

West Running Brook Athletic Handbook

The West Running Brook Athletic Department wishes to thank you for your interest in our programs. Included in this handbook is a detailed explanation of our programs and requirements for participation. Please read these explanations thoroughly with your child so we can all enjoy this athletic endeavor together. Thanks!!

PHILOSOPHY: The West Running Brook Athletic Department does not structure it's philosophy on winning games. While we strive to be competitive with all of our programs, our philosophy is based on learning. Many of our sports have two teams for both boys and girls allowing more athletes to participate. The Class "I" or Team 1 teams consist of our more experienced players who are already ahead in the developmental process for their sport. Our "S" or Team 2 teams are structured towards the development of skills and strategies athletes require to become more successful at their sport. Our goal is for the athletes to have fun and learn from their experiences while being involved with our athletic teams. We hope that all parents will lend additional support for our athletes, coaches and school with this focus in mind.

PHYSICALS:

1. To be eligible to participate in interscholastic athletics at West Running Brook Middle School, every student athlete must receive a complete physical.
2. The physical must be placed on file in the school nurse's office within two weeks of the beginning or ending of tryouts.
3. The physical must be placed on a West Running Brook Physical Form. These forms may be obtained in the main office or nurse's office.
4. The burden of cost for this athletic physical will fall on the parent/guardian.
5. Student/Athletes are only required to obtain one physical during a three year period at West Running Brook Middle School.
6. Any student/athlete who is new to the district (incoming 6th grader, 7th grader or 8th grader) must have their physical within ONE calendar year of the start of their athletic season at West Running Brook Middle School.
7. Any Student/Athlete who is treated by a physician for an injury or illness must produce a note of release from the physician prior to resuming participation. Team coaches and/or the athletic director reserve the right to hold an injured athlete out of competing after a doctor's note has been issued until they are comfortable with the athletes safety in the

- specific sport environment.
8. Student/Athletes will be required to provide a medical history update signed by their parent/guardian prior to participation in each sport.

ELIGIBILITY:

High expectations are held for all students in every class. Students at WRB must meet the eligibility requirements in order to participate in the athletic programs. A student is deemed ineligible if *any student fails one (1) subject or earns one four (4) in either conduct or effort on their report card will become ineligible*. A student can petition for eligibility immediately following designation of ineligibility. The eligibility petition process is a 3 step process outlined below to provide a clear explanation of the students responsibility in the process.

STEP 1: The student gets the petition for eligibility from his/her team leader. This form provides an update of current grades and behaviors and indicates whether or not a student is displaying appropriate behavior and effort and earning satisfactory grades in all subject areas.

STEP 2: The student gathers signatures from his/her teachers in all subject area including unified arts, and advisor to determine current grades, behaviors, and effort.

STEP 3: The student brings the completed petition form to the main office and gives it to an administrator. The progress of students who regain eligibility will continue to be monitored. If the students becomes ineligible again they will not be able to petition for the remainder of the activity or till the start of the next trimester. If an ineligible student shows up to a WRB event the will be retained till a parent/guardian is reached, parents/guardians must pick up the student as soon as possible, and additional consequences may result for the student.

Exceptions to this policy include violations of the Derry School District's Alcohol Use/Drug Abuse by Students Policy, Pupil Safety and Violence Prevention Policy, Sexual Harassment Policy and Safe School Zone Policy, copies of which are found in the student handbook as well as online on our schools web site (www.derry.k12.nh.us/wrb). Administrators the reserve the right to suspend a student from extra curricular activities for an extended period of time including the remainder of the school year. If a student does get suspended they are not allowed to participate in any activities until the suspension is over whether it is an in-school suspension or an out of school suspension.

TRYOUTS:

Tryouts are a privilege that West Running Brook teams provide because many more students go out for a particular team than can be carried on the team's roster. West Running Brook's tryout policies and procedures are in place so that a smooth and fair tryout can be administered by all coaches for all sports.

Each coach will have his/her own criteria for how the team is selected. A child's selection for a West Running Brook team may not be made solely on the basis of skill or ability, depending on the coach's criteria for making the team.

Rules For West Running Brook Tryouts:

- 1. All forms must be turned in by the Athletic Department deadline or a student will not be able to participate in tryouts.**
- 2. Athletes are provided a three day tryout period. These are the only three days that tryouts are held. A student who misses a day of tryouts will only be allowed a make-up day if there is a note from home or a doctor stating a reason why the student missed tryouts.**
- 3. Students who have missing information on their required paperwork will not be allowed to tryout until the missing information is completed. Tryout days that are missed can not be made up.**

All try outs and practices are closed to parents. Parents waiting to pick up their child must wait away from the team's area. The children are already under enough pressure to perform to make the team, and often the presence of parents or friends adds unnecessary pressure for the youngsters.

COMMUNICATION:

It is important for our athletic programs to have strong communication between parents, athletes and the school. To maintain positive and meaningful communication please do not approach a team's head coach or assistant coach directly after a game with questions or concerns about an athlete or the contest. Human emotions are difficult to control before, during and after a contest. If there is a specific concern about a situation on your child's team, please wait and make contact with the coach the next day by telephone or in person after practice.

Any concerns that can not be resolved after talking with the coach may be discussed with the Athletic Director. Topics that we discourage being discussed are wins and losses, game strategy, playing time, player positioning and other student athletes. Topics that are encouraged to be discussed with coaches are the treatment of your child on a physical, and emotional basis; ways to help your child improve and develop; and concerns about your child's behavior.

Information regarding practice schedules and game schedules can be found on the schools web site (www.derry.k12.nh.us/wrb/index.php) under athletics using the calendar link and directions to all sites can be found under the link directions.

CARE OF EQUIPMENT:

1. West Running Brook Middle School provides its student athletes with uniforms and other equipment. The student athlete is responsible for the uniforms or equipment issued to him/her. West Running Brook will make every effort to provide each student athlete who makes an athletic team with a locker to protect his/her valuables. The student athlete is responsible for his/her valuables.
2. All uniforms and equipment issued to athletes will be collected at the end of the season. If an athlete quits during the season, it is his/her responsibility to turn his/her equipment in to the coach.
3. If an athlete loses or damages any of his/her equipment, he/she will be responsible for reimbursing West Running Brook for the total cost to replace the lost or damaged equipment.
4. Any reimbursement that is left unpaid for lost or damaged equipment will result in disciplinary action on the part of the school.

CARE OF FACILITIES:

The Derry Cooperative School District has many athletic fields and facilities. Each of the areas is for the benefit of the athlete and his/her program. Any athlete who is caught abusing any of the indoor or outdoor facilities will be subject to discipline by the school.

INSURANCE:

At the beginning of the school year, accident insurance is available to all students. Application forms will be distributed in advisory. **All student athletes must have proof of insurance to either tryout for or participate on an athletic team.**

RULES AND REGULATIONS:

The following guidelines have been set forth by West Running Brook Middle School to govern participation in the school's athletic programs.

1. Team practices and games are not optional. Athletes who miss any combination of 3 practices or games during the course of a season will be removed from the team. A Doctors note or a nurses dismissal from school will provide an excused absences and not count against the "3 miss" limit. Any athletes who misses a West Running Brook practice or game due to a conflict with a non-West Running Brook Sport will not play in the next game. A second offense to this rule will result in a meeting with coaches, parents and administration and possible removal from the West Running Brook Team.

2. A student/athlete will not be allowed to participate in school sports unless he/she is present in school on that day.
3. Athletes need to report to school by 9:00 am in order to participate in games or practices on that school day.
4. All student athletes are expected to dress neatly when traveling to other schools for athletic events.
5. All student athletes must travel to and from away games with the transportation provided by the school. Athletes who wish to ride home from away games with a parent must present a note from the parent or the parent may sign the "travel log" at the game site so their child may be released to them. A child who is riding home with another parent must have a note from BOTH parents presented to the coach before leaving the school. If a specific arrangement is made so that one family is going to bring another child home after each away game, a blanket note may be given to cover the entire season.
6. Coaches will provide a practice and game schedule for their teams. Parents will pick up their son or daughter within 15 minutes of the conclusion of practice.
7. Athletes playing on a West Running Brook athletic team must make the teams practice and game schedule a top priority among other extra curricular activities. Practices and game attendance is not optional. **No student may participate in two sports simultaneously, such as in basketball and ski club or cheer leading and ski club.**
8. All West Running Brook dress code regulations are to be followed during games and practices by all athletes.
9. West Running Brook Athletes are expected to follow the school substance abuse policy explained in the student handbook. An athlete shall not carry or distribute medications (over the counter or prescription) during a teams activities. A prescribed inhaler for asthma or epi-pen for bee stings will be allowed with the nurses knowledge. Any violation of this policy will result in removal from the team.

Supervision - Practices and Games

Attendance:

1. All coaches take attendance before practice/ games and after arriving at the practice or game site if it is not on school grounds.

2. Attendance logs will be kept by the coach for their own team only.

Practices that do not start directly after school :

1. Coaches will provide a room with teacher supervision for athletes to wait for the scheduled practice time.
2. Parents are strongly suggested to utilize the Boys and Girls Club program located at West Running Brook for the year guaranteeing a place for their child to go before practice.

**In the event a particular team coach does not work at the building the parents and students must choose to use the option 2 or the athlete may have to go home and come back for a practice or game starting after 3:30. It is the responsibility of the athlete to follow the guideline on a day to day basis.

Practices that start directly after school :

1. Athletes are NOT supervised in the locker room while getting prepared for practice. Coaches will be near by in the event of an emergency.
2. Athletes are to report to their teams designated area after leaving the locker room to meet with their coach.
3. Coach will accompany team to practice location.

** Practices at the Humphrey Road Field site **

1. All players will meet with their respective coaches for attendance before departing for Humphrey Fields
2. All players must return back to school walking with the coach at the conclusion of practice. No players are allowed to be picked up from Humphrey Fields at the conclusion of practice.

Game Days :

1. Athletes will not be supervised in the locker room while getting prepared for a game. Coaches are only required to be nearby in the event of an emergency.
2. Home games - teams will meet with their coach at a designated location for attendance and then proceed to the game location as a group.
3. Once at the game site the players will remain with the coach at all time unless accompanied by another team assistant.
4. Away Games - Teams will dress in the locker room if appropriate and wait sitting as a group with their coach for the bus to arrive at the West Running Brook gym to transport the team to their game site. No ball play, or small activities will be allowed while waiting for the team's bus.
5. Supervised transportation to and from away games must be followed as outlined in the athletic handbook under the Transportation section.

Pickup from Practices or Games:

1. All players must be picked up from the designated location decided on by the coach.
2. All players will wait at that location to be picked up after both practices and games. Coaches will stay with players until they are picked up after a game or practice
3. Any athlete who is walking home from a practice or game must provide the coach with a note and must be a regular "walker" as determined by West Running Brook's bus rosters.

Late Pickup:

1. All athletes are required to be picked up no later than 15 minutes after the completion of their practice or game.
2. Coaches will stay with players until they are picked up after a game or practice. Time extended past the 15 minute window may result in lost playing time in the next contest.
3. If late pickups become frequent in regards to this 15 minute window a letter will be sent home outlining possible steps that could be taken as a result of this issue.

"NO Games" -

In the unlikely event that a team's game is canceled due to the visiting team "not showing up", the team will follow the following guidelines.

1. The coach will determine what activity the team will continue with
 - a) Have a practice
 - b) Players go home
2. Athletes will notify parents as soon as time allows.
3. Coaches will not be responsible for providing a cell phone to athletes for these calls. Calls can be made from a school phone or from their own cell phones.

Change of Schedules: Change in game schedules will be made only when necessary.

Reasons for game changes would include the following reasons.

- 1) Travel arrangements for the visiting team.
- 2) Officials schedules that have been changed by a third party.
- 3) Time or Field conflicts at the home game site
- 4) Weather related issues

Teams and coaches will be notified as soon as possible in the event of a schedule change for a game or practice. Every attempt will be made for changes to happen at least 24 hours in advance.

In the event a game or practice needs to be changed during the school day due to the four above reasons the following will happen:

- 1) Announcements will be made to the school population between 1:00 and 1:30.

- 2) Players will use classroom phones to make the necessary phone calls home.
- 3) Boys needing to make long-distance calls to parents should use the phone in the athletic director's office. Girls can use the phone in the main school office.
- 4) It is important that players are able to reach a parent or guardian. Leaving messages can delay important time needed to make adequate arrangements for the change in family schedule.

Notifications of game and schedule changes will be distributed to students. It is the students responsibility to provide that information to parents.

Please check the West Running Brook web site frequently for schedule changes and updates. Go to www.derry.k12.nh.us

1. Click "SCHOOLS"
2. Click "WEST RUNNING BROOK"
3. Click "ATHLETICS"
4. Click "ATHLETIC CALENDAR"

The Athletic Calendar is updated as soon as there is a schedule change. All decisions are made as soon as possible but no later than 1:40pm.

Game Cancellations will be posted on the West Running Brook Home Page in an "attention bulletin" format on the home page.

BEHAVIOR CONTRACT:

All students are required to sign and follow the athletic department behavior contract for the duration of the season. Any student who has not signed the contract will not be allowed to participate in team activities.

ATHLETIC AWARDS NIGHT:

At the conclusion of each athletic season there is an awards ceremony for all of the student athletes who participated in athletics during that particular season. The purpose of the awards night is to recognize individual as well as team accomplishments. All student athletes will receive an award for their hard work and dedication to West Running Brook and the athletic program. All student athletes and their parents are encouraged to attend.

FORMS: The following forms must be filled out and turned in to all coaches prior to the first day of tryouts for the season. Any forms that are not filled out completely will be returned to the students and may cause a delay in their initial tryout date.

Did you complete all these????

Parent Agreement - Athletic Handbook: _____

Athlete Medical Update _____

Physical Form (if needed) _____

Consent and Indemnity Form _____

Behavior Contract _____

Grade sheet _____

PARENT AGREEMENT:

I have read and reviewed the athletic handbook with my child and agree to help my child follow all of the guidelines stated. I also agree to follow the parental guidelines stated within the handbook as well.

PARENT / GUARDIAN

STUDENT ATHLETE

PARENT/GUARDIAN - E-MAIL AND PHONE NUMBER

SPORT

DATE

FALL 2010 TRYOUT DATES/TIMES AND LOCATIONS

MON 8/30, TUES 8/31, WED 9/1

FIELD HOCKEY - ON THE BACK FIELD (WRB) - 2:10-4:00

SOCCER - UPPER HUMPHREY FIELDS - 2:10 - 4:00

CROSS COUNTRY - PARKING LOT (WRB) - 2:10 - 4:00

The tryout dates and times and tentative due to weather conditions, times and locations may be changed but if all the fields are dry and there is no rain in the forecast then these are the times and dates tryouts will be.

Beginning the **2010 - 2011 SEASON** Athletes will be charged for certain items given to them. If any item is lost, misplaced, damaged, or left at home athletes will be charged for replacing the item. Items that have been given to athletes in the past such as socks, hats, and mouth guards will be available to purchase through the athletic department. You are certainly more than welcome to purchase these items at stores but will be charged more. All items sold through the athletic department will be sold at cost and no profits will be made. If you have any questions please contact the Athletic Director at 432-1250 or by e-mail at jbruns@derry.k12.nh.us

mouth guards - \$1.00

socks - \$3.00

hats/visors - \$7.00

Thanks

Joe Bruns
Athletic Director
West Running Brook