NASHUA HIGH SCHOOL ATHLETICS
Student-Athlete-Parent Handbook

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Introduction
The material presented in this handbook has been compiled to acquaint you and your family with some of the policies, practices, and regulations that govern the athletic programs in the Nashua School District. Please keep this handbook and refer to it if questions and/or concerns about your son or daughter’s athletic experience should arise. If your questions or concerns are not answered within this booklet, please feel free to contact us.

Vision

The Nashua Athletics program strives to be a program excelling in academics, sportsmanship, and athletics while building pride within the school and the community.

Athletics provide an opportunity to extend the values and ideals developed in the classroom, and constantly strive towards the development of a well-rounded individual.

As a member of the Nashua Athletic Program, students are expected to demonstrate proper respect for all coaches, teammates, officials, spectators, and equipment. Student-athletes are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of themselves, team, school, and community.

Core values

Accountability – Student-athletes are to follow the expectations set forth by the Nashua School District, their school, the Nashua Athletic department, and the sport-specific program in which they participate.

Commitment – In order to make our teams the best they can be, coaches and student-athletes must be fully committed. Family, faith, and academics should be the only priorities that come before interscholastic athletics.

Excellence – Every task, drill, practice, game, and homework assignment should be done with pride and excellence at all times; understanding that each individual’s level of excellence may be different.

Responsibility – Student-athletes have a responsibility to be leaders amongst their peers. They have to demonstrate respect to their community, school, program, team, and self by behaving appropriately at all times. They are encouraged to excel in school and to make the right decisions in social settings and in peer groups.

Sportsmanship – Student-athletes represent themselves, schools, families, and city. Unsportsmanlike behavior by students will have consequences.

If these core values are instilled in our student-athletes, all of our programs will be successful. Our students will leave our programs prepared for college, career, and all aspects of life after interscholastic athletics.
**Sports Offered**

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship, completed permission, and liability information and basic physical/health qualifications including Impact testing (High schools only). Participation in the program, therefore, is a privilege earned by students who meet and maintain these standards.

High Schools:

<table>
<thead>
<tr>
<th>FALL:</th>
<th>WINTER:</th>
<th>SPRING:</th>
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<tbody>
<tr>
<td>Cross Country</td>
<td>Alpine Skiing</td>
<td>Baseball</td>
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<td>Field Hockey</td>
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<td>Lacrosse</td>
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<td>Football</td>
<td>Gymnastics</td>
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<td>Golf</td>
<td>Ice Hockey</td>
<td>Softball</td>
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<td>Soccer</td>
<td>Indoor Track</td>
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<td>Spirit</td>
<td>Spirit</td>
<td>Unified Track+</td>
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<td>Unified Soccer+</td>
<td>Swimming/diving</td>
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<td>Volleyball</td>
<td>Unified Basketball+</td>
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<td></td>
<td>Wrestling</td>
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*High school Unified Sports provide an opportunity for students with and without intellectual disabilities to compete on the same team.

**Governing Body**

Nashua High School North and Nashua High School South are members of the **New Hampshire Interscholastic Athletic Association (NHIAA)** and are therefore governed by association rules and regulations. The NHIAA is a member of the National Federation of State High School Associations and is bound by its set of rules, policies and regulations. Rules governing individual sports vary depending on the sport. Copies of the complete set of NHIAA Rules and Regulations are available online at [www.nhiaa.org](http://www.nhiaa.org).

Additional policies, regulations and rules are set by the Nashua Board of Education and the Nashua Athletic Department. Local communities may set their own policy, rules, and/or regulations as long as they are more stringent than stipulated by the NHIAA.

**Proper Conduct and Sportsmanship**

Student-athletes represent themselves, their coaches, their teammates, their school, and the Nashua community. It is expected and encouraged that they maintain the highest level of scholastic achievement and citizenship, conducting themselves in a positive, courteous, and respectful manner at all times, whether in or out of season. Good sportsmanship will be displayed at all times with teammates, opponents, coaches, and officials. It is also expected that student-athletes will encourage this sportsmanship by spectators by leading by example.

Student-athletes will abide by all school, District, Athletic department, and team rules and expectations at all times. This includes, but is not limited to, proper dress and only using appropriate language at all times.

Smoking or use of any tobacco product, drinking, and use of other drugs is prohibited. Violations of this will result in severe disciplinary actions.

The Principal, Athletic Director, or Athletic Coordinator reserves the right to remove a student from a team for poor academic performance or inappropriate behavior and may reinstate the student upon sufficient evidence of improvement.
Commitment

Tryouts
Participation in interscholastic athletics is a privilege; students try out voluntarily and, for some of our teams, risk being cut. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student’s responsibility to demonstrate to the coach that he/she can meet those expectations. Students cut from one team may find opportunity with a non-cut sport providing there is space on that team.

Daily Team Attendance
If a student is not going to be present at a practice or game, he/she must notify the coach. Students may be excused from team activities for illness, injury, academic, family or religious reasons with prior notification and approval whenever possible. Our coaches expect athletes to be present at all team-related activities and may suspend a student-athlete from contests for absences.

It is expected that all High School athletes will attend the end of season Athletic Awards’ Night.

Daily School Attendance  NEW POLICY EFFECTIVE NOVEMBER 16, 2015
A student’s attendance record is final once daily attendance reports are published (based upon the NSD student database X2). It is the responsibility of the student-athlete to be sure to follow proper school procedures for absences and tardies at the beginning of each school day. The Athletic Office cannot override the official school attendance. There will be no changes once the report has been sent to coaches (exceptions to this will only be made if the absence was recorded in error).

Absences
- All students must be in attendance for the entire school day in order to participate in practice or an event.
- If a student-athlete is dismissed by the School Nurse due to illness; he/she is ineligible to participate in athletics that day.
- If a contest is scheduled on a weekend or over a school vacation, the student must be in attendance the preceding Friday (or last school day) in order to participate.
- A suspension (in-school or out) is considered an absence from school.
- Exceptions, such as school field trips or events, college visits, family emergencies, funerals, religious holidays, and scheduled appointments, must be cleared through the Athletic Office in advance.
- Unique or extenuating circumstances not listed above may be excused at the discretion of the Athletic Director or Athletic Coordinator.

Tardies
- Student-athletes will be allowed three unexcused tardies without athletic consequence.
- On the 4th unexcused tardy: the student-athlete will not be permitted to practice or compete that day. The student is expected to attend practice but may not participate.
- On the 5th through 9th unexcused tardy: the student-athlete will not be permitted to practice or compete that day AND will not be permitted to participate in the next scheduled contest (if the 5th through 9th unexcused tardy occurs on a game day, the student sits that game and the next).
- On the 10th unexcused tardy the student will be excused from the team.
- The unexcused tardy count begins on the first day of the season.

Any coach who allows a student to practice or compete when he/she should not have will will be suspended from coaching the next contest.
**School/Family Vacations, Extended Absences**
Every student-athlete is expected to be present for all team practices and contests. Because of scheduling demands set by the NHIAA and Division I schools, many of our high school teams practice and/or play during scheduled school vacations.

Student-athletes who take school sponsored trips during the scheduled season should not be penalized. However, it must be understood that time away from practice and games will impact one’s ability to immediately return to competition. Student-athletes will be evaluated upon their return, if participation in a game or practice may be considered a health or safety concern, the Head Coach will not allow them to compete. This is to make certain they are not putting the student-athlete at risk for injury or that they are a detriment to the team.

**If the student-athlete takes any other type of vacation, the student-athlete will be suspended for the same number of contests he or she missed while on vacation.** Additional consequences may be imposed for missed practices at the coach’s discretion. Any issues or problems arising from this policy should be addressed to the appropriate Athletic Coordinator or the Athletic Director.

**High School Varsity Letters**
Student-athletes must complete an entire season to be recognized with a varsity letter. Criteria for earning a varsity letter are determined by the Head Coach and may vary depending on the sport.

**Playing Time**
There are many benefits to be gained by participation in athletics at the high school level. Student-athletes learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being, and striving towards excellence. Although there are many measures of success in the minds of each participant, perhaps the most emotional is “playing time” during contests. If a student has questions as to his/her “playing time” he/she is encouraged to discuss it with the coach. In the Nashua Athletic Department, being a member of a team does not guarantee an equitable amount of “playing time.” However, there are guidelines for this all important topic.

**Sub-Varsity Teams**
At the sub-varsity level (junior varsity, freshman, and middle school), members of the coaching staff will make a strong effort to play all team members for as much time as is practical. There are many factors that govern an individual’s playing time, but overall, students must be “positive contributing team members” attending practices, showing effort, having a positive attitude, and exhibiting full commitment. Another factor that must always be considered is athletic skill. If these factors are present at the sub-varsity levels, students may expect to enjoy their share of “playing time.”

**Varsity Teams**
At the varsity level, the guidelines for the coaching staff are similar with one other additional major factor. The varsity teams want to compete against opponents at the highest possible level. Players, coaches, parents, and staff members all want the Nashua varsity teams to be successful on the field, court, pool or rink, etc. To reach that goal, teams must compete to win as many contests as possible. In order to do this, there are many instances when the major burden of the contest will be carried by the most competitive and most skilled team members; however, teams cannot be successful without committed substitutes and role players. These athletes have to be ready at all times to step forward and shoulder the burden when needed. They have to practice as hard as they can to help make the teams as competitive as they can be. They also have to constantly strive to move up to a “starting” role.
School Athletic Equipment

Students have an obligation and responsibility for all equipment and uniforms issued to them. Proper care, retention, and return of all equipment and uniform parts is a requirement. Students failing to turn in all issued equipment, uniforms, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment or uniforms. Payment is required at the time of the loss, prior to the next season of athletic involvement, or graduation, whichever comes first. In the event that the equipment or uniform is found and/or returned after payment, a refund will be made.

Students will not be issued an athletic uniform if there are any fees owed to the school. Once the fees are paid, the student will receive his/her uniform.

Locker Rooms and Facilities

Student Lockers
Once team rosters are set each team member will be issued an athletic locker. If a locker is not issued, students should request one from their coach or from the Athletic Office. Students are expected to lock all personal items and team equipment in their locker at all times. Students should never give their locker combination to anyone else. Experience has shown that most losses are due to lockers being left open or unlocked. On road trips, when lockers are not available, it is highly recommended that students leave valuables at home or give them to parents for safekeeping at the game site. Cash should never be carried or left at the school. The Nashua Athletic Department is not responsible for items left unlocked and/or unattended.

Building and Facility Access
At the conclusion of each school day, student-athletes should bring all items that they need until the next school day to the locker room area. For safety reasons students are not allowed access to other areas of the building after practice, games, or on non-school days. No students will be allowed access to any of our athletic facilities and/or equipment without proper supervision by a school staff member.

Team Captains
Team captains are leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to not only be aware of team rules and student responsibilities but also to help their teammates abide by them. Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director during the school year to discuss the athletic program. Captains of teams may be relieved of their position for violation of team, department, school, District or state rules.

The coach determines how team captains are selected, if at all. Captains may be elected by the team or appointed by the coach. Captains may also be elected or appointed on a game-by-game basis. There is no requirement that teams must have captains nor that captains must be seniors.

College/Career Guidance

One of the most important decisions facing high school students is what to do with their lives after high school. The Nashua Athletic Department staff and coaching staff are willing and eager to assist all students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send videos tapes, if available, and write letters of recommendation. As appropriate they will guide students to more knowledgeable staff members who can help with post-high school decisions.

If a student’s goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA regulations. Copies of the latest regulations are available in the Guidance Office, the Athletic Office, and online at www.ncaa.org. Student-athletes wishing to pursue collegiate athletes should register through the NCAA Eligibility Center early in their high school career. Please be familiar with these regulations and seek assistance if clarification is needed.
Communication

While interscholastic athletics can provide some of the most rewarding and inspiring moments in students' lives, there can also be times when things may not go the way a parent or child wishes. If a conflict or issue arises during a season, it is imperative that it be addressed in a timely and appropriate manner so that the concern can be resolved promptly. Both parenting and coaching are extremely difficult jobs. Open communication and clear expectations will enable both groups to work together to provide a greater benefit to the student-athletes.

In many instances, a conversation between a parent and the student-athlete can resolve most questions or concerns. The student-athlete who is in attendance daily at practices and games should be able to address rules and roles of the program.

If this conversation does not resolve the problem or answer the question, the next step is for the student-athlete and coach to discuss the concern. Many times a misunderstanding can easily be resolved with this direct conversation.

If it is necessary for a parent and coach to meet to discuss a concern, the parent should contact the coach to schedule a meeting. Please do not attempt to confront a coach before, after, or during a practice or game. These can be emotional times for both the parent and the coach and would not promote a positive resolution. It should be understood that playing time, team strategy, play calling, and other student-athletes are not topics of discussion.

If none of the above avenues resolve the concern, then a meeting between the student and/or parent, the coach, and the Athletic Director will be scheduled.

Contact the Athletic Director immediately at any time in the case of an emergency or a severe violation of safety or any rules or regulations.

Registration Process/Eligibility

Students wishing to participate in high school interscholastic athletics must complete the following in order to be eligible. A student MAY NOT participate until all items are completed and verified.

1. Online registration through FamilyID
   During this registration process, the parent/guardian will
   • give permission for participation;
   • provide emergency and medical information
   • provide proof of health insurance.
   • accept policies, procedures, and expectations as outlined in this handbook.

   Opportunities will be provided for families to use a school computer if other internet access is not possible. Online registration is required each season.

2. Proof of medical examination clearing student for athletic participation
   This is required once in the student’s high school career. This is required prior to participation at any level. For students new to high school athletics, the physical must be dated on or after July 1 of the previous year. For example: for the 2015-16 school year the physical must be dated on or after July 1, 2014.

3. Academic Eligibility
   To be eligible for high school athletics a student must have earned an overall C- average and no more than one non-passing grade for the previous grading period. A student must be enrolled in a minimum of three courses. Non passing grades include F, Fail, Incomplete, No Credit. All athletic seasons have an initial eligibility and a mid-season eligibility. Each student-athlete must meet the academic standards at each grading period to participate in interscholastic athletics.
The official date for eligibility is established as the date report cards are issued. All students are deemed academically eligible for the fall season of their freshman year. Students who do not meet this academic requirement may apply for an academic waiver through the athletic office. Mid-season waivers are not granted. Students may only be awarded one academic waiver in a high school career. The waiver application can be found on our website at www.nashuaschoolathletics.org. Please refer to NHIAA By-Law Article II Section 2 and Nashua School District Policy JJJA and JJJA-R for further information.

4. **Impact Testing for contact sports**
   All freshmen, juniors, and students new to high school athletics in Nashua who wish to participate in a contact sport will need to take the computerized Impact test. This test will provide baseline data which will aid in the return to participation in the event of a head injury. High school sports which do not require Impact testing: cross country, golf, swim (except divers), tennis, track (except pole vaulters), and unified sports.

5. **Athletic User Fee Payment**
   Athletic user fees can be paid online during the registration process or by cash or check delivered to the athletic office in the respective high school. Checks should be made payable to “Nashua School District”. There will be a $25 charge for all checks returned due to insufficient funds. Students may tryout prior to this fee being paid but students will not be issued a uniform until the fee is settled (i.e., paid, free/reduced lunch or financial hardship granted, family cap, 3-season athlete verified, or payment plan agreed to).

   **Fee Waivers**
   Students who qualify for free or reduced meals through the Food Services Program are exempt from athletic fees and should indicate this at the time of registration. Any student-athlete who is a three-season participant in good standing in the same school year will not be charged the user fee for the spring season. No family will be required to pay more than $1,500 in any single school year.

   A fee waiver or payment plan may be requested if there are extenuating circumstances regarding financial hardship. An athletic fee waiver request form can be found at www.nashuaschoolathletics.org.

   **Fee structure:**

<table>
<thead>
<tr>
<th>$65 FEE</th>
<th>$175 FEE</th>
<th>$200 FEE</th>
<th>$250 FEE</th>
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<tbody>
<tr>
<td>Cross Country</td>
<td>Baseball</td>
<td>Football</td>
<td>Skiing</td>
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<tr>
<td>Indoor Track &amp; Field</td>
<td>Basketball</td>
<td>Golf</td>
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<tr>
<td>Outdoor Track &amp; Field</td>
<td>Field Hockey</td>
<td>Gymnastics</td>
<td></td>
</tr>
<tr>
<td>Spirit (each season)</td>
<td>Lacrosse</td>
<td>Swim/Dive</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>Soccer</td>
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<tr>
<td>Unified Soccer</td>
<td>Softball</td>
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<td>Volleyball</td>
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<td>Wrestling</td>
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<tr>
<td>Spirit (each season)</td>
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   **Refunds**
   Full refunds will be issued if a student submits payment and then does not make a team.

   A 50% refund will be given if a student is injured in the first half of the season and will not be able to play due to medical conditions.

   No refunds will be given if a student quits, is removed from the team for disciplinary reasons, or fails to meet the academic eligibility standards during the season.
Additional NHIAA Policies for High School Athletics

In addition to Academic Eligibility stated above, there are other NHIAA policies which have been summarized below in an attempt to highlight the most important rules and regulations. If the following information does not answer specific questions, or if there is a concern, please refer to the NHIAA Handbook (which can be viewed at www.nhiaa.org) or contact the Nashua School District Athletic Office.

**Age** (NHIAA By-Law Article II Section 1)
A student must be less than 19 years of age prior to September 1 of the current school year.

**Eight Semester Rule** (NHIAA By-Law Article II Section 3)
A student shall be eligible for interscholastic high school competition for no more than eight consecutive semesters beyond the eighth grade. This rule applies regardless of participation in athletics during that time.

**Transfer Students** (NHIAA By-Law Article II Section 4)
The rules governing transfer students entering the Nashua School District from another school are governed by the NHIAA. Students who transfer into the Nashua School District must be declared eligible prior to participating in a contest. Information regarding the athletic eligibility of all students transferring to the Nashua School District should be requested from the Athletic Department Office.

**Non-School Competition** (NHIAA By-Law Article II Section 7)
Members of a school team are prevented from misusing any portion of a high school practice or competition to practice or compete with an out-of-school team. This includes non-school tournaments, showcases, combines, or other athletic events. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student-athlete. Priority must be given at all times to the 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 and shall only be granted in extraordinary circumstances.

**Penalties:** Any student-athlete who violates this rule, unless a waiver has been granted, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student-athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student-athlete who violates this rule a second or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

**Additional Nashua School District Guidelines and Policies**

**Transportation To and From Contests**
The school provides bus transportation, or a suitable substitute, to and from most “away” contests. All team members are expected to travel to these contests using the school provided transportation for reasons of student safety. Exceptions to this policy must be requested in writing, to the Athletic Director, Athletic Coordinator, or his/her designee, by a student’s parent no later than 24 hour prior to departure. Reasonable requests will be honored.

**Sportsmanship for Student-Athletes**
Nashua student-athletes must honor the responsibility that accompanies the privilege of representing their school by behaving with dignity and class on and off the field or court. Student-athletes participating in NHIAA sponsored events are expected to treat opponents and officials with respect. There will be no tolerance for trash-talking, taunting, heckling, or baiting of opponents. Nashua student-athletes must appreciate and understand that they are perhaps the most visible representatives of their school.

If any student in any sport willfully, flagrantly, or maliciously attempts to injure an opponent, he/she may be withheld from participation in athletics in the future.

The NHIAA suspends any student from participation in a sport if ejected from athletic contests for unsportsmanlike behavior or what may be considered dangerous play. The Nashua School District imposes additional penalties as well. The District also reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any contests, both home and away.

**Physical Education**
All students are required to participate in their regularly scheduled physical education classes. Students being medically excused from physical education may not participate in their team practice or game for that day.

**School Disciplinary Actions**
A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and/or game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The Athletic Department reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improvement. It is expected that our athletes be model citizens both in and out of school; they should set an example for all students.

**Hazing:** (See NSD Policy JICFA for full details)
Hazing activities are contrary to the Nashua School District’s educational goals and objectives and will not be tolerated in our Schools. Hazing activities are prohibited at all times. Hazing is also a violation of the NH Criminal Code section 631:7, Student Hazing. Hazing is defined as:

Doing an act or coercing another, including the victim, to do any act of initiation into, admission into, continued membership in or association with any organization that causes or creates substantial risks of causing mental or physical harm to any person. Permission, consent, or assumption of the risk by an individual subjected to hazing is not a defense to the prohibitions contained in this Policy. Examples of behavior that could be considered hazing include being forced to:

1. Destroy or steal property
2. Be tied up, taped, or confined in a small space
3. Be paddled, whipped, beaten, kicked or beat up by others
4. Do embarrassing, painful, or dangerous acts
5. Be kidnapped or transported and abandoned
6. Consume spicy or disgusting concoctions
7. Be deprived of sleep, food, or hygiene
8. Participate in drinking contests
9. Engage in or simulate sexual acts
10. Be tattooed or pierced

No school board member, administrator, faculty member, school employee, or volunteer of the Nashua School District will encourage, commit, condone, or tolerate hazing activities. No student will plan, encourage, or engage in any hazing.

**Behavioral Expectations for Student-Athletes** (See NSD Policy JJB and JJJB-R for full details)
Students who participate in Nashua High School extracurricular programs are expected to adhere to high standards of conduct. Any Class I, Class II or Class III violation of the Student Behavior Standards policy (NSD Policy JIC) resulting in a suspension will cause a student to be suspended from extracurricular activities. The following behaviors are examples of Class I, Class II, or Class III violations:

- Illegal use or possession of alcoholic beverages, regardless of where such use or possession occurs;
- Illegal use, manufacture, possession, having under control, sale, purchase, prescription, administering, transportation, dispensation, or compounding of any controlled drug, controlled drug analog, or any preparation containing a controlled drug, as any of the above terms are defined in N. H. RSA 318-B:1, regardless of where such behavior occurs;
- A finding of guilt, delinquency, probable cause, or indictment for violation of a criminal statute in any jurisdiction.
- Student Hazing as defined in N.H. RSA 631:7(d), and in POPPS 3244.2, regardless of where such student hazing occurs;
- Illegal gambling, assaultive or threatening conduct, stealing, vandalism, and destruction of property – if any of these behaviors occurs while on school grounds, or otherwise while participating or attending a scholastic or interscholastic event;
- Gross misconduct, including but not limited to assault or on advisor, coach, judge, official, participant, opponent or spectator; inappropriate behavior and/or obscene language; cheating; directing threats or obscene gestures at an advisor, coach, judge, official participant, opponent or spectator – if any of these behaviors occur while participating in or attending a scholastic interscholastic event.
Any student suspended from school, in or out of school, will also be suspended from participating in and/or attending any school extracurricular activities or functions. At minimum, the length of the extracurricular suspension is equal to the number of days of the school suspension. The suspension from extracurricular activities begins on the date of notice of suspension and concludes no earlier than the first day the student returns to his/her regular class schedule.

NOTE: If a student is on suspension during a try-out period of an extracurricular activity, it will be at the discretion of administration if the student may participate in a try-out period. This exception may only be made on a student’s first violation.

Additional Extracurricular Consequences

First out-of-school suspension or accumulation of five (5) total days suspension in a school year:
The student shall be suspended from all extracurricular programs for up to two calendar weeks (14 days). The building principal or his/her designee shall provide written notice of any such suspension to the student and to the student’s parent(s) or guardian(s).

Second out-of-school suspension or accumulation of ten (10) total days suspension in a school year:
The student shall be suspended from all extracurricular programs for not less than three calendar weeks (21 days). The building principal or his/her designee shall provide written notice of any such suspension to the student and the student’s parent(s) or guardian(s).

Third out-of-school suspension or accumulation of fifteen (15) total days suspension in a school year:
The student shall be suspended from all extracurricular programs for the remainder of the school year. The building principal or his/her designee shall provide written notice of any such suspension to the student and the student’s parent(s) or guardian(s).

NOTE: A principal may remove a student from extracurricular activities for the remainder of the school year for any single egregious act.

Injuries

The Athletic Director or Athletic Coordinator in consultation with the Athletic Trainer reserves the right to withhold any student from participating in any school sponsored practices and/or contests, if it is determined that student is not in full health.
Return to Play from Injury
The Nashua School District contracts the services of Performance Rehab Inc. to provide Athletic Trainer services for each of the high school athletic programs. The Athletic Trainers are trained and certified to provide the very best care for our student-athletes. All high school student-athletes who suffer an injury or who feel discomfort must be evaluated by the Athletic Trainer prior to returning to their sport. Any time a student-athlete (middle school or high school) visits the emergency room or a doctor due to potential injury, that student must provide documentation from the doctor they visited, or their primary care physician stating they are safe to return to said sport or activity.

Treatment for Head Injuries
The Nashua School District and Athletic Department are keenly aware of the nature and concern regarding the topic of head injuries. Significant progress has been made the last several years to ensure that students do not return to participate in athletic endeavors prior to reaching a full recovery. In recent history research has shown that participating in athletics while suffering from a concussion can result in lifelong injuries and complicated health issues. The Athletic Department and Performance Rehab, Inc. in partnership with St. Joseph’s Hospital utilize the ImPACT Program to evaluate head injuries. Students at the high school level participating in high risk head injury sports will be required to take an online ImPACT Baseline Test prior to the start of their season in both their Freshman and Junior years. The Athletic Trainer, Athletic Director, or the director’s designee will administer the test.

If a student-athlete is suspected of suffering any head trauma, he/she will be evaluated by the Athletic Trainer. The Athletic Trainer will determine if the trauma suffered requires the student to take a “Post Injury” ImPACT Test. The first “Post Injury” Test should be taken within three days of suffered trauma. Upon completion of the “Post Injury” Test the Athletic Trainer in consultation with the Certified ImPACT Test Doctor from St. Joseph’s Hospital will determine if the student is healthy and can take the next step to return to play, or determine if the student must remain out of competition until they are symptom free. The term symptom free is defined in this context as a student who does not experience any of the symptoms associated with a concussion, including: headaches, dizziness, nausea, exhaustion, sensitivity to light, difficulty with concentration, etc.

1. If determined that a student-athlete can move to the second step in return to play, they will take a second “Post Injury” test, this time after 30 minutes of physical exertion. Students will be asked to ride a stationary bike, or go on a treadmill. After the second “Post Injury” Test and Athletic Trainer’s evaluation, it may be deemed that the student is healthy and may return to participation. This step may also require a note from the student’s primary care physician, if requested.

2. If it is determined that the student continues to suffer concussive symptoms, they will be scheduled to take his/her second “Post Injury” test when symptom free, and typically 7-10 days after injury. Once again the student will be evaluated, and may return to participate once deemed he/she in full health.

3. Students experiencing symptoms through the 7-10 day period will not be allowed to return to participate because the student’s health is the priority.