

# **AMHERST MIDDLE SCHOOL**



## **Athletic Handbook, Contract and Health Forms**

September 21, 2021

## **AMHERST SCHOOL DISTRICT STANDARDS FOR PARTICIPATION IN CO-CURRICULAR ACTIVITIES**

PHILOSOPHY. The Amherst Middle School community believes that co-curricular activities are an integral part of the middle school experience. Activities which encourage participation and accommodate students' interests can enhance academic success, build self-confidence, and promote self-discipline and work ethic.

Students must be in good academic standing and model good citizenship in order to participate in our co-curricular program.

### **MIDDLE SCHOOL RULES AND REGULATIONS**

All Interscholastic athletic team members are expected to abide by all school rules and regulations. Willful violation of any of these rules will result in disciplinary action by the administration, athletic director and/or coach. In addition, the following will be in effect:

1. **PLAYER ELIGIBILITY** –
  - a. The student has to reside in Amherst (grades 5-8) or Mont Vernon if 7<sup>th</sup> or 8<sup>th</sup> grader.
  - b. Home schooled, Charter/Private school students are eligible providing they meet the a. requirement and have not played for another school team that school year (per the Tri County League rules).
  
2. **SCHOOL ATTENDANCE** - Team members will not be permitted to practice or participate in a contest on a day when they are absent from school for illness, for unexcused reasons (truancy) or during periods of suspension from school. Suspensions from school will in most cases occur right away and run for consecutive days. Exceptions will not be made to allow an athlete to participate in a practice or a contest during a suspension period. Failure to be in school by 10:30am on any school day for any of the above reasons makes a team member ineligible to be at or participate in a practice or contest on that day. Any exceptions must be made by the Principal. An authorized absence must be established at least one day in advance with a note from a parent/guardian.
  
3. **TRYOUTS** - It is required that all athletes return health forms and signed contracts before being allowed to participate. Athletes must attend at least 75% of tryouts. Special consideration can only be approved by the Athletic Director and Administration.
  
4. **FEES** - The user fee of \$75 should be made payable to Amherst Middle School within one week of making (assuming tryouts) or joining a team. Athletes will not receive a uniform until the user fee is paid. If the user fee is not paid within that time then the athlete is ineligible to participate until the user fee is paid. User fees are a vital resource for assisting in keeping our

athletic programs strong. If an athlete is unable to pay the user fee, please inform the athletic director and consideration will be made for a waiver.

5. **INJURY** - Any injury, no matter how minor, must be reported to the coach immediately. Accident and/or insurance forms must be filled out as soon as possible. Any athlete with a severe injury requiring a doctor's treatment will need a release signed by the doctor before being allowed to continue in athletic participation. A previously injured athlete must be able to practice at least one day before being allowed to participate in a game or contest unless that game or contest follows a weekend in which case a doctor's note allowing participation is sufficient. Special consideration can only be approved by the Athletic Director and Principal. (Examples include back to back games, cancellations, no school, etc.)
  
6. **PRACTICE/CONTEST ATTENDANCE** - All Athletes are expected to attend all practices/contests. Acceptable absences include only those for illness, and school functions occurring on a limited basis in which no other alternative is provided to the athlete [ie: field trips and doctor's appointments that cannot be scheduled at a different time (parent's note required)]. Ski Club membership is not an exception. Limited participation (example: special arrangements for individuals to practice less than the scheduled number of days per week for work, etc.) is not allowed. EMERGENCY situations not covered above will be handled by the coach. At no time will an athlete be excused from practice or games for participation for a non-school team. Athletes playing on non-school teams may have other restrictions to play (i.e. pitching).
  
7. **UNIFORMS/EQUIPMENT** - All uniforms and equipment issued to an athlete must be returned in usable condition on the day of the last contest including any tournament play. A bill will be issued for the replacement cost of any missing uniform or equipment. This bill must be paid prior to participation in any other sport. Please wash/clean uniforms regularly.
  
8. **TRAVEL** - Every athlete is expected to travel to and from an athletic event with the team. Exceptions can be made by the coach. Written permission from the athlete's parent/guardian is necessary for an athlete to travel with someone other than the athlete's parent/guardian.
  
9. **GRADE LEVEL PARTICIPATION:**
  - Cross Country, Cheerleading, Wrestling and Track & Field - 5-8
  - Field Hockey (A&B), Soccer (A) & Basketball (A&B), Girls Volleyball - 6-8
  - Baseball, Softball, Lacrosse – 7-8
  
10. **VOLUNTEERS** – Parents/Adults may only volunteer if it is requested or approved by the Coach. No one shall impede upon the coach's authority or ability to govern their team.

## **RULES AND EXPECTATIONS GOVERNING CO-CURRICULAR PARTICIPATION**

1. To be eligible to participate in the Amherst Middle School co-curricular program, a student must be on good behavior and passing all subjects on the report card immediately prior to and during the season or session. A student failing to meet or sustain this requirement is subject to probation from the activity or sport. Future participation will be determined through an evaluation of weekly progress reports, which teachers will complete and forward to the co-curricular director. During this evaluation period, a student must demonstrate progressive improvement in the area(s) of difficulty. A student who shows little or no improvement over a two-week period may become ineligible for continued participation in the co-curricular activity. We further recognize that participation in co-curricular activities can occasionally result in falling grades, regardless of the student's normal level of academic performance. Students who experience falling, but not necessarily failing grades, will be identified and supported by the student's teacher and coach or club advisor.
2. Any student who fails to conform to school/activity/team rules and behavior expectations may become ineligible to participate in co-curricular activities. Violation of these rules and expectations can be cause for disciplinary action by the administration, athletic director, coach or advisor. This will include violations on any school grounds, opposing school grounds, bus and any stops made by the bus.
3. Any student suspended from school (internal or external) more than once while an activity or sport is in session will lose eligibility to participate in that activity or sport for the remainder of the session or season. Any student disciplined for lesser infractions may face activity or team sanctions at the discretion of the advisor or coach, after discussion with the co-curricular director.
4. Any violation of school board policies or State laws regarding Drug-Free School Zones (RSA 193-8), Safe School Zones (RSA 193-D) or violation for gross misconduct or neglect or refusal to follow the reasonable rules of the school (RSA-193:13) shall result in disciplinary action, including removal from the co-curricular activity.
5. All decisions regarding co-curricular participation for students who do not meet the criteria rest with the school administration after consultation with faculty and the advisor or coach. Consideration for future participation will be determined individually and rests on the remediation of the poor academic performance or inappropriate school behavior.

## **GENERAL GUIDELINES**

1. Students below grade 9 are not eligible to participate on a high school team.
2. Academic/behavioral eligibility will follow the Amherst School Board Rules and Expectations Governing Co-curricular Participation.
3. Physical exams by qualified medical personnel are required every two years.
4. Any student who reaches the age of 16 prior to September is ineligible to participate in the Middle School Interscholastic Athletic Programs.
5. Student/athlete eligibility for participation will also fall under the Tri-County League By-laws.
6. The school will have on file evidence of accident/health insurance for each athlete prior to participation.
7. The school will have emergency health forms properly completed and signed by a parent/guardian and in the possession of the coach during the season.

## **AMHERST MIDDLE SCHOOL INTERSCHOLASTIC SPORTS AGREEMENT**

The following contract/agreement has been written to increase understanding between the coach, the athlete and the family. It is required that the athlete sign this contract/agreement fully realizing the effort and dedication that the program demands. It is required that the parent sign this contract/agreement indicating full knowledge of the rules, regulations and dedication that participation in interscholastic athletics demands, and that there is nothing in their child's health history, to their knowledge, that would interfere with his/her full participation in competitive sports. The regulations in this contract/agreement are not designed to inhibit the athlete, but rather to aid him/her in becoming the best he/she can be.

**THIS SIGNED CONTRACT/AGREEMENT AND EMERGENCY HEALTH INFORMATION FORM MUST BE RETURNED TO THE COACH BY THE DATE ASSIGNED OR THE ATHLETE MAY NOT PARTICIPATE.**

## **TRI COUNTY LEAGUE AMENDMENT CONSIDERATION:**

### **Non-School Competition Adapted by Amherst Middle School**

A member of a school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices and competitions. Bona fide members, as of the first date to practice in that sport of a school team are prevented from missing a middle/junior high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events. Whenever a conflict arises between the middle/junior high school team practice/competition and an out-of-school practice/competition on the same day, the middle/junior high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the middle/junior 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, that they shall only be granted in extraordinary circumstances, and that they must be granted in writing prior to the absence at the middle/junior high school practice/competition.

Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next two (2) consecutive interscholastic competitions of the sport in which the student athlete is a participant. This penalty is effective from the date of his or her last participation in a middle/junior high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any middle/junior high school sport for the balance of the season the student athlete is participating.

**The Athletic Department and the administration of the school sincerely hope that the contents of the contract/agreement will emphasize the sacrifices and dedication that young people make in the area of interscholastic athletics. Through these many demands it is hoped that athletes will learn more about life and growing up. As in life, the athletes will only get from our programs what they put into it.**

Directions to opposing schools are listed on the school website  
[sau39/ams@sprise.com/students/athletics](mailto:sau39/ams@sprise.com/students/athletics)

Game/Contest results and directions can be found at

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

September 21, 2021

**AMHERST MIDDLE SCHOOL INTERSCHOLASTIC ATHLETICS**  
**EMERGENCY HEALTH INFORMATION**

STUDENT NAME \_\_\_\_\_ DATE OF BIRTH (MM/DD/YY) \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_

PARENT NAME \_\_\_\_\_ Phone \_\_\_\_\_ / \_\_\_\_\_

PARENT NAME \_\_\_\_\_ Phone \_\_\_\_\_ / \_\_\_\_\_

FAMILY DOCTOR \_\_\_\_\_ Phone \_\_\_\_\_

FAMILY HEALTH INSURANCE \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

DOES YOUR CHILD HAVE ANY FOOD, MEDICINE OR INSECT ALLERGIES? \_\_\_\_\_

IF YES, EXPLAIN \_\_\_\_\_

DOES YOUR CHILD NEED LIMITED PHYSICAL ACTIVITY DUE TO HEART PROBLEMS, ASTHMA, ILLNESS, SURGERY, FRACTURE, ETC.? IF YES, EXPLAIN \_\_\_\_\_

DATE OF LAST TETANUS SHOT \_\_\_\_\_

DATE OF LAST PHYSICAL EXAMINATION \_\_\_\_\_

I (we) give permission for a licensed medical authority (EMT, RN, LPN) to administer first aid or for a doctor of medicine selected by Coach \_\_\_\_\_ to hospitalize, secure proper treatment for, and to order medicine, injections anesthesia, surgery, or x-rays for my (our) child following athletic injury. I (we) will not hold Coach \_\_\_\_\_ or Amherst School District responsible for any athletic injury or repercussion from medical attention. I (we) give my (our) permission to Coach \_\_\_\_\_ to transport my (our) child to a medical facility for the purpose of obtaining medical care following an athletic injury. I understand that every attempt will be made to contact me prior to any decisions.

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**AMHERST MIDDLE SCHOOL**

**PARENT'S / ATHLETE'S CONTRACT & AGREEMENT**

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

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_ / \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_ / \_\_\_\_\_

Home Address: \_\_\_\_\_ Town \_\_\_\_\_

Student's Date of Birth (mm/dd/yy): \_\_\_\_\_ Grade \_\_\_\_\_

Sport: \_\_\_\_\_

I HAVE READ AND WILL COMPLY WITH ALL THE RULES AND REGULATIONS SET FORTH IN THE ATHLETIC CONTRACT/AGREEMENT.

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**PARENT / GUARDIAN PERMISSION**

I have read and will comply with all the rules and regulations set forth in the athletic contract/agreement.

I hereby give my consent for the above named student to participate in Amherst Middle School approved sports. Consent is also given for the above named student to travel to and from athletic events with a school representative in charge.

Although there is a risk of potential injury involved while participating in an athletic program, it is understood that the Amherst Middle School does not assume any responsibility in case an accident occurs.

The undersigned agrees to be responsible for safe return of all athletic uniforms and equipment issued by the school to the above named student.

The above named student has not suffered any significant illness or injury since \_\_\_\_\_ (date of last physical exam).

Explanation if necessary:

\_\_\_\_\_  
\_\_\_\_\_

PARENT / GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT EMAIL ADDRESS \_\_\_\_\_

**THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH BEFORE THE ABOVE NAMED STUDENT WILL BE ALLOWED TO PARTICIPATE IN THE INTERSCHOLASTIC SPORT NAMED.**



Dear Parents:

The Amherst Eagles athletic teams travel to several towns throughout southern New Hampshire. In order to assure the safety and accountability for all of our participants, we are asking all coaches to take attendance before leaving the Middle School and also before leaving the host school. A checklist will be provided to the coaches. Although we encourage our athletes to ride the bus to and from games, we realize that many athletes sometimes ride home with parents or teammates' parents after the contests. To help us keep track of all the participants, we ask that you fill out the permission slip below, listing anyone that may take your son or daughter home. Student athletes **may not** ride home with anyone not listed below.

Parents taking any athletes home need to make personal contact with the coach, so he/she can check them off on the attendance sheet, as well as verify that they have permission if the driver is not a parent.

If your son or daughter rides back to the Middle School on the bus, we ask that you make prior arrangements to pick them up, as the coaches are required to remain with the athletes. Coaches will notify the athletes of the approximate time of return. Please be there on time. Your consideration of this matter is greatly appreciated.

Sincerely,

Jeff Wing  
Athletic Director

John Schuttinger  
Assistant Principal of Operations

I give my son/daughter \_\_\_\_\_ permission to ride home from any Amherst Middle School interscholastic event with the following parents:

_____	_____
_____	_____
_____	_____
_____	_____

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

September 21, 2021