



## South Merrimack Christian Academy Secondary Athletic Policy

Dear Athletes and Parents:

Welcome to SMCA's Athletic Program. Your interest in this phase of our school program is gratifying. We believe that participation in athletics provides the opportunity for developing lifetime skills, which will help students in becoming well-rounded individuals capable of making decisions and handling problems. We also look at sports as an opportunity to glorify our Lord Jesus Christ, and to provide competitive experiences that are fun, successful and promote individual growth within a safe and healthy environment. These experiences will become high school memories that will last a lifetime.

SMCA is a member of the New England Association of Christian Schools. If you have any questions or concerns regarding the SMCA Athletic Program or this handbook, please contact Mrs. Alyssa Adams at (603) 880-6832.

PLEASE NOTE: Students are *not* allowed to play sports with another school organization if the sport is offered at SMCA.

### **STUDENT ELIGIBILITY**

Any student in grades 7<sup>th</sup>-12<sup>th</sup> has the option to tryout for SMCA Athletics.

### **REQUIREMENTS FOR PARTICIPATION**

The following documents are required prior to a sports season for a student to be eligible to try out for an interscholastic sports team:

Current Sports Physical Examination (Updated every two years)

Signed Athletic Contract/Permission Agreement

### **SPORTS PHYSICALS**

Sports physicals will be given to the school nurse before a student is permitted to practice or participate. The sports physical is valid for one calendar year, however, a student whose physical expires before the season of competition will be asked to get a physical prior to the start of that season. A health history update is also required, including any allergies, asthma, etc.

### **RISK FACTOR IN SPORTS**

Participation in sports involves a certain degree of risk of injury. Such physical injury can occur in any type of sports activity and vary in nature. Athletic injuries can run from minor bruises and scrapes to the more serious injuries such as fractures, dislocations, concussions, paralysis and even death.

## **INJURIES and SPORTS MEDICINE**

It is extremely important to report any injury to your coach immediately. If you have any questions, please do not hesitate to call our school nurse at 603.880.6832.

## **RETURNING TO AN ATHLETIC TEAM AFTER AN INJURY OR ILLNESS**

Any athlete who is seen by a doctor must be released (signed statement) by the doctor that treated your child to resume participation with their team. If you have to go to an emergency room for care, please obtain the release (written) before leaving the hospital because many times the attending physician may not be there the next time you visit. This release must be filed with our school nurse. It is the athlete's responsibility to get the release to the school nurse, do not leave this responsibility to some other person (coach, teacher or friend). In case of long term or severe injury, clearance by the school physician may also be necessary prior to the athlete returning to practice or competition. In the case of a concussion, proper protocols need to be in place and the coach is obligated to abide by those protocols.

## **ATTENDANCE POLICY**

Participants in an activity of sport are a part of our overall educational program. It is understood that students will be present in school in order to participate in a practice, game or activity that day. Half day attendance only with permission granted. Team members on suspension or detention for any disciplinary infraction will not be allowed to practice or participate in any event for that day.

## **GAMES, PRACTICE SESSIONS and TRY-OUTS**

Team members must be present and on time for all scheduled practice sessions and games. Any athlete who is present in school but absent or late to the athletic activity must have prior permission from the coach or a note from a teacher to be excused. Students must be in school by 11:00 a.m. with a legitimate excuse in order to participate in games, practices, etc. Remember once you become a member of an athletic team, you made a commitment for the season.

Exemptions are limited to: Sickness, Funerals, Emergency Appointments, Religious Obligations, College Visitations, Exams, academic extra help

It is the responsibility of the athlete to inform the coach in advance (if possible) prior to missing a practice or a game. It should be noted that the Athletic Department realizes that unusual situations may arise, but communication is the key to understanding the circumstances. Try-out periods vary for each sport, but usually last only a few days. Your coach will inform you of their requirements.

## **EXTRA-CURRICULAR ELIGIBILITY POLICY (Grade 7–12 only)**

*Goal: To ensure academic success and extra-curricular participation for all students.*

Students must exhibit good conduct and **cannot be** under academic probation. See SMCA student handbook for more information about academic probation. Progress reports must indicate no failing grades, if students are failing but making efforts to improve, exceptions will be made. Student effort will be determined by individual teachers.

It is the student athlete's responsibility to get homework completed on nights when there are sports games or practice, even if the student misses the class. Academics take precedent over participation in sports, so if the faculty notices a team member performing poorly, the team member's coach will be notified.

## **STRATEGY TO MONITOR ACADEMIC STATUS**

- Students will be checked on a weekly basis to avoid sanctions.
- Sanctions could be missing practice or benched from games to motivate athletes to put academics as a priority, reach out for extra help, etc.

## **SCHOOL CLOTHING AND EQUIPMENT**

It is the responsibility of each athlete to return all clothing and equipment issued. Failure to do so will require an athlete to be billed for any missing articles. Failure to do so will result in forfeiting the right to receive any school equipment or clothing in the next sports season, or to be ineligible for a certificate and have their report card held until payment is received. A list of outstanding equipment and uniforms will be sent to the Athletic Director. The school will not be responsible for lost or stolen items.

## TEAM STANDARDS

In addition to observing regular school policies that are in effect at all times, athletes must:

- Attend all practices and games unless excused by the coach;
- Never use inappropriate language;
- Never provoke, cause or engage in a fight;
- Never engage in any activity which may cause criticism of his/her team or school;
- Never be disrespectful to officials or coaches;
- Follow specific rules set up by the coaches.

## SPORTSMANSHIP

Good sportsmanship extends to all levels of competition. However, it must also be seen that any member of a squad ruled out of a contest for un-sportsmanship conduct or flagrant foul shall not participate in the next previously scheduled contest.

Any member on the team who strikes, shoves, kicks or makes other physical contact with intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sport for one year from the date of the offense. NOTE: Member of the team includes player, manager, and scorekeepers.

## TRANSPORTATION

All student drivers must abide by the following rules:

1. All student drivers must have a legal driver's license.
2. All student drivers must obey all New Hampshire driving laws.
3. Student drivers may transport siblings to and from school.
4. Student drivers **may NOT transport non-sibling students**.
5. Student athletes may use their own vehicles to get to the sports practice locations (they **may NOT transport non-sibling students**).
6. Student athletes may with permission use their own vehicles to travel to away games (they **may NOT transport non-sibling students**).

## DIRECTIONS

Directions to away contests will be provided by coaches and/or AD. It is advised to contact the host school on the day of the contest to confirm the site.

## SPECIAL AWARDS

Each sport team awards individual athletic achievement. These include:

Most Valuable Player  
Most Improved Player  
Coaches Award  
Best Defensive Player

## IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETES

1. To emphasize the proper kinds of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best value of the game.
3. To stress the value derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of incentive, and good judgment by the players of the team
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life or death for a player, coach, school official, fan, community, state or nation.

To PARENT/GUARDIAN and STUDENT/ATHLETE:

**PLEASE SIGN AND RETURN THIS FORM TO YOUR COACH**

I have received, read and understand the SMCA's Athletic policies.

I also understand that if I do not uphold these policies that I may be suspended or dismissed from the team or possibly prohibited from participation on any athletic team for the remainder of the school year.

**PARENT/GUARDIAN: Print Name** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**STUDENT ATHLETE: Print Name** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**SPORT** \_\_\_\_\_

**COACHES MUST THEN SUBMIT THIS SIGNED FORM TO THE ATHLETIC DIRECTOR'S OFFICE.**