

TIMBERLANE REGIONAL MIDDLE SCHOOL



PLAISTOW, ATKINSON, DANVILLE, and SANDOWN, NEW HAMPSHIRE

STUDENT-ATHLETE HANDBOOK 2020-2021



A MESSAGE FROM THE ATHLETIC DIRECTOR

Participation in the Timberlane Middle School Athletic Program can be a rewarding experience for our student-athletes. As an education-based program, the focus for coaches and students is on skill development and learning. Many of life's lessons can be learned through athletic experiences. The qualities of teamwork, cooperation, discipline, and time management are just some of the skills to be enhanced for our younger students.

It is important to note that anyone who participates in the Timberlane Middle School Athletic Program must strive for success academically, socially and athletically. We represent our school and community, as well as ourselves in all that we do. *Sportsmanship, respect, and integrity are the cornerstones of success in the Timberlane Athletic Program.*



Feel free to call the Athletic Office at 382-6541 ext. 3940 for any information regarding our athletic programs or visit our website at <http://www.timberlane.net/hs/> and click on Athletics.

Angelo Fantasia

District Director of Athletics

(603) 382-6541 ext. 3940

About the TRMS Athletic Program

The Timberlane Middle School Athletic Program competes in the Tri-County League, which includes schools such as: Bedford, Derry, Londonderry, Windham, Salem, Merrimack, Hudson, and OVER 40 other schools. It is important to note that while we wish to promote participation, some of the sports will need to have tryouts in order to maintain manageable participation numbers.

Parents may register their child using the online instructions located on the TRMS website. Upon registering, your child's academic eligibility and medical clearance will be checked. Students may not try out for an interscholastic sport without an updated physical on file.

ATHLETIC PROGRAMS OVERVIEW

The primary goal of our athletic program is to allow as many students as possible to learn basic skills and participate in team and individual competition. Interscholastic sports offered are as follows:

Fall Sports: August thru October

Boys' Cross Country **All Fall Sports Start August 31, 2020**
Girls' Cross Country
Girls' Field Hockey
Boys' Soccer
Girls' Soccer
Girls' Volleyball

Winter Sports: November thru March

Spirit / Cheerleading Starts November 2, 2020
Boys' Basketball Starts November 9, 2020
Girls' Basketball Starts November 9, 2020
Wrestling Starts November 16, 2020

Spring Sports: March thru June

Boys' Baseball **All Spring Sports Start March 29, 2021**
Girls' Softball
Boys' Track and Field
Girls' Track and Field

ACADEMIC ELIGIBILITY REQUIREMENTS

Athletics at TRMS is viewed as an extension of the student athlete's education. Students are expected to pass all classes in the previous marking term in order to be academically eligible to participate in the athletic programs at TRMS.

1. Any student-athlete with a failing grade on their progress report card or report card will be ineligible to participate in their team's competitions for 5 school days; however, they are eligible to participate in the team's practices during the athletic suspension. In order to regain full athletic eligibility, a student must meet with the Principal or designee to develop a plan for reinstatement that supports the academic success of the student-athlete.
2. All incoming 6th grade students are academically eligible to begin Fall sports' season.
3. Any student receiving an in or out-of-school suspension shall be ineligible for all school activities outside the regular school day (including social events and those not otherwise governed by these eligibility standards, except activities directly required for a graded course) for the period of the suspension, including any intervening weekends.
4. A student's eligibility to participate in any school activity may be reviewed and suspended by the Principal at any time for unacceptable behavior and/or poor academic performance.
5. The final authority regarding eligibility rests with the Principal

TIMBERLANE MEDICAL CLEARANCE POLICY

A Timberlane student-athlete will successfully pass a physical examination and complete the physical examination form provided by the Timberlane Regional Athletic Department or the issued physical exam form provided by the Doctor's Office. This must be done prior to playing or practicing a sport at Timberlane Regional School District. **The exam may be valid for two (2) years, unless specified yearly by the Physician or Practitioner.**

*ALL incoming 6th graders and transfer students must have a physical exam within the last twelve (12) months. Subsequently, an exam shall be completed at least every 2 years, unless your medical provider states otherwise.

ABOUT THE ATHLETIC TRAINER

The Timberlane Athletic Department provides an Athletic Trainer from Access Sports Medicine and Orthopedics. Our athletic training services include, but are not limited to, Concussion Management, administering first aid for athletic injuries, providing initial treatment and management of acute injuries, and assessing athletic injuries at the request of the athlete, the athlete's coach or athlete's parent/guardian. The Athletic Trainer will perform only those procedures that are within their training, credential limitations and scope of professional practice to prevent, care for and rehabilitate athletic injuries.

The Timberlane Athletic Department, along with Access Sports Medicine will require all athletes and parents/legal guardians to sign the Consent to Treat Form supplied by the Athletic Training Company. Athletes of specified sports will be Impact Concussion Tested prior to participating in the athletic program. The Impact Test is valid for 2 years. Athletes are tested in grades 9 and 11. Any new student-athlete in the specified sports will need to be tested as well.

A written report of any athletic injury assessment will be confidentially maintained in the files of the Athletic Director. A copy of this report will also be available for the athlete to provide to his/her parent/guardian. The Athletic Trainer will share information about the injury assessments and post injury status as needed with the coaching staff, parent/legal guardian, Athletic Director and the school nurse.

There shall be no charge to the athlete for the above listed Athletic Training services. If the athlete is in need of further treatment by a physician, or of rehabilitation services for an injury, he/she may see the physician of his/her choice. Injured athletes that have seen a physician will need written clearance from that physician prior to resuming athletic activities.

For a list of Insurance Companies accepted by Access Sports Medicine please refer to the Timberlane Athletic website Documents section.

CARE OF EQUIPMENT

Timberlane Regional School District provides its athletes with uniforms and other equipment. The athlete shall be responsible for the uniforms and/or the equipment issued.

All uniforms and equipment issued to the athletes shall be collected at the end of the season. It is the responsibility of the student to ensure uniforms are returned *clean and in good condition*. An athlete will not receive any other equipment/uniform until the previous equipment is returned or reimbursed. Lockers must be cleaned out *at the conclusion of each season*. **The Athletic Department will not be responsible for any lost equipment. Any student-athlete who fails to complete the season is responsible for returning his/her uniform and equipment immediately upon leaving the team.**

CARE OF FACILITIES

It is expected that all student-athletes will treat all facilities with care and respect. Any student-athlete who is caught abusing any of the indoor or outdoor facilities will be subject to disciplinary actions by the school administration and may also be subject to team discipline.

INSURANCE

All athletic endeavors involve some risk of injury. **Timberlane Regional School District will not be liable for any injuries incurred, nor for any expense or loss related to such injuries.**

All athletes who are practicing or competing for the Timberlane Regional School District will be covered up to certain limits by our school insurance policy, however, there are certain guidelines and steps one must follow in order to be covered. The student's family health insurance is considered the primary coverage for any athletic injuries that may occur.

All claims must first be submitted to your own insurance company for payment. Our insurance may pay the balance of claims if they are approved by the school and insurance company and they fall within the limits of the policy.

STEPS TO FOLLOW IF AN ATHLETE IS INJURED

1. The athlete should immediately report the injury to his/her coach during their practice or game.
2. The athlete should report the incident to the trainer who will fill out an accident report. This will be forwarded to the Athletic Director, who will verify the accident.
3. A District insurance claim form will be sent to the parents of the injured athlete. The parents are to fill out their section, have the doctor who first attended their son/daughter fill out the medical section, then mail the form to the District insurance company. Claims must be received by the insurance company within 90 (ninety) days of the injury.
4. All bills should be sent directly to the District insurance company upon receipt.
5. Any questions may be directed to the Athletic Director at 382-6541 Ext. 3940.

By providing this insurance, the Timberlane Regional School District assumes no responsibility for such injuries. *All claims for injuries must be made in accordance with the terms of the policy and any disputes with respect to coverage will be between the athlete's parent or guardian and the insurance carrier.*

RULES AND REGULATIONS

The following regulations have been set forth by the Timberlane Regional Athletic Department to govern participation in the school athletic program. Should a student-athlete violation become known at a later date, discipline shall be enforced for the next game. Should an athlete become involved in an incident at the end of a season, any consequences to that incident may be carried over to the next participating season.

- 1) **All athletes are expected to attend all practices, scrimmages, games, and meets. Acceptable absences include only those for:**
 - **Illness / Medical Appointments**
 - **Academic Help**
 - **Religious Holidays**

Athletes should notify their coach as soon as they know they may or will miss time away from the team (better to be safe and tell the coach before it happens). Participation on "Travel Teams" or in other leagues is not an acceptable absence. Your school should be your priority and thus, violations of this rule may result in a one game suspension. Further violations of this nature may result in suspension or dismissal from the team.

- 2) A student cannot participate in school sports or practices unless he/she is present in school on that day. If the violation becomes known at a later date, it will be enforced at the next practice or game following the disclosure.
- 3) Students/athletes who are tardy to school must report to school by 10:00 AM in order to participate in practice or games that school day. Any extenuating circumstances related to absences or tardiness should be referred to the Athletic Coordinator.
- 4) A player must use school transportation to athletic events except when the athlete has secured prior written permission from the Athletic Coordinator, the athlete's parent, and the coach. A coach may approve transportation home from an athletic event when the athlete is discharged to the parent/guardian.
- 5) Students on suspension, or not participating in physical education class, may not participate in practices, games, meets, etc.
- 6) Athletes may not avoid or postpone detentions or extra help because of games or practices

SOCIAL MEDIA EXPECTATIONS

Messages posted on social media are public information and available to a vast online audience to see; assume that nothing is private. Reposting or liking a comment is an indication of approval and promotion of the viewpoint. All social media material is expected to express positive thoughts and ideas, as well as portray an optimistic and positive ideology. Consequences for online content that violates these expectations will be determined by the school administration, and may include, but not be limited to, possible suspension from participation.

Participants are not permitted and should refrain from making disrespectful comments or behavior online, including but not limited to:

- Inappropriate, derogatory, or unsportsmanlike language that may be offensive, harmful or critical of teammates, students, coaches, officials, administrators, and/or teachers at Timberlane Regional High School or at other schools, including opponents
- Photos, gestures, or statements which may be perceived as demeaning, offensive, bullying, hazing, or harassment
- Making a threat of serious physical or emotional injury to another person
- Use, possession or sale of illegal substances, alcohol, tobacco, or nicotine products or paraphernalia
- Vandalism or other inappropriate behaviors
- Indicating knowledge of an unreported school or team violation
- Sensitive or personal information such as injuries and eligibility status

The Timberlane Regional School District, Harassment of Students Policy ACAA, RSA 193-F:3 defines harassment as: including but limited to verbal abuse based on age, sex, race, creed, marital status, familial status, physical or mental disability, national origin, or sexual orientation. Complaints of pupil harassment and bullying may also be pursued under Board Policy JICK- Pupil Safety, Violence Prevention, and Anti-Bullying.”

The Timberlane Regional School District, Pupil Safety, Violence Prevention, and Anti-Bullying Policy JICK, RSA 193-F:3 defines bullying as “a single incident or a pattern of incidents involving a written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof that: physically harms a pupil or a pupil’s property, causes emotional distress to a pupil, interferes with a pupil’s educational opportunities, creates a hostile educational environment, or substantially disrupts the orderly operation of the school. For the purposes of this policy, any references to the term bullying shall include cyberbullying”

TIMBERLANE/HAMPSTEAD SCHOOL DISTRICTS
School Administrative Unit No. 55, 30 Greenough Road, Plaistow, NH 03865
SCHOOL HEALTH SERVICE FORM

HEALTH RECORD

for:

| | | | | |
|----------------|---|-----|---|-----------------|
| Date of Birth: | : | Sex | : | Parent/Guardian |
|----------------|---|-----|---|-----------------|

To parents of Entry-Level Children or Transfer Students:

New Hampshire State Law, RSA 200:32, requires that a complete medical examination by a licensed physician, physician assistant or advanced registered nurse practitioner upon or prior to entrance to a public school system and thereafter as often as deemed necessary by the local school authority. Your child’s physician must complete the **PHYSICIAN’S REPORT OF SCHOOL HEALTH EXAMINATION** found on the reverse of this form.

New Hampshire State Law RSA 141-C:20-a requires immunizations against certain diseases. The vaccines and doses listed below are the minimum requirements for school attendance, following the “Recommended Childhood Immunization Schedule”, United States 2003/2004 school year.

1. DTP/DT/DtaP/Td Minimum Doses.

<7 Years of Age: Four doses, 4th dose on or after the 4th birthday, or five doses.

>= 7 Years of Age: Three or four doses, with the last dose on or after the 4th birthday, or five doses.

10 years since last T d: One dose of a tetanus-toxoid containing vaccine. (Td is the preferred vaccine)

2. POLIO Minimum Doses.

For grades K-12: Three doses of an all eIPV or all OPV schedule. The last dose must have been administered after the 4th birthday. Four doses of any combination of eIPV and/or OPV regardless of age at administration. When a combination of polio vaccines have been administered, 4 doses are necessary even if the 3rd dose was administered after the 4th birthday.

(Acceptable intervals: Dose I shall have been administered no less than 6 weeks of age, all subsequent doses shall be separated by a minimum of 4 weeks.)

3. MEASLES Minimum Doses.

For grades K and, or 1 and 2: Two doses of measles-containing vaccine. Grades 7th - 12th: Two doses of measles-containing vaccine. All grades not mentioned above: One dose.

4. RUBELLA AND MUMPS Minimum Doses

For grades 1-12: One dose of rubella and mumps-containing vaccine administered on or after age 12 months.

5. HEPATITIS B VACCINE Minimum Doses

Three doses required for those children born after 1/1/93.

6. VARICELLA (CHICKENPOX) VACCINE Minimum Doses

Entry to 1st grade and entry to 6th grade: One dose. Two doses, if first dose was administered >= 13 years of age.

| Immunizations | Administration Dates (MM/DD/YYYY) | | | | | |
|--------------------|-----------------------------------|---|---|---|---|---------|
| | 1 | 2 | 3 | 4 | 5 | Booster |
| DTP / DtaP | | | | | | |
| DT | | | | | | |
| Td | | | | | | |
| Polio -eIPV | | | | | | |
| Polio - OPV | | | | | | |
| Measles | | | | | | |
| Rubella & Mumps | | | | | | |
| Hepatitis B | | | | | | |
| HIB | | | | | | |
| TB Test | | | | | | |
| Varicella | | | | | | |

No child will be admitted to a Timberlane/Hampstead School until these state requirements have been met and this form is returned to school. Revised December 2003

TIMBERLANE/HAMPSTEAD SCHOOL DISTRICTS
School Administrative Unit 55, 30 Greenough Road, Plaistow, NH 03865
School Health Services

PHYSICIAN'S REPORT OF SCHOOL HEALTH EXAMINATION

Name of Pupil _____ School _____ Grade _____

Developmental History: Estimate of Functional Capacity

| | Advanced for Developmental Phase | Consistent with Developmental Phase | Delayed for Developmental Phase |
|-----------------|-------------------------------------|--|------------------------------------|
| GROSS MOTOR | | | |
| FINE MOTOR | | | |
| LANGUAGE SKILLS | | | |

Physician Examination:

| | |
|---|----------------------------|
| Height _____ | Pharynx _____ |
| Weight _____ | Thyroid _____ |
| Nutrition _____ | Lymph Glands _____ |
| General Body Type (Describe as tall & thin, short & heavy) _____ | |
| Lungs _____ | Cardiovascular _____ |
| Murmur _____ | Blood Pressure _____ |
| Posture (Remark on presence or absence of scoliosis and Lordosis and define scoliosis as functional or organic) _____ | |
| Pulse Rate _____ | At Rest _____ |
| After Exercise _____ | 2 min after exercise _____ |
| Skin _____ | Abdomen _____ |
| Vision _____ | Hernia _____ |
| Hearing _____ | Genitalia _____ |
| Audiogram _____ | Skeleton _____ |
| Tympanogram _____ | Feet _____ |
| Nose _____ | Reflexes _____ |
| Mouth _____ | Allergies _____ |
| Teeth _____ | Medication _____ |

Is this child capable of carrying a full program of schoolwork, including gymnastics and athletics?

Yes [] No []

Must the school program be modified to meet the needs of this child? Yes [] No []

Any restrictions in the use of stairs? Yes [] No []

Any special seating accommodations? Yes [] No []

Other (Please specify) _____

REMARKS AND RECOMMENDATIONS:

Date of Exam _____ PHYSICIANS SIGNATURE _____

Today's Date _____ PRINTED PHYSICIAN'S NAME _____

Revised December 2003

PLEASE COMPLETE BOTH SIDES OF FORM

