# LACONIA SCHOOL DISTRICT

# STUDENT AND PARENT

# ATHLETIC GUIDE

## 2026-2027

Dear Students and Parents:

It is with great pleasure, on behalf of Laconia High School and Laconia Middle School, we welcome you to participate in athletics. We hope you will have an enjoyable and rewarding experience.

Sports are an important part of education. They provide important and valuable lessons that will stay with you for life. Sports help develop qualities such as sportsmanship, teamwork, discipline, responsibility, loyalty, perseverance, ethics and the realization that hard work pays off.

As a member of a sports team at Laconia High School and Laconia Middle School, you will be representing the school and community. We hope that you will take this responsibility seriously and prove to be an outstanding ambassador of our school and community.

This guide is provided to help you better understand the policies and procedures of our Athletic Department. We expect both students and parents to read this guide carefully. You will find a contract at the end of this document that requires both signatures. If you have any further questions, please contact your coach or us.

Sincerely,

Lisa Hinds
Principal
Laconia High School

Craig Kozens
Athletic Director/Dean of Students
Laconia High School

Daniel Wyborney
Principal
Laconia Middle School

Joshua Marzahl
Assistant Principal/Athletic Director
Laconia Middle School

## GENERAL STATEMENT

Laconia High School and Laconia Middle School realize the importance of athletic participation in the overall development of the total person; a strong mind and a strong body. We further recognize the important lifelong lessons that are learned on the playing field.

We encourage our students to participate in sports as a means of developing a positive self-image, a healthy body and a sense of belonging to a meaningful team.

However, with the privilege of participation comes the responsibility to uphold a high standard of sportsmanship and character as you represent the school and community.

1. **Athletic Principles**

   A. Athletics provide our students with the opportunity to represent their school and community in positive endeavor and to develop a high level of self-esteem.
   B. Athletics are the second half of education, a well-coordinated part of the school program.
   C. Athletics must justify the use of tax funds and school facilities through positive education and sport objectives.
   D. Athletics must provide equal opportunity, regardless of sex, for students participating in amateur school sports.
   E. Athletics foster training in sportsmanship, leadership, teamwork, loyalty, perseverance and game ethics.

2. **Organization Meeting** (Parents and Athletes)

   The coach shall schedule and announce a pre-season organizational meeting for all interested candidates prior to try-outs. This will allow the coach to get a list of players with addresses, phone numbers, and emails explain the try-out procedures, explain practice and game schedules, review rules and regulations, and review forms and necessary paperwork. LHS & LMS expectations for athletes and information on opportunities for parental involvement will also be discussed. LHS will occur during an online power point, LMS will be in person.

3. **Try-outs, Practices and Games**

   A. Try-outs will consist of a minimum of 3 practices. Coaches will personally inform those students not selected and inform those students they have a right to a private conference. Student-Athletes and parents MUST: 1.) complete the Big Teams registration and 2.) have a physical examination/screening completed upon completion of the 8th grade prior to trying out to any athletic team.

   B. Practices will be held on a regular basis.

   **Saturday/Sunday/Holiday Practices**

   While discouraged, Sunday practices will only be allowed at the discretion of the administration @ both LMS and LHS. It is understood that certain sports will be required to practice on Saturdays at the high school level. Saturday practices at LMS will be at the discretion of the administration. Coaches will get approval for holiday practices.

C. Contests/Games shall be well-run according to school, NHIAA and National Federation rules and regulations and adhere to any guidelines established by the Athletic Director.

4. **A. Due Process For Issues on the Field of Play Involving Coach/Players/ Parent Issues**

Any complaint against a player or coach relating to issues on the field of play must be submitted through the chain of review in writing. A documented conference shall be held between the person making the complaint and the appropriate school personnel. Any action taken will take place after the conference in the chain of review.

Chain of Review: 1) Coach 2) Athletic Director 3) Principal 4) Superintendent 5) School Board

**Conflict Resolution (Complaints)**

In fairness to all parties, conflicts or complaints shall be handled in the following manner:

An attempt will be made to resolve all concerns and complaints at the team level. Concerns should be informally discussed first with the coach, then the Athletic Director, and principal, if necessary. If there is no resolution of a formal complaint at the team level, then the complaint will be heard at the next level of administration. Complaints are to either be placed in writing or documented with copies to all parties at each level of hearing.

Complaints received at all levels will be communicated to the Athletic Director who will address the matter with the coach.

**B. Due Process For Issues When Breaking School Rules, Including Alcohol, Drugs, and Tobacco**

Any accusation against a player or coach relating to breaking school rules, including alcohol, drugs, tobacco, and nicotine products must be submitted through the chain of review in writing. A documented conference shall be held between the person making the complaint and the appropriate school personnel starting with the Athletic Director. Any action taken will take place after the conference in the chain of review. The Athletic Director will begin fact finding and report to the Principal/and or Assistant Principal all disciplinary actions. If the Athletic Director is coaching the team of the student-athlete involved, the Principal and/or the Assistant Principal will lead the fact finding and disciplinary decision.

Unless otherwise provided in this handbook, an appeal of any disciplinary action taken will be initiated once the request for appeal is submitted in writing within one week of the original decision. Appeals shall be heard according to the following levels:

1.) Principal 2.) Superintendent 3.) School Board

5. **Travels, Dress and Conduct:**

A. Travel: Athletes will travel to and from all contests with the team. An athlete may be excused from traveling with the team for special circumstances, if he/she has permission

from his/her parent/guardian and has the approval of the coach. Players are expected to travel back to campus with the team. When special circumstances are deemed, arrangements in writing shall be made by parent and coach/AD.

Dress and Conduct: All team members will dress and conduct themselves in a manner that reflects well upon the school and community. Team players will be in FULL uniform worn properly, or team attire. If not in uniform, or dressed uniformly, all players will be dressed in semi-formal attire. Headphones are permitted ON THE BUS, but shall be removed entering and departing from opposing team facilities.

6. **Equipment**

All equipment must be turned in within 2 weeks of the assigned turn in date.
Replacement cost will be assumed by the player.

7. **Quitting, Suspension and Dismissal**

A. Quitting: If a player chooses to quit the team, it is required that the player has a meeting with the coach. If a player quits the team, all equipment belonging to the school will be turned in immediately.

B. Suspension: The coach/administrator may suspend a player for misconduct for a specified period of time. During suspension, the player will be expected to attend practices and games. The coach will notify parents/guardians of the suspension.

**C.** Dismissal: The coach/administrator may dismiss a player from the team for misconduct, breaking rules or not meeting eligibility requirement in accordance with criteria established in the Student/Parent Athletic Guidebook. The coach/administrator will notify the parents/guardians. The player will immediately turn in all equipment belonging to the school.

8. **Alcohol and Drugs**

Violation is considered when:

1. Evidence of the use, possession, or in the presence of illegal drugs or alcohol is provided.
   a. It does not infer family occasions or restaurants where alcohol/drugs are consumed legally by non-minors.

If a player seeks support for treatment prior to any offense, the player will be referred for appropriate professional counseling. In this scenario, it would not constitute an offense. Professional counseling will continue until the counseling program is completed. The School District shall be officially notified when a student's involvement in counseling is discontinued. Any cost associated with counseling is the responsibility of the parent/guardian.

All consequences are CUMULATIVE throughout a student's high school career.

A. **First Offense**-

1. Minimum suspension of 20% of the assigned games (one competition minimum).
2. Student-Athlete must attend all practices and team functions with the team.
3. Student-Athlete will meet with assigned school Student Assistance Counselor and implement an appropriate plan of action.
4. Prior to reinstatement, the Student-Athlete must present a research paper that includes their plan to make appropriate decisions and the ill-effects of drugs/alcohol on athletic performance.
5. Loss of captaincy if offense occurs within the season of the sport.

B. **Second Offense**-

1. Dismissal from the team for the remainder of the current season.

2. Student-Athlete will meet with assigned school Student Assistance Counselor to develop and implement an appropriate plan of action.
3. Write a 3-5 page research paper on the topic of "Developing an Effective Plan towards Maintaining Sobriety." Use research to support your statements.
4. A Re-Entry meeting with Student - Athlete, Parent, Student Assistant Counselor, and Athletic Director before eligible for the next season of play.

C. **Subsequent Offenses beyond TWO-**

1. Removal from athletics for 365 days.
2. Student-Athlete will meet with school Student Assistance Counselor and develop a 365-day plan that includes:
    a. 90-Day check-in's with Student Assistance Counselor and Athletic Director.
    b. 20 hours of community service within the LHS Athletic Department.

3. Re-Entry meeting with Principal, Athletic Director, Student Assistance Counselor, Student-Athlete, and Parent. At the meeting, proof of fulfillment of the action plan will have been submitted one week prior and follow-up plan to be presented.

D. **Out of Season Offenses**

Student Athletes who are found in violation of the drug or alcohol policy out of season: Any student athlete who is found to have violated the substance abuse policy within the school year but outside an athletic season in which they participate will be required to meet with a drug and alcohol counselor and will work cooperatively toward completion of the prescribed program before they are eligible to participate in their first game of their next sport season.

9. **Tobacco Policy/Nicotine/Vape**

Coaches shall impress upon their players the harmful health effects of tobacco/nicotine/vape products and discourage its use. Clearly defined description of tobacco use shall be established by the school administration and Athletic Director. Use of tobacco on school property or at school events by student athletes will result in the following actions by the coach:

A. First Offense: A 20% of scheduled game suspension will be assigned. Athlete will be expected to attend all practices, games, and team events.

B. Second Offense: Dismissal for remainder of season.

10. **Academic Review**

## ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES

Eligibility for participation in Laconia High School athletics and other extra-curricular activities is determined by passing 3 blocked subjects in the 4 x 4 block schedule. As part of senior privileges, if they have 3 classes, must be passing 3 classes.

Eligibility for participation in Laconia Middle School athletics and other extra-curricular activities is determined by the following: We encourage all our students to be involved in their

school community while also maintaining high academic expectations. Activities and programs will be defined as any event taking place outside the school or regular school day including: Athletics, Dances and other Co-Curricular Events. A student must be present in school for the day in order to participate in an activity for that day. Exceptions for excused appointments or other excused occurrences can be made by the Administration with appropriate documentation.

In order to participate in activities and/or athletics at LMS a student must not fail more than one class. Students who fail one course will be on probation for at least one week at each Progress Report or Quarter Report. During probation the student will be able to participate in practices/meetings but not compete/participate in official events/meets/games. Once the student has established passing grades they may be reinstated to full participation. It is the responsibility of the student to have their teacher sign their reinstatement form. These forms can be found in the main office and also with the Assistant Principal.

11. **Fundraising**

Fundraising by teams must be approved in advance by the Athletic Director. Fundraising by teams must be well-organized and operated with proper safeguards on handling funds and in accordance with District fundraising policies and procedures. All monies will be kept in the school's student activity account.

12. **Injuries and First Aid**

The coaches should use his/her best judgment in handling any injury giving particular care to injuries to the head, neck or back. An ambulance should be called whenever the coach believes necessary.

A. Accident Report: Accidents involving injured players requiring professional medical attention must be reported immediately in writing to the school nurse. The School Nurse and Athletic Director shall also be notified. The student athlete will need the doctor's permission to return to competition.

B. First Aid Kit: Coaches are responsible for ensuring that a school-issued adequately supplied first aid kit is carried to all practices and competitions.

C. Emergency Medical Release: Coaches shall carry emergency medical release at all times. The student athlete and his/her parent/guardian will complete the sports health record and turn it in to the coach prior to the start of the season.

13. **Concussions**

What is a concussion? You've probably heard the terms "ding" and "bell-ringer." These terms were previously used to refer to minor head injuries and thought to be a normal part of collision sports. Research has now shown us that there is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force that is transmitted to the head in any matter may cause the brain to literally bounce around or twist within the skull, potentially resulting in a concussion. It

used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 5% of players actually lose consciousness with a concussion. What exactly happens to the brain during a concussion is not entirely understood. It appears to be a very complex process affecting both the structure and function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, 2 the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers. Common sports injuries such as torn ligaments and broken bones are structural injuries that can be detected during an examination, or seen on x-rays or MRI. A concussion, however, is primarily an injury that interferes with how the brain works. While there is damage to brain cells, the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured. Recognition and Management If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

**Signs Observed by Coaching Staff**

• Appears dazed or stunned

• Is confused about assignment or position

• Forgets an instruction

• Is unsure of game, score or opponent

• Moves clumsily

• Answers questions slowly

• Loses consciousness (even briefly)

• Shows mood, behavior or personality changes

• Can’t recall events prior to hit or fall

• Can’t recall events after hit or fall

**Symptoms Reported by Athlete**

• Headaches or “pressure” in head

• Nausea or vomiting

• Balance problems or dizziness

• Double or blurry vision

• Sensitivity to light

• Sensitivity to noise

• Feeling sluggish, hazy, foggy or groggy

• Concentration or memory problems

• Confusion

**Return to Learn Following** a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration, and organization. In many cases, it is best to lessen the student's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. Return to Play After suffering a concussion, no athlete should return to play or practice on that same day. In the past, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. An athlete should never be allowed to resume physical activity following a concussion until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional. Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by an appropriate health-care professional, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day.

## The return to activity program schedule may proceed as below, following medical clearance:

**5 Progressive Physical Activity Program ( under athletic trainer supervision)**
Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.
Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training and other exercises.
Step 4: Full contact practice or training.
Step 5: Full game play.

*If symptoms of a concussion reoccur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity and be*

*re-evaluated by his or her health-care provider. At this point the Progressive Physical Activity Program restarts at Step 1.*

**Suggested Concussion Management**
1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

## 14. Awards and Certificates

A. Certificates: Each coach will have specific criteria for awarding the school certificate. Players will be informed of this at the beginning of the season. The coach will have the option of making awards to players deserving special consideration, i.e. seniors.

B. Awards: The coach must also have criteria for post-season awards. These awards may include: Most Valuable Player, Most Improved Player, Sportsmanship and other name awards.

C. Letters: Letters are awarded to participants in *the equivalence of one half of a game* at the varsity level.

Coaches are encouraged to work with their parent support group to arrange for post-season recognition. This should be coordinated with the Athletic Director.

## 15. Parent Support Group

Sport Support Groups: Coaches are encouraged to work with parents to form support groups for their sport. These support groups can provide valuable assistance and provide for sports recognition of the team and allow for positive parent involvement. Coaches are encouraged to utilize a team parent to facilitate communication and organization.

## 16. Title IX Guidelines

It is the right of all students, regardless of sex, to have an equal opportunity to participate in interscholastic athletics at Laconia High School and Laconia Middle School as established in school district policy.

Questions to be considered in evaluating programs:

1. Do the programs offered meet the varying interests of the students?
2. Do both male and female teams have equal access to equipment and facilities?

3. Are necessary funds provided to offer equal opportunity? (Does not mean equal spending).
4. Are travel provisions equal?
5. Are rules and regulations governing teams equal for boys and girls?
6. Are scheduling and playing opportunities equal?
7. Do all students receive equal recognition from the school?
8. Are coaches hired on qualifications without regard to sex?
9. Is there equal compensation for equal work and responsibility?
10. Do all coaches and administrators cooperate to ensure a strong athletic program?

17. Bullying

Bullying means a single significant incident or a pattern of incidents, involving a written, verbal or electronic communication or a physical act or gesture or any combination thereof, directed at another pupil which:

1. physically harms a pupil or damages the pupil's property;
2. causes emotional distress to a pupil;
3. interferes with a pupil's educational opportunities;
4. creates a hostile educational environment; or
5. substantially disrupts the orderly operation of the school.

Bullying shall include actions motivated by an imbalance of power based on a pupil's actual or perceived personal characteristics, behaviors, or beliefs, or motivated by the pupil's association with another person and based on the other person's characteristics, behaviors, or beliefs.

Cyber-bullying means bullying undertaken through the use of electronic devices. Electronic devices include, but are not limited to, telephones, cellular phones, computers, pagers, electronic mail, instant messaging, text messaging and websites.

Perpetrator means a pupil who engages in bullying or cyber-bullying.

School property means all real property and all physical plant and equipment used for school purposes, including public or private school buses or vans.

Victim means a pupil against whom bullying or cyber-bullying has been perpetrated.

18. **Sexual Harassment Policy**

Refer to the Laconia School District Policy located in school handbooks.

19. **Hazing and team/activity initiations involving hazing**

Laconia School District interprets hazing as "any act whether physical, mental, emotional or psychological, which subjects another person, voluntarily or involuntarily, to a

anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him/her, or which may in any fashion compromise his/her inherent dignity as a person. In addition, any requirement by a member of an organization which compels another member to participate in an activity which is against school policy or state/federal law will be defined as hazing. ”

Any team member found guilty of the hazing policy shall be subject to the following consequences:

- 2 weeks suspension from games
- Suspension for the season
- Suspension from athletics for the academic year

The appropriate consequences will be determined by the administration.

20. **Apparel**

All apparel purchased by the team must be approved by the administration. All players shall travel, warm-up, and play wearing matching apparel.

21. **Attendance**

To participate in a practice or game, the student must attend ~~at least half~~ all of his/her classes that day. Also, he/she must have a valid excuse for any missed classes. The student/athlete must complete the school day to be eligible for practice or games. If the student/athlete has doctor note, college visit, funeral, wedding, memorial service, or excused by the athletic director, he/she is allowed to practice. If the student has detention for excessive tardies, they are NOT allowed to practice or participate in a game the day of the detention, they are required to attend the practice or game.

22. **Away Contests**

All athletes from Laconia Middle School and Laconia High School will represent their school in a positive manner while on the bus, at the other schools, or in eating establishments.

23. **Spectator Conduct**

All spectators are expected to show respect for players, coaches, officials, and other fans at all events.

## NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION (NHIAA)

The New Hampshire Interscholastic Athletic Association (NHIAA) is the governing body of high school athletics in our state. They have established the following minimum standards which Laconia School District follows.

Below are general guidelines. Refer to www.nhiaa.org for more information.

1. **Age**

   If you have reached the age 19 prior to September 1, you may not represent your school in interscholastic athletics.

2. **Below Grade 9 Participation**

   Only those students who have been granted waivers may participate in interscholastic high school competition.

3. **Scholastic Standing**
   *See #11 in Part I.

4. **Semesters of Enrollment**

   You are eligible for interscholastic competition for no more than eight consecutive semesters beyond the eighth grade, whether or not you have completed high school.

5. **Transfer Students**

   If you transfer to a school because of a move into the school district by your parents/guardians, you will be immediately eligible for participation if all other requirements are met. If you transfer without a parent/guardian move, you are *ineligible* to participate unless a Transfer Rule Affidavit has been filed and the Executive Director has issued a ruling. This includes students who transfer from a non-member school (i.e. prep school, etc.) back to your school and those students who change schools as a result of a change in guardianship (i.e. move to live with different parent/guardian without parent/guardian changing residence).

6. **Foreign Students**

   If you are a foreign student enrolled at a high school in New Hampshire, you must be sponsored by a CSIET-approved foreign exchange program in order to be eligible for interscholastic competition. All other requirements must be met.

7. **Non-school Team Competition**

   A student athlete may be a member of a non-school team during the same season. However, your High School team games and practice must take priority at all times. This includes participation for the outside team of the same sport or a different one.

8. **Medical Exam**

There must be a medical statement on file certifying that you have passed a pre-participation physical examination prior to the beginning of any high school athletic program.

9. **All-Star Competition**

The NHIAA does not endorse any All-Star teams or competition in any sport at any level. If you participate in a high school All-Star game, you will forfeit your participation in that sport for one (1) calendar year at the high school.

10. **Sportsmanship**

If you are disqualified before, during or after a game, at any level, for unsportsmanlike conduct, **you shall not participate in the MINIMUM of one scheduled contest** including tournament play. A second disqualification shall result in forfeiture of participation in that sport for the remainder of the season.

11. **Using Assumed Name**

If you participate in any athletic contest under a false name, you will be declared ineligible for a period of 365 days from the date of the infraction.

12. **Out-of-Season Competition**

There are detailed guidelines regarding contact with your coach for the purpose of planning, practicing, or playing, at any time other than within the season limits of the NHIAA.

13. **Amateur Status**

If you, at any time, receive any type of financial compensation or gifts of monetary value, for participating in NHIAA sports, your athletic eligibility will be terminated in that sport and your amateur status will be forfeited.

Accepting a nominal fee for instructing, supervising or officiating in an organized youth sports program or recreation, playground or camp activity shall not jeopardize your amateur status.

If you sign a professional contract in any sport, you will lose your amateur status.

14. **International Competition**

You must have the approval of the NHIAA if you wish to participate in international competition. A request, made by your principal, must be received by the NHIAA Office at least 60 days prior to the date of the competition. This rules applies to both teams and individual

## The Valuable Lessons to be Learned from Sports

Competitive sports are an important part of school. So important, in fact, that they probably should be billed as "co-curricular." In other words, athletics are so closely linked to school in the United States that labeling them as "extra" is misleading. But that's all the more reason the methods, styles, and philosophies of contemporary school sports programs should be examined closely.

Winning is wonderful, and there's nothing wrong with trying to win every game that is played. But winning shouldn't be the only lesson of school sports or the only message that athletic programs give students. It's time we remind ourselves-and our students-that all sports trophies gather is dust. It's the other lessons of school sports-the ones discussed here-that stay with a student for a lifetime and make winners of all student-athletes.

***Lesson No. 1: How to win and lose**. Throughout life, everyone must deal with success and failure, and the early training many students receive through school sports affects how they accept and react to good and bad events as adults. If winning constantly is flaunted—if defeat always is someone's fault—then school athletics are a poor training ground for helping kids develop sound reactions to all types of success and failure.

***Lesson No. 2: How to compete.** Most individuals and teams enter contests hoping to win; what they should learn is how to put forth their best efforts. Teaching students to make an effort gives them a competitive edge for life's later "contests."

***Lesson No. 3: How to cooperate.** In any team sport, individuals not only need to be the best they can be, but they also need to know how to work together successfully. Learning cooperation is the first step toward understanding that group effort often is necessary to achieve productivity and success as adults.

***Lesson No. 4: How to participate.** Too often, people sit and watch-whether the game is in the high school gymnasium or on television. Participation in sports and fitness programs, especially beginning in elementary school, can help kids establish a pattern of good physical fitness habits for life.

***Lesson No. 5: How to work toward a goal.** To be good at anything requires practice. When student-athletes continually work to improve athletic skills, they should learn that any skill can be improved by continued work. Individual potential varies, of course, but learning how to reach potential is an acquired skill.

***Lesson No. 6: How to develop self-discipline.** Practice makes perfect, but self-discipline keeps the practice consistent. Discipline in school sports helps teach youngsters that, to a large extent, they control how much they achieve.

***Lesson No. 7: How to sacrifice.** Being a team player involves learning to put the team first. It also involves learning to set priorities and deciding how much time and effort are needed (as well as how many other pleasures and activities must be forgone) to reach a goal.

***Lesson No. 8: How to develop new skills:** The team sport skills students learn in school can teach kids how to experiment to determine which skills they might be able to use later-including individual sports that can provide a lifetime of healthy physical activity.

It's time school systems stop directing their sports program to star athletes and start paying full attention to making sure sports programs teach these eight lessons to all students.

As successful coach and sportscaster Al McGuire has pointed out, "Winning is overemphasized. The only time it is really important is in surgery or war."

We must take his words to heart.[1]

[1] Excerpt taken from NHIAA

**LACONIA HIGH SCHOOL / LACONIA MIDDLE SCHOOL**
**ATHLETIC DEPARTMENT**
# PLAYER CONTRACT

**Dear Parent or Guardian:**
Your son/daughter is a candidate for the _____team and may be representing Laconia High School/Laconia Middle School in regularly scheduled games or meets during this season.

Please read this form carefully. *Any questions can be answered by the coach or Athletic Director.

At the bottom of this sheet you will find a permission slip that must be signed indicating that you have read and will comply with all requirements. This page must be returned to the coach prior to participation for each sport annually.

The school provides athletic insurance that will only pay after the student-athlete's own insurance has been used.

**ELIGIBILITY AND TRAINING RULES:**

The privilege of participation in athletics and representing Laconia High School and Laconia Middle School requires a high standard of conduct. A student-athlete may be declared ineligible for failure to meet eligibility and training rules.

**GENERAL NEW HAMPSHIRE INTERSCHOLASTIC ELIGIBILITY RULES:**

You are **NOT** eligible:

1. If you turn nineteen (19) years of age before September 1.
2. If you have been in high school more than 8 semesters (or 4 years) from date entered 9th grade.
3. If you fail to meet eligibility requirements at LMS/LHS.
4. If you have changed schools without changing residence in this semester.
5. If you have not had a physical exam, one at LMS and one at LHS.
6. If you have not signed the Sports Health Record.
7. If you have not completed preseason paperwork.

**GENERAL TRAINING RULES:**

Every student-athlete is expected to keep his/her body in the best physical condition so that he/she may attain the best effort in coordination and cooperation with his/her teammates. **These rules must be followed at all times (7 days a week) during the season.**

2. Student-athletes will not use profanity, demonstrate or be disrespectful to coaches, officials, opponents, or fans.
3. Use, possession, or in the presence of illegal drugs or alcohol is prohibited.
   a. It does not infer family occasions or restaurants where alcohol is consumed legally by non-minors.
4. Report on time for all practices and games.
5. Shall not use any form of tobacco/nicotine.
6. Any other rules or regulations set forth by the coach or school.

Failure to comply with the rules and regulations set by the school and/or coach shall result in disciplinary action and possible suspension or dismissal.

**RETURN THE FOLLOWING TO THE COACH**

Dear Coach:
_____has my permission to participate. I understand that the Athletic Guide is available at the school and on the school website. I have read the Athletic Guide carefully and understand the Eligibility and Training Rules and will ensure they are followed. I am aware that serious injuries may occur through participation and with the equipment used in this sport. My son/daughter is covered by _____ Insurance _____Policy Number.

_____

Player's Signature (Date) Parent Signature (Date)
*This is to be read and checked off on Family ID*