

Dear Parent:

Welcome to Alvirne Bronco Athletics. Participating in Interscholastic athletics is a program that students must earn. No student is obligated to take part in any co-curricular activity and certainly not in interscholastic athletics. Participation is not required for graduation, nor must the student have athletic credits for college entrance. Those who participate must give extra effort and extra time.

Because interscholastic athletics are voluntary and because those participating represent their student bodies, it is mandatory that to qualify the standards must be the highest. This is particularly true of academic requirements, school citizenship and sportsmanship. The dignity of the school program is reflected through interscholastic athletics. Those who take part must conduct themselves in a manner, which is above question in and out of the playing arena.

Selection of candidates is necessary. It must not be based upon athletic performance alone but also upon attitude, conduct, cooperation and an earnest and sincere desire to represent the student body in a manner, which compliments the school and community. All student athletes have an obligation to themselves, to their school, to their teammates and student body. Those who take part have greater responsibilities as school citizens do than those who are not privileged to do so.

As a result, there are special standards for those who represent their school as members of interscholastic teams. This is as it should be. It is not too much to expect a student athlete to be a good school citizen. He or she has the privilege of participating in an well-organized program, which is of special interest to him or her and for which the school provides coaching, equipment and facilities. Only those students who strive for excellence and present themselves as good citizens of our school will have the privilege of wearing the Bronco uniform.

We at Alvirne High School feel that parents play an important role in our athletic program and therefore should be aware of our athletic code, which applies to all student athletes. Please read through the following summary of our Athletic Code and upon completion sign your acknowledgment of having read it.

Sincerely,

Bryan K. Lane  
Principal

### USE OF DRUGS (Including Alcohol and Steroids)

The use of illegal drugs, steroids, or drinking of alcoholic beverages is forbidden while being a member of an athletic team. Therefore, any athlete possessing, selling, using, or otherwise furnishing or having a restricted drug, steroid, alcoholic beverage or intoxicant during or before school or school related activity will be suspended from school in accordance with our drug abuse policy and from interscholastic competition for the remainder of the season.

### SMOKING (Including Smokeless Tobacco)

In the best interest of health and conditioning we encourage that student athletes refrain from smoking. Smoking by a student athlete at any school related function is prohibited.

### DISCIPLINE POLICY

#### 1. Benching of a Player by a Coach for Disciplinary Reasons

Benching of a player is interpreted as a player in uniform for a game but not allowed to participate in a game for disciplinary reasons. Prior to the game it is the coach's responsibility to inform the athlete of the benching and the reasons for it. It is the coach's prerogative to bench a player for a game. If a player is benched for more than one game then the coach is to notify the Athletic Director of the reason and the duration of the benching.

#### 2. Suspension of a Player (Player not dressed for one or more contest)

A one game suspension is the prerogative of the coach. However, all suspensions must be reported to the Athletic Director and parents by the coach with the reason and duration of the suspension. More than one game suspension requires approval of the Athletic Director and notification of parents by the coach of reason and length of suspension.

#### 3. Suspension of a Player for the Remainder of the Season

Coach recommends the suspension of a player for an indefinite period of time with a written report stating facts and reasons for recommending to the Athletic Director. Written notification of the indefinite suspension should be sent to the parent by the principal or his designee.

#### 4. Ejection from Contest

Any athlete ejected from a contest for fighting or unsportsmanlike conduct will be suspended from the next regularly scheduled contest. An athlete ejected twice will be suspended for the remainder of the season. Any athlete, who makes physical contact with an official before, during or after any contest, shall be expelled from the game immediately and banned from further participation in all sports for one calendar year (365 days) from the date of the offense. Each incident is subject to review by the Athletic Director and/or Principal.

#### 5. 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 competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an "out-of-school team." Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director on a case by case basis.

Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four consecutive interscholastic events or three weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

### PRE-SEASON REQUIREMENTS

Before any athlete is allowed to tryout, practice, and/or participate in any school year, the athlete must have:

- A. A written statement from a physician stating that he/she can compete in interscholastic activities. The medical statement must certify that the pupil has passed a pre-participation physical examination prior to the beginning of the pupil's high school career and prior to their junior year. Any pupil significantly ill or injured should be re-examined by a physician in order to be eligible. (NHIAA guidelines)
- B. A completed permission form signed by the student and his/her parent or guardian.
- C. School insurance or verification from parents that they have equivalent of school insurance.

PARENT OR LEGAL GUARDIAN PERMISSION

(Please Print)

Student Name \_\_\_\_\_ YOG 2010, 2011, 2012, 2013  
last first m (circle one)

Address \_\_\_\_\_ e-mail address \_\_\_\_\_

Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sport Trying Out For \_\_\_\_\_

Name of Parent/LegalGuardian \_\_\_\_\_

Emergency Telephone Number \_\_\_\_\_

Health Insurance Carrier \_\_\_\_\_ Policy No. \_\_\_\_\_

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

By signing this Permission Form, we acknowledge that we have read the above information. **Parents or students who do not wish to accept the risks described in this warning should not sign this permission form.**

I fully understand that the Hudson School District does not provide any accident or health insurance coverage for my girl/boy while participating in interscholastic athletics. I fully understand that it is my responsibility to provide insurance coverage for my daughter/son. Insurance may be obtained through Alvirne High School. For more information, please contact the office of the Athletic Director

*I fully understand that New Hampshire Interscholastic Athletic Association regulations and/or Hudson School District policy, state that a student shall be ineligible for interscholastic athletics unless there is on file in the school a medical statement certifying that the pupil has passed a pre-participation physical examination prior to the beginning of the pupil's high school athletic career and prior to the beginning of their junior year. Any pupil significantly ill or injured should be re-examined by a physician in order to be eligible. I fully understand that the Hudson School District does not provided medical examinations for athletes and that it is my responsibility to provide medical examinations for my daughter/son.*

"I hereby give my consent for the above named student,

1. to represent his/her school in approved athletic activities;
2. to accompany any school team of which she/he is a member on its local or out-of-town trips;
3. to receive, through a medical doctor of the school's choice, emergency medical care which may become reasonably necessary in the course of such athletic activities or travel.

I further agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the above named student in the proper course of such athletic activities or travel."

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Legal Guardian

"I have read the foregoing and will abide by the principles and regulations contained therein."

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Student

**NOTE: THIS FORM MUST BE COMPLETED IN ALL DETAILS AND RETURNED TO THE COACH OF THE SPORT THE STUDENT ATHLETE WILL BE PARTICIPATING IN BEFORE THE STUDENT ATHLETE WILL BE ALLOWED TO PRACTICE OR COMPETE IN ATHLETICS.**

#### TRANSPORTATION

Students, who are members of the athletic teams going to contests, practices, or games, will return on the bus. A coach may release a player to the parent, or, honor a note from a parent that gives the parent's permission for their son/daughter to travel with the designated parent. The coach should have direct communication with the designated parent.

#### SCHOLASTIC STANDING

No student who has failed to pass in four units of work during the previous Quarter shall represent the school in any interscholastic contest. A minimum course load of four units per Quarter is required for participation in interscholastic. This is a state requirement of all schools that belong to the NHIAA.

#### EQUIPMENT / UNIFORM RETURN

All school issued equipment and uniforms must be returned immediately at the conclusion of the student's season. Students must pay full replacement cost for equipment or uniforms not returned. Grades, transcripts, and diplomas will not be issued until all accounts are settled.

**The following is a list of school sports and the common types of injuries associated with each sport.**

- 1. Football/Lacrosse-Potential injuries-Strains, sprains, contusions, breaks, concussions, dehydration, more serious injuries, to death.**
- 2. Basketball-Potential injuries-Sprains, strains, contusions, abrasions, concussions, blisters, cramping, more serious injuries, to death.**
- 3. Baseball/Softball-Potential injuries-Sprains, strains, contusions, fractures, punctures, dislocations, more serious injuries, to death.**
- 4. Soccer/Field Hockey-Potential injuries-Strains, sprains, concussions, fractures, eye damage, more serious injuries, to death.**
- 5. Wrestling-Potential injuries-Strains, sprains, contusions, fractures, dislocations, more serious injuries, to death.**
- 6. Gymnastics/ Ice Hockey -Potential injuries-Sprains, strains, concussions, fractures, more serious injuries, to death.**
- 7. Track/Cross Country-Potential injuries-Sprains, strains, shin splints, contusions, fractures, back, knee and ankle problems, more serious injuries, to death.**
- 8. Swimming-Potential injuries-Contusions, abrasions, strains, hypothermia, cramping, more serious injuries, to death.**
- 9. Golf-Potential injuries-Strains, sprains, back injuries, more serious injuries, to death.**
- 10. Tennis-Potential injuries-Contusions, abrasions, strains, sprains, dehydration, eye injuries, elbow inflammation, heat exhaustion, more serious injuries, to death.**
- 11. Volleyball-Potential injuries-Sprains, strains, contusions, abrasions, fractures, more serious injuries, to death.**
- 12. Cheerleading-Potential injuries-Sprains, strains, concussions. fractures, more serious injuries, to death**