

TIMBERLANE REGIONAL MIDDLE SCHOOL



PLAISTOW, ATKINSON, DANVILLE, and SANDOWN, NEW HAMPSHIRE

ATHLETICS STUDENT HANDBOOK 2019-2020



A MESSAGE TO PARENTS FROM THE ATHLETIC DIRECTOR

It is time to begin preparation for a new season of interscholastic athletics at the middle school. It is **MANDATORY** for all students trying out for an interscholastic sport to have an updated physical on file in the nurse's office.

Physicals are good for two years (unless your medical provider states otherwise) and will be checked prior to tryouts. All 6th grade students need a new physical. If your son or daughter is participating in the athletic program at Timberlane Regional Middle School, we hope he/she will have an enjoyable and worthwhile experience. We believe that it is important not only for athletes, but also for their parents, to realize that there is always an assumption of risk/injury associated with any sport.

We are very proud of our athletes and our programs at the middle school. The school belongs to the very competitive Tri-County League, which includes Bedford, Derry, Londonderry, Windham, Salem, Merrimack, Hudson, and OVER 40 other schools. The coaches must "cut" in some of our sports in order to conduct practices with manageable numbers. Some of our sports, such as cross-country and track are "non-cut" sports. We also offer "B" programs in soccer, basketball, baseball, softball, and volleyball. The "B" program plays in a very competitive league made up of "A" teams from some of the smaller schools and other large school "B" teams.

We are very proud of the sportsmanship and team spirit that all of our teams exhibit during the season. We hope that your son/daughter will join our teams for a very positive and challenging experience. If at any point during the year you should have questions regarding the athletic programs, please call me at 603-382-7131, extension 4416.

Sincerely,
Bruce Johnson, Athletic Director

ELIGIBILITY

Parents may register their child using the online instructions located on the TRMS website. Upon registering, your child's academic eligibility and medical clearance eligibility will be checked. Students may not tryout for an interscholastic sport without an updated physical on file. The Athletic Health Form is available on the school website Athletic page or in the front office. Forms must be received before tryouts begin.

Students and parents must also complete the Athletic Program Agreement Form and the Consent to Treat Form also available through the physical education department, the front office or on the school website. www.timberlanems.net

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 26, 2019

Girls' Cross Country

Girls' Field Hockey (A & B)

Boys' Soccer (A & B)

Girls' Soccer (A & B)

Girls' Volleyball (A & B)

Winter Sports: November thru March

Boys' Basketball (A & B)

Starts November 4, 2019

Girls' Basketball (A & B)

Starts November 4, 2019

Spirit / Cheerleading

Starts October 29, 2019

Wrestling

Starts November 12, 2019

Spring Sports: March thru June

Boys' Baseball (A & B)

All Spring Sports Start March 23, 2020

Girls' Softball (A & B)

Boys' Track and Field

Girls' Track and Field

ACADEMIC REQUIREMENTS

1. Any student who has a failing grade on their report card will be ineligible to participate in that sport until they improve that grade to an acceptable passing grade. (The athlete will be ineligible for a minimum of 10 days after report cards). The principal and athletic director will work with the teachers to determine a plan for reinstatement.
2. Students receive a fresh start each year, with all students eligible first quarter.
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. The final authority regarding eligibility rests with the principal.
5. 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.

ABOUT THE 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 6 and 8. 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 Nurse's Office. 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 [including Access Sports Medicine and Orthopedics*](#). Injured athletes that have seen a physician will need written clearance from that physician prior to resuming athletic activities.

*In the event a parent or guardian of an athlete chooses to follow up with Access Sports Medicine & Orthopedics, it should be noted the following contracted insurances/health plans are accepted at the following Access Sports Medicine and Orthopedics locations:

****Disclaimer: All contracted insurances/health plans are subject to change and can be found by visiting the TRMS Athletic Website under Documents.***

PHYSICAL EXAMINATION POLICY

All students wishing to participate in any of the athletic interscholastic programs at Timberlane Regional Middle School **must** have a physical examination, which **specifically states that said student is able to participate in interscholastic sports without restrictions**. A licensed physician must perform this examination. The physical will be good for two years from the date of the examination. No students may participate in interscholastic sports, including tryouts, until a record of a physical examination is on file in the nurse's office.

A student is eligible for participation in interscholastic sports if:

1. A physical examination was performed by a LICENSED PHYSICIAN WITHIN TWO YEARS PRIOR TO THE CLOSE OF THE SPORTS SEASON in which the student wishes to participate.

*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.

2. The licensed physician states that the student is eligible to participate in INTERSCHOLASTIC SPORTS.
3. If any injury occurs after the physical examination date, and medical attention is required, a release form from the attending physician must be presented to the school nurse before participation of any kind resumes.

CARE OF EQUIPMENT

1. Timberlane Regional Middle School provides its athletes with uniforms and other equipment. The athlete is responsible for the uniforms or equipment issued to him/her.
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 in his/her equipment to the coach. Timberlane Regional School District does not give away any equipment or uniforms.
3. If an athlete loses or damages any of his/her equipment issued to him/her, he/she will be expected to reimburse Timberlane Regional Middle School (this also includes damage to any equipment or the building). Any lost uniform will be reported to the office. The player will reimburse the school by reporting to the office and getting the amount he/she will be billed. An athlete will be subject to school discipline if his/ her equipment is not returned or if he/she does not reimburse the school for lost equipment.

CARE OF FACILITIES

Timberlane Regional Middle School 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 disciplinary action by the school. There will be no shoes, spikes, or soccer cleats allowed on the gymnasium floor. We need to care for the facility as best we can and it will begin with each person acting responsibly.

TRYOUTS

In some interscholastic sports, tryouts are conducted because many more students go out than can be carried on the team. Each coach will have his/her criteria for selecting the team. We also feel that we are preparing some of our young athletes for the next step playing at the high school level. We encourage those that do not make a team to go out for an intramural or get involved in the town recreation program.

INSURANCE

Parents should list their health insurer on the health form and also the physical form. The family insurance will be the primary coverage in case of any injury.

RULES AND REGULATIONS FOR PARTICIPATION

The following regulations have been set forth by the Timberlane Regional Middle School Athletic Department to govern participation in the school athletic program.

- 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. Violations of this rule may result in a 1 game suspension.

- 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 director.
- 4) All students/athletes must travel to and from away games with the transportation provided by the school. There is one exception to this rule. An athlete may be released directly to his/her parent after a competition by the coach. However, only the athlete may go with the parent. No athlete may be dismissed to someone other than his or her own 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

Note: The Athletic Health Form, the Athletic Program Agreement Form and the Consent to Treat Form are available through the physical education department or the front office, and may also be downloaded from the TRMS website on the Athletic Page at: www.timberlanems.com

Rev. 5/27/15

Rev. 5/18/16

Rev. 5/22/17

Rev. 5/16/19 af/bj/sjv