

**2015-2016**

**BELMONT MIDDLE SCHOOL**

**ATHLETICS GUIDELINES**



Adopted by the Belmont Middle School Administrative Team in October, 2000

Approved by the Shaker Regional School Board in October, 2000

Amended July, 2015

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## Shaker Regional School District

### Mission Statement

It is the mission of the Shaker Regional District to develop a community of lifelong learners, critical thinkers and responsible, productive citizens.

The Shaker Regional School District is a community which:

- Fosters the understanding that learning is a lifelong experience
- Maintains high expectations of our students, their parents, and our faculty
- Believes that all students have a natural desire to learn and that high expectations, active learning opportunities, and diverse course offerings motivate and challenge them. Believes that persistent effort rather than inborn ability is a precursor to success in life. Promotes high academic standards for instruction and learning through a curriculum with identified learning goals and assessments for measuring progress.
- Provides a curriculum to meet a diverse population of learners and encompasses a wide range of learning opportunities to address student needs.
- Fosters self-esteem, respect tolerance, and understanding of others
- Prepares members for civic responsibilities, helping them to become contributing citizens and guardians of the democratic principles of our nation

## Shaker Regional School District

### Board Policy

### **Code JJI**

### Athletics

6. Fun, fundamentals and sportsmanship are the primary objectives of athletics in the Shaker Regional School District. The athletic programs shall be provided to maximize opportunities for student participation, to promote gender equity and to encourage the physical and social development of student-athletes. Participation in athletic programs is a privilege, not a right.

Belmont Middle School  
Athletic Program  
Overview

Belmont Middle School provides its students with a variety of intramural and interscholastic athletic opportunities. Students in grades five and six may participate in our intramural golf, soccer and basketball programs and may also participate in our interscholastic cross country running and track and field programs. Seventh and eighth graders at Belmont Middle School are encouraged to participate in a variety of interscholastic programs that are offered. Students may choose from the following programs; Cross-Country running, Soccer, Volleyball, Golf, Basketball, Alpine Ski, Baseball, Softball and Track and Field.

Goals

- The goal of the Belmont Middle School Athletic program is to provide students with opportunities to participate in an intramural and interscholastic athletic program whose primary focus is on student *participation* and *fun*.
- Belmont Middle School supports a “no cut” policy which allows students of varying abilities to participate.
- Coaches at Belmont Middle School are expected to incorporate a “playing time” approach that allows students to have meaningful athletic experiences.
- Athletic programs at Belmont Middle School encourage continued development of *fundamental skills* while providing opportunities to explore improving student abilities in competitive game formats with students from other schools.
- Belmont Middle School encourages parents and members of our community to become involved in its athletic programming. Becoming involved can take several forms such as volunteering to be an assistant coach of an intramural team, coaching an interscholastic team, becoming a team volunteer to help provide support for coaches, becoming a team parent or just encouraging your child to reach their athletic potential.
- In conjunction with all Shaker Regional School District athletic programming, Belmont Middle School places an emphasis on the importance of sportsmanship while participating in athletic competition. Parents, players, fans and the community are encouraged to place positive sportsmanship before winning. Student athletes are expected to treat teammates, officials, opponents and fans with courtesy and respect.
- While certain individuals in the middle level years begin to display exceptional abilities in athletics, Belmont Middle School focuses on the importance of teamwork.
- Belmont Middle School prides itself in expressing enthusiasm and spirit in its athletic programs in a positive, respectful manner.
- Athletic programs at Belmont Middle School encourage athletes to see their choice to participate in athletics as a part of a healthy lifestyle. Students are encouraged to view their participation as a healthy way to develop good lifestyle habits, a sense of discipline and commitment, and as means to improving one’s self-esteem.

### Student Requirements and Expectations

- Students are expected to meet all eligibility requirements, as outlined in the student handbook in order to participate.
- Students are expected to have a medical professional's physical once per calendar year..
- Students will provide their coach with an *Athletic Participation Permission Form* at the beginning of each season.
- Students will wear mouth protection when practicing and playing soccer and basketball.
- Students are expected to make a commitment to their team. This commitment means students will do their best to be fully prepared and on time for all practices and games. Students are expected to model a positive attitude and to do their best in all games and contests.
- Students are expected to demonstrate positive sportsmanship attributes. This includes supporting teammates in a positive and appropriate manner, respecting the decisions of officials during athletic contests and respectfully complying with their coaches requests.
- Students are expected to play to win during athletic competition. Students are expected to understand that their self worth is not predicated on whether they win or lose.
- Students are expected to understand that they are representing themselves, their family and their school community. Students are expected to conduct themselves in a manner that demonstrates pride and dignity in themselves and those they are representing.
- Students are expected to take care of any equipment or uniforms that are issued to them. All athletic equipment and uniforms will be returned to the athletic department at the end of the season of that sport.

### Expectations of Parents

Parents are expected to...

- Make sure your child understands that *win or lose* you care about them
- Be realistic about your child's ability
- Help your child to set realistic goals
- Emphasize improved performance, not winning. It's the effort that counts.
- Refrain from reliving your athletic past through your child.
- Control your emotions at games and events. Model a healthy perspective.
- Be a cheerleader for your child and other children on the team
- Respect your child's coaches and officials. Communicate concerns with your child's coaches in a positive way. Avoid talking negatively about your child's coaches in the presence of your child.
- Be a positive role model.
- Share concerns with a member of the coaching staff by setting up an appointment. Avoid meeting with coaches after a game to discuss concerns.
- Make sure your child is prepared and on time for all practices and games. Please make sure that your child is picked up promptly at the end of games/practices.
- Assist your child in developing a healthy attitude and healthy coping skills by modeling positive communication skills and a mature perspective about athletic participation and the natural risks of becoming involved.

### Coaches Expectations and Requirements

- Coaches shall plan and execute developmentally appropriate strategies and activities that are congruent with the needs of the middle level student and that are consistent with school and district goals relating to athletics.
- Coaches shall model and maintain a proper perspective and balance about the activity they are coaching or supervising.
- Coaches shall develop and foster a “play hard” creed while emphasizing improvement in skill development and team play.
- Coaches shall nurture students as they are learning new skills and praise students as they attempt to execute both skills that are new and old.
- Coaches shall clearly communicate injuries, student needs, schedule changes and concerns to parents and the director of athletics.
- Coaches shall model the commitment we are looking for in our student athletes. Coaches are expected to be at all practices and games prior to the start of the event with the intent of executing their “duty to supervise” at all time.
- Coaches shall be consistent with Belmont Middle School’s approach to provide students with meaningful playing time during practices and games.
- Coaches shall treat all children, officials, parents and coaches with respect and courtesy
- Coaches shall submit to a mandatory background check.
- Coaches shall record and submit all attendance, scorekeeping, permission forms, injury reports and monetary deposits to the director of athletics.

### Eligibility Requirements

#### Parent/Guardian Permission

Students who wish to participate in the athletic program need to have a signed *Athletic Participation Permission Form*. Eligibility to participate in the athletic program will be withheld until this eligibility requirement is fulfilled.

#### Physical Examination

Students who wish to participate in the athletic program are required to have a current physical examination by a licensed health care provider before they are eligible to participate in the athletic program. Documentation of a signed physical examination must be on file with the school nurse before eligibility to practice or play is granted. A physical examination needs to be conducted prior to initial participation in the athletic program at Belmont Middle School and then again **once per calendar year** from the previous physical.

#### Academic Expectations

Students who participate in the athletic program are expected to strive to do their best to be academically successful. Students participating on an interscholastic athletic team will have their academic progress reviewed at three checkpoints during each trimester. (Progress Report, Academic Concern and End of the Marking Term)

- Students who have earned a numerical grade below 2.0 in any class, including Unified Arts, will be placed on *academic probation* for a period of at least one week (5 days) from the date of the scheduled academic progress review. Eligibility may be restored upon completion of a follow up progress review that demonstrates evidence of successful achievement in all classes (2.0). All assignments must be complete and turned in at the time eligibility is restored.
- Students who have earned a grade below 2.0 in two or more classes, will be placed on *academic probation* for an indefinite period of time. Eligibility may be restored when a student has demonstrated successful achievement in all classes (2.0). All assignments must be complete and turned in at the time eligibility is restored.
- Students must earn a score of 3.0 or better in their Habits of Work in order to choose the when and how the re-assessment happens. If the student scores below 3.0 in their Habits of Work, then the teacher will have full discretion on when and how the reassessment occurs. This applies to all extracurricular activities including athletics, clubs and organizations.

### **Academic Probation**

Students who have been placed on *academic probation* may attend and participate in practices but may not participate in interscholastic athletic travel and interscholastic competition until their athletic eligibility has been restored. Students on academic probation may not dress or sit on the bench during athletic contests.

### **Student Conduct**

Students participating in the athletic program are expected to fulfill the **Expectations and Responsibilities** of Students guidelines as outlined in the student handbook and requirements set forth in the **Belmont Middle School Athletics Guidelines**. Students assigned teacher or administrative detentions are required to fulfill those obligations before being released to participate in the athletic program. Students who are assigned In School or Out of School suspension are not eligible to participate in the athletic program on the dates they are suspended.

### **Attendance**

A student athlete may not participate in any school sponsored event if they are absent the day of the event.

### Coaches and Volunteer Training

As more people become involved with the care and supervision of our student athletes, Belmont Middle School will continue to explore and implement strategies to inform volunteers and coaches about

developmentally appropriate practices for coaching students in the athletic program. Along with this, Shaker Regional School District is in possession of a sport specific video collection for those coaches and volunteers who wish to gather more information about their sport. The collection is currently stored at BES and can be accessed by calling Ben Hill at 267-6568.

#### Team Tryouts/Evaluations

With our no cut policy, every student has the opportunity to play on an athletic team at BMS. We have 5th and 6th grade programs for soccer and basketball. For all of our teams, students in grades 6-8 will be able to “try-out” for the A and B teams. The A and B team coaches will choose their teams and depending on numbers and skill level can choose to keep 6th graders that are capable of playing at the B level. If a B team coach decides they want to keep a 6th grader it will then be up to the student athletes to decide if they want to play a level up or stay at the 5th and 6th grade level. If they choose to move up they will have a 2 week time period to make a final decision. After 2 weeks they will not be able to move back and forth from team to team.

- 6th graders will be able to try out for soccer, basketball, baseball and softball B teams.

#### Care and Prevention of Athletic Injury

A primary concern to all members of our athletic community is the safety of its students. Should an injury occur while a student is participating in one of our athletic programs, the following guideline is suggested;

1. Stabilize the area of the injury (protect the area from being moved).
2. Determine if the injury is severe enough to call for emergency medical assistance, (neck, head, breathing, excessive bleeding, etc.) When in doubt, CALL OUT. Belmont Fire Department - 267-8333 or 9-1-1.
3. Treat minor injuries as soon after the injury as possible.
4. Contact parents of injured students as soon after the injury as possible.
5. Fill out a **Student Accident Report Form** and submit to the office at Belmont Middle School within 24 hours of the injury.
6. Follow up injury with parent contact to determine the progress of the injured student’s recovery.

#### **DIRECTIONS TO OFF SITE ATHLETIC EVENTS**

Alton Central School - Russ Perrin  
41 School Street  
Alton NH 03089

875-7500

[www.alton.k12.nh.us](http://www.alton.k12.nh.us)

Route 140 East approximately 10 miles to Alton. Right onto School Street after fire station.

Barnstead Middle School - Eric Richard

91 Maple Street

Barnstead NH 03218

269-5161

[www.barnstead.k12.nh.us](http://www.barnstead.k12.nh.us)

South on Route 107 to Route 28. Left on Route 28. Right onto Maple Street. School is on the left.

Belmont Middle School - Erica Knolhoff

58 School Street

Belmont NH 03220

267-9220

<https://sites.google.com/site/belmontmiddleschoolnh/>

Bow Memorial Middle School - Jim Kaufman

20 Bow Center Road

Bow NH 03304

225-3212

[www.bownet.org/bms](http://www.bownet.org/bms)

I-93 South to I-89 North, Exit 1. At the bottom of the ramp turn right onto Logging Hill Road. Follow Logging Hill Road past the fire station to signs for Bow Memorial School on right.

Farmington Middle/High School - Dan Chick

51 School Street

Farmington NH 03835

755-2181

[www.sau61.org](http://www.sau61.org)

Route 140 East to Alton. Take Route 11 South. Take a left on Spring Street. Travel one mile to Memorial Drive. Turn left and follow to Farmington Middle/High Schools.

Franklin Middle School - Dan Sylvester

200 Sanborn Street

Franklin NH 03235

934-5828

[www.franklin.k12.nh.us](http://www.franklin.k12.nh.us)

Route 11 West through Tilton. Right onto Pearl Street. Slight right onto Sanborn Street (0.1 miles). Turn left at Franklin Middle School sign.

Gilford Middle School - Dave Pinkham

88 Alvah Wilson Road

Gilford NH 03249

527-2460

[www.gilford.k12.nh.us](http://www.gilford.k12.nh.us)

Route 106 North to Laconia bypass. Take right onto bypass. Take first exit off bypass. Take right at the bottom of the ramp. Travel two miles to Alvah Wilson Road. Take right onto Alvah Wilson Road. School on left.

Hopkinton Middle School - Dave Chase

297 Park Avenue

Hopkinton NH 03229

746-4167

[www.hopkinton.k12.nh.us](http://www.hopkinton.k12.nh.us)

I-93 South to 89 North. Take exit 6. Right onto Route 127 (1 mile) to a stop sign. Turn left, go over bridge, keep to the right. School is ¼ mile on left.

Inter-Lakes Jr.-Sr. High School - Jeff Cloos

1 Laker Lane

Meredith NH 03253

279-6162

[www.interlakes.org](http://www.interlakes.org)

106 North through Laconia into downtown Meredith. Take right at downtown intersection. School is 0.3 miles on left on Route 25

Kearsarge Regional Middle School - Percy Hill

32 Gile Pond Road

Sutton NH 03260

927-4261

[www.kearsarge.k12.nh.us](http://www.kearsarge.k12.nh.us)

From North: 89 exit 12. Take left off ramp follow road past shopping center. The SAU is on the left.

From South or East: 89 North to exit 11. Take a right. Follow left lane to intersection of NH-114 and turn left. This is Main Street. Continue past blinking light. The SAU is on the right.

From Southwest: Take NH-9 North. Take the exit to NH-114 Henniker/Bradford. Continue to follow NH-114 into New London. This is Main Street. Continue past blinking light. The SAU is on the right.

Kingswood Regional Middle School - Andrea Ogden

404 South Main Street

Wolfeboro NH 03894

569-3689

[www.kingswood.k12.nh.us](http://www.kingswood.k12.nh.us)

Route 140 East to Alton. Take left onto Route 128 toward Wolfeboro. Middle School on right hand side.

Laconia Memorial Middle School - Jim Corkum

150 McGrath Street

Laconia NH 03246

524-4632

[www.laconia.k12.nh.us](http://www.laconia.k12.nh.us)

Route 106 North through downtown Laconia. Travel straight through downtown intersection, over railroad tracks and proceed to the next traffic intersection. Take right onto Oak Street. Take left on McGrath Street. School is on the left.

Moultonborough Academy - Harry Blood

25 Blake Road

Moultonborough NH 03254

476-5517

[www.moultonborough.k12.nh.us](http://www.moultonborough.k12.nh.us)

Route 106 North to Route 3. Take Route 3 into downtown Meredith. At downtown intersection take right onto Route 25. Travel through Center Harbor and turn right onto Blake Road. Take first left at sign for Moultonborough Academy.

Newfound Memorial Middle School - Shane Tucker

155 North Main Street

Bristol NH 03222

744-8162

[www.newfound.k12.nh.us](http://www.newfound.k12.nh.us)

I-93 North to Exit 23. Take left at bottom of exit ramp onto Route 104 West. Travel 7 miles into downtown Bristol. Take right in front of Bank of NH. School is on the left.

Sant Bani School - Brittney Peterson

19 Ashram Road

Sanbornton NH 03269

934-4240

[www.santbani.k12.nh.us](http://www.santbani.k12.nh.us)

Take Exit 22 from I-93 (which comes after exit 20, there is NO exit 21). Go on Route 127 South towards Franklin (not towards Gaza) for 1.1 miles. IF you pass the Irving Station you have gone too far. Turn right at the sign for Den Brae Golf Course and the small sign for Sant Bani School (Prescott Road).

Immediately after going over the small bridge, turn up the short hill on Weeks Road. Stay on the paved road, bearing right at any forks. This becomes Osgood Road about a mile from the school. Continue straight on the road, up and down hills (it changes to dirt finally) until you see the Lower Building and the playing field on your right. 150 yards beyond, take a right at the Sant Bani Ashram sign. This is Ashram Road. Go past a driveway on the left (Bicknell's) then a driveway/lot exit on your right, and take the next right toward the Main Building of the School.

Winnisquam Regional Middle School - Zach Medlock

76 Winter Street

Tilton NH 03276

286-7410

[www.winnisquam.k12.nh.us](http://www.winnisquam.k12.nh.us)

Route 3 West into Tilton. High School is on right hand side, middle school is directly behind high school.