

Moultonborough Academy Athletic Guidelines

PHILOSOPHY OF ATHLETICS

The purpose of the Moultonborough Academy Athletic Standards is to assist, coordinate and facilitate the efforts of all members of the MA interscholastic athletic coaching staff, athletes, and parents toward the objectives of the athletic program. The following are indicated as major objectives in the interscholastic program:

1. Interscholastic athletics shall be an integral part of the total school educational program. It shall strive to provide educational experiences in conjunction with those provided in the curriculum.
2. Interscholastic athletic opportunities shall be available to all students and should primarily benefit the students who participate directly in them.
3. Interscholastic athletic participants shall be provided maximum participation opportunities at the entry levels of competition.
4. Interscholastic athletic opportunities shall provide for the development of positive attitudes, cooperation, and responsible individual/team play.
5. Interscholastic athletic opportunities shall provide opportunities to develop, exemplify and observe good sportsmanship.
6. Interscholastic athletics shall develop an awareness and realization in students that participation is a privilege with accompanying responsibilities.

GOAL OF ATHLETICS

The opportunities to participate in the athletic program are extended to all students who are willing to assume certain responsibilities. To be a credit to self, family, school and community, a student is expected to display good sportsmanship, show respect for others, dress with special care and keep neat and well groomed at all times and meet all state organization and Moultonborough Academy eligibility requirements. The following are goals of Moultonborough Academy Athletics:

1. To provide activities for learning self-discipline, loyalty, team play, personal pride, pride in the team, respect for the rights of others and the will to be successful.
2. To provide students with opportunities for competition.
3. To place the team, squad and school above individual goals.

CONDUCT OF THE STUDENT ATHLETE

Student athletes must adhere to all school and team safety rules and regulations. Further, the student athlete must adhere at all times to all municipal, state and federal laws. The student athlete must always consider the reputation of himself/herself, the school, and community in their actions. Any actions that might have adverse affects on the school and/or community may result in consequences, up to dismissal from the team, as determined by the coach in consultation with the Athletic Director and Principal, unless extenuating circumstances are determined through consultation by all parties involved.

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GUIDELINES

1. PRELIMINARY PARTICIPATION REQUIREMENTS:

- a. **Mandatory Seasonal and Team Meetings:** One Seasonal Registration Meeting per year is required prior to the first season of participation to review the athletic standards. Following a Registration Meeting, there will be a Team Meeting for each sport with the respective coach to review philosophies, guidelines, and schedules. The Fall Registration Meeting will be held in early August and any Registration Meeting after that will take place 30 minutes prior to the Team Meetings. Failure to attend any of these meetings will result in non-participation for the student until a conversation with the Director of Athletics is held.
- b. **Athletic Physicals:** Athletic Physicals are required every 2 years, beginning in 7th grade. The school provides free athletic physicals at the end of every school year. Proof of an athletic physical must be given to the school nurse in order to participate.
- c. **Concussion Testing:** ImPACT Testing will be performed each season for those student athletes in need of a baseline concussion test. This test is to be performed every two years. Any athlete removed from play because of a concussion or suspicion of a concussion may not return to play until a Return To Play Form is signed by a physician and a parent, following the NHIAA management protocol. Teams that have access to a licensed trainer will have their athletes also go through a physical workout before going back into contact-competitive situations.
- d. **Forms:** In order to begin participation, the following forms must be signed and turned into the Athletic Director:
 - Emergency Form
 - Proof of Insurance (insurance card photocopy or copy of registration/check for school insurance)
 - Student Athlete Assumption of Risk
 - Athletic Standards
 - Medical History Form

2. **EDUCATIONAL REQUIREMENTS:** Your number one commitment is to your schoolwork. According to NHIAA rules, you must pass four units of work during the previous quarter in order to represent Moultonborough Academy in any athletic contest (Varsity, JV, Middle Level) during any part of the quarter. Student athletes also fall under the guidelines of Academic Probation listed within the Moultonborough Academy Student Handbook. This means that if student athletes are ineligible due to Academic Probation, they may not practice, sit with the team during home games or travel with the team and sit with them at away. The Student athlete will be given three (3) opportunities to get off Academic Probation in a given quarter. Grades will be reviewed every Monday to determine weekly eligibility. A failure to become eligible after the three (3) week period will result in the student athlete being taken off the team roster for the remainder of the season.

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3. ATTENDANCE REQUIREMENTS:

- a. **SCHOOL ARRIVAL:** The student athlete must be in attendance by the beginning of third period (9:17 a.m.) and remain in school for a minimum of five (5) periods in order to participate in any athletic event or practice that day. Calls must be made to school by 7:25 if an exception is to be granted. The School Nurse will grant illness or medical exceptions. Only the Athletic Director or Principal will grant other exceptions.
- b. **PRACTICE/GAME ATTENDANCE:** Student athletes must attend ALL practices and games, unless excused in advance by the coach, athletic director, or principal. A 24-hour notice should be given for known situations and as soon as possible for emergencies and sickness. Coaches are given discretion to excuse athletes for legitimate reasons that don't conflict with the NHIAA rules. Medical, dental, or similar appointments are excused with prior notice and a note. If an absence is in doubt, a coach should speak with the Athletic Director for guidance. Any unreported absences will be considered **Unexcused**. Athletes who are unexcused at a practice will have their role reduced for the next game as determined by the coach. Athletes who are unexcused at a game will sit out their next game. Athletes who receive an out-of-school suspension will also be suspended from their next athletic competition. Each coach distributes team guidelines and expectations at the beginning of the season along with practice and game schedules.
- c. **THREE STRIKE RULE:** Three (3) unexcused absences from either practices or games will result in dismissal from a team.
- d. **NHIAA NON SCHOOL COMPETITION POLICY:** The NHIAA by-law below pertains to high school sports, but will be enforced at our middle school level as well:

A member of a school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices and competitions. Any members of a school team are prevented from missing a middle or high school practice or competition to compete with an out-of-school team, practice or competition, to include tournaments, showcases, combines or other athletic events.

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

Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next 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 middle/high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any middle/high school sport for the balance of the school year.

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- e. **FAMILY VACATIONS:** Athletes and their families are encouraged to consider the impact on the team and the other athletes when considering taking a vacation during a sports season. When vacations are planned, the following guidelines will apply:
- All requests to have a vacation excused must be made in advance and should be made as soon as the athlete is aware of the conflict.
 - Athletes are permitted one (1) family vacation of up to five (5) days per year (NOT per season), excused from athletics under the school's family vacation exemption. This vacation time might fall during a school vacation, or it might fall when school is in session. A maximum of five (5) consecutive days can be excused.
 - Practices missed during an approved vacation do not count toward the Three Strike Rule.
 - If an athlete misses one or more games/competitions during a vacation, whether approved or not, he/she will be required to miss one game/competition upon his/her return (but not more than one).
 - Athletes should not expect to immediately return to their position on a team upon their return from a vacation as another player may be performing well in that position. It is the coach's responsibility to determine positions and playing time.

4. SUBSTANCE ABUSE POLICIES:

- a. **Alcohol and Drugs:** A student athlete shall not knowingly possess, use, transmit, be in the presence of, or be under the influence of any alcohol, controlled drug, drug paraphernalia, alcoholic beverage containers or their facsimile while a member of a Moultonborough Academy team. If a student athlete attends a party/gathering where alcohol or other drugs are being illegally dispensed, the student athlete must leave the party/gathering immediately. This standard is in effect from the first practice of a season until the specific sport season is complete, including tournament play. Violation of this standard may result in dismissal from a team for the remainder of a season, unless extenuating circumstances are determined through the consultation by all parties involved.
- b. **Tobacco Use:** A student athlete shall not smoke, possess, or use other tobacco related substances on and off campus while a member of a Moultonborough Academy team. This standard is in effect from the first practice of a season until the specific sport season is complete, including tournament play. Violation of this standard may result in dismissal from a team for the remainder of a season, unless extenuating circumstances are determined through the consultation by all parties involved

5. **DRESS CODE:** The student athlete will maintain a clean and neat appearance on all game days. For male athletes, shirt, tie, and clean, neat slacks. For female athletes, appropriate slacks, shirt, sweater, or dress/skirt. Sweater with turtleneck is acceptable. Blue jeans, dungarees, and yoga pants are not acceptable. Team Apparel such as warm-up suits that are purchased by team members or through fundraising may also be considered for appropriate game day dress as long as the entire team is outfitted with the team apparel. For further questions, please see any of the school administrators.

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6. **TRANSPORTATION:** On all away trips student athletes will follow the bus rules set by FIRST STUDENT TRANSPORTATION as outlined in the Student Handbook. The Coach will determine disciplinary action depending on severity of the situation. Student athletes must ride the team bus. The only exception is if a parent/guardian drives a student and they have prior clearance from the Athletic Director or Principal. Plus, written permission is required for an athlete to ride home after an event with a parent/guardian other than his or her own.
7. **ATHLETIC LETTERS:** In order to earn a letter (award etc.), a player or manager must be present at all the games and practices as addressed in the Athletic Attendance Policy. Coaches will discuss managers' roles and expectations at the start of a season.

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Knowledge, Understanding, and Agreement

It is crucial for parents/guardians to fully understand as to what signing the guidelines means. The following clause will help you in executing the guidelines should a violation occur.

“By signing this document, I _____, (parent/guardian) indicate that I have knowledge, understanding, and agreement to these guidelines set forth in order for my son/daughter, _____, to be afforded the privilege of representing Moultonborough Academy as a student athlete. I am also aware that any violation on the part of my child, to any of these guidelines, shall result in the consequences contained in these guidelines.”

Parent/Guardian

Date

Student Athlete

Date