

# **Pittsburg - Canaan**

## **Athletic Handbook**



Approved by the Pittsburg School Board June 11, 2012

Approved by the Canaan School Board May 24, 2012

## Table of Contents

<b>NHIAA Code of Ethics .....</b>	<b>3</b>
<b>Student Athlete Code of Ethics .....</b>	<b>4</b>
<b>Athletic Policies for Cooperative Team</b>	
<b>Alcohol, Tobacco, and Drug Policy.....</b>	<b>5</b>
<b>Attendance .....</b>	<b>5</b>
<b>Detentions .....</b>	<b>6</b>
<b>Bus Rules .....</b>	<b>6</b>
<b>Eligibility .....</b>	<b>6-7</b>
<b>Hazing and Bullying .....</b>	<b>7</b>
<b>Insurance .....</b>	<b>7</b>
<b>Missing Practice or Game Events .....</b>	<b>8</b>
<b>Physicals .....</b>	<b>8</b>
<b>School Equipment .....</b>	<b>8</b>
<b>School Suspensions .....</b>	<b>8</b>
<b>Consent to Participate and Acknowledgement of Risks .....</b>	<b>9</b>
<b>Alternate Transportation Permission Form .....</b>	<b>10</b>
<b>Student Athlete Participation Contract.....</b>	<b>11</b>

## NHIAA CODE OF ETHICS

### *Definition of Sportsmanship.*

The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others.

An awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

In order to promote desirable behavior and enhance the overall quality of secondary school athletic programs for which the NHIAA has assumed responsibility, the following Code of Ethics is in effect:

### **It is the duty of all concerned with secondary school athletic programs to...**

1. Cultivate awareness that participation in high school athletics is part of the total educational experience.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
4. Recognize that the purpose of athletics in school programs is to develop and promote the physical, mental, moral, social and emotional well-being of individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of a participant.
6. Avoid practices which force students to specialize, or which restrict them from participation in a variety of athletics.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators in any aspect of school athletics.
8. Encourage the development of proper health habits and vigorously discourage the use of chemicals, including alcohol and tobacco.
9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.
10. Encourage everyone to judge the true success of the athletic program on the basis of the attitude of the participants and spectators rather than on the basis of a win or loss.
11. Treat opposing team members and officials respectfully and encourage behavior, which will create positive relationships between schools.

## STUDENT ATHLETE CODE OF ETHICS

### TRUSTWORTHINESS

- **Trustworthiness** - Be worthy of trust in all you do.
- **Integrity** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it's unpopular or personally costly.
- **Honesty** - Live and compete honorably, do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability** - Fulfill commitments; do what you say you will do; be on time to practices and games.
- **Loyalty** - Be loyal to your school and team; put the team above personal glory.

### RESPECT

- **Respect** - Treat all people with respect all the time.
- **Class** - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show sincere respect in pre-and post - game rituals.
- **Respectful Conduct** – Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of the sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** - Treat contest officials with respect; do not complain about or argue with officials' calls or decisions during or after an athletic event.

### RESPONSIBILITY

- **Importance of Education** - Be a student first and commit to earning your degree and get the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- **Role Modeling** - Remember, participation in sports is a privilege not a right and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-control** - - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game** - Protect the integrity of the game; do not gamble or associate with or deal with professional gamblers.
- **Sexual Conduct** - Sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

### FAIRNESS

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

### CARING

- **Concern for Others** - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- **Teammates** - Help promote the wellbeing of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### CITIZENSHIP

- **Play by the Rules** - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- **Spirit of Rules** - Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

## **ATHLETIC POLICIES FOR THE PITTSBURG-CANAAN ATHLETIC COOPERATIVE**

Any student who plays on a Pittsburg/Canaan athletic team represents first and foremost themselves but also both Pittsburg and Canaan Schools and their communities. Proper dress and behavior is expected on bus trips, at game and practice sites, and in any public place both during and after school hours.

### ***Alcohol, Tobacco, and Drug Policy*** (Refer to individual school's policy)

Alcohol, tobacco, and drug use by minors is illegal, dangerous to your health and can decrease your physical fitness. Pittsburg and Canaan Schools views the use of alcohol, tobacco, and drugs as a serious matter.

Athletes are not to drink alcoholic beverages. Any athlete observed drinking, under the influence of alcohol, in possession of alcohol, or found to be in the presence of other minors doing so during a sports season will be subject to penalties.

The use of tobacco by student athletes in any form, including smokeless, is prohibited. Any athlete observed to be using tobacco products, under the influence of tobacco products, in possession of tobacco products, or found to be in the presence of other minors doing so during a sports season will be subject to penalties.

The use of drugs by student athletes in any form, including prescription medication for non-medical reasons, is prohibited. Any athlete observed to be using narcotics, illegal drugs, or legal drugs without a valid prescription, under the influence of said items, in possession of said items, selling said items, or found to be in the presence of others doing so during a sports season will be subject to penalties.

In addition to legal penalties, Pittsburg-Canaan athletes face the following penalties for all alcohol, tobacco, or drug offenses:

1. A first offense will result in a three game suspension. The athlete may practice and attend games with the team during the suspension.
2. A second offense will result in the athlete being ruled ineligible for participation in any sport for 365 calendar days.

### ***Attendance***

School attendance is required for all athletes on days of games and practices and players must arrive on time to school the days following games. This includes being present the Friday before a Saturday event. Unless given permission by the principal, a student who is not in attendance on the day of a game or practice will not be eligible to participate. Students with a valid excuse for being absent on a game day or practice day should contact the principal or athletic director prior to that day.

## ***Detentions***

Student athletes are expected to attend any and all assigned detentions. Detentions that result in missed practice and/or game time may be punished with either extra running, (or other conditioning activity), and /or loss of playing time at the discretion of the coach. Repeat offenders will be subject to loss of playing time.

Any student athlete that skips an assigned detention to participate or attend a game or practice will be suspended from the next regularly scheduled athletic contest.

## ***Athletic Travel and Transportation***

Team members are required to travel to and from athletic events, including practices, via transportation provided by the athletic cooperative. Parents may request that their child return with them by speaking to the coach after the conclusion of the event and then signing them out. At the beginning of each season parents may provide to the principal a letter listing which other adults their son/daughter may be signed out by after athletic events. These letters will be forwarded to the athletic director who will generate a list for the coach. Any other travel or transportation requests must be addressed to the athletic director or principal prior to the day of the game. The athletic director or principal will then notify the coach of approval. All requests must be in writing. Under no circumstances will a student be allowed to ride with another student.

## ***Bus Rules***

The school bus is an extension of the school, and all school rules and regulations, which pertain to student conduct in the schools, are applicable to athlete conduct on a school bus. In addition:

No food or drink is to be consumed on the bus. The only exception to this is if when the trip is extended in length or when restaurants are unavailable for stopping. No food or drink is to be consumed while the bus is in motion.

No shoes with cleats should be worn on the bus at any time.

The coach is responsible for discipline on the bus. If there are two coaches on the bus, one will sit in the back of the bus and one will sit in the front. If there is one coach, he/she will sit in a seat which best allows them to monitor all student athletes.

The bus driver is ultimately responsible for safety of the bus riders. The driver is in complete charge of the bus and his/her decisions and requests must be followed.

## ***Eligibility***

Any student athlete who has met all of the requirements set by the Pittsburg and Canaan Schools administrations and the NHIAA is eligible to play any sport offered by the Pittsburg-Canaan athletic cooperative. Student athletes are required to maintain good grades and behavior. The academic policy states that a student must be in good academic and disciplinary standing as

determined by the principal. Repeated disciplinary referrals could result in removal or suspension from the team.

A student in grades 7-12 is eligible to participate in extra-curricular activities if he/she is passing all classes at the end of their school's marking period. No grade may be less than a 70%.

No pupil who has failed more than one (1) unit of work during the school's previous grading period shall represent the school in any interscholastic contest. A minimum of four (4) units of work per grading period is required for participation in interscholastic athletics. Recognizing that schools are increasingly moving away from the Carnegie Unit/seat time hours for instruction and grading, it is expected that the school principal will follow the intent of the NHIAA Scholastic Standing By-Law when certifying academic eligibility for student athletes.

Student's eligibility or ineligibility to play will be determined on the date of distribution of report cards.

Incompletes: Incompletes are not to be considered passing grades for purposes of eligibility.

Special Education Students: Students receiving service under I.D.E.A., 89:313, R.S.A. 186: C and related State Board of Education regulations, to include students receiving service pursuant to Section 504 of the Federal Rehabilitation Act of 1973, may be declared academically eligible by their principal provided that all other eligibility requirements are met.

Below grade nine students who have been granted a below grade nine waiver will be expected to maintain the same academic standards set for high school students.

The principal has final determination as to eligibility under these rules.

### ***Hazing and Bullying*** (Refer to individual school's policies)

Refer to individual school policies attached as appendix.

Once the athlete is determined by the administration to be bullying the following consequences will be followed:

1. A first offense will result in a one game suspension.
2. A repeat offense will result in dismissal from the team.

### ***Insurance***

Pittsburg and Canaan require all student athletes to be covered by health insurance or student accident insurance.

## ***Missing practice or game events***

Missing practice or a game for appointments or work is not excused. Absences are only excused for the following conditions:

- An obligation to your immediate family, *with prior notice to the coach*. This would include family vacations or holidays.
- A scheduled medical appointment or immediate debilitating illness. Medical appointments with a note from the doctor will be excused. In the case of an immediate, debilitating illness, effort should be made to notify the coach prior to the scheduled practice or game.
- Participation in a school related activity, e.g. field trip.

Skipping or missing practices will not be tolerated and may be dealt with through extra running, (or other conditioning activity), and/or loss of playing time. More than two unexcused practices during the season may result in dismissal from the team.

A player who misses any amount of practice time, even if it is excused, is not guaranteed or entitled to playing time upon his/her return to the team. Players missing practice hurt the entire team. Please make decisions that include everyone's best interest. You are part of a team.

## ***Physicals***

Pittsburg-Canaan requires all student-athletes to have a sports physical, or its equivalent, in grades 3, 5, 8, and 10. In addition, if there is a significant injury or illness athletes may be required to undergo an additional physical before being cleared to play. Further medical check-ups may be requested at the discretion of the school nurse. Updated sports physical information must be on file with the school nurse prior to athletic participation.

## ***School Equipment***

Uniforms and equipment will be issued to athletes who participate on a team. Each athlete is financially accountable for all equipment and uniforms not turned in at the end of the season. Upon the conclusion of the season athletes will be given no more than five school days to turn in all uniforms and equipment. If the uniform and equipment is not turned in, the athlete will be charged the current replacement cost. If payment is not received within 30 days of issuance of invoice, the athlete will be suspended from further participation in any sport offered. Reinstatement may only occur after the athlete and parents/guardian has met with the principal and athletic director and all financial obligations are met.

## ***School Suspensions***

Pittsburg and Canaan athletes are expected to know and adhere to all school rules. If an athlete breaks a school rule that results in school suspension, there will be additional consequences.

Any player suspended from school will also face a team suspension unless there are mitigating circumstances. Team suspensions will range from one to three games. Athletes will not be present at any practice or game while suspended from school. This includes in school suspensions.



**Pittsburg-Canaan Athletic Cooperative  
Consent to Participation and Acknowledgement of Risks**

I/We consent to the full participation of my/our child, \_\_\_\_\_ in interscholastic sports. I acknowledge awareness that participation in the sport involves a risk of injury that occurs in some instances as the result of unavoidable accidents. **All participants must be covered by insurance. School insurance is available when family insurance is not available.**

He/She is covered by Family Insurance with \_\_\_\_\_

Policy Number \_\_\_\_\_

I will contact my school to purchase the school insurance

**Medical Services Authorization**

In case of a medical emergency, I understand every effort will be made to contact parents or guardian of a student. In the event I cannot be reached, I hereby give permission to a physician to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for

\_\_\_\_\_.

Home Phone: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

Allergies: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_

Please check all sports that your child will play during the **2016-2017** academic year.

Cross Country       Soccer       Basketball       Softball       Baseball

Scorekeeper/Manager

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**(Please sign for each season that applies to your child.)**

<b>AD Only</b>	<b>School Ins. Processed</b> _____	<b>Date</b> _____
----------------	------------------------------------	-------------------



**Pittsburg-Canaan Athletic Cooperative  
Alternate Transportation Permission Form**

This document is a request for permission for the student listed below to return from away athletic contests with his/her parents or one of the adults listed below. The adult providing the transportation assumes the responsibility for the athlete upon departure from the event site. Since the athletic event is a school sponsored activity, the Athletic Director and Principal must grant permission prior to the event.

Name of Athlete \_\_\_\_\_ Grade \_\_\_\_\_

**Sport (Check appropriate box or boxes)**

Cross Country     Soccer     Basketball     Softball     Baseball     Scorekeeper/Manager

Team members are required to travel to and from athletic events, including practices, via transportation provided by the athletic cooperative. Parents may request that their child return with them by speaking to the coach after the conclusion of the event and then signing them out. At the beginning of each season parents may provide listing of other adults their son/daughter may be transported by after athletic events. A parent may request their son/daughter to ride home with another adult through a note given to the coach prior to departure from school to an athletic event. (No student athlete may ride with another student.) These requests are only for post-game transportation, as team spirit and cohesiveness is enhanced by traveling to the games as a team on the school provided transportation.

My child may be transported by any of the following adults after any athletic event:  
(Please print the names and list no more than four)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Parent's Name: (Please Print) \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Director's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**or**

Principal's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***(A copy of the signed and approved form must be given to the team coach)***



## **Pittsburg-Canaan Athletic Cooperative Student-Athlete Participation Contract**

This application to compete in interscholastic athletics for the Pittsburg-Canaan athletic cooperative is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the New Hampshire Interscholastic Athletic Association. I understand that I will be held responsible for athletic equipment assigned to me, and I will adhere to all rules and regulations set forth in the Athletic Handbook including, but not limited to, the following:

1. A student athlete found in the possession of drugs, alcohol, or tobacco will be suspended for three games for the first offense. The athlete may practice and attend games with the team during the suspension. A second offense will result in the athlete receiving a 365 calendar day suspension.
2. Student athletes are required to travel to and from all athletic events via transportation provided by the cooperative. The Principal or Athletic Director will make exceptions to this rule on a case-by-case basis as approved. Under no circumstances will an athlete ride with another student.
3. As representatives of the school, student athletes will follow the highest standards of personal behavior (this includes dress). Disrespect, harassment, insubordination, etc. will not be tolerated and could result in a student being suspended from the team.

Name of Student (print) \_\_\_\_\_

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

### **PARENT/GUARDIAN PERMISSION**

I hereby give consent for the above named student to represent the Pittsburg-Canaan cooperative athletic program in the school activities/sports named above and to accompany any school team of which he/she is a member on any of its local or out of town trips. I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become necessary for the student in the course of participating in such activities/sports. I also agree not to hold the school or anyone acting on its behalf responsible for any injury sustained by the above named student while participating in such school activities/sports.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date