

Wilton-Lyndeborough Cooperative  
Middle/High School

**2025-2026**

**ATHLETIC HANDBOOK**  
**Students and Parents**



Updated: 06/2025

## Introduction

The material presented in this handbook has been compiled to acquaint our student-athletes and family with some of the practices, policies, and regulations that govern the athletic program at Wilton-Lyndeborough Cooperative Middle High School (WLC). By registering to participate in athletics at WLC, you are agreeing to the contents of this handbook. Please keep this handbook and refer to it if questions and/or concerns about your son or daughter's athletic experience should arise. If your questions or concerns are not answered within this booklet, please feel free to contact us:

It is our pleasure to welcome all students, parents, and guardians at WLC interested in participating in our athletic program. The faculty, staff, and administrators are dedicated to the mission of WLC.

*Our Mission: WLC strives to be a positive learning community that ensures each student has the opportunity to develop to their potential. WLC believes all children learn at different individual rates and times and under different teaching and learning situations. We bring the family, school and community together to be accountable for the cognitive, affective, and physical growth of our students. We work together to help them become creative, future-oriented problem solvers who will take responsibility for their education, live and learn in harmony, and be involved in their school and their community.*

This mission statement is our purpose. We have all come together: students, faculty, staff, administrators, and coaches to learn. Providing a learning environment that increases student achievement and develops confident learners can only be achieved by working together. We must utilize all tools available to reach our goals. Developing a strong partnership between parents, students, faculty, administrators, and the community is critical. What can we do to make this mission possible for all of us?

The WLC Athletic program strives to be a program which excels in academics, sportsmanship, and athletics while building pride within the school and the community.

Middle and high school sports are an extension of the classroom learning experience. As such, athletics provide an opportunity to extend the values, ideals, theory and knowledge developed in the classroom, and constantly strive towards the development of a well-rounded individual.

As a member of the WLC Athletic Program, students are expected to demonstrate proper respect for all coaches, teammates, officials, spectators, facilities, and equipment. Student-athletes are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of themselves, their team, school, and community.

**Non-Discrimination Statement:**

WLC will not discriminate on the basis of race, sex, age, religion, sexual orientation, national origin, and/or handicaps. Any person who feels their rights or those of their minor child has been violated may request from the school administration a copy of the procedure to follow and resolve the complaint. The WLCSD has policies that outline an individual's rights.

<b>WLC Core Values</b>
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**Achievement:** Student-athlete's accomplishment of goals and/or accomplishments. Examples include: individual best performances (academic and athletic) and team successes such as sportsmanship.

**Collaboration:** Student-athletes, coaches, and team members working together effectively towards a common goal. This involves sharing responsibilities, communicating openly, supporting each other's efforts, and combining individual strengths to enhance the overall team performance.

**Responsibility:** The obligation to act with integrity, adhere to rules and guidelines, fulfill their roles and commitments, and maintain a balance between athletic, academic and personal lives.

**Diversity:** the inclusion of individuals from various backgrounds and cultural perspectives. Fostering an environment where diverse experiences and viewpoints are valued, promoting mutual respect.

**Integrity:** Adhering to ethical principles and honesty. Involves consistently demonstrating fairness, respect, and sportsmanship on and off the field/court, and making choices that uphold the values and reputation of the sport and WLC.

**Sports Offered:**

Tryouts for teams are open to all students provided they meet the standards of academic eligibility, school citizenship, completed permission, and liability information and basic physical/health qualifications including Impact testing (High School only). Participation in the athletic program, therefore, is a privilege earned by students who meet and maintain these standards.

**Middle School:**

FALL: Soccer

WINTER: Basketball

SPRING: Baseball, Softball

**High School:**

FALL: Cross Country, Soccer, Golf

WINTER: Basketball, Indoor Track, Unified Basketball\*

SPRING: Baseball, Track, Softball, Unified Volleyball\*

\*Unified Sports provide high schoolers an opportunity for students with and without intellectual disabilities to compete on the same team.

### **Governing Body**

WLC is a member of the New Hampshire Interscholastic Athletic Association (NHIAA) and therefore governed by association rules and regulations. The NHIAA is a member of the National Federation of State High School Associations and is bound by its set of rules, policies and regulations. Rules governing individual sports vary depending on the sport. Copies of the complete set of NHIAA Rules and Regulations are available online at [www.nhiaa.org](http://www.nhiaa.org).

Additional policies, regulations and rules are set by the WLCSD Board of Education and our WLC Administrators. Note: Local communities may set their own policy, rules, and/or regulations as long as they are more stringent than stipulated by the NHIAA.

### **Registration Process/Eligibility**

Students wishing to represent WLC by playing interscholastic athletics must complete the following in order to be eligible. A student MAY NOT participate until all items are completed and verified.

- Online registration through Final Forms for each season of participation. During this registration process, the parent/guardian will:
  - Give permission for participation and provide emergency and medical information,
  - Accept policies, procedures, and expectations as outlined in the handbook.

Opportunities will be provided for families to use a school computer if other internet access is not available.

- Proof of a medical examination clearing student for athletic participation. This is required once a year. It is required to participate at any level, including try-outs.
- Academic Eligibility – Please see the “Guide to Athletic Academic Eligibility and Waiver Process” To be eligible for school athletics a student must be enrolled in a minimum of four courses and have earned a passing grade in all of the courses they are enrolled in. Non passing grades include an incomplete. Each student-athlete must meet the academic standards at each grading period to participate in interscholastic athletics. All students are deemed academically eligible for the fall season of their freshman year.

The official date for eligibility is the date progress/report cards are issued. Students who do not meet these academic requirements may be placed on academic probation.

- Concussion ImPACT Testing: Grades 6, 7, 8, 9 and 11 students participating in middle and/or high school athletics who wish to participate in a sport will need to take the computerized ImPACT test. This test will provide baseline data which will aid in the return to participation in the event of a head injury. High school sports which do not require ImPACT testing: in unified sports.

## **ELIGIBILITY**

In order to participate in interscholastic athletics or a co-curricular activity they must fulfill all the regulations and requirements set forth by the NHIAA, and the WLC School Board. The requirements are as follows:

A High School/Middle School Student must take four (4) period courses or be enrolled full-time in order to be eligible to participate in the sport or the co-curricular activity.

### **Eligibility Requirements for Co-Curricular Activities for Grades 6-12**

1. Students must have received passing grades in ALL units of work during each report card and/or grade snapshots. Middle School Students must have passing grades at the end of the previous grading period (quarter).
2. If at any point throughout the athletic season, a student is failing three or more classes, they will be deemed ineligible to continue the athletic season.

## **EVERY REPORT CARD MATTERS**

Academic best at ALL times

<b>Season</b>	<b>Initial eligibility to begin the season is based on:</b>	<b>Eligibility to complete the season is based on:</b>
Fall (begins in August)	S2 (June of previous year) Report Card	S1 Progress Report, Snapshot
Winter (begins in Nov/Dec)	S1 Progress Report	S1 Report Card
Spring (begins in March)	S1 Report Card	S2 Progress Report, Snapshot

For Fall participants, Middle School/High School eligibility is determined by grades received in the previous grading period. Successfully completed summer school grades and/or credit recovery cannot be used to regain eligibility.

### **Guidelines of Academic Probation**

1. Any student who fails 1 or 2 units of work during the previous marking period is required to complete a Sports Participation Waiver Form. If the waiver is successful the student will be placed on Academic Probation for a 10 school day period and required to sign an Academic Probation Contract. (Appendix A-flow chart )
  - a. The student will be eligible to participate in any activity representing the school during this 10 school day period. At the end of this time the student is required to have passing grades in all units of work. It is the students responsibility to complete the biweekly Acceptable Grades Form and hand it to the Athletic Director at the end of the 10th day (Appendix B).
  - b. At the end of the Probation Period when a student is unable to maintain passing grades the student will be deemed ineligible to participate for the remainder of that activity/sports season.

- c. When a student is successful in maintaining passing grades, the student will be monitored every 10 school days for the remainder of the activity to determine continued eligibility. For monitoring, it is the students responsibility to hand in the Acceptable Grades Form at the end of each 10-day period.
  - d. Students failing more than 2 units of work will not qualify for probation and therefore be ineligible for participation.
2. Academic Probation will be limited to once per school year.
  3. Grades will be monitored by the Athletic Director and the School Counseling Office.

### **NHIAA Policies for High School Athletics**

If the following information does not answer specific questions, or if there is a concern, please refer to the NHIAA Handbook (which can be viewed at [www.nhiaa.org](http://www.nhiaa.org)) or contact Miss Brewster, the Athletic Director.

#### **Age (NHIAA By-Law Article II Section 1)**

A student must be less than 19 years of age prior to September 1 of the current school year.

#### **Eight Semester Rule (NHIAA By-Law Article II Section 3)**

A student shall be eligible for interscholastic high school competition for no more than eight consecutive semesters beyond the eighth grade. This rule applies regardless of participation in athletics during that time.

#### **Transfer Students (NHIAA By-Law Article II Section 4)**

The rules governing transfer students entering the WLC School District from another school are governed by the NHIAA. Students who transfer into WLC must be declared eligible prior to participating in a contest. Information regarding the athletic eligibility of all students transferring to WLC should be requested from the Athletic Department Office.

#### **Non-School Competition (NHIAA By-Law Article II Section 7)**

Members of a school team are prohibited from missing any portion of a high school practice or competition to practice or compete with an out-of-school team. This includes non-school tournaments, showcases, combines, or other athletic events. 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. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

- Penalties: Any student-athlete who violates this rule, unless a waiver has been granted, for the first time shall be declared ineligible for the next four (4)

consecutive interscholastic events or three (3) weeks of a season in which the student-athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student-athlete who violates this rule a second or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

### **COMMUNICATION**

The following process is in place for student athletes and their parents to follow to resolve conflicts and/or issues between coaches and athletes.

Step 1: Individual Student → Coach Contact: The student involved is to speak to the coach about the problem as soon as possible.

Step 2: Parent/Student → Coach Contact: The parent/student should set a time to meet individually with the coach. Meetings will not be scheduled 24 hours immediately following a contest or during an active practice session, or during a time when other coaches, parents or athletes are present.

Step 3: Parent/Student Athlete → Athletic Director contact: If satisfactory resolution is not reached through direct contact with the coach, the parent/student athlete should contact the Athletic Director. If the meeting with the parent/student athlete and Athletic Director does not result in a satisfactory conclusion, the Athletic Director will schedule a meeting involving all concerned parties in an attempt to reach a satisfactory resolution. Any comments, concerns or issues brought to the attention of the Athletic Director will be addressed. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perspectives and experiences can lead to more productive relationships and clearer understanding in the future.

Step 4: Parent/Student Athlete→Administrator/AD/Coach contact: If after Step 3, satisfactory resolution has not been reached; the parent and student athlete should contact the building principal to schedule a meeting with all concerned parties.

Step 5: Parent/Student Athlete→Superintendent: If there is no resolution at Step 4, the parent/student athlete should contact the superintendent to schedule a meeting with all concerned parties.

### **AREAS OF COMMON AGREEMENT**

Parenting and coaching are both challenging endeavors. Clearly, coaches and parents have at least one strong, common bond. They share concern for the well-being of each student-athlete. By establishing mutual understanding, parents and coaches are better able to accept the actions of the other in order to provide a greater benefit to each student-athlete. Part of the process of becoming a young adult is learning to handle one's

own difficult situations. If a conflict or misunderstanding between an athlete and coach occurs, learning to resolve it is an important educational experience for the student-athlete.

Of course, a parent always retains the right to intervene on behalf of their student-athlete. Therefore, we have established ground rules to help make parental intervention less contentious and more productive.

Whenever a question, concern or complaint arises regarding an athletic situation, we have found the following line of communication very effective in resolving issues.

### **Tryouts**

Participation in interscholastic athletics is a privilege; students try out voluntarily and, for some of our teams, risk being cut. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate to the coach that he/she can meet those expectations for the duration of the season. Students cut from one team may find opportunity with a non-cut sport providing there is space on that team.

### **Middle School Athletes playing at the high school level**

The criteria used by the NHIAA for granting a waiver to a Middle School student who wishes to play on a JV or Varsity team are as follows:

1. The student athlete must be necessary for the school to field a team in that sport.
2. If necessary, students from middle school may "play up" only from the 8th grade. If still unable to field a team, 7th graders may be asked to "play up" on varsity with the approval of the athletic director.
3. The middle school student athlete cannot take the place of an athlete in grades 9 thru 12. This means that should any varsity cuts be necessary, middle school athletes will play at the middle school level.
4. The student athlete must meet all NHIAA eligibility requirements.
5. The student athlete must be in the same school district and the athletic program must be under the direction of a Principal for grades 6 thru 12.

### **Daily Team Attendance**

It is expected that once a season begins (first day of practice or tryouts), a student will be in attendance at every tryout, practice, competition, and team event. This includes, but is not limited to, the two or three weeks of the fall season before school starts in August as well as school holidays and vacations. Attendance is also expected on weekend competitions when there is a need to reschedule or the NHIAA/Tri County requires this outcome. If this level of commitment is not possible, a student may not be considered for the team, and/or the coach may remove the student from the roster. If a student is not going to be present at a practice or game, he/she must notify the coach. Students may be excused from team activities for illness, injury, academics, family or religious reasons with prior notification and approval whenever possible. Our coaches expect athletes to be present at all



team-related activities and may suspend a student-athlete from contests for absences.

It is expected that all athletes attend the preseason meeting and the end of season Awards' Night.

High school athletics is a 5 to 6 day a week commitment. It is to be expected that practices and events will take place on weekends and over school holidays and vacations.

### **School/Family Vacations, Extended Absences**

Every student-athlete is expected to be present for all team practices and contests. Because of scheduling demands set by the NHIAA and Division IV schools, many of our high school teams practice and/or play during scheduled school vacations.

Student-athletes who take school sponsored trips during the scheduled season should not be penalized. However, it must be understood that time away from practice and games will impact one's ability to immediately return to competition. Student-athletes will be evaluated upon their return, if participation in a game or practice may be considered a health or safety concern, the coach will not allow the student to compete. Our athletic program will not put the student-athlete at risk for injury and/or be a detriment to the team.

If the student-athlete misses any planned/scheduled team event (ie. practice, games or tournaments) the student-athlete will be subject to the consequences (up to and including game suspension) dictated by the coach. Consequences implemented must be consistent amongst all players. Additional consequences may be imposed for missed practices at the coach's discretion. Any issues or problems arising from this policy should be addressed to the Athletic Director.

### **Playing Time**

There are many benefits to be gained by participating in our athletics program. Student-athletes learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within a set of rules, physical well-being, and striving towards excellence. Although there are many measures of success in the minds of each participant, perhaps the most emotional is "playing time" during contests. If a student has questions as to his/her "playing time" he/she is encouraged to discuss it with the coach. In the WLC Athletic Department, being a member of a team does not guarantee an equitable amount of "playing time." However, there are guidelines for this important topic from your coach.

### **The 24 hour rule**

Parents should not contact the coach or athletic director 24 hours after the end of a game or meet, especially regarding topics such as playing time, team scenarios, etc. However,

players are allowed to discuss such matters with coaches within the 24 hours.

### **BEHAVIOR AND DRESS CODE**

Athletes are expected to behave in an exemplary manner at all times whether at home games or away games. The use of profanity and obscenities are strictly forbidden. A display of unsportsmanlike conduct toward an opponent, official, teammate, spectator, etc. or a violation of an NHIAA sportsmanship rule while playing or spectating, will result in the athlete being disciplined by the coach or the Athletic Director. Students will be expected to dress in a professional manner for both home and away games.

### **GAME DAY DRESS CODE**

We believe that an environment in which all student-athletes display the highest level of respect will foster an educational environment that is consistent with learning. In addition to the school dress code, student-athletes are expected to uphold the following standard for game days.

- Student-Athletes are required to dress in proper attire on AWAY game days so as to promote a positive, respectful, safe, and healthy environment within the school.
- Proper attire must be worn while traveling to and upon entering the opposing school. Student-Athletes may dress in our school colors, or team shirts on days of HOME games.

### **DRESS CODE PROPER DRESS OPTIONS (Home)**

- 1) Business Professional- Shirt, tie, slacks or blouse, slacks or skirt.
- 2) Team Polo and Slacks
- 3) Team Spirit (team shirts or school colors) but must be neatly worn. (varsity jackets)

### **Examples of Proper Dress for Male Student-Athletes (AWAY)**

Collared shirt (MUST BE TUCKED INTO SLACKS) and Slacks - not jeans. A sweater or sport jacket (team attire) may be worn over the shirt. This attire must be maintained for the complete school day.

### **Examples Proper Dress for Female Student-Athletes (AWAY)**

Slacks or skirt with blouse or sweater, dress, this attire must be maintained for the complete school day.

### **Enforcement**

Any student-athlete not in compliance with the Dress Code will be reported to the Athletic Director.

### **High School Varsity Letters**

Student-athletes must complete an entire season to be recognized with a varsity letter or participation pin. The school identifies the criteria for what constitutes someone earning a letter.

- Student athlete must be present for 85% of practices and competitions

- For example, if a team has 15 games, students are expected to be present at least 13 games.

### **Team Managers**

There are opportunities for students to become an athletic team manager. It is important for team managers to understand that they too represent the WLC Department and are held to the same expectations as those participating in uniform. Team managers must register and agree to the contents of the Student-Athlete Parent Handbook and meet all athletic eligibility requirements. Managers are expected to follow all team rules and perform the duties as expected by the coaching staff.

### **Dual Sport Athletes (2 sports in the same season)**

On rare occasions students may wish to participate in two sports during the same season (for example: track and softball). Students may do so with the approval of both head coaches and the Athletic Director. There is an application that must be completed prior to the season and select a primary sport in the event of conflicts (Appendix D ).

Dual sport participation only counts as one season toward the 12-season athlete recognition.

### **Unified Partners**

The Unified Sports programs provide an opportunity for students with and without intellectual challenges to participate on an athletic team together. The student with intellectual challenges is considered a unified “athlete”. The student without such challenges is considered the unified “partner”. The popularity of unified sports has grown tremendously and for those reasons the following have been implemented:

- The number of unified partners on a team in any season may be limited.
- In the event that the number of partners participating needs to be limited, students with a positive student history and/or unified participation will be given first consideration.
- An application process may be required for unified partners.
- Unified partner participation will only count toward the 12-season athlete recognition when there is significant history over the student’s high school career.
- A student who is a unified partner for the first time in his/her senior year will not receive credit toward the 12-season athlete award. (Extenuating circumstances such as season and/or career ending injuries or illnesses may be appealed to the Athletic Director.)

### **Disqualification/Ejection from an Event**

First and foremost this information is in addition to our student handbook. Any player who is disqualified before, during or after any sanctioned event shall not participate in any scheduled interscholastic athletic events until sitting out the next two scheduled events at

the level at which the suspension occurred. This includes NHIAA tournament contests, invitational events, or regular season contests. The NHIAA imposes a one game suspension, WLC may impose a second.

Any player involved in a fight shall receive a two game suspension (NHIAA regulation) for the first offense in addition to a suspension from school - playing a sport is an extension from the classroom with the student handbook being enforced first with athletic consequences added on. When a student-athlete is suspended, including in-school suspension, this will also count toward the game suspension.

A second disqualification will lead to a disqualification in that sport for the balance of the sports season.

An ejection or disqualification from an event is a subjective decision by the officials and cannot be protested or appealed. The above suspensions are in place regardless of the reason for the ejection/disqualification.

### **School Athletic Equipment**

Students have an obligation and responsibility for all equipment and uniforms issued to them. Proper care, retention, and return of all equipment and uniform parts is a requirement. Students failing to turn in all issued equipment, uniforms, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment or uniforms. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment or uniform is found and/or returned after payment, a refund will be made. The wearing of team uniforms to school on the day of games MUST be pre-approved by the Athletic Director. Any and all equipment worn by the athlete not purchased by the district will be of school colors only(batting helmets, etc.-maroon, white or black only)

Students will not be issued an athletic uniform if there are any fees owed to the school. Once the fees are paid, the student will receive his/her uniform. If the balance of the uniform fee remains outstanding, students will also be prevented from participating in future athletic teams, will be prevented from senior privileges, and walking at graduation.

Students are to wear the school issued uniform at all interscholastic events.

### **Team Captains**

Team captains are leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to not only be aware of team rules and student responsibilities but also to help their teammates abide by them. Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director during the

school year to discuss the athletic program. Captains of teams may be relieved of their position for violation of team, department, school, or state rules.

The coach determines how team captains are selected, if at all. Captains may be elected by the team or appointed by the coach. Captains may also be elected or appointed on a game-by-game basis. There is no requirement that teams must have captains nor that captains must be seniors.

### **Transportation To and From Contests**

The school provides bus transportation, or a suitable substitute, to and from most “away” contests. All team members are expected to travel to these contests using the school provided transportation in order to compete in the event. Exceptions are made to this rule in only the most extreme cases. A student-athlete who does not ride the bus with the team without prior approval will not participate in the event.

Parents wishing to transport their child home from an away event must notify the Athletic Director before the end of school (2:30pm) that school day. For a Saturday or Sunday event, notification must be given by 2:00pm on Friday. Please understand that coaches are permitted to require all team members to be on the bus on the way home.

### **Sportsmanship for Student-Athletes**

WLC student-athletes must honor the responsibility that accompanies the privilege of representing their school by behaving with dignity and class on and off the field or court. Student-athletes participating in NHIAA sponsored events are expected to treat opponents and officials with respect. There will be no tolerance for trash-talking, taunting, heckling, or baiting of opponents (violations of this will result in a report to the athletic director). WLC student-athletes must appreciate and understand that they are perhaps the most visible representatives of our school.

**If any student in any sport willfully, flagrantly, or maliciously attempts to injure an opponent, he/she may be withheld from participation in athletics in the future.**

The NHIAA suspends any student from participation in a sport if ejected from athletic contests for unsportsmanlike behavior or what may be considered dangerous play. WLC will impose additional penalties as well. WLC administrators also reserve the right to impose the same penalties on spectators displaying poor sportsmanship at any contests, both home and away.

### **School Disciplinary Actions**

Student-athletes are expected to fulfill the code of conduct as written in the WLC Student Handbook. A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students

cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The Athletic Department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement. It is expected that our athletes be model citizens both in and out of school; they should set an example for all students.

Any student suspended from school, in or out of school, will also be suspended from participating in and/or attending any school extracurricular activities or functions. At minimum, the length of the extracurricular suspension is equal to the number of days of the school suspension. The suspension from extracurricular activities begins on the date of notice of suspension and concludes no earlier than the first day the student returns to his/her regular class schedule.

### **Injuries**

The Athletic Director or coach in consultation with the school nurse reserves the right to withhold any student from participating in any school sponsored practices and/or contests, if it is determined that student is not in full health.

### **Return to Play from Injury**

All student-athletes who suffer an injury or who feel discomfort must inform the coach with an Accident Report to be filed with the school nurse. Any time a student-athlete (middle school or high school) visits the emergency room or a doctor due to potential injury, that student must provide documentation from the doctor they visited, or their primary care physician stating they are safe to return to active status.

### **Treatment for Head Injuries**

WLC officials are keenly aware of the nature and concern regarding the topic of head injuries. Significant progress has been made the last several years to ensure that students do not return to participate in athletic endeavors prior to reaching a full recovery. In recent history research has shown that participating in athletics while suffering from a concussion can result in lifelong injuries and complicated health issues. Students participating in high risk head injury sports will be required to take an online ImPACT Baseline Test prior to the start of their season in both their Freshman and Junior years. The Athletic Director, or the director's designee will administer the test.

If a student-athlete is suspected of suffering any head trauma, he/she will be evaluated by a doctor. The doctor will determine if the trauma suffered requires the student to take a "Post Injury" ImPACT Test. The first "Post Injury" Test should be taken within three days of suffered trauma. Upon completion of the "Post Injury" Test, being symptom free and clearance from a doctor, the student can take the next step to return to play. The term symptom free is defined in this context as a student who does not experience any of the symptoms associated with a concussion, including: headaches, dizziness, nausea, exhaustion, sensitivity to light, difficulty with concentration, etc.

- If determined that a student-athlete can move to the second step in return to play, they will take a second “Post Injury” test, this time after 30 minutes of physical exertion. Students will be asked to ride a stationary bike, or go on a treadmill. After the second “Post Injury” Test, it may be deemed that the student is healthy and may return to participation. This step may also require a note from the student’s primary care physician, if requested.
- If it is determined that the student continues to suffer concussive symptoms, they will be scheduled to take his/her second “Post Injury” test when symptom free, and typically 7-10 days after injury. Once again the student will be evaluated, and may return to participate once deemed he/she in full health.
- Students experiencing symptoms through the 7-10 day period will not be allowed to return to participate because the student’s health is the priority.

### **Concussion Information**

What is a concussion?

A concussion is a type of brain injury resulting from an impact to the body causing the brain to strike the inside of the skull. A direct hit to the head is not required for a concussion to occur. Students suffering from concussions may experience symptoms for a few days, weeks, or in severe cases even months. Because the brain is very complex, every brain injury is different. Some symptoms may appear right away, while others may not show up for days or weeks after the concussion. Sometimes the injury makes it hard for people to recognize or admit that they are having problems.

The signs of concussion are subtle. Early on, problems may be missed. People may look fine even though they are acting or feeling differently.

### **Concussion Symptoms**

A concussion can affect a student in a variety of different ways: physically, cognitively, emotionally, and with sleep. Each student’s symptoms are different in both occurrence and severity. Symptoms for a student should only be compared to how he/she felt, acted, slept, and performed prior to the concussion. One student’s symptoms and recovery should never be compared to another student’s.

<b>Physical</b>	<b>Cognitive</b>	<b>Emotion</b>	<b>Sleep</b>
Headache Dizziness Balance difficulties Nausea/vomiting Fatigue Sensitivity to light	Slow processing Mental fog Trouble focusing Memory problems Concentration problems Feeling confused	Irritability Sadness Nervousness Embarrassment Anger More or less	Trouble falling asleep Trouble waking Sleeping more than usual Sleeping less than usual Drowsy Altered sleep schedule

Sensitivity to sound Change in vision Feeling sluggish Speech problems	Shortened attention span Difficulty planning Difficulty organizing Slower reading Difficulty with comprehension Easily distracted	emotional than normal Anxiety Paranoia	
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Who can diagnose a concussion?

Only a licensed health care professional who has experience managing concussions, can officially diagnose a student with a concussion.

### Recovery

How fast people recover from a concussion varies from person to person. Although most people have a good recovery, how quickly depends on many factors. These factors include how severe the concussion was, what part of the brain was injured, their age, and how healthy they were before the concussion.

Rest is very important after a concussion because it helps the brain to heal. You will need to be extremely patient because healing takes time. As the days go by, you can expect to gradually feel better.

While you are healing, you should be very careful to avoid doing anything that could cause a blow to your head. On rare occasions, receiving another blow before a concussion has healed can be very dangerous and possibly fatal. Here are some tips for healing:

- Get plenty of sleep at night and rest during the day
- Return to activities gradually, not all at once
- Avoid activities that could lead to a 2nd brain injury until cleared by the doctor
- Take only those drugs that your doctor has approved
- Rest your brain – limit cognitive stimulation: cell phones, TV, computer, video games

### ATTENDANCE AT SCHOOL

Student athletes will not be permitted to practice or participate in an athletic contest on a day when they are absent from school for illness, for unauthorized reasons (truancy), or during periods of suspensions from school (including in-school suspensions). Student athletes are expected to attend the majority of the school week. If the student misses more than one day of the school week unexcused, they will sit the following game out.

In order to participate in any school functions that day or evening (unless prior permission has been granted by the administration), a student must be present for at least **four class periods** or the equivalent number of long block periods (2). This



includes any weekend activity if an absence occurs on Friday. This policy covers all co-curricular activities, athletic games or practices and interscholastic events. If a violation becomes known at a later date, it will be enforced at the next practice, game, rehearsal, etc., following disclosure.

Student athletes returning from a game on school supplied transportation after 12:00 midnight will be permitted to be tardy to school the following morning, but no later than the beginning of the second period.

### **ALCOHOL, TOBACCO AND OTHER CONTROLLED SUBSTANCES** **Discipline Policy for Co-curricular/School Sponsored Activities**

Please note: This policy applies to improper use or association with alcohol, tobacco, illegal drugs, non-prescription drugs, prescription drugs, and pseudo drugs.

First Offense: In addition to consequences within the student handbook, suspension from the team for the remainder of the season.

Second Offense: In addition to consequences within the student handbook, suspension from the athletic program for one calendar year.

Third Offense: Not eligible for participation within the athletic program.

**CYBER IMAGE:** Any identifiable image, photo, or video which implicates a student-athlete to have in possession or presence of drugs or portrays actual use, or out of character behavior or crime, may be confirmation of a violation of the code. This is our rationale for requesting that our athletes not place themselves in such environments. Any images found may result in consequences.

### **INSURANCE**

It is highly recommended that student-athletes are required to have their own health or accident coverage through their families own insurance plan. The Wilton-Lyndeborough School District is not liable for personal medical bills due to accidents or injuries during participation in athletics.

**Wilton-Lyndeborough Cooperative  
Middle/Senior High School**

**Notice of Potential Athletic Risks**

Dear Parent/Guardian,

Your son/daughter has informed us of his/her interest in participating in the sports program at Wilton-Lyndeborough Cooperative Middle/ High School.

We strive to meet reasonable safety standards in every school activity. However, we remind you that participating in any sport has some risk of harm involved in the normal course of play.

To better inform you of the risk potential of this particular activity, we enclose a description which shows the specific potential injuries common to the various sports.

Participation in some sports and/or activities may require that you provide evidence of medical insurance to protect you from any medical cost from injury. If student accident insurance is not purchase, any medical cost should be submitted to your family health insurer. If you don't have health insurance, you must let us know, since the district does not have insurance covering student accidents.

If your child has medical or other problems, you must relay this information to the coaching staff by completing the Health Emergency Card, as we are relying on you for this information. This information will be kept confidential.

You must understand the school cannot ensure safety for students. The school's obligation is to make reasonable precautions for safety and well-being. Accidents do occur, especially when participating in sports. In addition, your child also has a responsibility for his/her safety and the safety of others.

In order for your son/daughter to participate in the sports program, you must sign an agreement which gives your consent for your son/daughter to participate, and acknowledges that you have been warned that there are risks of injury involved. This agreement does not preclude your son/daughter from making a claim against the school or its employees if there has been a failure to meet a reasonable standard of care that results in physical harm to your son/daughter, and the district is proven negligent.

If you have any questions about the activity in which your son/daughter wants to participate, or about the permission form that is to be signed and returned, please contact the Principal or Athletic Director at 603-732-9320, so you can make an informed decision. Please sign and return the Parent-Student Athletic Permission Form if you agree that your child may participate, no later than the first day of practice.

Sincerely,

Amber Brewster, Athletic Director

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

1. Basketball – Sprains, strains, contusions, abrasions, concussions, blisters, cramping, more serious injuries to death.
2. Baseball/Softball – Sprains, strains, contusions, fractures, punctures, dislocations, more serious injuries to death.
3. Soccer – Sprains, strains, contusions, concussions, fractures, eye damage, more serious injuries to death.
4. Track & Field/Cross Country – Sprains, strains, shin splints, contusions, fractures, back, knee and ankle problems, more serious injuries to death.

### **Parent-Student Athletic Permission Form**

As the Parent/Guardian of the student named below, I give my consent to allow him/her to participate in the interscholastic sports/activities listed below on the following terms and conditions.

1. I understand that neither the School Department nor the Department of Athletics assumes any further financial responsibility in case of injury to my son/daughter.
2. I understand that a school insurance plan is available and that it is recommended that the student enroll in the school medical insurance plan or obtain some other forms of medical insurance coverage.
3. I understand that payment for medical treatments will be handled in one of the following ways and in the following order of priority: Parents health insurance; other medical insurance purchased through the school; personal payments by the parent/guardian.
4. I fully understand that my son/daughter is responsible for, and must return, any equipment or uniform used, or make financial restitution for the same.
5. I understand that in case of injury, the student should report to the coach or school nurse immediately.
6. I understand that in the best interest of the health and conditioning of the athlete that the use of alcohol, drugs, smoking, and use of any type of smokeless tobacco is not permitted at any time or at any place during the sports season. (per new policy)
7. I understand members of the athletic teams will travel to and from athletic events using transportation provided by the school. Exceptions must be approved IN ADVANCE by the Athletic Director and the Principal or Assistant Principal.
8. I have read and fully understand all of the policies and procedures contained in the WLC Athletic Handbook.
9. I understand that before my son/daughter is eligible to participate in a sport that a current physical examination form is on file with the school nurse and that I have read and understood the Notice of Potential Athletic Risks, and have signed and returned this permission form to the school.

Sports/Activities: \_\_\_\_\_ Date \_\_\_\_\_

Student Name (print) \_\_\_\_\_ Initials \_\_\_\_\_

Parent Name (print) \_\_\_\_\_ Initials \_\_\_\_\_

Athletic Director Signature \_\_\_\_\_

Parents and student-athletes are also encouraged to read the Board's Concussion Policy (Code JLCJ), which contains important information about removal from play for suspected concussions or head injuries and return to play requirements.

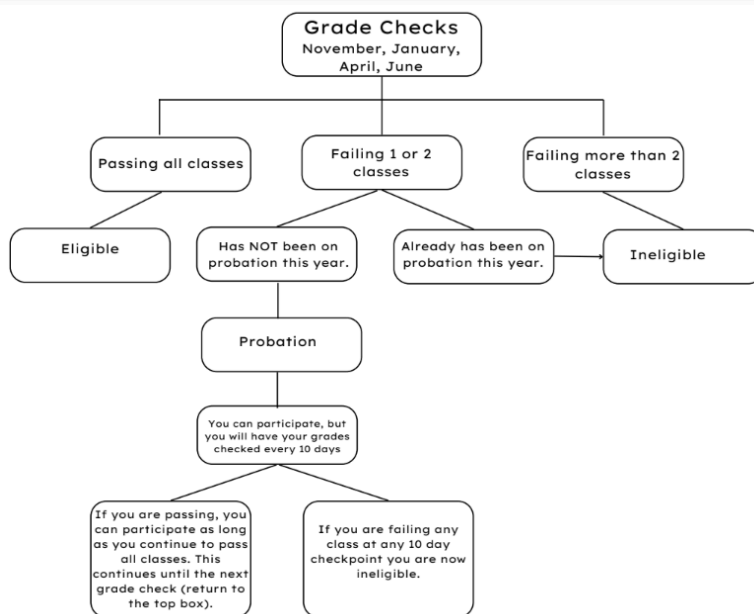
**A PARENT/LEGAL GUARDIAN AND STUDENT-ATHLETE MUST SIGN THIS ACKNOWLEDGMENT BEFORE THE STUDENT WILL BE ALLOWED TO PLAY IN ANY REGULAR GAME.**

Parent/Legal Guardian and Student-Athlete Acknowledgment

We acknowledge:

_____ Name of Student-Athlete (printed)	_____ Signature of Student Athlete	_____ Date
_____ Name of Parent/Legal Guardian (printed)	_____ Signature of Parent/Guardian	_____ Date

## Appendix A - Eligibility FlowChart



## Appendix B: Probation/Waiver Form

### Eligibility Requirements for Co-Curricular Activities

1. Students must have received passing grades in ALL units of work per grading period.
2. Eligibility for each marking period is determined by grades received in the previous grading period. Semester and/or yearly grades have no affect on eligibility.
3. Summer School grades and credit recovery cannot be used to regain eligibility.

### Guidelines of Academic Probation

1. Any student who fails to pass 1 or 2 units of work during the previous marking period will be placed on Academic Probation for a 10 day period and required to sign an Academic Probation Student Contract.
  - a) The student will be eligible to participate in any activity representing the school during this 10 school day period. At the end of this time the student has to obtain passing grades in all units of work.
  - b) If at the end of the Probation Period the student is unable to maintain passing grades the student will be deemed ineligible to participate for the remainder of the season.
  - c) If a student is successful in maintaining passing grades the student will be monitored every 10 school days for the remainder of the season/quarter to determine continued eligibility.
  - d) Students failing more than 2 classes will not qualify for probation and therefore be ruled ineligible for participation.
  - e) Academic Probation includes students holding an elected class office, and being a member of any academic or co-curricular team.
2. Students failing 1 or 2 units at the end of the 4<sup>th</sup> Quarter will have the Probation Period start at the beginning of the next school year.
  - a) The grades will be checked at the end of the first 10 days of school; if grades have not been posted, this will be handled on a case-by-case basis with the assistance of Administration.
  - b) Academic Probation will begin on the first day of school. Student-athletes will be allowed to start at the beginning of the fall season, prior to the beginning of school.
3. Academic Probation will be limited to once per school year.
4. Grades will be monitored by the Athletic Director and/or the Activity's Advisor, with the assistance of the Guidance Department.

### Academic Probation Student Contract

By signing this contract, I understand that I am agreeing to all of the above. I also have been made aware of the consequences that go into effect in the event that I break this contract up to and including losing eligibility rights.

Student: \_\_\_\_\_

AD/Advisor: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

### Appendix C: Bi-Weekly Grade-Check Form

Name: \_\_\_\_\_ Date \_\_\_\_\_

#### WLC Bi-Weekly Grade-Checks

To assist in the successful completion of academic work, complete the following chart every two weeks and submit it to the Athletic Director for review. Students currently on probation must complete this as part of their probationary period to remain eligible for participation in their current program.

<b><u>Period</u></b>	<b><u>Class</u></b>	<b><u>Current Grade</u></b>	<b><u>Teacher Signature &amp; Comment</u></b>
1			
2			
3			
4			
5			
6			

Athletic Director Signature: \_\_\_\_\_ Date Received \_\_\_\_\_

Next grade check form is due: \_\_\_\_\_

## Appendix D: Dual-Enrollment in Athletics

Applicant's Name: \_\_\_\_\_

Date Submitted: \_\_\_\_\_

**Directions:** Prior to being rostered in more than one sport, an application must be completed. Signatures from both head coaches, the student-athlete, the parent, and the Athletic Director are required. Submit this completed form to the Athletic Director prior to the start of the season.

**Primary Sport.** List the sport in which will take precedence in regards to the two sports in which you are applying for on the line below.

\_\_\_\_\_

Primary Name (print) : \_\_\_\_\_

Primary Coach's Name (signature): \_\_\_\_\_

Date Signed: \_\_\_\_\_

**Secondary Sport.** List the sport in which will NOT take precedence in regards to the two sports in which you are applying for on the line below.

\_\_\_\_\_

Secondary Coach's Name (print) : \_\_\_\_\_

Secondary Coach's Name (signature): \_\_\_\_\_

Date Signed: \_\_\_\_\_

Student Name (print): \_\_\_\_\_ Initials: \_\_\_\_\_

Parent Name (print): \_\_\_\_\_ Initials: \_\_\_\_\_

Athletic Director (print): \_\_\_\_\_ Initials: \_\_\_\_\_



