TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>Philosophy of Middle School Athletics</td>
<td>4</td>
</tr>
<tr>
<td>Expectations for Coaches and Athletes</td>
<td>4</td>
</tr>
<tr>
<td>Paperwork</td>
<td>5</td>
</tr>
<tr>
<td>Physical</td>
<td>5</td>
</tr>
<tr>
<td>Injury Prevention and Management</td>
<td>5</td>
</tr>
<tr>
<td>Eligibility Policy</td>
<td>5</td>
</tr>
<tr>
<td>Practice/Game Attendance</td>
<td>6</td>
</tr>
<tr>
<td>Care of Equipment</td>
<td>6</td>
</tr>
<tr>
<td>Game Day Attendance</td>
<td>6</td>
</tr>
<tr>
<td>Travel</td>
<td>7</td>
</tr>
<tr>
<td>Use of Electronic Devices</td>
<td>7</td>
</tr>
<tr>
<td>Ashland Elementary School Parental Support and Conduct</td>
<td>8</td>
</tr>
<tr>
<td>Fact Sheet for Middle School Athletes</td>
<td>9</td>
</tr>
<tr>
<td>How Can I Tell If I Have a Concussion?</td>
<td>10</td>
</tr>
<tr>
<td>Athletic Code of Conduct</td>
<td>11</td>
</tr>
<tr>
<td>Handbook Rules and Policies Acknowledgement Form</td>
<td>12</td>
</tr>
<tr>
<td>Co-curricular Permission Form</td>
<td>13</td>
</tr>
</tbody>
</table>
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 Interscholastic 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. Athletic Director
   - John McDonough jmcdonough@aesk8.org
2. Principal
   - Guy Donnelly gdonnelly@aesk8.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. Playing time will be based upon performance, attitude and work ethic. Every opportunity for positive reinforcement will be demonstrated as much as possible.

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. Provide the knowledge and skills necessary to be able to participate at the high school level.
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 pride and 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 ActivityPermission 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. (see appendix)

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 fall). 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

Please refer to the Ashland Elementary School Emergency Athletic Plan.

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

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 a 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 game will not be eligible to participate in a game scheduled the day after said absence. Students who receive a detention/suspension will not be able to participate in the practice or game on the day of their detention/suspension. In school detentions/suspensions are considered unexcused absences:

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
- **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 students/athletes are required to ride the bus to and from games. A student/athlete will be allowed to travel on other transportation only under extenuating circumstances and under the following conditions.

- 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/sibling or adult identified on the written permission letter. We want to emphasize the concept of a “team” in all of our sports, therefore student/athletes should try to 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.)
Any spectator displaying poor sportsmanship will be asked to leave the event
- Use of inappropriate language
- Arguing with officials and parents
If the behavior persists, they may be unable to attend future sporting events.

**Sportsmanship**

The Ashland Elementary Athletic Program will follow the rules outlined by the NHIAA. Any athlete who demonstrates the following behaviors will be subject to disciplinary action as determined by the coach and athletic director. This could include suspension from playing in the next scheduled game.

- Using offensive language towards their teammates, any member of the opposing team or any spectator
- Arguing with or showing disrespect towards officials and/or coaches
- Receiving an ejection by an official during play.

If an athlete repeats the behavior, they could be removed from the team by administration.

**ASHLAND ELEMENTARY SCHOOL**

**ATHLETIC CODE OF CONDUCT**

The Ashland Elementary School Athletic Code of Conduct establishes standards by which student athletes are expected to conduct themselves as representatives of AES. Parents are expected to discuss these regulations and consequences with their student athletes so that informed and appropriate decisions about behavior are made.

AES has created a set of core values that we want to instill amongst our students. These core values will be emphasized in our athletic code of conduct as well. We expect all athletes to adhere to these core values on and off the field/court.

AES Core Values:
- **RESPECT** - People who treat others with respect enable members of the community to feel valued.
- **INTEGRITY** - People with integrity behave ethically and lead by example.
- **CITIZENSHIP** - Citizens care for the community and consider the needs of others as well as their own. They work collaboratively within the community.
- **RESPONSIBILITY** - Responsible individuals are reliable, self-sufficient and take ownership of their actions.
- **PERSEVERANCE** - People who demonstrate perseverance work hard to overcome challenges, are determined and motivated to succeed and display a growth mindset.

Athletes will be expected to adhere to these values on and off the field/court. If a violation occurs, the coach will use the following protocol:
- **1st Offense** – 1 game suspension
- **2nd Offense** – 2 game suspension
- **3rd Offense** – Dismissal from team
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. We/I have also read the Ashland Elementary School Athletic Code of Conduct and agree to abide by the Code of Conduct set forth.

Student Athlete: ___________________________________________________________

Student Athlete Signature: _________________________________________________

Date: ____________________________

Parent/Guardian Name: ___________________________________________________

Signature: _______________________________________________________________

Date: ____________________________

Parent/Guardian Name: ___________________________________________________

Signature: _______________________________________________________________

Date: ____________________________
Co-curricular Activity Permission Slip

STUDENT AND PARENT INFORMATION

Date____________ List ALL activities you intend to play____________________________________________________

Student__________________________________________ Birthdate ________________

Mother/Stepmother

Home telephone ________________________________ Work telephone ______________________________

Father/Stepfather

Home telephone __________________________________ Work telephone ______________________________

My child,_______________________________________, has permission to participate in the activity listed above.

EMERGENCY CONTACT INFORMATION (other than parent)

Name___________________________________________ Relationship______________________________

Home telephone______________________________ Work telephone ______________________________

MEDICAL and INSURANCE INFORMATION MUST BE COMPLETELY FILLED OUT AS PERMISSION SLIPS ARE WITH COACHES AT ALL GAMES. (Please do not put down “on file”)

MEDICAL INFORMATION: Medication taken regularly _________________________________

Date of last DPT__________________________ Other Medical Problems _________________________________

I do______do not______ give permission for the advisor to administer Tylenol to my child for minor aches.

Doctor's Name and Telephone _________________________________

INSURANCE INFORMATION: Insurance Company _________________________________

Certificate # ______________________________ Group# _________________________________

AUTHORIZATION: I authorize the school’s representative to transport, request and authorize treatment for my son/daughter in the event of an accidental injury or illness. I agree that I will not hold this person liable while he/she is acting according to these directions.

Parent/Guardian Signature ___________ Date: ____________________
A FACT SHEET FOR
Middle School Athletes

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT IS A CONCUSSION?
A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

What Should I Do If I Think I Have a Concussion?

Report It.
Tell your coach and parent if you think you or one of your teammates may have a concussion. You won’t play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

Get Checked Out by a Doctor.
If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other healthcare provider can tell whether you have a concussion and when it’s OK to return to school and play.

Give Your Brain Time to Heal.
Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

GOOD TEAMMATES KNOW:
IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
cdc.gov/HEADSUP
How Can I Tell If I Have a Concussion?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

- Get a headache
- Feel dizzy, sluggish, or foggy
- Are bothered by light or noise
- Have double or blurry vision
- Vomit or feel sick to your stomach
- Have trouble focusing or problems remembering
- Feel more emotional or “down”
- Feel confused
- Have problems with sleep

A concussion feels different to each person, so it’s important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn’t right.

To learn more, go to cdc.gov/HEADSUP

How Can I Help My Team?

Protect Your Brain.
All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

Be a Team Player.
If one of your teammates has a concussion, tell them that they’re an important part of the team and they should take the time they need to get better.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

Reviewed January 2019