

Franklin High School



TORNADOES

ATHLETIC HANDBOOK/FORMS

2016-17

*Please note:

All high school athletic forms must be completed electronically by going to www.FamilyID.com. For step by step instructions go to: https://familyid.groovehq.com/knowledge_base/topics/sign-up-4.

Revised August 2016

2016-2017

Dear FHS student athletes and parents/guardians,

The Franklin High School Athletic Handbook is part of the regular Student Handbook for all students at the high school and the handbooks will be given out at the beginning of the year during advisory, but this handbook contains all the paperwork necessary to participate in the athletic program as well as our major guidelines.

Please be advised that there have been some changes/clarifications to the athletic policies here at FHS. Please read through all of the rules and guidelines, but pay particular attention to the following:

1. **Attendance/Tardiness policy**
2. **Academic eligibility**
3. **Physical policy**
4. **Parents transporting students**
5. **Co-Curricular Code of Conduct**
6. **Life of an Athlete Program (LoA)**
7. **S.A.L.T. = Student Athletic Leadership Team**

If you have any questions about the changes or any of the athletic guidelines or forms, please call me at 934-5441 Extension 3423 or email me at dsylvester@sau18.org.

*All Athletic forms and paperwork are now completed electronically/online through FamilyID at www.FamilyID.com. For step by step instructions go to https://familyid.groovehq.com/knowledge_base/topics/sign-up-4. Remember, this information is supplied and copied to coaches so having complete and accurate contact and emergency data is critical to the safety of our athletes.

*Please, visit our new and improved athletic website at www.sau18.org. You can find this handbook and all other links for anything you need to know about Franklin Athletics...all forms, schedules, sports picture dates, homecoming, coaches info, recognitions, etc...also, each sport will have its own link.

*Please note that “**SPORTSMANSHIP**” is an utmost priority for all of our players, coaches, parents and fans/community. Each one of our teams are rated and surveyed by other schools and coaches at seasons end, so we need to make sure we are trying to not just meet expectations of proper sportsmanship, but actually exceed expectations. Please seek me out first or an opposing Athletic Director and do NOT address opposing team members/coaches, officials or the NHIAA directly.

I have seen some tremendous and positive improvements here in Franklin, so let's continue to work together as a team to keep this trend moving along. Thank you and enjoy your sports season.

Dan Sylvester
Athletic Director

FRANKLIN Pride • Opportunity • Willingness to Change • Excellence • Respect

Franklin School District
Athletic Philosophy

Athletics are an essential and integral part of the overall educational experience; therefore, it is the responsibility of all facets of the school administration to develop and nurture a deep-rooted tradition within the school in support of this belief. Maximum participation is to be encouraged and equitable athletic programs for both young men and women need to be implemented.

As certain courses in the curriculum have prerequisites, athletic eligibility must be based on fair standards as may be prescribed by the Franklin School District governing body but at the minimum, should be consistent with New Hampshire Interscholastic Athletic Association (NHIAA) requirements. It is the belief that all participants must maintain high academic standards, and that each student athletic realize the rules and obligations they are assuming before deciding to become a member of a team.

Winning is one ingredient of a successful athletic program. Student body and community pride are other ingredients in a successful program. Just as we strive for excellence in the classroom so must we strive for excellence in athletics as an important aspect of the learning process, because in reality, athletics serve as an integral part of the curriculum.

Franklin schools will strive to develop in each athlete good sportsmanship, work ethics, competitive spirit, as well as team, school and community pride and loyalty. The influence that athletes have on younger students is critical and therefore, they must understand their role and conduct themselves to that standard on and off the athletic venue. These virtues are needed not only by the athletes, but also by the student body and community as a whole.

Coaches, teachers, and administrators are the role models for students. Coaches, in particular, have a greater opportunity to impact and improve educational outcomes because of increased time spent with smaller numbers of highly motivated students/athletes.

It is essential that this philosophy is fully supported and practiced by students, faculty, administrators, parents/guardians, and the community, in order to provide a quality and successful athletic and educational experience for all student athletes.

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Franklin High School
Athletic General Policies

1. Prior to any student participating in tryouts, practices, or competitions with any FHS club or team, he/she must have on file with the Athletic Director the following...all found on **FamilyID.com**.
 - a. **Franklin Athletics Medical Release Form**: completed and signed by parents/guardians. There must be one for each sport, each season.
 - b. **Physical Form**: completed by a doctor following a physical examination, clearing the student athlete for participation. One must be completed for **every 2 years** of high school (entering Freshman and Junior years.) Any follow up information or changes in health for Sophomore and Senior years should be noted.
 - c. **FHS Athletics Permission Slip**: granting permission to travel with the team to practices and/or competitions. Needed for each sport, each season.
 - d. **Signed Athletic Policy Form**: from parents/guardians and the athlete stating that the policies of the school and athletic department have been read and understood.
 - e. **Team Rules Sign-Off Sheet**: if applicable, based on team preference.
2. Uniforms are inventoried before and after each season by the coach on forms supplied by the athletic director. Athletes are responsible for the care and regular cleaning of uniforms. Uniforms are the property of FHS and shall not be worn for personal use. If a uniform distributed is damaged in any way, the athlete should make the coaching staff aware of the damage. Uniforms lost or damaged will be paid for by the athlete at the replacement cost price. The athlete will pay for equipment that is lost or unnecessarily damaged. No athlete shall be allowed to try out for another sport until all outstanding uniforms, equipment, **school books, and other student indebtedness has been cleared**. Bills will be sent out fourteen days following the close of season, and payment is due upon receipt. Coaches will also not be paid for their services until all uniforms and equipment are returned for their respective team.
3. All team members, managers, and coaches, shall travel to and return from games, meets, or matches, on the team bus. Exceptions to this rule must be pre-approved by the Athletic Director, Principal or Vice Principal via a written request from the parents/guardians...we will then notify the coach or coaches...this permission must be given at least a day before the event. Athletes and parents should still verbally let the coach know before leaving the premises. NO players shall ride home with siblings or even other player's parents/guardians. The FHS athletic department believes that traveling to and from away contest to be an important part of the unity of a team. Parents/guardians are expected to pick up their children immediately upon the completion of practice or game times. Our policy is to have coaches remain with our athletes for safety, but our coaches have put in the necessary time agreed upon by completion of a practice or a game.
4. If the school day is ended early because of inclement weather, all games and practices will be cancelled. If school is cancelled at the beginning of the school day, due to inclement weather, as a general rule there will be no practices, activities or games. Only the administration and the athletic director will grant exceptions to this policy.
5. Injured athletes should remain as much an active part of the team as possible. They should attend all practices and sit with the team, assisting in any way possible. Without such participation the individual cannot be considered for athletic awards.
6. For an athlete to participate in practice or games, he/she must be in attendance in school that day by the beginning of second block. This applies to only Excused/Written Tardies. Excused includes such things as doctors/dentist visits, bereavement and family emergencies. Exceptions will be reviewed by written request to the Athletic Director.

7. No athlete shall participate on two FHS teams simultaneously during the same season without prior approval of coaches, the athletic director, the principal, and parents/guardians. No athlete is to compete in one season in one sport and then join another team whose season is not yet concluded.
8. If an athlete decides to drop from a team, he/she has a responsibility to see the coaching staff to explain the reasons involved in that decision. Coaches should also be contacted asap if missing a practice/game.
9. Athletes participating during practices or events are not to enter any part of the school, for any reason without the coach's supervision. No hanging out inside the school prior to practice times.
10. Media Relations: Coaches, players, and other school officials should make an effort in their communications with the media to stress positive displays of sportsmanship by student athletes, coaches, spectators, and schools involved in the contest. At no time shall anyone be permitted to criticize officials or decisions made by officials during a game or event. Please see the Athletic Director with any issues.
11. Vandalism or theft: Destroying, damaging, defacing, or theft of any private or school property at a practice or contest, home or away, will result in at least one week suspension from the team, depending on the severity of the incident, and the athlete will be responsible for paying for the damage.

Student/Athlete Eligibility Regulations:

Athletes are to realize it is a privilege to represent the school in co-curricular activities, and it follows logically that the school has the authority to revoke the privilege when the student does not conduct him/herself in a reasonable manner. Student athletes at Franklin High School are expected to be model citizens of the school, in class, on the field of play, and/or in the community. The Athletic Director reserves the right to review and deem the responsibility of making decisions within accordance of this philosophy.

1. **Scholastic Eligibility for Athletics and Extra-Curricular Activities:** According to the by-laws of the New Hampshire Interscholastic Athletic Association (NHIAA) “a minimum of four (4) units of work per grading period is required for participation in interscholastic athletics. Schools utilizing alternative scheduling formats like block scheduling or trimesters should calculate and equate their systems to meet the intent of passing four (4) units of work in a traditional format (i.e. in a 4 X 4 block program the student would need to pass a minimum of two (2) subjects to meet the standard).”
2. No student who has failed to pass four (4) units of work, which equates to two (2) (block) classes/subjects during the previous ranking period shall represent the school in any interscholastic contest. A minimum of four (4) units (this equates to two (2) classes/subjects) per marking period is required for participation in interscholastic athletes. **A student athlete may regain eligibility by making up academic deficiencies or failures of the regular school year during the summer months through Franklin High School's academic recovery program. Contact your school principal to see if you qualify for the program.** Incompletes are not to be considered passing grades for the purpose of eligibility. Refer to NHIAA Rule Book, which can be found online at www.nhiao.org, for all eligibility rules.
3. **Sportsmanship and behavior rules for all athletes:** All athletes are to abide by the school handbook regulations. Infractions of these rules resulting in suspension will result in the athlete being ineligible to practice or compete during the time of the suspension or restriction, along with game suspensions imposed by the athletic department and/or coaching staffs.

4. **Attendance Requirements for Participation In Athletics and Extra Curricular Activities:**

- A. Student/Athletes are expected to arrive at school on time and attend all scheduled classes. In the event a student is absent from school he/she may not participate in any athletic contest or practice during that day. For events or contests falling on non-school days the student is expected to attend all classes on the previous school day. Such things as field trips or college visits are exceptions to this rule.
- B. If a student is Tardy Excused and arrives by the beginning of second block, he/she may participate in that day's contests/activities. Students and parents/guardians are expected to arrange for appointments following school hours. Our main office should be contacted, but a simple parent note does not automatically equate to an excused tardy. Excused Tardies are for such things as doctors/dentist visits, bereavement and family emergencies. Any exceptions should be made in writing to the AD.
- C. Students who do not arrive by the beginning of second block with an approved and Excused reason, or who are Tardy Unexcused and not in first block by 8:00am are not eligible to participate in that days activities and also will not be eligible if a game is being played the next day. Habitual offenders (5 Tardies or more even if before 8:00am) will be notified and parent contact will be made to discuss the situation. The Athletic Director will review any exceptions in writing or by phone conversation. The optimal expectation is obviously to have each student athlete in school and on time on a daily basis.
- D. Dismissals must be Excused and the student athlete must return to school to be eligible for that days events. Again, please make every effort to make appointments after school hours or off days.
- E. Students who skip any academic classes or study hall during the school day are not eligible to participate in that day's activities, games or practices. If a student misses a practice the day before a game because of this reason, that student may not participate in the next day's game.
- F. Other
 - a. Detention: Any student receiving a detention must serve it on the assigned day or days, whether or not it conflicts with any athletic contest or practice.
 - b. Any questions of eligibility to participate will be resolved by a committee made up of the athletic director, the principal, and the coach. The decision of the committee is final.
 - c. More specific requirements for practice or performance on given dates may be prescribed by the coach but shall not be in conflict with any other school or athletic policy.

5. **Age of Athletes:** a student who has reached the age of 19 before September 1 may not represent the school in any interscholastic athletic contest during the school year.

6. **Transfer Rules:** A student who transfers enrollment without a corresponding move into a new school district by his/her parents/guardians shall be required to be in attendance in the new school for one year from the day of enrollment in order to establish athletic eligibility. This requirement will be waived, if all the following conditions are met:

- a. The student has not transferred for the purpose of participating in interscholastic athletics and there has been no recruiting of the student for athletic purposes.
- b. The transfer Rule Affidavit is completed and submitted to the NHIAA.
- c. In order to participate in post season NHIAA Tournament play, students who transfer without a corresponding move into the new school district by his/her parents/guardians must have been a member of that team for at least fifty percent of the team's regular scheduled contests.

7. **Non-School Competition:** A member of a school team is a student athlete who is regularly present for and actively participates in all team practices and competition. Bona fide members of a school team are prohibited 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, camp or clinic on the same day, the student athlete must honor the high school team practice/competition. 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 four consecutive interscholastic events, or three weeks, of a season, in which the student athlete is a participant, which ever, is greater. This penalty is effective from the date of his/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.
7. **Semester Rule:** A student is eligible for competition, whether he/she competes in interscholastic athletics, for no more than eight (8) consecutive semesters beyond the eighth grade. Participation by seventh and eighth graders does not count toward the eight (8) allowed semesters. Also, if a student terminates at one school he/she may not transfer to another school to increase eligibility.
8. **Insurance Statement:** In order to clarify the Franklin School District's athletic insurance requirement and to outline the district's coverage, the following statement has been prepared:
- The Franklin School District requires that any student participating in interscholastic athletics authorized by the Franklin School District must be covered by accident/health insurance through their own or a parent's/guardians insurance plan. A statement by the parent's/guardian's indicating that the student is covered must be on file with the athletic director prior to the start of the season.
 - The Franklin School District has purchased accident/health insurance, which is considered excess coverage, that is, it will cover costs that are not covered by the student's insurance plan, which is considered the primary insurance coverage. In a rare instance where a catastrophic injury occurs, the school district does provide insurance in excess of the student's primary coverage up to \$25,000. Prior injury-related problems and non-athletic injuries are not covered by the school district's insurance plan.
 - The Franklin School District carries liability insurance for all activities to include operation of the athletic program and related transportation.

REGULATIONS FOR FHS ATHLETICS - FHS Athletic Code of Conduct:

- Statement of Purpose:** Our co-curricular Codes of Conduct are designed to tell our student athletes what is expected from them behaviorally, because they are afforded the privilege of representing our school and community. We strive for our code to be proactive and character based and all consequences shall be universal. We will establish and maintain a healthy environment in which student athletes can mature in while considering the responsibilities of all stakeholders. FHS will utilize the Restorative Justice Model when available to our student athletes for any code violations. Our Code of Conduct is in conjunction with the Life of an Athlete (LoA) Program, which is sponsored by the NHIAA.
- Sportsmanship:** Athletes at Franklin High School are expected to conduct themselves in a sportsmanlike manner both on and off the field of play. Un-sportsmanlike behaviors that may include gestures, cheating, disrespect to officials, coaches, players, or fans will not be tolerated. It is a privilege to participate and attend an athletic contest; Violation of the sportsmanship code of conduct may result in removal of such privileges. If a player or coach receives a game disqualification during an athletic event, that player or coach shall be ineligible for the next two games or events. During a suspension the player or coach may not

attend the game/event in which the suspension is imposed. If any player or coach receives a second game disqualification during the season, that individual will be suspended from the sport, at all levels, for the remainder of the season. If an athlete is observed by a coach, athletic director, faculty member, or administrator as displaying any behaviors of poor sportsmanship on or off the field of play, that individual may be removed from the field of play and forfeit his/her right to participate in future events. An athlete at Franklin High School is to act responsibly and with respect whether on the field or off. Sportsmanship is FHS athletes' number one priority and failure to comply will not be tolerated.

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

Hazing: In accordance with NH RSA 631:7, "Student hazing" means any act directed toward a student or any coercion, or intimidation of a student to act or to participate in or submit to an act when: 1) Such act is likely or would be perceived by a reasonable person as likely, to cause physical or psychological harm to any person and 2) Such act is a condition of initiation into admission, into continued membership in or association with any organization. "Organization" means fraternity, sorority, association, corporation, order, corps, athletic group, cooperative, club or service, social, or similar group whose members are or include students, operating at or in conjunction with an educational institution.

Code of Conduct for Spectators/The Role of the Fan: Spectators at all FHS athletic events, home and away, are role models for our athletes. They are to exhibit good sportsmanship, community pride, and loyalty to the school and community. Fans should demonstrate good sportsmanship through positive cheering and support.

3. There shall be no use of tobacco, chewing tobacco, alcohol, or illegal drugs by Franklin High School athletes. Uses of such substances are illegal and a violation of school policy. No student shall be present at a party or gathering in which there is the illegal possession and/or consumption of beverages containing alcohol or controlled substances/drugs. If a student athlete is present and notices a violation, then they must leave the party/gathering IMMEDIATELY and take any teammates with them. The incident should be reported to a coach or administrator before the end of the next school day. Substance abuse is detrimental to a student's academic and athletic performance, is illegal, and does not contribute to the success of the team. The participation in athletics requires that students refrain from the use (defined as ingestion, possession, transportation, dispensing, distributing, or being under the influence) of alcohol, tobacco, and illegal drugs. There shall be a greater consequence for any student athlete, if it is determined they were involved in the organization, facilitation, promotion or hosting of any gathering or social event where alcohol or drugs are available or use has occurred. Penalty will be at a minimum Tier 2 violation status.

Illegal Drugs are defined as illicit drugs or legal drugs that are not prescribed for the person in possession of them. Legal authorities cited: NH State Statute prohibiting underage alcohol use (RSA 179:10 and RSA 179:10-a), underage tobacco use (RSA 126-K:6), use of controlled drugs (RSA 318-B:2) and use of marijuana (even therapeutic) on school property.

Substances possessed, distributed or consumed for the purposes of altering one's mood or affect will be treated in the same manner as illegal drugs and controlled substances. Substances which are ingested, smoked, inhaled or otherwise consumed to alter one's mood are both dangerous and unhealthy and are

also detrimental to students' academic and athletic performance. Students in possession or under the influence of them will be dealt with in the same manner as tobacco, alcohol, and illegal drugs and will receive the same consequences.

A. First Violation: When the school administration has determined the above alcohol and substance policy has been violated the student will lose eligibility:

1. For the next two interscholastic contests, with the exception of football, which will have a one game suspension.
2. In addition to loss of eligibility, prior to the student's return to a team, participation in the Student Assistance Program is required.
3. It is required that during the period in which an athlete has lost his/her eligibility he/she remains at practice sessions as an active participant for both rehabilitation, as well as to maintain a safe training and conditioning level.
4. If it is determined that a student brings alcohol, tobacco, or illegal drugs to school or to any school event, the student will lose eligibility for the next 6 interscholastic contests, regardless of the sport.
5. If it is determined that a student is under the influence of alcohol, tobacco, or illegal drugs at school or at any school event, the student will lose eligibility for the next 6 interscholastic contests, regardless of the sport.
6. If, in the event the season has ended prior to the conclusion of the penalty, that ineligibility shall carry over to that student's next athletic season, regardless of the sport.

B. Second and Third Violations: When the school administration has determined the student has again violated the above alcohol and substance policy, he/she will lose eligibility:

1. For the next twelve consecutive weeks or interscholastic contest, whichever is greater
2. If after the second violation, the student, on his/her own volition, becomes a participant in a treatment program approved by the school administration but to no cost of the school district, the student may be certified or reinstated for participation after a minimum of six weeks. The director or a counselor of a chemical dependency treatment center must issue such certification.
3. If there is a third or subsequent violation, the student shall lose eligibility for a period of one year. If after the third or subsequent violation the student, of his/her own volition, becomes a participant in an approved chemical dependency program or treatment program, he/she may be certified or reinstated for participation after a minimum period of twelve weeks.
4. Penalties shall be cumulative through the student's academic career. If a penalty is not completed prior to the end of one season or school year, it is continued to the next.

4. In order to take a positive approach in dealing with students with various dependencies, the Franklin School District has implemented a voluntary referral program. Please see the Drug and Alcohol Policy in the Student Handbook. There will be a process available for violators that will educate, assist, correct and restore the commitment to adhering to the code of standards for any student athletes that are willing to make positive changes. The Restorative Model will be used where the student athlete must address teammates, and coaches to admit their violation, show remorse and ask to come back to the team.
5. It is important for all student athletes to understand that involvement in athletic programs is a privilege and not a right. With the responsibility of being an athlete comes a commitment for an athlete to be:
 - a. Truthful about the violation being investigated
 - b. Forthcoming with all information
 - c. Not be deceptive or untruthful

6. Pre-season meetings for the athletes and at least one parent/guardian are mandatory on an annual and seasonal basis. This will ensure that all stakeholders are informed of code of conduct and other rules.
7. Any identifiable image, photo or video which implicates a student athlete to have been in possession or presence of drugs portrays actual use or out of character behavior of a crime shall be confirmation of a violation of the code. You may encounter a situation where another person may try to implicate an athlete by taking images, but this is our rationale for demanding that our athletes not place themselves in such environments.



New Hampshire **Life of an Athlete** (LoA) is being implemented through the NH Interscholastic Athletic Association (NHIAA) with support from the Bureau of Drug and Alcohol Services Regional Networks. NH Life of an Athlete is an adaptation of the Life of an Athlete program that will foster the partnership between NH Interscholastic Athletic Association, schools, administrators, coaches, Regional Networks, and youth in a targeted effort directed at substance abuse prevention. Franklin High School has implemented this program and you are encouraged to participate in our preseason surveys to gather the best possible data for our school.

Check out more on the Life of an Athlete website at <http://www.loanh.org/>

S.A.L.T. – a newly formed committee called the Student Athletic Leadership Team will be the driving force behind the Life of an Athlete message. There will be strict standards to be a part of this elite team that will have its own Mission Statement and Core Values. This team will emphasize positive lifestyle choices, academics, sportsmanship and community outreach all with the goal of forming a positive culture at our school.

General Information Regarding Athletics:

- Quitting to change sports once final cuts have been made is highly discouraged. No athlete may quit and participate in another sport during the same season without prior approval from the athletic director and both head coaches.
- Suspension from school: If in the event a violation of school policy has occurred and such violation results in discipline of that student being suspended from school, (this includes out-of-school and in-school suspensions) the suspension includes the suspension from athletic contests and practices. It is our belief in the athletic department that active participation is vital to the success of the individual and the team. If a student is suspended from school, he/she may NOT participate in athletic contests or practices during such suspension from school. Any further disciplinary action may take place as determined by the coach, athletic director, or principal.
- School Administration will promptly investigate alleged violations of the FHS Athletic Code of Conduct and will determine if any consequences should be applied.
- The Franklin High School athletic department presents several awards throughout the course of the year. No athlete having missed 20% of athletic contests due to discipline purposes shall qualify for such awards. All participants who complete the season on a team, at any level, as a player or manager, will receive a certificate.

Special Athletic Awards and Recognitions:

Golden Tornado Award: Varsity Player all sports
Billy Brough Award: Offensive and Defensive Football
Kevin Laughy Award: Football
Derek Morgan Award: Football
Robert Cook Award: Varsity Baseball
All Academic Team: Basketball-Juniors and Seniors
Scholar Athlete Award: Seniors
Golden Triangle Award: Seniors

The following awards are year-end awards and are presented to seniors at Graduation:

The Athletic Association Award: The Athletic Association Award is intended to give recognition to two seniors who have participated extensively in Franklin High School athletics and have a good athletic standing. The award winners will receive a pin and have their names engraved on a permanent plaque.

The Roger Mercier Unsung Hero Award: This award was initiated in 1978 in memory of Roger Mercier, who was a friend of all sports fans in Franklin and the entire state of NH. This award is given to the senior boy or girl who has been most helpful to team members, yet without due recognition. The recipient chosen by the athletic director will receive a trophy and have his/her name engraved on a permanent plaque.

The Franklin High school Golden Triangle Award: This award, is given by the Franklin Booster Club, to a student who participates in three sports for four years, while maintaining a satisfactory academic standing.

Additional Awards:

Several opportunities are presented time and again for awards, certificates, or scholarships, for those students that display positive sportsmanship and participate in community activities. The athletic department urges all athletes at Franklin High School to strive for excellence in the classroom and give to their community whenever possible. Many colleges, universities and work force are looking for those that excel off the field as well as on.

Varsity Letters: Athletes on a varsity team who complete the season and meet **all** requirements for a letter, will receive a varsity letter. After the first letter is awarded they will then receive a star. Adjustments to the playing time requirements may be allowed for injured athletes or in extreme circumstances with approval of both coaches and athletic director. The requirements are outlined below.

- Baseball and Softball – Play in as many innings as there are games. In a 16 game season a player must play at least 16 full varsity innings.
- Basketball, Soccer, Field Hockey- Must play in an average of one period or quarter per varsity game.
- Golf, Gymnastics, Volleyball, Wrestling- Appear in 50% of all varsity matches. Football-Play in at least 50% of varsity games.
- Outdoor Track-Score 10 points during the season and/or qualify for the class meets.
- Indoor Track and Unified Volleyball – varies but must participate in at least half of the contests.

It is the responsibility of each coach to keep accurate records of athlete's playing time.

In addition, there are the following criteria for a letter:

Attendance: Athletes should attend all practices and games unless there is a reasonable excuse accepted by the coach.

Sportsmanship: Athletes should realize that they are representing their school and community and should conduct themselves in an appropriate manner. Those displaying un-sportsmanlike behavior may not be issued a varsity letter or pin regardless of obtaining other qualifications needed.

Following school and team rules: Athletes must abide by the training rules as set forth by the team and athletic department.

Playing Time/Concerns: At the varsity level the playing time is determined by the coach and is based on ability and compliance to team policies. Junior Varsity playing time is determined by the coach and based on ability and compliance to team policies. It is our belief that every attempt shall be made to allow each Junior Varsity athlete playing time in each contest, in some instances particular sport rules restrict the amount of playing time and or substitutions that may be made. At no time shall an athlete or parent/guardian of an athlete attempt to discuss playing time with a coach just prior to or immediately following practices and athletic contests. Such conversations are best handled following a predetermined time to speak to the coach and/or athlete. Appropriate concerns for parents/guardians and athletes to speak with coaches about are:

- Treatment of player, physically or mentally
- Ways for athletes to improve and develop
- Concerns about athlete's behavior

Issues not appropriate to discuss with coaches:

- Playing Time
- Team Strategy
- Play calling
- Other athletes

Steps for Parents addressing concerns: Below is a list of steps, in order of contacts, for parents to utilize in addressing concerns, resolving conflicts, and obtaining answers to specific questions.

Step 1. Contact the coach directly by phone or email.

Step 2. If the concern is not resolved, contact the Athletic Director.

Step 3. If the concern is not resolved, contact the School Principal.

Step 4. If the concern is not resolved, contact the Superintendent.

Step 5. If the concern is not resolved, contact your Franklin or Hill School Board representative.

Appropriate Dress/Attire: Once a student has volunteered to be a member of a team or squad, the individual has made a choice to uphold certain standards expected of athletes at Franklin High School. All athletes and coaches at Franklin High School are expected to be well groomed and dressed in their travels to and from home or away games or events. Appearance, expressions, and actions always influence people's opinions of athletes, the team, the school and the community.

Expectations In The Locker Room and On The Practice Field:

- No one except assigned coaches and players are allowed in the locker rooms without prior approval.
- No one is allowed in the locker rooms without a coach present, without prior approval.
- Cleats are to be removed and cleaned prior to entering or leaving locker rooms.
- Teams are responsible for maintaining the cleanliness of the locker rooms during their season.
- All players should be assigned a locker; all items should be placed in lockers and the lock secured. Anything left outside the lockers will be confiscated.

- Following the season, all lockers should be emptied and locks are to be returned to the athletic director, coach or office within 48 hours of the final contest or event. Failure to do so will result in contents of lockers being confiscated. If student athletes are playing in a sport the following season, the lockers are still to be emptied until that coach has issued a new lock.
- No athlete or team shall be on the practice field without proper supervision.
- No athlete or team shall be on a practice field, game field or gym during another team's practice or pre-game warm-ups.

General Expectations of FHS Students As A Member or Captain Of A Team:

- Athletes are responsible for academic performance and should plan their time so that they devote sufficient time to their academic work so as to not allow athletics to interfere with their studies. If an athlete sees that there may be an issue with this, they should schedule a time to speak to the coach to attempt to resolve any conflicts or help with solutions.
- Athletes should be sure that all injuries are given proper attention and the athlete should immediately report injuries to the coach.
- Athletes are expected to not allow employment to interfere with their responsibilities to their team or their schoolwork. Athletes should arrange their work schedule around practice and game schedules.
- Athletes are encouraged to get sufficient rest each night and ensure they maintain a healthy nutritional diet, both in and out of season.
- Athletes that miss the beginning of any season and attempt to participate for that team must attend a minimum of five practices prior to participation.
- Students must be in good standing in school to participate in interscholastic sports activities. Violation of any school or team rule may cause disciplinary action by the coach. Coaches have the authority to suspend any athlete from their team as part of a disciplinary response or limit an athlete's playing time, once approved by the athletic director.
- A student may be declared ineligible in any interscholastic activity in which he/she represents the school in a public appearance if the individual conducts him/herself in a manner that, in the opinion of school authorities, would reflect unfavorably upon the school or other students.
- All students are encouraged to participate in Franklin High School's athletic programs. However, in the event of too many athletes attempting to make a team some athletes may need to be cut from a team. Factors such as finances, facilities, and availability of qualified coaches may place limitation on the number of students who may be accommodated within each sport. Once teams have been set, no player may be cut without first talking to the Athletic Director and Principal. Coaches are given discretion to cut or place players on different teams within the program according to ability, desire, conditioning, and other specific coaches criteria. For example, seniors do not automatically qualify for varsity level or allow them more playing time, and freshmen are not limited to participation on a reserve or junior varsity program. Student/athletes have the right to request explanation as to reason for cut and/or tips for improvement.
- Bus behavior: All athletes are expected to travel to away games on the team bus. All students should conduct themselves with respect at all times on the bus. The driver and coaches are in control on the bus and their decision is final. Failure to act responsibly on the bus will result in suspension from additional away games.

● **Weight Room Procedures:** The Franklin High School weight room is an extension and an important component in the success of our athletic program. The weight room is available to individuals and teams throughout the school year, but it is to be used only under supervised conditions. Approved coaches, faculty or an adult volunteer member may supervise the weight room. The following are the FHS Weight Room rules:

1. Weights should never be left on bars. They should be stacked neatly on the floor or on the racks provided upon completion of particular exercise.
2. There must be authorized supervision present.
3. No food or drink is allowed in the weight room.
4. Noise should be kept to a minimum.
5. Profanity is not tolerated. Students that do not comply with this ruling will be required to leave.
6. Personal items should not be left in the room.
7. Athletes should warm-up and cool down with appropriate stretching.
8. **Safety is the main priority, thus no rough housing or fooling around is allowed.**
9. Exercises are to be performed correctly, if unsure, ask!

- **Captains:** Each sport may or may not have designated captains. Each coach will present a captain with the teams' expectation of that role. The position of captain is one where the individual accepts the role of a leader and of a role model both on and off the competitive area.

A Captain:

- Promotes positive sportsmanship
- Provides guidance to teammates on and off the field
- Shows a positive attitude at all times
- Respects teammates and coaches; Earns respect by leadership
- Leads by example on and off the field
- Goes above and beyond; gives 100% effort
- Is on time for practices and games and on time for school
- Follows team, athletic, and school rules

If a captain does not follow the team, athletic, and school rules once the role of captain has been accepted, whether this is during the off season or during the season, the position of captain will be removed for the remainder of the season and will not be returned. Any student athlete in a leadership role will face a greater consequence (level 2 or 3) for any serious code violations.

Forms: Please fill out the following forms electronically at www.FamilyID.com so your son/daughter may participate in athletics. For step by step instructions go to https://familyid.groovehq.com/knowledge_base/topics/sign-up-4. Thank you so much.

FHS Compliance Agreement

***** ALL the information on this form must remain confidential *****

FRANKLIN HIGH SCHOOL
PARENT/GUARDIAN & STUDENT SIGN OFF

Student Name _____ Grade: _____

I have received the portion of the 2016-17 Student/Parent/Guardian Handbook that is related to Athletics and I am responsible for compliance with its contents, including the FHS Athletic Code of Conduct. I will share the Athletic Rules and Guidelines with my parents/guardians.

Student Signature _____ **Date** _____

I have received the portion of the 2016-17 Student/Parent/Guardian Handbook that is related to Athletics and I am responsible for compliance with its contents, including the FHS Athletic Code of Conduct.

Parent/Guardian Signature _____ **Date** _____

CHECK LIST FOR STUDENT ELIGIBILITY

If you cannot check all of the items listed below, see your Athletic Director or Principal before participating in any athletic contest.

- _____ 1. I will not become 19 years of age until after September 1.
- _____ 2. A statement is on file certifying I have passed a pre-participation exam.
- _____ 3. I have not been enrolled in more than eight consecutive semesters of high school (grades 9-12).
- _____ 4. I have passed 4 units of work or 2 blocks during the previous school marking period.
- _____ 5. I have not changed schools without my parents/guardians making a corresponding move into the school district.
- _____ 6. I have abided by the Non-School Competition Rule.
- _____ 7. I have not received money from or other valuable considerations for participating in NHIAA sponsored sports.

Parental Permission to Monitor Student Eligibility:

_____ Coaches may monitor my child's academic progress.

_____ Coaches may not monitor my child's academic progress.

Parent/Guardian Signature

Date

FHS Insurance Authorization

2016-17

***** ALL the information on this form must remain confidential *****

FRANKLIN HIGH SCHOOL

Home of the Golden Tornadoes
115 Central Street, Franklin, NH 03235
(603) 934-5441 X 3112 Fax (603) 934-7445

Dear Parent/Guardian:

The Franklin School Board has arrived at the decision that by law the schools, or school associations, are not responsible for any injury to a student, which was incurred during practice or during a game in any sport.

School authorities have decided that the responsibility for the payment of fees to doctors, hospitals, dentists, etc. for any injury shall rest with the parents of the pupil injured.

The form below must be filled out by you and returned to the Athletic Director at Franklin High School **before** your son or daughter is allowed to participate in sports.

I give my permission for my son/daughter _____ to participate in the Franklin High School Athletic Program. He/She is covered for accidental injury under the _____ Insurance Company. I will not hold Franklin High School responsible for any expense from any injury received while my son/daughter was a participant in school athletics

Grade: _____ Sport: _____

Parents/Guardians Signature _____

Date _____

FHS Transportation Authorization
2016-17

***** ALL the information on this form must remain confidential *****
FRANKLIN HIGH SCHOOL

Dear Parents/Guardians:

Trips conducted by the school are an important part of our student's educational and athletic programs. We are glad that your son/daughter _____, grade _____, has the opportunity to take athletic trips. In order for your son/daughter to participate, it is necessary for you to give your permission by signing this sheet.

INSURANCE: It is the policy of the Franklin School Board that no student be allowed to ride in any vehicle having less than \$1,000,000 liability insurance when school sponsored trips are involved. Your signature indicates that you realize the school may not be held responsible for any accidents or injuries incurred. The Principal has the authority to waive the liability insurance requirement.

DESCRIPTION OF TRIP:

1. Destination: Athletic Away Trips
2. Group Sponsoring: Franklin High School Athletics
3. Teachers in Charge and Making Trip: Coach responsible for that sport
4. Means of travel will be by bus when available otherwise by automobile
5. Parent is responsible for the student if said student does not return with the group due to medical reasons or disciplinary actions

Parent/Guardian Signature _____

Date _____