

The Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give student special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

From the Athletic Director

TO THE ATHLETE

The information that you are about to receive is important to you if you would like to be part of our athletic program. This handbook is designed to inform you of all the opportunities that Hanover's athletic program has to offer you. It has not been designed to tell you about all the rules that you must follow.

The values that come with being part of a group that shares common goals are numerous and beneficial to you as an athlete and a student. We invite you to be a part of something that is good for you, good for the sport(s) that you are playing and for Hanover High School. Become part of an HHS sports program.

TO THE PARENT

As a parent of an aspiring athlete, we would like to provide you with some very important information.

As you are well aware, from the time that your son/daughter first started to compete, he/she required your support. As your child enters into interscholastic athletics, that premise does not change. And, just as you may have helped out by volunteering at the youth level, that help is needed and encouraged still.

Various booster groups support the Hanover High School Athletic Department. You may want to find out who the parent leaders of those groups are and offer your help. The parent support groups welcome your help. Information regarding these groups and who to contact in each sport may be obtained from the Athletic Director's office or by calling (603) 643-0655.

HANOVER HIGH SCHOOL ATHLETICS PHILOSOPHY

Hanover High School believes that athletics is an important part of the secondary school curriculum, on par with other departments within the school and like them, under the control of the school's central administration. Lessons learned in the athletic program are integral to each student's educational experience.

The spirit, mind and body of the student become our primary concern, with special attention to the person's well being. We enable the student to value the effort, conditioning, and attitude commonly required to enjoy a healthy body and its rewards.

Particularly, we strive for those ends in a team setting with its appropriate traits of character development and goals.

With sufficiently qualified coaches and staff, the school supports competitive teams at the varsity, junior varsity and reserve levels.

COMMON GOALS:

The common goals of the athletic program at ALL LEVELS of play are for athletes to:

- HaveFUN
- Develop physical, emotional, social and mental skills'
- Develop respect for authority, teammates, opponents and themselves
- Develop pride in themselves, their team, their school and community
- Develop leadership qualities
- Learn to work as a team member towards attainment of common goals
- Develop team responsibility and dedication
- Learn sport-specific rules
- Develop skills necessary to play a particular sport
- Attempt to place athletes on a team level that will allow them to succeed to the best of their abilities.

SPECIFIC GOALS OF RESERVE TEAMS:

- Introduce and develop skills and knowledge of the rules of the sport.
- Present an opportunity for an athlete to experience a specific sport
- Introduce young athletes to interscholastic competition
- Allow athletes to explore further study in a specific sport
- Give as much playing time as possible, determined by the coaching staff, assuming that athletes have attended practice, worked to their potential, have the proper attitude and have committed to the team.

Athletic skill is also a factor.

SPECIFIC GOALS OF JUNIOR VARSITY TEAMS:

- Further develop skills and knowledge of the sport
- Increase the intensity of competition
- Prepare the athlete for the varsity level in that sport
- Give all participants playing time based upon practice attendance, work ethic, attitude, commitment to the team and athletic skill

SPECIFIC GOALS OF VARSITY TEAMS:

- Develop skills and knowledge to their highest level
- Allow talented athletes the chance to excel and prepare them for future competitions
- Compete for level and state championships
- Expect members to be role models and mentors for younger students

Please Note:

There is a possibility that some students may be cut during tryouts.

These students will be encouraged to try out for another sports team when ever possible.

When a 9th grader has demonstrated an advanced level of ability, they may be placed on a junior varsity or varsity team after agreement between the athlete, coach and Athletic Director.

There are many decisions made on a regular basis by members of our coaching staff. These may include: which athletes should start a contest, who should play what position and the amount of playing time. These very difficult decisions are made by members of our coaching staff after weighing a considerable number of factors. The most competitive, skilled team members will play the majority of the contests.

However, teams cannot be successful without committed substitutes or "second string players." These athletes push starters and can help make the team more competitive. They must also strive to do their best.

MEMBERSHIPS

Hanover High School is a member of two athletic organizations. One is a sub-division of the other. The New Hampshire Interscholastic Athletic Association is the largest and Division I is a sub-division of the NHIAA. Specific HHS sports may compete in different divisions, depending on the sport.

NHIAA

Hanover is a member of the New Hampshire Interscholastic Athletic Association. The NHIAA is made up of 94 member schools and is the New Hampshire governing body for interscholastic sports.

Divisional Alignments

The member schools within the NHIAA are divided into divisions by enrollment for competition. The divisions are Divisions I, II, III, IV & V

Hanover High School is a Division II school in most sports. Hanover is in Division I in Boys Ice Hockey and Boys Lacrosse. Hanover competes in Division II in Alpine and Nordic Skiing and Ski Jumping as well as Girls Lacrosse and Swimming. We compete in Division IV in Football. Crew does not compete within the NHIAA.

ACADEMIC/ATHLETIC ELIGIBILITY STANDARDS ADDENDUM

1. In order to be eligible to participate in interscholastic sports at Hanover High School, a student must be a full time student, enrolled at Hanover High School. Language Arts Lab and Supervised Study may not count as one of the five (5) courses required for eligibility.
2. A full time student is one who takes five (5) full-t time courses. Each of the courses must award at least one half (1/2) credit for a semester and one (1-credit for the year.).
3. Students must have passed four (4) full time courses in the previous marking period to be eligible for the sports season in which they wish to participate. Eligibility for fall sports is based on passing four (4) full-time subjects in the previous spring quarter. Summer school work does not count towards eligibility for the fall season.
4. All incoming 9th graders are eligible for the fall season but must pass four (4) full-time subjects in the first marking period of their 9th grade year in order to participate in a winter sport. Initial eligibility for the spring season is based on passing four (4) subjects) from the 2nd marking period. Eligibility is then reassessed at the end of the third marking period.

**HANOVER HIGH SCHOOL
ATHLETIC DEPARTMENT POLICIES**

Besides the rules set by the governing bodies, Hanover High School has also established rules and policies concerning athletic participation.

A. *Requirements for Participation*

1. **Physical Examination** (See form in Appendix): Any student wishing to participate in Hanover High School athletics must have a physical exam certificate dated within two years of the starting date of the season. It must be less than two years old, based on the ending date of the season, in order to cover them for the entire season. This certificate must be on file in the Athletic Office in order to try out the first day of a sports season.
2. **Academic Eligibility:** Student-athletes must be enrolled in a minimum of 5 major subjects or the equivalent. A student-athlete must have earned a passing grade in at least 4 major subjects in the previous marking period in order to be eligible. Incompletes do not count as passing grades. Summer school courses, successfully completed, do not count for fall sport eligibility.
3. **Emergency Medical Card** (See form in Appendix): Each parent/guardian must complete the Emergency Treatment Card for their athlete(s) in order for them to participate. This card must be turned into the Athletic Office and will be kept in the medical kits for availability at athletic events and practices.
4. **Health Updates and Permission to Participate Form** (See form in Appendix): All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Parents/Guardians must read the Permission to Participate in Interscholastic Athletics form. Athletes and parents/guardians must sign the agreement portion of the form agreeing that the athlete will follow all the rules and policies and that the parent/guardian will help him/her to do so.

B. *Financial Obligations*

A Participation Fee will be charged to each athlete per season of their participation. That fee is the same for every sport.

1. The fee must be paid by check to: **Hanover High School Athletics.**
2. The fee must be paid by the end of the first week of tryouts.
3. All participation fees will be collected by the Athletic Office.

ATHLETIC ELIGIBILITY OF STUDENT-ATHLETES

The sole responsibility for determining athletic eligibility rests with the Principal of the school.

For eligibility purposes, the sport's season begins on the starting date, set by the New Hampshire Interscholastic Athletic Association, for that sport.

1. A student who has not reached the age of 19 on or after September 1 may represent the school in any interscholastic athletic contest during that school year.
2. No postgraduate shall represent the high school in interscholastic athletic competition/practices.
3. No student who has failed to pass four (4) credits of work during the previous marking period shall represent the school in an interscholastic contest. A minimum of five (5) courses is required for participation in interscholastic athletics in any one season.
4. A Student must be enrolled as a ninth, tenth, eleventh or twelfth grader at the start of a competitive season.
5. A student is eligible for competition for no more than eight (8) consecutive semesters beyond the eighth grade.
6. No student may participate in any sport if on suspension at the time of the activity.
7. In the case of non-school sanctioned absence, the student is ineligible to participate in the next scheduled game of practice, following knowledge of the absence being processed in the school main office.
8. If a student is absent from any class or other school obligation due to illness, the student is ineligible to participate in practice or games that day.
9. A student may legitimately miss a class and remain eligible if satisfactory arrangements to miss the class have been made with the teacher prior to the class meeting time.
10. In addition to the above listed rules, other specific NHIAA rules apply. Copies may be found in the HHS Athletic Director's office.
11. The student must comply with any additional rules and regulations set by the coach. It is expected that the coach of each sport will inform players and parents of those rules and any other expectations prior to the start of the activity's season. It still remains the student's responsibility to acquaint him/herself with all applicable eligibility rules.

12. No Athlete may participate in two (2) HHS sports simultaneously during the same season. (exception is skiing) No athlete may complete one season in one sport and then join another team whose season is not yet completed.

13. If an athlete decides to drop from a team, he/she has a responsibility to the program and to the coach to see that coach and discuss the reasons involved. All issued equipment must be returned to the coach immediately after the athlete/coach conference.

CHAIN OF COMMAND OR APPEAL

If there are concerns or problems encountered by the athlete and/or parent, the following chain will be used in meetings to rectify the problem:

1. Talk to the coach directly
2. Speak directly with the Athletic Director
3. Speak directly with the Principal
4. Speak directly with the Superintendent
5. Speak directly with the Dresden School Board

WHAT TO EXPECT FROM A COACH

Student-athletes should expect to be treated with respect and to be treated fairly by their coaches. The coaches are professionals who are aware of and committed to upholding the responsibilities they have and to follow the policies of Hanover High School and the NHIAA. Each student will be treated as an individual, yet as a part of the team. Rules and regulations must be uniformly and fairly enforced at all times. In most instances, during the season of play, a student-athlete spends more time under the direct supervision and guidance of his/her coach than any other adult. The time spent should be enjoyable, educational, positive and worthwhile; the influence that a coach may have with each individual team member is quite powerful. As recommended by the NHIAA, we encourage participation in varied activities under different teacher/coach models. The percentage of student-athletes who complete their formal athletic experiences at the conclusion of his/her senior year is overwhelming (well in excess of 90%). Other than championships or the development of the "blue chip athlete", we focus our attention upon goals that will develop contributing members of society.

Athletes and their families can expect the following from members of the Hanover High School Coaching Staff:

Time Commitment - Practice and games schedules and other time commitments, consistent with the guidelines mentioned previously in this handbook, will be made known to all team members.

Team Rules - Coaches have the option of establishing expectations for their team members with the Athletic Director's prior approval. The coach will present these expectations to all team members in writing as soon as possible prior to the first contest of the season.

Individual Success - The coach will provide an opportunity for each athlete to grow socially and emotionally.

Team Spirit - The coach will attempt to instill and promote team spirit and cohesiveness.

Athletic Performance - a coach will critique individual performance by an athlete at the appropriate time. Each athlete will be encouraged to work towards his/her potential and to develop a positive self-image.

Skill Development - Each athlete will be taught the rules and skills of the game with the goal of developing maximum proficiency in the specific sport area.

Approachability - The coach will be available to all of his/her athletes. Team members are encouraged to approach the coach about any topic that they wish.

If a matter is of a personal nature, student should make every effort to approach the coach privately and when there is sufficient time for worthwhile discussion.

Competitiveness - According to the NHIAA philosophy, winning contests is a laudable goal but it should not supersede the primary priorities of high school sports. Hanover High School coaches do and should play to win, as all involved enjoy winning, but they also know that preparing students to succeed rather than to merely win games is most important. Win or lose, students should learn lessons of a lasting and positive nature.

ATHLETIC AWARDS POLICY

Letters will be awarded in varsity athletics based on the following general criteria. Varsity letter awards will be presented at the end-of-the-season celebrations. These criteria are only guidelines. Each coach has the right and ability to determine his/her own letter requirements for his/her sport. Those letter requirements should be made known to the athletes.

Many coaches use a minimum participation time in varsity games or contests for an athlete to receive a letter. 50% of the regular season games or contests is a suggestion. This does not include post-season play.

General Criteria: (suggested)

1. All athletes are expected to be at all practices and games unless excused by the coach.
2. Athletes must realize that they are representing Hanover High School and should conduct themselves accordingly. The highest standards of sportsmanship and fair play will be observed at all times,
3. All athletes must successfully complete the season:
 - a. Athletes dismissed from the team for disciplinary reasons will not be eligible to receive varsity letters.
 - b. An athlete must be a member of the squad at the end of the regular season, including post season and tournament play.
 - c. Injured athletes will be considered on an individual basis by the coach and the Athletic Director
 - d. All post-season obligations must be satisfactorily completed, i.e. equipment and uniform turned into the coach.
4. An athlete must be academically eligible.
5. Criteria established by the coach must be achieved.
6. The varsity coach's recommendation is required for all letter awards.
7. Under special circumstances, as determined by the coach and athletic director, a non-player (i.e. statistician, manager) may be awarded a varsity letter.

AWARDS

Each sport (boys and girls are separate) is given the opportunity to award four plaques at the end of the season to deserving athletes on the varsity team. Any award that the coach chooses to give, other than the four basic awards, is of his/her own choosing and paid for by his/her program funds. Those awards are particular to his/her sport

Hanover High School Traditional Awards:

Most Valuable Player Rookie of the Year Most Improved Player

Coaches Award Unsung Hero Sportsmanship Award

1. A varsity letter will be given to an athlete who fulfills the letter requirements of that sport. For specific details, the athlete should see the Head Coach for his/her sport.
2. Appropriate certificates will be given to those athletes who earn Junior Varsity or Reserve credit.
3. Sport-specific pins will be given to letter winners in that sport.

HANOVER HIGH SCHOOL ATHLETIC DEPARTMENT

CONFLICT RESOLUTION PROCESS

Athletic involvement, while fun and exciting, can be very emotional and time consuming. Because of this, conflicts and issues between a student and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately, and as directly as possible, so that it can be resolved promptly. Students and parents should use the following process when seeking resolution to conflicts and/or issues between coach and an athlete.

FIRST STEP: PERSONAL STUDENT-COACH CONTACT

The conflict/issue should be presented as soon as possible to the coach by the athlete. If personal contact is not practical, the athlete may ask his/her team captain to approach the coach on their behalf. If the contact by the captain is not practical, contact may be made with the coach by the athlete's parent at an appropriate time and in an appropriate manner. In order for this conversation to be as productive as possible, times to be avoided are:

- either immediately prior to or right after a contest**
- during an active practice session**
- during a time when other students are present or when the discussion is readily visible to others**
- when it is apparent that there is not sufficient time to allow for a complete discussion.**

The best solution is to set up an appointment with the coach. A parent or student may leave a note in or with the athletic office, or speak to the coach in person or on the phone. Face -to-face conversations are always best

SECOND STEP: STUDENT-ATHLETIC DIRECTOR CONTACT

If a satisfactory resolution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is being made. If this discussion does not result in a satisfactory conclusions, a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. As this process can be time consuming, and since athletic seasons are relatively short, there should not be time delay in airing concerns. It is important that students and their parents trust that any comments, concerns or issues raised to the Athletic Director regarding outcome of their concerns will be addressed. Parents and students may also expect to hear back from the Athletic Director regarding the outcome of their concerns. Issues concerning coaching personnel may not be publicly communicated. While there is no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of

different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

THIRD STEP: STUDENT-PRINCIPAL CONTACT

If a satisfactory resolution has not yet been reached, the student or parent should contact the high school Principal. The Athletic Director should be informed that this contact is going to be made.

FOURTH STEP: STUDENT-SUPERINTENDENT CONTACT

If satisfactory resolution has not yet been reached, the student or parent should contact the Superintendent of Schools. The high school Principal and Athletic Director should be informed that this contact has been made.

"RETRIBUTION"

On occasion, there is a perception by members of the Hanover High School community that voicing an opinion or concern about a coach, or about the Athletic Department, carries with it a risk of "retribution" towards the athlete either by the coach or by members of the department. The Athletic Director and coaches are committed to insuring that there be no "retribution" in any form, within the Athletic Department at Hanover High School, for raising an issue or concern. Of course, students who violate team, department or school rules will continue to face consequences. Using the aforementioned procedures to voice concerns is strongly encouraged. If at any time, a student or his/her parent suspect that some form of "retribution" is surfacing as result of voicing a concern, the Athletic Director should be immediately informed.

SPORTSMANSHIP

The Hanover High School community values good sportsmanship not only from its athletes and coaches, but from its supporters and spectators as well. Many Hanover athletic programs have been recognized through the years for their positive displays of conduct at athletic events.

The entire school was honored with the NHIAA Sportsmanship Award for 1999-2000, 2001-02 & 2002-03. The level of sportsmanship is not determined solely by behavior on the day of the game. It starts long before competitions start at all levels. Practices learned at the youth level in community sports, with reinforcement through family attitudes and values, all influence the ongoing development of sportsmanship as our student-athletes progress through the various levels of competition.

Some General Guidelines For All To Follow Are:

1. Appreciate a good play - no matter who made it.
2. Show compassion for injured players.
3. Do not jeer or taunt opponents.
4. Do not use profane language.

5. Do not participate in obnoxious cheers.
6. Respect the judgment of officials.
7. Keep in mind that Hanover High School is judged not just by the teams' performances and behaviors but also by that of its student and adult fans.
8. Inappropriate cheering or taunting will not be tolerated at Hanover High School activities.

Hazing

Hazing in any form is unacceptable. Hazing can be defined as any activity, done to another, that is embarrassing, intimidating or that which makes the recipient uncomfortable. It does not matter if that behavior is embarrassing or intimidating to the person who imposes that behavior. If you have any concern that your son or daughter is involved in a hazing incident, we strongly encourage you to call the Coach, Athletic Director or the Principal immediately. Hazing is against the law. It is also against the law to witness hazing and not report it. Hanover High School takes this act of intimidation very seriously and offenders will be treated very seriously.

SIMULTANEOUS PARTICIPATION IN INTERSCHOLASTIC SPORTS & COMMUNITY-BASED PROGRAMS

There will be instances in which student-athletes may choose to become involved in a non-Hanover High School sport that exists simultaneously with an interscholastic sport, i.e. AAU Basketball, Lightning Soccer may conflict with Spring Track or Softball. Youth hockey may conflict with baseball in the spring or soccer in the fall.

Hanover High School's athletic department feels strongly that involvement in the community's programs should not compromise the student-athlete's commitment or involvement in the high school sports program. While we will not dictate to student-athletes and their parents against dual participation, we strongly recommend that student-athletes engage in only one sport during any one season. Obviously, our preference would be involvement in a Hanover High School sport. The reasons for this philosophy include:

1. To be a full-time student and athlete involved in one sport at Hanover High School is a full time commitment. It requires a good deal of effort, consumes large chunks of time during the day and evening and often requires strict scheduling of time. This will,

hopefully, enable the student to get the proper amount of rest, do quality schoolwork, have some family time, etc.

2. The type of commitment that is asked for by our coaches requires so much time and responsibility that most student-athletes find it very difficult to make any commitment to another sport.
3. The New Hampshire Interscholastic Athletic Association, the state governing body for high school sports, has a rule that insists on a student-athlete commitment to his/her high school sport before any outside sports activity, unless that student-athlete has permission from the high school coach, athletic administrator and principal to attend the outside sport. A violation of this rule carries with it a penalty for the first violation of suspension from competition in the high school sport for the next four consecutive contests or 3 weeks, whichever is longest. A second violation during that same season results in suspension from competition for the remainder of the school year.

Hanover High School's athletic department has a similar policy that prohibits student-athletes from participating in two interscholastic sports at HHS in the same season, (the exception is skiing). The reasons for this policy are listed above in numbers one and two. Families that choose dual participation (one from within the athletic department and one without) should understand the commitment required by both sports. When a conflict in schedules exists, families should know that participation in HHS sports cannot be compromised without some or all of the afore-mentioned consequences.

Athletic Trainer

Hanover High School is fortunate to have a highly qualified and skilled, part-time athletic trainer. On school days, the trainer's hours are usually from 3:00 PM to 6:00 PM. The trainer is not usually available for athletic contests or practices outside those times. The trainer also covers home Football games, per a requirement of the NHIAA handbook.

At times the athletic trainer is extremely busy. Because of this, access to the training room and its services is limited to athletes who are there for care only; it should not be used as a student "hang out".

Training services will be granted on a first-come, first-served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met. The training program exists to help athletes receive the best possible care.

In the event of an injury, the trainer and/or physician is in immediate control. At away contests, if the trainer or physician is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to "take charge" of the situation and, if warranted, call for emergency care. After an injury, a student may not return to competition without written clearance by the trainer which may also include written permission from the physician.

Important Athletic Department Forms

HEALTH/CONSENT COVER

ACADEMIC-ATHLETIC ELIGIBILITY STANDARDS

ATHLETIC REPORT CARD FORM

BASE ATHLETIC DEPARTMENT POLICIES

DISQUALIFICATION FROM EVENT POLICIES

STUDENT-ATHLETE CODE OF CONDUCT POLICY

STUDENT-ATHLETE CONSENT /AGREEMENT FORM

INJURY INFORMATION

PARTICIPATION FEE INFORMATION

HEALTH UPDATE FORM

PERMISSION TREAT CARD

SPORTS PHYSICAL EXAMINATION FORM

Hanover High School

Department of Physical Education and Athletics
41 Lebanon, Street, Hanover, New Hampshire 03755
• 603-643-0655 Fax 603-643-3431

Dear Parent/Guardian,

As parent/ guardian of a potential athlete, you are a key player in the athletic program. Your presence at events, helping with transportation and cheering for your son/daughter's team is needed. You have a role in modeling appropriate behavior at athletic events and in demonstrating that alcohol does not need to be a part of celebrating a successful, or unsuccessful, game. We encourage and appreciate team parents who wish to sponsor supervised and substance-free social gatherings for a team.

The Athletic Department is concerned about our athletes' welfare and conduct as representatives of their teams and the school. By co-signing this form, you and your athlete agree that he/she will abide by the rules and regulations of the Hanover High School athletic program. The athlete's signature is, in effect, *giving one's word* that the athlete will not violate the Code of Conduct. This is a commitment we take very seriously.

Please read, discuss and co-sign the Consent Form with your son or daughter. Signing the form and returning it to the Athletic Office are prerequisites for participation in athletics. We appreciate your attention to your athlete's commitment not to use alcohol, illegal drugs or tobacco products during the sports season.

Each athlete is required to have a Health /Consent Form on file in the Athletic Office. It must be renewed each school year. The form consists of a Health Questionnaire, a Consent Form and a Permission to Treat Card.

Lets work together for a safe and successful athletic experience for all of our athletes.

ACADEMIC/ATHLETIC ELIGIBILITY STANDARDS

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- 2. A full time student is one who takes five (5) full-time courses. Each of the courses must award at least one half (1/2) credit for a semester and one (1-credit for the year.)**
- 3. Students must have passed four (4) full time courses in the previous marking period to be eligible for the sports season in which they wish to participate. Eligibility for fall sports is based on passing four (4) full-time subjects in the previous spring quarter. Summer school work does not count towards eligibility for the fall season.**
- 4. All incoming 9th graders are eligible for the fall season but must pass four (4) full-time subjects in the first marking period of their 9th grade year in order to participate in a winter sport. Initial eligibility for the spring season is based on passing four (4) subjects from the 2nd marking period. Eligibility is then reassessed at the end of the third marking period.**

THE ATHLETIC REPORT CARD

The Athletic Report Card serves a dual purpose. First, it gives the teacher an opportunity to have some discussion with the student-athlete regarding his/her status and performance in that teacher's class.

Secondly, it provides an opportunity for the coach to emphasize to the student-athlete the importance of academic work. He/she can explain that quality performance in the classroom must be the first priority for the student-athlete. The process involves the teacher filling out the Athletic Report Card and forwarding it to the Athletic Director. After reviewing the card, the Athletic Director forwards it to the coach of the student-athlete. The coach then approaches the student-athlete regarding the area of difficulty. After the meeting with the student-athlete, the coach makes contact with the teacher, preferably with the student-athlete present. This meeting ensures that the student-athlete and coach are clear on what the difficulty is and what needs to be done to rectify the problem.

At no time may a teacher dictate to a coach how long a student-athlete must stay away from his/her sport. The intent is that the teacher and coach will work together to help the student-athlete improve his/her performance in that particular class. Through the use of the Athletic Report Card, the Athletic Department's message to the student-athlete of "Academics First" is made much more clear.

GAME & PRACTICE RESPONSIBILITIES

A. TRAVELING

1. Dress codes for away contests are determined by the individual coaches.
2. Know what time the transportation leaves for away contests, from where and be there 10 minutes before that time.
3. All squad members must leave and return on the bus. Exceptions must be a direct, written request from the parent to the Director of Athletics.
4. When transportation to and from games and practices must be done in private vehicles, the Athletic Director must approve the request from the Head Coach prior to the trip.
5. Any student who accepts other than school approved transportation to or from a school event without proper permission is subject to immediate suspension from further participation in athletic competition.
6. If an athlete is ineligible due to a class cut and drives to an away contest on his/her own (see #4 under Early Dismissal) he/she may not be part of the team at that away contest nor be in the bench area.

B. EARLY DISMISSAL

1. Know what time you are to be excused from classes. These times will be posted. Students dismissed, for example, at 2:15, must still report to their 2:00 class.
2. Report directly to the locker room to prepare for the trip unless told otherwise by the coach.
3. Students missing classes because of early dismissal must meet with the teachers to arrange all make-up work.
4. Any Athlete who is reported to the Athletic Department as ineligible for playing in a contest as a results of a class cut, may not ride the team bus to an away contest that day if it means he/she will miss any class time for the remainder of that day.

C. PRACTICE

1. Athletes are expected to be at every required practice unless excused by the coach. Individual coaches determine what excuses are viable. The NHIAA has regulations and accompanying penalties for violations for athletes missing events unexcused. Athletes who must miss practice for an appropriate reason should inform the coach ahead of time.
2. Athletes are expected to attend the first practice called after the official starting date, unless excused by a physician or the head coach. Those who are excused from trying out should

DISQUALIFICATION FROM AN INTERSCHOLASTIC ATHLETIC EVENT

A. Any player or coach who is disqualified from a game at any level, for exhibiting unsportsmanlike conduct, shall not participate in, nor attend, the next scheduled interscholastic athletic event, including NHIAA Tournament events. A coach will receive a 2 game suspension (the next 2 scheduled games) for such an offense.

B. If a player receives a 2nd game disqualification during the same season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of the season.

C. If an athlete receives a 2nd game disqualification during the school year, but not in the same season, he/she will be subject to further disciplinary action such as, but not limited to, a 2nd game suspension in the season in which he/she is participating.

D. 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 his/her final game of play or of coaching at that school, it is the expectation of the NHIAA that the school will take immediate and appropriate disciplinary action.

E. Any 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.

CODE OF CONDUCT

1. Athletes at Hanover High School are expected to conduct themselves in a sportsmanlike manner, both as players and spectators. Unsportsmanlike behavior directed towards other players, teams, officials, coaches and fans will not be tolerated. This includes gestures, cheating, disrespect to officials, or other behavior deemed inappropriate for the event, including transportation to and from the event.
2. Activities by individuals or teams that are meant to humiliate, degrade, intimidate or employ physical force to other individual team members or coaches will not be tolerated. Hazing, or knowledge of hazing taking place and doing nothing, is now against the law.
3. Other behavior deemed inappropriate such as stealing, being party to theft, vandalism, gambling and other unacceptable behaviors will not be tolerated. Hanover athletes represent themselves, their sports program and its coaches, their family and the school itself. Their conduct should always reflect well upon all of these.
4. THERE SHOULD BE NO USE OF CHEWING TOBACCO, CIGARETTES, ALCOHOL OR ILLEGAL DRUGS BY HANOVER HIGH SCHOOL ATHLETES DURING THE SPORTS SEASON. USE OR POSSESSION OF TOBACCO, ALCOHOL, NON- PRESCRIPTION DRUGS OR ANY OTHER ILLEGAL SUBSTANCE IS A VIOLATION OF ATHLETIC DEPARTMENT POLICY AND IS ILLEGAL. THESE CONSTITUTE VIOLATIONS OF THE ATHLETE'S CODE OF CONDUCT.

PENALTIES FOR BREAKING THE CODE OF CONDUCT

When the coach or Athletic Director has reliable information that an individual athlete has engaged in unacceptable behavior, the student will be confronted with the evidence, as soon as possible, by the Athletic Director or coach. Reasonable effort will be made to have the student's parents present. If, after this meeting, the evidence is found to be true, the administration will impose appropriate penalties.

Penalties for violating the substance abuse clause:

SUSPENSION FROM:

First Offense: The athlete will inform his/her coach of the violation. The athlete will attend and participate in practices **but not play**, in the equivalent of 20% of regular season's games. Postseason tournament play is included.

Athletes will be required to have an assessment appointment with the school's Social Worker. The athlete may not return to competition until the Assessment Team approves that return to competition.

The athlete's parents will be required to attend the assessment.

Second Offense: All practices and games for the remainder of the season.

Third Offense: All practices and games for one calendar year.

APPEAL: The student may appeal the decision of the Athletic Director to the Principal.

PLEASE NOTE: A team captain will have his/her captaincy removed by the Athletic Director for violations of the Code of Conduct.

Procedure for Voicing Concerns: When a parent or athlete has an Athletic Dept. concern, they should follow the following steps to pursue it: 1. Speak with the Coach 2. If not satisfied speak with the Athletic Director 3. If not satisfied, speak with the Principal 4. If not satisfied, speak with the Superintendent of Schools.

HEALTH QUESTIONNAIRE

TO BE COMPLETED BY PARENT/GUARDIAN

Student's Name: _____ Date of Birth _____

Parent/Guardian Name. _____

Address _____

Home Phone. _____ Work Phone _____

Cell Phone _____

1. List any operations, fractures, sprains, bone dislocations or serious illness:

2. Has your child ever had **ANY** of the following?

ASTHMA	Y	N	HEPATITIS	Y	N
ALLERGIES	Y	N	INFECTIOUS DISEASES	Y	N
BLOOD DISORDERS	Y	N	KIDNEY DISEASE/INJURY	Y	N
CONCUSSION	Y	N	MENSTRUAL PROBLEMS	Y	N
DENTAL PROBLEMS	Y	N	MONONUCLEOSIS	Y	N
DIABETES	Y	N	PNEUMONIA	Y	N
FAINTING	Y	N	RHEUMATIC FEVER	Y	N
HEAD INJURY	Y	N	SEIZURES/CONVULSIONS	Y	N
HEARING PROBLEMS	Y	N	TESTICLE PROBLEMS	Y	N
HEART MURMUR	Y	N	TUMORS	Y	N
HEAT/ STROKE/EXHAUSTION	Y	N	VISION PROBLEMS	Y	N

PLEASE EXPLAIN ANY "YES" ANSWERS FROM THE ABOVE

3. Does your child take any medications? Yes No

If so, what are they? _____

4. **DOES YOUR CHILD HAVE AN ALLERGY THAT REQUIRES AN EPI-PEN? YES NO IF YES, HE/SHE MUST PROVIDE A PHYSICIANS NOTE INDICATING THE NEED FOR THAT MEDICATION.**

He/she must carry their epi-pen at all times.

5. **No HHS coach will carry an epi-pen.**

6. Does your child wear glasses or contact lenses? Yes _____ No _____

7. Do you know of any reason for your child not to participate in sports? Yes ___ No ___

If "Yes", please explain:

Do you want any of this information to be kept confidential? Yes _ No _ If "Yes, Which part?

HANOVER HIGH SCHOOL STUDENT-ATHLETE CONSENT

8. I certify that the previous statements of medical history are accurate, and give my consent for this student-athlete to participate in:

- All approved school athletics
- Only specific sports (list) _____
- All sports except (list) _____

9. I give my consent for this student-athlete to travel on all school-arranged transportation to games and practices as part of the Hanover High School athletic program.

10. I give permission to have emergency medical treatment administered to this athlete by a qualified physician, nurse, EMT, first aid specialist or Athletic Trainer, if during an athletic trip, an emergency occurs which requires medical treatment

11. My son/daughter is adequately covered by medical insurance for participation on any athletic team at Hanover High School.

12. While Hanover High School provides transportation for its athletes to and from after-school games and practices, this transportation does not always pick up athletes in a timely fashion.
Frequently, school buses complete regular transportation runs prior to picking up athletes for practice and/or games sites. As a result, athletes often drive themselves and other teammates to and from practices in private vehicles. The athletic department requires separate written permission from parents for the athlete to drive a private vehicle to practices.
Accompanying riders must also present parental permission to the athletic director's office in order to ride with a student driver. The situation is not ideal but if practices for games are to begin and end at appropriate times, it is the best solution in a school system with limited transportation resources.

13. By signing this form, I give my consent for the Hanover High School Athletic Department to release information such as my son/daughter's name, age, height & weight for the purposes of use in tournament & opponents' game programs

My son/daughter and I understand that, in agreeing to abide by the Hanover High School Code of Conduct, he/she has made a commitment not to use tobacco, alcohol or illegal drugs during the sports season.

I have read the student-athlete policies of Hanover High School and agree to abide by all rules and any disciplinary decisions that may be made in regard to these rules.

DATE: _____ **PARENT SIGNATURE:** _____

ATHLETE SIGNATURE: _____

DEAR PARENT & ATHLETE,

IN ACCORDANCE WITH OUR LEGAL DUTY TO WARN OF POTENTIAL DANGERS IN PARTICIPATING IN INTERSCHOLASTIC SPORTS, PLEASE FIND BELOW A LIST OF INJURIES THAT YOUR CHILD COULD INCUR BY THEIR PARTICIPATION.

PLEASE BE AWARE OF THE RISKS THAT ANY ATHLETE UNDERTAKES WHEN THEY PARTICIPATE IN COMPETITIVE ATHLETICS. AT THE SAME TIME, PLEASE KNOW THAT OUR COACHING STAFF IS TRAINED IN MANY ASPECTS OF CARE & PREVENTION OF ATHLETIC INJURIES AND ALSO IN CPR. WE HIRE COMPETENT COACHES TO WORK WITH YOUR CHILDREN. ALSO, BE ADVISED THAT HANOVER HIGH SCHOOL DOES EMPLOY AN ATHLETIC TRAINER TO WORK WITH COACHES & ATHLETES REGARDING CARE AND PREVENTION OF INJURIES.

WE TAKE VERY CAREFUL STEPS TO HELP INSURE YOUR ATHLETE'S SAFETY.

SOME POTENTIAL INJURIES THAT MAY BE INCURRED DURING PARTICIPATION IN INTERSCHOLASTIC SPORTS:

Strains	Sprains	Contusions
Broken Bones	Dehydration	Abrasions
Blisters	Concussions	Cramping
Fractures	Punctures	Dislocations

SOME SPORT-SPECIFIC INIURIES THAT MAY BE INCURRED

SPORT	POTENTIAL INTURY
Football	Neck & Back Injuries, Knee Injuries
Ice Hockey	Groin Strains, Knee Injuries, Facial Lacerations
Soccer / Field Hockey	Eye Damage
Tennis	Elbow Inflammation, heat exhaustion

Please understand that due to our legal responsibilities, it is our duty to warn/inform you that some severe injuries incurred during athletic participation could result in paralysis and/or death. We will continue to do everything in our power to protect athletes and coaches from any such injury.

Due to budgetary constraints, the Dresden School Board has authorized the Athletic Department at Hanover High School to assess a "Participation Fee" for student participation in all interscholastic sports for 2009-2010 school year. All sports will pay a \$125 fee. All athletes will pay the designated participation fee, found below, each season, prior to his/her participation in that sport.

SPORT	SEASON	
X-Country	Fall	
Golf	Fall	
Indoor Track	Winter	
Outdoor Track	Spring	
Boys Soccer	Fall	
Field Hockey	Fall	
Boys Basketball	Winter	
Girls Basketball	Winter	
Volleyball	Fall	
Alpine Ski	Winter	
X-CSki	Winter	FEE: 150.00/SPORT
Ski Jumping	Winter	
Swimming	Winter	
Boys Tennis	Spring	
Girls Tennis	Spring	
Baseball	Spring	
Softball	Spring	
Girls Lacrosse	Spring	
Girls Soccer	Fall	
Boys Lacrosse	Spring	
Football	Fall	
Boys Ice Hockey	Winter	
Girls Ice Hockey	Winter	
Crew	Spring	

GUIDELINES:

1. Fees will be paid *prior* to participation. **Payment of this fee does not guarantee making a team or equal playing time for athletes.**
2. Fees must be paid in full and by check. Cash will not be accepted. Make checks payable to: **Hanover High School**
3. Students with financial difficulties may be exempt, upon request in writing to the Athletic Director.
4. Refunds, based on injury or quitting the team may be requested within the first two weeks of the season. After that time, there will be no refunds. **A Reminder. An athlete, who does not make full payment or receive a waiver, will be ineligible until full payment is made./'**