secret fraternity or secret organization that is in any degree related to the school or to a school activity. No student organization or any person associated with any organization sanctioned by the Board of Education shall engage or participate in hazing.

For the purposes of this policy, hazing is defined as an activity which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization sanctioned or authorized by the Board of Education.

"Endanger the physical health" shall include, but is not limited to, any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food,

alcoholic beverage, drug or controlled dangerous substance; or any forced physical activity which could adversely affect the physical health or safety of the individual.

"Endanger the mental health" shall include any activity, except those activities authorized by law, which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

Any hazing activity, upon which the initiation or admission into or affiliation with an organization sanctioned or authorized by the Board of Education is conditioned, directly or indirectly, shall be presumed to be a forced activity, even if the student willingly participates in such activity.

This policy is not intended to deprive School District authorities from taking necessary and appropriate disciplinary action toward any student or employee. Students or employees who violate this policy will be subject to disciplinary action which may include expulsion for students and employment termination for employees.

A copy of this policy will be furnished to each student and teacher in the school district.

Adopted: May 12, 1994

Amended: September 14, 2006 Amended: October 10, 2013

CONCUSSION AND HEAD INJURY POLICY

Spaulding High School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The school acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. Spaulding High School recognizes that the majority of concussions will occur in "contact" or "collisions" sports. However, in order to ensure the safety of all student-athletes, the concussion policy will apply to all competitive athletic activities as identified by the administration.

Consistent with the National Federation of High Schools (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), Spaulding High School will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Spaulding High School has implemented an innovative program for our student-athletes. This program assists our team physicians/athletic trainers in evaluating and treating concussions. In order to better manage concussions sustained by our student-athletes, a software tool called ImpACT (Immediate Post Concussion Assessment and Cognitive Testing) is used. ImpACT is a computerized neuropsychological exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. Student-athletes that participate in "contact" or "collision" sports will be required to take the ImpACT test at the start of the season, and during their first and third year playing that sport.

For more detailed information on concussions, concussion protocols, and Spaulding High School's Return to Play Protocol, please contact the athletic office.

JLCJ

CONCUSSIONS AND HEAD INJURIES

The School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in "contact" or "collisions" sports. However, in order to ensure the safety

of all District student-athletes, this policy will apply to all competitive athletic activities as identified by the administration.

Consistent with the National Federation of State High School Associations (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district will distribute a head injury and concussion information sheet to all parents/guardians of student-athletes in competitive sport activities prior to the student-athlete's initial practice or competition.

All coaches, including volunteers, will complete training as recommended and/or provided by NHIAA, New Hampshire Department of Education and/or other pertinent organizations. Additionally, all coaches of activities will comply with NHIAA recommended procedures for the management of head injuries and concussions.

Athletic Director, Administrator, Coaches or Parent in Charge of Athletic Duties and Responsibilities

Updating: The athletic director or designee shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA or the District's on-call physician, if applicable. If there are any updated procedures, they will be adopted and used for the upcoming school year. The Athletic Director should notify the Superintendent and implement the changed policy if more stringent than the existing policy. The Superintendent should mark-up the policy and present it to the Board via the Policy Committee.

Identified Sports: Identified sports include all NHIAA-sanctioned activities, including cheer/dance squads, and any other district-sponsored sports or activities as determined by the district.

Coach Training: All coaches shall undergo training in head injury and concussion identification and management at least once every two years by one of the following means: (1) through viewing the NHIAA sport-specific rules clinic; or (2) through viewing the NHIAA concussion clinic found on the MHSAs Sports Medicine page at www.mhsa.org.

Parent Information Sheet: A concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent/guardian prior to the student-athlete's initial practice or competition for any identified sport. This information sheet may be incorporated into the parent permission sheet that allows students to participate in extracurricular athletics.

Coach's Responsibility

A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play.

Administrative Responsibilities: The Superintendent or his/her designee will keep abreast of changes in standards regarding concussion, explore staff professional development programs relative to concussions, and will explore other areas of education, training and programs.

Final Responsibility: The final decision for allowing a student-athlete to begin the Return to Play Protocol, and to return to play, rests with the parents of the students up to age 18, and with students 18 and older. Such final decision shall not be made until all other requirements for Return to Play Protocol or return to play have been satisfied to the satisfaction of the appropriate

School District employees.

Protocol For Return To Play

No member of a school athletic team shall participate in any athletic event or practice the same day he or she is injured and in the judgment of the school's trainers or medical officials:

1. Exhibits signs, symptoms or behaviors attributable to a concussion; or
2. Has been diagnosed with a concussion.

No member of a school athletic team shall return to participate in an athletic event or training on the days after he/she experiences a concussion unless all of the following conditions have been met:

1. The student no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion;
2. The student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and
3. The student receives a written medical release from a licensed health care provider.
4. The parents and guardians of students under age 18, or the student, if age 18 or older, signs an acknowledgement that a person suffering a concussion is especially vulnerable to greater injury or even death from return to student sports before full recovers from such concussion, and that in the opinion of the person(s) signing the acknowledgement, the student is fully recovered from such concussion

The District may limit a student-athlete's participation to "Graduated Return to Play" standards and protocol, as determined by the student's treating health care provider.

Concussion Awareness and Education

The administration will include concussion awareness and education into the district's physical education and/or health education curriculum. The administrative decision will take into account all relevant considerations, including time, resources, access to materials, and other pertinent factors.

Academic Issues in Concussed Students

In the event a student is concussed, regardless of whether the concussion was a result of a school-related or non-school-related activity, school district staff should be mindful that the concussion may affect the student's ability to learn. In the event a student has a concussion, that student's teachers will be notified. Teachers should report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents and treating physician. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion.

Section 504 accommodations may be developed in accordance with applicable law and board policies.

Adopted: December 13, 2012

SPAULDING HIGH SCHOOL ATHLETIC INSURANCE

Your child has indicated a desire to participate in the athletic program at Spaulding High School. All athletic endeavors involve some potential risk of injury. Spaulding wants to be sure that parents/guardians understand these risks before their child participates in the athletic program. Spaulding will not be liable for any injuries incurred by your child nor for any expenses or losses related to such injuries.

Your health insurance is considered the primary coverage for any athletic injuries that may occur. As you provide this insurance, Spaulding High School assumes no responsibility for injuries. Any disputes will be between the parents and the insurance carrier.

If an athlete is injured during a practice session or a game while participating in Spaulding High School the following steps should be taken:

1. The athlete should report the injury to the coach/athletic trainer or supervisor *immediately*.
2. The athlete should report the injury to the Athletic Office Secretary. The secretary will forward the information to the athletic director who will investigate the claim.

Student Recognition and Award Criteria

Listed below are the explanations and requirements for all athletic awards given at Spaulding High School:

To be eligible for any post-season awards recognition a student must have completed the season with the team and in "good standing." The team's coach will determine award winners based on the following criteria.

Varsity Letter

Only one letter will be awarded to an athlete during his/her high school career

- Participation on the varsity team for at least 75% of the season
- Participation in at least 50% of all contests
- Attendance and participation in practices
- Sportsmanlike behavior in practices and games
- Appropriate behavior on and off the field of play

A senior athlete who doesn't meet the above criteria may letter at the coach's discretion.

Varsity Pin

A varsity pin will be awarded to any athlete receiving his/her first varsity letter and will be awarded in place of any subsequent varsity letters.

Note: A Certificate of Varsity Participation will be awarded to those athletes who do not meet all of the above criteria

Junior Varsity Certificate

- Participation on the junior varsity team for at least 75% of the season
- Attendance and participation in practices
- Sportsmanlike behavior in practices and games
- Appropriate behavior on and off the field of play

Freshmen (Frosh) Certificate

- Participation on the Frosh Team for at least 75% of the season
- Attendance and participation in practices
- Sportsmanlike behavior in practices and games
- Appropriate behavior on and off the field of play

Manager

- Criteria under review with Athletic Director.

Awards Night

An awards night following each season will be held in the auditorium. Each varsity coach will give a brief overview of the season, and athletes receiving any special recognition will be acknowledged. Following this, teams will adjourn to specific areas where letters, certificates and other team awards will be presented. Only those awards approved by Spaulding High School, the NHIAA, and the NFHS will be presented.

NCAA CLEARINGHOUSE INFORMATION

All student-athletes who wish to play a sport at a NCAA Division I or Division II school must register with the NCAA Clearinghouse.

Requirements of NCAA Clearinghouse:

Satisfy high school graduation requirements

Division I – Grade-point average in *16 core academic courses and test scores are on a sliding scale

Division II - Have a grade-point average of 2.000 in *14 core academic courses and

Achieve a 68 (sum of scores on the four individual tests) on the ACT, or an 820 on the SAT (verbal and math sections only)

*High School Core Courses Needed for Division I Schools

16 Core-Course Rule

4 years of English

3 years of math (Algebra I or higher)

2 years of natural/physical science (one year must be a lab)

1 year of additional English, math or natural/physical science

2 years of social science

4 years of additional courses (from any area above, or from foreign language, nondoctrinal religion/philosophy)

*High School Core Courses for Division II Schools

14 Core-Course Rule

3 years of English

2 years of math (Algebra I or higher)

2 years of natural or physical science (one year must be a lab)

2 years of additional English, math or natural/physical science

2 years of social science

3 years of additional courses (from any area above, or from foreign language, nondoctrinal religion/philosophy).

As a prospective student-athlete at the college level, you have certain responsibilities to attend to before you may participate. Information concerning who needs to register with the Clearinghouse and what documents should be submitted can be found at www.eligibilitycenter.org.