

# Hampton Academy



## Athletic and Extracurricular Programs Handbook 2023-2024

Revised September 2023

## **PHILOSOPHY OF ATHLETIC & EXTRACURRICULAR PROGRAMS**

All students are encouraged to achieve their fullest academic potential. While athletics and extracurricular programs provide opportunities to develop other skills and knowledge outside the classroom, students are expected to study and learn to the best of their ability in the classroom and other instructional environments. Therefore, the School Board has established academic, behavioral and attendance standards to guide students. Since participation in extracurricular activities is a privilege and not a right, it is important that students and their parents are aware of the following rules and regulations. We ask that all participants and parents read and sign this contract, indicating full knowledge of the rules, regulations, and commitment that participation in extracurricular programs at Hampton Academy requires.

Your coach or program leader's primary purpose is to help you grow as a person. In order to be successful, however, you must commit toward the same goal by following the rules set forth.

We sincerely hope that you enjoy your experience and live up to these responsibilities. The kind of athlete or program participant you are today foretells the kind of adult you will be tomorrow.

## **RULES OF GOOD CITIZENSHIP AND SPORTSMANSHIP**

In the eyes of the teacher and the public, citizenship is synonymous with sportsmanship. Any act of unsportsmanlike or inappropriate conduct in practices, games, or program events may lead to immediate disciplinary action, which may include suspension or dismissal from the team or program. The participant should keep in mind that they are representing their school, community and family and as such students should act in a manner that is responsible and respectful toward your peers, opponents, coaches and spectators.

- Be fair at all times, no matter what it costs.
- Be obedient to the rules of the sport.
- Work for the good of the team or the program.
- Be a respectful teammate.
- Accept gracefully the decision of the coaches, officials or program leaders.
- Be gracious in competing whether you win or lose.
- Conduct yourself, at all times, with honor and dignity.
- Each student must show respect for the opponent and officials at all times.

## **Academics**

The School Board encourages all students to achieve their fullest academic potential. While athletics and extracurricular school activities provide opportunities to develop other skills and knowledge outside the classroom, the School Board expects students to study and learn to the best of their ability in the classroom and other instructional environments. The School Board, therefore, has established academic, behavioral and attendance standards to guide students by directly influencing their eligibility to participate in designated extracurricular activities.

In keeping with the Hampton Academy Student Policy of Academics First, if a student is not in good academic or behavioral standing, a meeting with administration, the teaching team, and Athletic Director will be held to determine if eligibility for participation in extracurricular activities is met. Students must attend school for at least half the school day to participate in activities or events. Any student absent on the day of a scheduled event or activity will not be able to participate in the activity of the event. Exceptions will only be made with the permission of the Superintendent or his/her designee

## **Physical Examinations (for athletic teams)**

A physical examination is required of all athletes prior to tryouts and must be on file with the school nurse. All physicals must be done every year for the student to participate in athletics. It is the responsibility of the student to have it on file with the nurse.

## **Sign Ups and Tryouts for Athletics**

There will be a three day window prior to the start of each season provided for sign ups for athletic teams. Students may sign up for only one sport and may only be eligible to try out/participate only if they have signed up. Students must attend and participate in tryouts in order to be eligible to make a team. An exception may be made at the coach's discretion for students with an injury who played for the coach the previous year. In the event that the student is cut from the team that they signed up for, they may be eligible to participate in another sport that does not cut with permission from the coach.

## **Practice/Game Attendance**

Regular attendance at all practices, games and events along with promptness is imperative. Absences will be excused for academic support, medical appointments, illness or other school sponsored events. Having an excused absence still does not guarantee equal playing time. Unexcused absences may result in dismissal from the team or program.

### **Participation**

Students are expected to give their full commitment when they participate in Hampton Academy athletics. As such, school athletics will take priority over other non school teams. Students may not miss games or make themselves unavailable to play, restrict playing time, or refuse to play certain positions due to conflicting commitments on club, travel or town teams. In addition, students are expected to stay for the full duration of their Hampton Academy games/meets/matches and assist with picking up team equipment. Students may be excused from practices to fulfill nonschool game commitments at the coach's discretion, but it may impact playing time and this should not be a regular pattern. A student will not be excused from a Hampton Academy practice to attend a practice for a non school team.

### **Profanity/Taunting/Bullying**

Swearing, abusive language, bullying, and taunting of players, coaches, officials or spectators will not be permitted at any time in any school or non school related setting, including cyber bullying. This includes technical fouls or ejections in basketball, point deductions for unsportsmanlike conduct or disqualifications in wrestling, yellow or red cards in soccer, warnings or ejections in softball or baseball. In short, we expect Hampton Academy athletes to be model student athletes who are held to high standards in all settings while representing Hampton Academy. Any violation of this policy will result in disciplinary action by the coach/program leader or administration including suspension or removal from the team depending on the severity of the offense. Any second offenses will result in removal from the team. Students are expected to follow all school rules while participating in any school connected activity and display good sportsmanship at all times.

### **No Smoking or Other Use of Tobacco Products**

Smoking or any other use of tobacco products, including electronic nicotine delivery systems, which include but are not limited to e-cigarettes and e-hookahs, at any time will not be allowed. Possession and/or use will result in an immediate two-week suspension from the team or program. A second offense will result in removal from the team.

### **No Alcohol or Other Drugs**

The use or sale of drugs or alcohol, including steroids or performance enhancing substances; prescription drugs not prescribed to the student; any substance possessed or used for ingestion to produce an intoxicating effect such as glue, paint or aerosols; paraphernalia for distribution or consumption of prohibited substances; look-alike drugs or substances described as or purported to be a prohibited substance, will not be allowed. Possession and/or use will result in an immediate two-week suspension from the team or program. A second offense will result in removal from the team.

### **Proper Dress**

All team or program members will be expected to adhere to the school dress code and dress presentably on all road trips. All team members are to follow the coach's or leader's guidelines on expected dress.

### **Care of Team Equipment, Uniforms, and Locker Rooms (for athletics)**

All athletic gear is on loan to the athlete and you are personally responsible for its care and return. Lost uniforms and equipment must be reported to the coach immediately and if not found, you will be charged the replacement cost for it. Students will not be eligible for future Hampton Academy sports unless they have returned all uniforms and equipment from previous seasons. Athletes will not be issued a second set of equipment. If an athlete arrives to an athletic event unprepared they are at risk to not be permitted to participate until they have their equipment. It is also your responsibility to maintain a neat locker room. No equipment should be left in the locker room without permission from the coach.

### **Cell Phones**

The use of cell phones within the locker room is prohibited. Cell phones are prohibited to be taken out at any time while in the locker room. Cell phone use during athletic events or practices is prohibited. Students may only use cell phones with permission of the coach or program director and should use them away from the playing area. Cell phones should not be taken out on the bus without permission or direction from the coach or program director. Violation of this policy will result in a one game suspension. A second violation will result in removal from the team.

### **Building and Gymnasium (for athletics)**

Parents, siblings, and students are encouraged to attend the school athletic events. Only players are allowed in the locker room. Spectators need to remain in the gym or outside the building; the rest of the building is off limits at this time. NO food or beverage is permitted in the gymnasium.

### **Transportation**

All athletes and program participants must travel to and from away contests and events in transportation provided by the school. If a parent is present at the out of town site, in special circumstances he/she may request that the student return with him/her when the event or contest is completed. All requests for a student to leave with a parent must be in writing, dated, and signed. The request must be given to the coach or program leader before the bus departs for the event. The parent must identify him/herself to the coach or leader prior to leaving with the student.

### **Special Circumstances Regarding Transportation**

In special circumstances parents may be required to transport to and from away games and meets. In such circumstances, carpooling is allowed. Students should sign-out with the coach before departing the event.

### **Bus Expectations**

Whenever a student travels as a representative of HA, it is expected that he/she will abide by all school behavior expectations. Misbehavior on the bus will result in immediate consequence on the team and at school, including possible suspension or removal from the team or activity. Athletes are expected to carry all equipment on and off the bus. It is expected that the buses are kept clean and quiet throughout the trip. All rules must be obeyed set forth by the bus driver and the coaches for the entirety of the trip. Cell phones should not be taken out on the bus without permission or direction from the coach.

### **Practice/Game/Event Pick Up**

All students must be picked up promptly by a parent/guardian after all games, practices or events. Students leaving with anyone other than a parent/guardian need to have a signed note prior to the event. Violations of this rule may result in suspension or dismissal from the team or program. Parents should pick-up students in the parent pickup loop adjacent to the staff parking lot.

### **Injuries**

Student athletes and parents **must** report all injuries to your coach or program leader no matter how minor they may seem.

### **Special Circumstances and COVID-19**

This contract may be modified based on the special circumstances created by the Covid-19 Pandemic. In the case that this contract needs to be altered, students and parents will be notified in writing.

## **Parent/Coach Communication**

The NHIAA has prepared a guide to facilitate effective communication between parents and coaches. The following five areas should be considered and may prove to be beneficial to our student athletes.

### **COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH**

- Coach's and program's philosophy.
- Individual and team expectations.
- Locations and times of all practices and games.
- Team requirements, i.e., practices, special equipment, off season conditioning.
- Procedure followed should your child be injured during practice or games.
- Any discipline that may result in the denial of your child's participation.

### **COMMUNICATION COACHES EXPECT FROM PARENTS**

- Concerns expressed directly to the coach.
- Notification of schedule conflicts well in advance.
- Specific concerns with regard to a coach's philosophy and/or expectations.
- Support for the program and the attributes of dedication, commitment, and responsibility that are essential ingredients for success and excellence.

### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

- The treatment of your child, mentally and physically.
- Ways to help your child improve and develop.
- Concerns about your child's behavior.

### **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES**

- Playing time.
- Team strategy.
- Play calling.
- Other student athletes.

### **IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH**

- Call to set up an appointment with the coach. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you with the coach.
- Please do not attempt to confront a coach before, after, or during a practice or game. These can be emotional times for both the parent and the coach, and this situation does not promote resolution or objective analysis.

## CONTRACT

This contract has been designed to bring total understanding among student participants, their parents, and school personnel. The rules stated in this contract have been established to assure the successful operation of the extracurricular programs. These rules are set to assure fairness for all involved. The following are the Basic Rules of Behavior for all participants in the Hampton Academy Extracurricular Program.

**Please tear off this page, sign below and return to your coach or program leader. DO NOT return the entire contract, it is to be maintained by you for your records.**

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*I acknowledge that I have read, understand, and will abide by the rules of the above Hampton Academy Extracurricular Activities Contract.*

*If my child is participating on a sports team I acknowledge that I have received and read the Parent Concussion Information Sheet attached to this packet.*

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Parent Signature\_\_\_\_\_

Date \_\_\_\_\_

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

Date\_\_\_\_\_