

Ashland Elementary School



Student / Athlete Handbook

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INTRODUCTION

Athletics at Ashland Elementary School are considered an integral part of the school's educational program. They can help meet students' needs for self-expression, mental alertness, physical growth, and lifelong fitness.

The primary purpose of the Ashland Elementary School Inter-Scholastic Athletic Program is to promote the physical, social, and emotional well being of the student participants. Student athletes are expected to represent A.E.S. in a positive way by exhibiting good work habits and conduct. Through voluntary participation, student athletes give time, energy and loyalty to the program. They also accept the training rules, regulations, and responsibilities that are unique to an athletic program. Student athletes must be covered by health insurance.

It is a privilege to participate in the interscholastic athletic program at AES. High standards of behavior and academics are expected of our athletes. The athletic handbook has been written to inform our athletes and their parents of these expectations.

Should you have any questions or concerns regarding our athletic program, please direct them to:

1. Appropriate Coach
 - Soccer – Robert Burr
 - Volleyball – Jennifer Lyford
 - Boys Basketball – Nicholas Gagnon
 - Girls Basketball – James Wenhart
 - Baseball – James Wenhart
 - Softball – Robert Burr
2. Athletic Director
 - Zachary Morse zmorse@aes8.org
3. Principal
 - Kelly Avery kavery@aes8.org

School Telephone: (603) 968 – 7622

Website: www.aesk8.org

PHILOSOPHY OF MIDDLE SCHOOL ATHLETICS

Middle School Athletics will be an enjoyable learning experience. The combination of sportsmanship, basic skills, and participation will be emphasized. There is a no cut policy at the middle school level. Although there are no cuts at this level, playing time is based upon performance during the season and work ethic and ability are considered (*1). Every opportunity for positive reinforcement will be demonstrated as much as possible.

*1 – Providing that all practice, team, and school rules have been followed. Discretion will be left to each coach to use common sense when safety considerations arise.

OBJECTIVES

1. To have every middle school student participate on an athletic team if they so choose.
2. Give the student/athlete the best possible instruction in each sport.
3. To give every student/athlete the opportunity to participate throughout their high school career.
4. To have the student/athlete learn and demonstrate the values of dedication, responsibility, teamwork, sportsmanship, and commitment.
5. To give each student/athlete the best possible experience in athletics.
6. To instill a sense of school and community spirit.

EXPECTATIONS FOR ATHLETES AND COACHES

What Athletes Can Expect from Coaches:

- To be led by example
- To always place emotional and physical well-being ahead of personal desire to win
- To be treated fairly and receive encouragement regardless of the athlete's level of ability
- To recognize the contribution each athlete has made to the team
- To never give up on the players or the team
- To teach the athletes self-discipline and to develop mental toughness
- To demonstrate enthusiasm, communicate clearly, and provide positive motivation
- To provide fair, firm, and consistent discipline that works toward team goals

What Coaches Can Expect from Athletes:

- To be respectful at all times
- To always be a team player...remain loyal to teammates, coaches, and the school
- Be in the best possible physical and mental condition
- To never complain to others until a concern has been discussed with the coach
- To keep emotions under control and remain enthusiastic
- To remain positive and give constructive criticism
- To adhere to all school and team rules
- To respect officials' rulings or calls
- To make a commitment to win and lose with honor and integrity

PAPERWORK

All athletes must have the Co-Curricular Activity Permission Form, AES Athletic Code of Conduct form, and the handbook acknowledgement form completed and signed by a parent or guardian before participation in any practice or game can occur.

PHYSICAL

All student/athletes must have a current yearly sport/camp physical on file at the school before they can participate in any practices or games. Physicals are good for two (2) years from the date of the physical. Student/athletes are responsible for arranging and paying for their own physicals (Free sports screenings are offered at the school every spring). All physical forms and information will be kept on file in the school nurse's office with copies on file with the athletic director.

CONCUSSION / HEAD INJURY MANAGEMENT

Concussion and Head Injury Procedures:

Ashland School District will adhere by the following protocol with all head injuries during any AES athletic event:

An Athlete who sustains a head injury during an AES athletic event will:

- Be immediately removed from play
- Not be allowed to return to play for the remainder of the event
- Parents will be provided with a Concussion/Head Injury protocol and will be required to complete the protocol before the athlete returns to play

ELIGIBILITY POLICY

Student athletes are eligible for athletics at AES unless they are involved in a Learner Recovery Plan at any point during the athletic season. The following procedures will be followed:

- When a Learner Recovery Plan has been established, the athlete is considered on Academic Probation for a 2 week period
- During the 2 weeks, the athlete may practice with the team but is not allowed to participate in any games/scrimmages
- If the athlete successfully completes the terms of the Learner Recovery Plan, they are off academic probation and can return to full eligibility. If they are not successful in completing the terms of the plan they will be ineligible for the remainder of the season and will be off the team

PRACTICES AND PRACTICE/GAME ATTENDANCE

All Ashland Elementary School team practices are for coaches and team members only. It is important for our athletes to learn the game in an environment that limits distractions. If you would like to attend an occasional practice please contact the appropriate coach.

Attendance at practices/games is very important if a learning atmosphere is to be established for the teams. Student/athletes are expected to attend every practice/game but may be excused for the following reasons:

1. Absence from school.
 - a. Students who are tardy must arrive at AES no later than 10:00 AM to be eligible for a practice/game.
2. Illness confirmed by school nurse, a physician, or parent/guardian.
3. Events such as class trips or other educationally appropriate activities.
4. Emergency situations which are later approved by the coach and/or athletic director.
5. Medical appointments.
6. Family obligations.

Student/athletes who are absent (Unexcused) from a scheduled practice or contest will be disciplined at the coaches' discretion based on school and team rules:

Student/athletes that have a recurring attendance problem could be dismissed from the team after meeting with the athletic director and coach to discuss the problem.

CARE OF EQUIPMENT

Student/athletes are responsible for all equipment and uniforms, which has been loaned to them by the school. Student/athletes are expected to exhibit extreme care in using these uniforms and equipment. **Uniforms and warm-ups are to be only for athletic functions.** If their issued materials are damaged, lost, or stolen, athletes will be expected to pay for such damages or losses. All uniforms and equipment should be turned into each coach within one (1) week of the last scheduled practice or game. Student/athletes are expected to keep their lockers and locker rooms clean at all times. All student/athletes should take pride in their locker/team rooms and keep them as presentable as possible.

GAME DAY FOR ATHLETES AND FAMILIES

Parents and families should sit in the designated areas during all games (home and away)

- **Soccer: Across the field from the players**
- **Basketball / Volleyball: On the opposite side of the gymnasium from player benches (when applicable)**
- **Softball: On or near the bleachers (where applicable)**
- **Baseball: On or near the bleachers (where applicable)**

We ask all student athletes and their families to show sportsmanship during all contests.

Let the players play. The coaches coach. The officials officiate. Let the spectators be positive. Warrior Pride!

TRAVEL

Buses are provided for all away scrimmages and games. **All student/athletes are required to ride the bus to and from games on the bus.** A student/athlete will be allowed to travel on other transportation only under extenuating circumstances and under the following conditions. All student/athletes will be required to wear a mask on the bus.

- Coach receives written permission, 24 hours prior to the event, from the parent for their child not to ride the bus. The only people allowed to provide transportation for the child will be the child's parent or the emergency contact listed on the Student Registration Form. **We want to emphasize the concept of a "team" in all of our sports, therefore student/athletes should try and ride the bus whenever possible.**
- Student/athletes are responsible for keeping the buses clean at all times. Upon return to AES, every student/athlete should make sure all trash is picked up and thrown away.
- Student/athletes should appear neat and well groomed on all trips. Student/athletes are ambassadors of AES, the town of Ashland, and should dress appropriately. Each team will have team rules regarding travel attire.
- Student/athletes and their parents are responsible for arranging transportation home after practices, games, and events. Student/athletes are to be picked up at school no more than 15 minutes after the conclusion of practice, home games, or returning from an away game.
- Coaches are not permitted to transport athletes in their personal vehicle at any time.

USE OF ELECTRONIC DEVICES

The AES Student and Parent Handbook States:

Students are prohibited from using some electronic devices such as cell phones, audio players, etc. while at school. **Tablets, Ipods and other electronic devices will be permitted on the bus only for athletic trips. Cell phone use other than for music, games, or to notify parents of departure/arrival times is prohibited on athletic trips.**

All electronic devices will be put away when the team(s) exit the bus. Any misuse will result in loss of privilege for that particular event. In the event of a second offense, the athlete will lose the privilege for the remainder of the season.

AES PARENTAL SUPPORT AND CONDUCT

- Schedule your student athlete's appointments so they do not conflict with team practices and competitions. If you provide transportation for your student athlete, make sure he/she arrives on time for practices and competitions and has the equipment he/she needs for the sport.
- Take an interest in your student athlete's athletic experience by taking an interest in the experience of the whole team.
- Model good sportsmanship for your student athlete by respecting opponents and officials. Cheer for CH's teams and not against the opponents.
- Let your student athlete know that, win or lose, his/her efforts are appreciated.
- Respect the coach. Do not coach from the stands. Do not raise concerns with the coach immediately before or after a contest. (This is not a time when issues can be resolved.)

STUDENT/ATHLETE HANDBOOK RULES AND POLICIES ACKNOWLEDGEMENT

We/I have read the Student/Athlete Handbook. We/I understand and agree to comply with the Rules and Policies governing participation in Athletics at Ashland Elementary School.

Student Athlete: _____

Student Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____