

## SECTION '2'

### SCHOOL RULES AND INFORMATION

#### Sports Participants/Eligibility

All students who intend to participate in interscholastic athletic activities or school-sponsored co-curricular athletic activities shall provide written permission and certification from a parent or guardian (or the student if age 18 or over). The written permission shall be on a form supplied by the district and shall certify that the student is physically capable of handling the rigors of the athletic activity and that the parent or guardian and student shall immediately advise the district if such situation changes.

The form shall indicate if any limitations are to be placed upon the student's participation. If limitations are indicated, the appropriate coach or supervisor shall endeavor to honor the limitations, but if they create a health, supervisory, or other concern, the student's participation may be disallowed or otherwise limited. If, notwithstanding the permission and certification, a school official questions whether a student's participation creates a health risk, the district may require the express written permission of the student's physician prior to further participation.

If an interscholastic activity is sanctioned and the sanctioning body (generally the New Hampshire Interscholastic Athletic Association) requires certification of physical fitness in addition to parental certification, all participants must meet the minimum criteria established by the sanctioning body. The appropriate school official shall provide such information to the participants. NHIAA by-laws currently provide as follows:

- A. Students shall be ineligible to participate in interscholastic athletics (practices or games) unless there is on file in the school a medical statement provided by a physician (within the meaning of New Hampshire R.S.A. 329) certifying the student athlete has passed a pre-participation physical examination prior to the beginning of the student athlete's high school athletic career. In every subsequent year, athletes shall have an updated medical history and a physical examination pertinent to their needs, if deemed necessary. Any student athlete significantly ill or injured since the last review shall be re-examined by a physician in order to be eligible to participate in interscholastic athletics.
- B. A medical statement must be completed by a physician or by a qualified non-physician health practitioner under the direct supervision of a physician. They must have all other paperwork obligations on file before they can participate.

2. All athletes and at least one parent must attend a preseason meeting with athletic staff prior to participation.
3. Student-athletes shall demonstrate fair play at all times, respect for opponents, officials and spectators. Players must remember they represent their school, community, and family in all competition.
4. Team managers are considered team members and must conform to the same rules and regulations as athletes.
5. Any student who is absent from school may not practice or play in an event on that day. Two full blocks in a day will be the minimum time for a student to be entered as present. Friday presence is required for weekend participation. Prior administrative approval is required for extenuating circumstances.
6. All participants must ride in school-provided transportation. Permission to use another form of transportation will not be given without prior consent of the Athletic Director.
7. Sunday and/or *recognized Holiday* activities are governed by School Board Policy #5133.
8. Every student must have some form of health insurance to be eligible to participate in athletics at Keene High School.
9. Hazing, harassing and/or taunting including any initiations, or any actions that will adversely affect the mental or physical well being of any individual or group will not be tolerated.
10. It is the responsibility of the athlete to promptly report any injuries immediately to their coach.
11. Coach should notify all players when there will be no practice in the case of early school release due to inclement weather.

### **Vacations**

As coaches plan practices and prepare game line-ups, it is important to know which athletes will be available. All athletes should be aware that if they leave the team for a family vacation they run the risk of losing their position. There is no guarantee that the athlete who has left for a vacation will continue to play in the exact position that he/she left.

### **Coach's Rule**

All athletes will wear proper attire (to be decided by the coach) to every game. Coaches may make additional rules governing the conduct of the players and requirements of training and practice. These rules, which are not to be in conflict with any regulations of the NHIAA or this handbook, must be approved by the Athletic Director and shared with the players in writing before the rules are in effect. Copies of all coaches' and sport specific rules will be kept on file in the Athletic Director's office.

### **Equipment**

Each athlete must assume full responsibility for the equipment provided by the Athletic Department. Unless otherwise directed by the coach, team uniforms are to be worn only during practices or games. School athletic equipment should be used only during practices or games. All lost or damaged equipment must be paid for at the replacement cost.

An athlete will sign out for all equipment issued and must return equipment promptly in clean and good condition at the end of the season.

An athlete who does not meet this responsibility will be denied awards and further participation in the athletic program until restitution is made. **FAILURE TO RETURN EQUIPMENT/UNIFORM PIECES ISSUED BY KEENE HIGH SCHOOL ATHLETICS MAY BE DEEMED THEFT AND SUBJECT TO FURTHER CONSEQUENCES.**

### **Training Rules and Regulations**

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules which include restrictions on the possession, use or transportation of tobacco, alcohol and illegal drugs.

#### **"ONE NITE OF PARTYING DESTROYS 14 DAYS OF TRAINING"**

The coaches of the Keene Schools, concerned with the health habits of the student athletes of this community, are convinced that athletics and the use of these substances are not compatible.

Therefore, the unlawful possession, use or transportation of tobacco, alcoholic beverages or drugs is prohibited.

**Keene High School Eligibility Forms due to KHS Athletic Office**  
**PHYSICAL EXAM FORM (after 6/1 of entering freshman year)**  
**MEDICAL HISTORY FORM**  
**PERMISSION TO TREAT SHEET**  
**INSURANCE COVERAGE INFORMATION**  
**STUDENT ATHLETE'S CREED (parent/student handbook)**  
**PARENT/STUDENT ATHLETE CONTRACT (parent/student handbook)**  
**SPORT SPECIFIC WAIVER (S)**



## SECTION '4'

### **Athletic/Academic Eligibility**

Any student who has been absent from school on the day of a practice or any event, may not participate in that practice or event. For school attendance purposes, without the approval of the administration, two full blocks in a day will be the minimum time for a student to be entered as present. Friday presence in school is required for weekend participation. Prior Administration approval from the Athletic Director shall be required to allow participation where absence or insufficient attendance may be due to extenuating circumstances. This section shall be given reasonable interpretation when applying to home schoolers.

1. In addition to the Keene High School Standards, all students participating in interscholastic athletics at Keene High School must meet all eligibility requirements of the N.H.I.A.A.
2. Any student failing to maintain an overall 1.67 average at selected quarter grading periods and at selected progress reports will be placed on Academic Assistance until the next reporting period. During this time, the student on Academic Assistance may participate on an interscholastic team.
3. If a student on Academic Assistance fails to achieve an overall 1.67 GPA and be passing all of their classes at the next quarterly grading period or progress report grading period, he/she will continue on academic assistance, be able to practice with their respective team, however, they will become ineligible to participate in games or travel.
4. Appeals may be made to the building principal. Variances to this policy will ordinarily be made only in extreme cases such as family crisis, significant health problems or other such extraordinary situations.

**This only applies if you are eligible by State standards at the end of each marking quarter.**

**(The state standard states that you must pass two blocks that meet everyday per marking period.)**

**Additional Keene High School Academic Requirements  
New BOE Policy on Academic Eligibility effective Quarter 2 of 2012-  
2013 school year**

1. The student/athlete, **who is not on Academic Assistance**, must have at least 1.67 (C-) GPA and be passing all of their classes on the following dates:
  - a. End of the 4th quarter of the previous year  
(exception are Freshman)
  - b. The first progress report (approx 10/12)
  - c. The second progress report (approx 12/17)
  - d. The end of the second quarter (approx 2/11)
  - e. The end of the third quarter (approx 4/15))
  - f. The fourth progress report (approx 5/20)
  
2. Any student/athlete who does not meet the GPA requirement and/or is failing 1 class will be placed on Academic Assistance and follow the process below:
  - a. The student athlete will be immediately ineligible for practices or games until he/she prepares an academic assistant plan and turns the plan into the Athletic Director. The student athlete, parent/guardian, respective coach, and athletic director will hold a meeting at which time the student athlete will receive the academic assistance packet and the process will be explained in full to all the parties involved in the plan.
  
  - b. This plan must be signed by the Coach, Parent/Guardian, and Teacher(s), and the athletic director.
  
3. Any Student/Athlete **who is already on and Academic Assistance**, must get a 1.67 GPA on their next progress report or marking quarter or be declared ineligible at that time. It must be noted this would include all progress report and quarter grade reporting periods.

**Example:** Progress report # 1 comes out on 10/4/2004. A student is below the 1.67 and is on Academic Assistance. At the end of the first marking period, the student is still below 1.67. The student would be ineligible to play in games and travel should their sport season still be in progress.

4. Appeals may be made to the building principal. Variances to this policy will ordinarily be made only in extreme cases such as family crisis, significant health problems or other such extraordinary situations.

#### **Guidelines for the Academic Support Program**

It is the intent of the Keene High School Administration and Faculty that all students

participating in Interscholastic Athletic activities maintain a proper focus on their academics.

**Procedures:**

1. Interscholastic athletes will be required to provide copies of their report cards and progress reports to their respective coach on the day of distribution.
2. Students who fail to maintain an overall 1.67 average will be required to develop an academic assistance plan. The academic assistance plan will be developed by the student athlete with the help of his/her classroom teacher and coach, and signed by all parties involved to include the athletic director.

How to calculate grade point average for athletics.

Letter Values

A+	4.33
A	4.0
A-	3.67
B+	3.33
B	3.0
B-	2.67
C+	2.33
C	2.0
C-	1.67
D+	1.33
D	1.0
D-	0.67
F	0.0

Sample Report Card

Course	Blocks	Grade	Points	Total Points
English	1	B	3.0	3.0
Algebra	1	C	2.0	2.0
Health A/B	.5	B	3.0 x .5	1.5
Music A/B	.5	B	3.0 x .5	1.5
Building Trades	1	C	2.0	<u>2.0</u>
<b>Total</b>	<b>4</b>			<b><u>10.0</u></b>

To calculate grade point average for athletics,

Divide 10 (Total points earned) by 4 (Total credits taken)

Equals = 2.50 Grade Point Average

Need 1.67 GPA and passing all classes to be eligible

**Academic Assistance Program Guidelines for Implementation**

**Introduction**

In order for the Academic Assistance Program to be successful, a combined effort of the student, the parent, the coach, and the teacher will be paramount. It will be the responsibility of the athlete to follow the individual plan to improve his/her grade(s). The athletic director, coach, student athlete, parent/guardian, and teacher will hold a meeting to introduce the academic assistance plan, how the plan works, and the steps in the process to set up the plan. Following the meeting, the student athlete will complete the set up of the plan prior to returning to practices and/or games and turn it into the athletic director.

Once the plan has been approved, the student athlete will be cleared for full participation in their respective sport.

**The Athlete will:**

1. Show the report card or progress report to the coach after each grade reporting period.
2. Develop a plan with the support and input from the coach and teacher.
3. Follow the plan with their best effort.

**The Parent will:**

1. Communicate as needed with the coach and teacher.
2. Check daily to be sure athlete is following prescribed plan.

**The Coach will:**

1. Require all their athletes to show them his/his report cards on the day of distribution. Any student who fails to show their report card to their coach will have his/her name sent to the athletic director and not allowed to participate in any interscholastic contest.
2. Communicate as needed with the athlete's teacher if the athlete is on academic assistance.
3. Allow the athlete to meet with the teacher after school as determined by the plan.

**The Teacher will:**

1. Help the student outline what they need to accomplish to raise their grade to an acceptable level.
2. Be available to the athlete after school as they are available to all students.
3. Communicate with the athlete's coach as needed.





**Academic Assistance Individual Accountability Form:**

**Date:**

Athlete Name:

Grade:

Parent/Guardian Name:

Contact Information: email:

Phone number:

Coach Name:

Contact Information: email:

Sport:

Phone number:

**Power School Self Check:** Please log in to power school using your parent portal account. If you do not know your information or do not have a computer please see your school counselor.

**Block 1 Course:** \_\_\_\_\_ **Missing Assignments:** \_\_\_\_\_ **Current**

**Grade**

Day 1:

Day 2:

**Block 2 Course:** \_\_\_\_\_ **Missing Assignments:** \_\_\_\_\_ **Current**

**Grade**

Day 1:

Day 2:

**Block 3 Course:** \_\_\_\_\_ **Missing Assignments:** \_\_\_\_\_ **Current**

**Grade**

Day 1:

Day 2:

**Block 4 Course:** \_\_\_\_\_ **Missing Assignments:** \_\_\_\_\_ **Current**

**Grade**

Day 1:

Day 2:

**Other: (ex: VHS; VLACS)**      **Missing Assignments:**      **Current**  
**Grade**

Day 1:

Day 2:

**Academic Assistance Improvement Plan:**

**Teacher Sign-In:**

**Block 1 Teacher Initials, Plan, and Comments:**

Day 1:

Day 2:

**Block 2 Teacher Initials, Plan, and Comments:**

Day 1:

Day 2:

**Block 3 Teacher Initials, Plan, and Comments:**

Day 1:

Day 2:

**Block 4 Teacher Initials, Plan, and Comments:**

Day 1:

Day 2:

**Other Initials, Plan, and Comments:**

**Signature Page:**

Athlete Name:

Signature:

Parent/Guardian Name:

Signature:

Parent/Guardian Name:

Signature:

Coach:

Signature:

Athletic Director:

Signature:

Counselor:

Signature:

**Specific Details of Individual Action Plan:**

The student athlete must meet with his/her respective school counselor once a week for the duration of the academic assistance improvement plan in order to monitor the student athlete's progress on the plan.

Week #1: signature:

Week #2: signature:

Week #3: signature:

Week #4: signature:

Comments:

## SECTION '5'

### New Hampshire Interscholastic Athletic Association Rules

1. Eligibility regulations of the N.H.I.A.A. apply to each category of interscholastic participation (Varsity, Junior Varsity, and Freshman).
2. A student may compete in interscholastic athletics during that school year if the 19th birthday is on or after September 1.
3. No post graduates may participate.
4. No student who has failed to pass four units (two full blocks or 2 A/B classes and one full block class) of work during the previous basic marking period shall represent the school in any interscholastic contest. Summer school may not be used to regain athletic eligibility.
5. No student is eligible for competition in interscholastic athletics more than eight (8) consecutive semesters beyond the eighth grade.
6. Students receiving financial remuneration for participating in sports recognized by the N.H.I.A.A. shall become ineligible for all high school sports from the date of discovery of the infraction.
7. **Non-School Competition-** A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an "out of school team".

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 wavier has been granted by the athletic director and the principal on a case by case basis.

**Penalties-** Any student athlete who violates this rule, unless a wavier has been granted as stated above, 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 who violates this rule for a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

8. Middle school students cannot participate in high school sports.
9. Foreign exchange students are eligible if they come from an approved foreign exchange program.
10.
  - A. Any player or coach who comes in physical contact with an official before, during, or after any NHIAA sanctioned contest, both regular season and tournament play, shall be expelled from the game immediately and banned from further participation in all sports for one calendar year (365 days) from the date of the offense. Matters pertaining to assaults on officials are the jurisdiction of the Sports Officiating Committee.
  - B. Any player who is disqualified from a game at the Freshman, Junior Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. A coach who is disqualified from a game at the Freshman, Junior Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two (2) scheduled interscholastic athletic event, including NHIAA Tournament contests.
  - C. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of that season.
  - D. If the game disqualification is administered in the final contest of the season (including tournament play), the penalty shall be carried over in that sport and invoked at the first regular season game the following academic year. If a disqualification is administered to a graduating senior or coach in his final game of coaching for that school, it is the expectation of the NHIAA that the school will take immediate and appropriate disciplinary action.
  - E. Media Relations-In an effort to ensure a relationship between coaches, players, and other school officials and the media which will reflect and promote the highest standards of sportsmanship, integrity, and ethics, it is expected: Coaches, players, and other school officials should make an effort in their communications with the media to stress the positive displays of sportsmanship demonstrated by the student athletes, coaches, spectators, and other schools involved with the contest. Additionally, coaches and school officials:
    1. Will not permit anyone under their supervision to criticize athletic contest officials.

2. Will cooperate with the media in the interpretation and clarification of the rules and other aspects of the athletic contest.

3. Will not comment about specific decisions of game officials.

Any coach or **player** found in noncompliance with this by-law shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament Contests. A second violation of this rule shall cause disqualification from coaching or **playing** in that sport for the balance of that season. Principals and Athletic Directors are required to monitor this by-law and it shall be the responsibility of the school to file a report to the NHIAA within 72 hours including the name of the rule violator, a copy of the article (if available) **and action taken**.

**F. Taunting**-Taunting in all sports is a flagrant unsportsmanlike conduct which shall result in the ejection of the participant from that day of competition, plus the next scheduled competition.

Taunting is defined as: "Any actions or comments by coaches, players, or other game personnel which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is contact that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personnel matters."

Examples of taunting that would lead to ejection include, but are not limited to "trash talk", physical intimidation outside the spirit of the game, reference to sexual orientation; "in the face" confrontations by one player to another; standing over/straddling a tackled or fallen player.

**Note:** This policy reinforces the responsibility of game officials, site managers, and game directors during regular season and NHIAA Tournament play.

**G. Hazing**-The practice of hazing, as means of initiating new members of an athletic team will not be encouraged, condoned, or tolerated by Keene High School or the NHIAA. "Hazing" is defined as any conduct or method of initiating students onto any student team or organization, which subjects a student to physical or mental abuse and/or publicly embarrasses or humiliates the student.

Hazing or initiation practices in any other area of student life (e.g. freshman hazing by upperclassmen) will be disciplined according to school board policy and will be reported to the police, in accordance with the State of NH Student hazing Law RSA 631.7.

## H. **Sexual Harassment** Board Policy #4124 / 5147

The Keene Board of Education recognizes that sexual harassment of employees or students is illegal under both state and federal law. It is the Board's policy, therefore, that any behavior, verbal or physical conduct by any administrator, teacher, or coach, or other staff member which constitutes sexual harassment of any employee or student will not be tolerated. The Board will provide training and information to students and employees on sexual harassment rules and will establish procedures through which complaints may be resolved.

The procedures to deal with a complaint of sexual harassment shall provide for a prompt investigation of the incident or course of conduct in question. The accused shall be provided with due process. Appropriate education and/or discipline shall result from a founded complaint.

### **Administrative Procedure to Accompany Policy #4124/#5147**

#### **General Prohibition and Statement Regarding Sexual Harassment:**

Unwelcome touching or remarks directed to or about a person in a way that is sexually offensive is sexual harassment. Such conduct creates an intimidating, hostile, and offensive environment for learning and working. Offense can be taken by either the person to whom the touching or remarks are directed or by an observer. Sexual harassment can be a single incident or a course of conduct.

Sexual harassment will not be tolerated. Sexual harassment can take place in many different ways, including, but not limited to:

- a. Sexually-oriented teasing or kidding.
- b. Derogatory gender-based or sexually suggestive humor.
- c. Graphic comments about a person's body.
- d. Sexually suggestive objects or pictures in the school environment which serve a derogatory purpose.
  
- e. Unwelcome touching of a sexual nature such as patting, pinching or frequent brushing up against another's body.
- f. Subtle or direct pressure for sexual activity.
- g. Demands for sexual favors accompanied by implied or direct promises or threats that submission or rejection will affect any decision concerning the status of the harassed person.

Retaliation for the filing of a good faith complaint of sexual harassment or for providing evidence in the course of the investigation or review/appeal of the complaint will not be tolerated.



In the school setting, it is specifically recognized that conduct or comments which may be tolerable in the company of adults may be sexual harassment of a minor.

In the work setting, it is recognized that not every advance or consent of a sexual nature constitutes sexual harassment. Whether a particular incident or course of conduct may reflect a personal, social relationship without a discriminatory or hostile employment effect requires a determination based upon all facts and circumstances, including whether the party has been alerted that once acceptable sexual attention is no longer acceptable. Bad faith accusations of sexual harassment in this context or in any other context can have a serious detrimental effect upon innocent parties and the school district.

## SECTION '6'

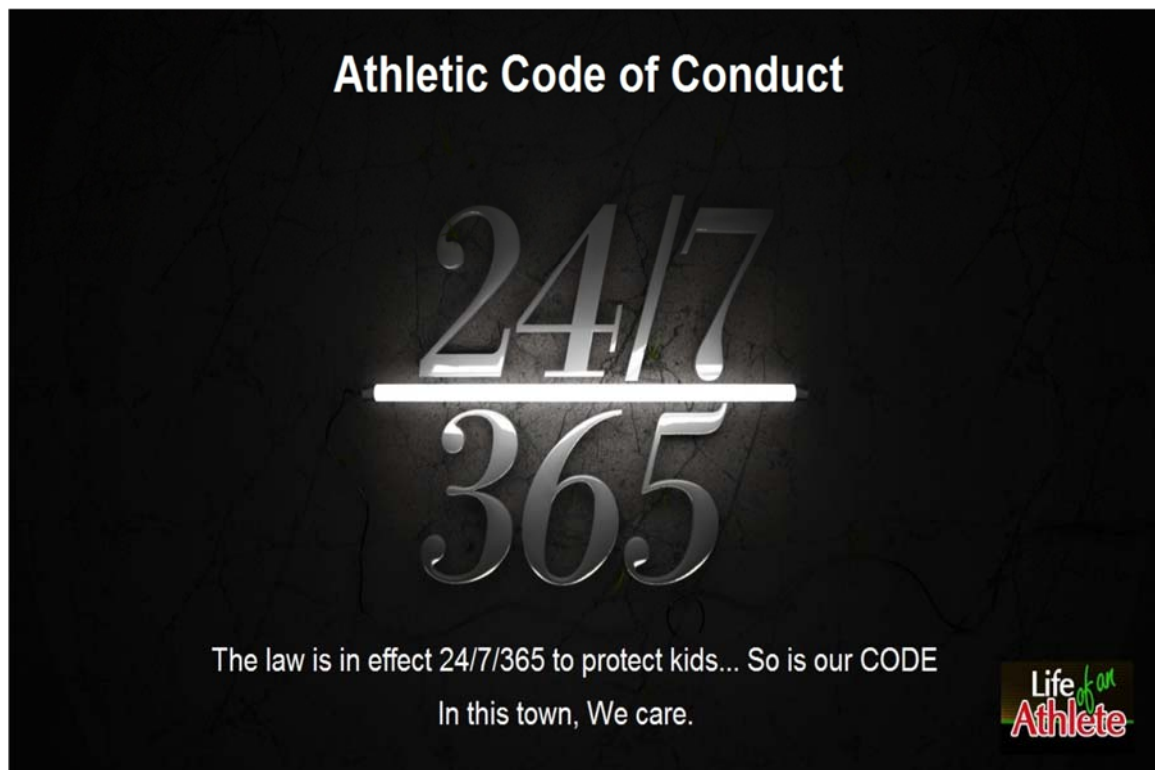
### Training Rules and Regulations

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules which include restrictions on the possession, use or transportation of tobacco, alcohol and illegal drugs.

#### "ONE NITE OF PARTYING DESTROYS 14 DAYS OF TRAINING"

The coaches of the Keene Schools, concerned with the health habits of the student athletes of this community, are convinced that athletics and the use of these substances are not compatible.

Therefore, the unlawful possession, use or transportation of tobacco, alcoholic beverages or drugs is prohibited.



**Athletic Code of Conduct**

24/7  
-----  
365

The law is in effect 24/7/365 to protect kids... So is our CODE  
In this town, We care.

Life for Athlete

The poster features a dark background with a faint, cracked texture. The title 'Athletic Code of Conduct' is at the top in white. Below it, the numbers '24/7' and '365' are displayed in a large, metallic, 3D font, with a white horizontal line separating them. At the bottom, there is a white text block and a logo in the bottom right corner.

## **Parental and Student Athlete Guidelines:**

- 1) These rules and guidelines extend to **24 hours per day, 7 days per week, every week**, in and out of school, and all holidays, weekends, vacations throughout the season of participation.
- 2) It is expected that parents/guardians of a student athlete in a specific program will attend the mandatory parent/coach meeting held by the Head Coach at the beginning of each respective season to enable the coach, student athlete and parent/guardian to all be on the same page. This meeting will outline season objectives and goals, and the processes for selection, playing time, and speaking with a coach over specific issues. As the meeting is important, attendance will be taken at each meeting. All adult attendees will sign in when entering the meeting.
- 3) Out of respect for the communication process and all of the persons involved, players will speak/advocate to their respective coach regarding tryouts, the selection process, and playing time. Student athletes, parents/guardians will follow the communication process printed in the KHS Parent/Student Athlete Handbook on the athletic page of the KHS website., and outlined by the Head Coach at the mandatory parent/coach meeting held at the beginning of each season.
- 4) Parents, student athletes, and coaches, will wait 24 hours after a practice/competition to discuss a sensitive, volatile, or conflictive issue.

## **Drug, Alcohol, Tobacco Policy and Integration with Grievance Procedure**

### **"ONE NITE OF PARTYING DESTROYS 14 DAYS OF TRAINING"**

#### **Substance Abuse Policy**

Notwithstanding disciplinary rules contained elsewhere in this handbook or in the Policy Handbook for Keene High School Athletics, the following procedure will be used in cases involving violations of rules, regulations and applicable state and local laws, related to tobacco, alcohol and drugs.

The unlawful possession, use or transportation of tobacco, alcoholic beverages or drugs is prohibited. Violations of this provision shall result in discipline, which may include suspension from participation in athletic activities. Resulting discipline may remain in effect during any appeal process, including the various stages of the Grievance Procedure.

A. When a player's coach becomes aware of a violation of this provision, that coach shall immediately notify the Head Coach who will, in turn, immediately notify the Athletic Director. Within five (5) days of notice to the Athletic Director, the Head Coach, the Athletic Director, and the Assistant Principal of the student athlete involved shall meet and conduct a hearing on the alleged violation. Should a report of a violation be made near or during school vacation, every reasonable effort will be made to conduct the hearing within

five (5) days. If necessary, persons may attend the meeting telephonically. Any evidence deemed relevant by at least two of them may be considered in reaching a decision on appropriate disciplinary action.

The procedure outlined above shall precede step # 1 in the Keene School District Athletic and Student Activity Grievance Procedure. The decision on disciplinary action shall be made within five school days of the hearing.

In the alternative, a player alleged to have violated the provisions of this policy may, in writing, waive the procedure outlined above, as well as waive access to the Grievance Procedure. Should a player exercise this option, the player shall submit to the disciplinary action of the same three member committee, in which case the committee shall meet on an informal basis with the player, the player's parent(s) or guardian, and his representative, if any. The player shall be clearly advised that the exercise of this option shall mean that the committee's decision on discipline will be final, and the Grievance Procedure will be unavailable.

**For violation of the KHS Athletic Substance Abuse Policy for an off campus/non-school event during the season of participation, the following disciplinary action shall be taken:**

- The Athletic Director/Assistant Principal will make reference to the signed Student Athlete Creed and the signature on the Parent/Student Athlete Contract from the Handbook posted on the KHS athletic web site
- A 5 day suspension from games/competitions will be instituted
- This 5 day sequence allows the student athlete to attend practices, but no games/competitions. If this 5 day suspension includes senior nite, the student athlete will not be present at senior nite.
- The student athlete will meet with a certified, qualified substance abuse counselor and documentation of this meeting will be provided to the Athletic Director in writing. Upon receipt of written documentation of the visit, the student athlete will then be permitted to return to games/competitions.

**For violation of the KHS Substance Abuse Policy at a school event or on campus, the KHS Student Handbook rules and regulations will apply. This includes all events attended outside of the regular school day.**

### **Violation of School and Team Rules**

Violations of school and team rules and regulations may call into question an athlete's commitment to participation in interscholastic athletics. Such violations may result in discipline, including suspension from the athlete's team and forfeiture of eligibility for awards and other special recognition. The athlete's coach shall, initially, determine what disciplinary action is appropriate.

In determining the length of any suspension, the coach shall take into consideration the nature of the violation, and any other relevant factor. Disciplinary action may be enforced during the appeal process outlined in the Grievance Procedure.

If appropriate, total suspension from the Interscholastic Program may not be imposed. Provided, however, any suspensions in excess of seven (7) calendar days shall be determined by a meeting of the athlete's coaching staff, the Athletic Director and the Assistant Principal for Athletics.

Discipline determined under this section shall be subject to the Keene School District Athletic and Student Activity Grievance Procedure.

This section is superseded by the Drug, Alcohol, and Tobacco policy and Integration with Grievance Procedure, above (Section XIII).

## **SECTION '7'**

### **Home Schooler's Education Participation in Athletics**

#### **Home Schooled Athletes**

The following rules shall apply to a home schooler's request to participate in an interscholastic activity:

- A. A home schooler requesting to participate in an interscholastic activity shall be subject to the same standards of eligibility as a student in the Keene School System, including health requirements, the physical examinations, and standards as set by the applicable coach or other District agent or official.
- B. A home schooler may be permitted to participate in an interscholastic activity held on a school day, including practice or training, only if his/her parent executes a written statement on the day of such event indicating that he home schooler has participated in home schooling educational activities for at least four hours on the day of the event. The appropriate coach or other official shall not permit a student to participate unless this requirement is met.
- C. A home schooler may be permitted to participate in an interscholastic activity only after the Superintendent is provided with sufficient proof that the home schooler has been and continues to make appropriate achievement in the home educational program. The Superintendent shall determine and be the sole judge of what constitutes reasonable and acceptable proof of academic progress.

For further information on Home Education Participation in Athletics please refer to the District policy # 5115 which controls in the event of conflict with this section.

## SECTION '8'

NEW HAMPSHIRE SCHOOL ADMINISTRATIVE UNIT 29  
KEENE SCHOOL DISTRICT #5134

### **Keene School District Athletic and Student Activity Grievance Procedure**

This grievance procedure has been established for the purpose of providing a mechanism to resolve conflicts which may arise in any co-curricular activity in the Keene School District. This procedure is to be utilized by parents/guardians of students and/or students participating in Keene School District sponsored co-curricular activities.

For situations that involve a student's continued participation in a particular activity, the time lines have been designed to provide for quick resolution through the four steps of the grievance process. For those situations that involve an interpretation of School Board policy, the time lines are to be modified to allow five days for investigation and response at the final step #4.

It is to be clearly understood that the purpose of this procedure is to provide for resolution of disagreements - it does not exist for the purpose of reaffirming decisions already made at previous levels. As the grievance moves through the steps, the administrator has the complete authority to overturn decisions that were made at previous levels of the grievance process.

**The grievance should be submitted in the following manner:**

- STEP #1.** The grievance shall be presented in writing within thirty (30) days of the occurrence of the matter being grieved to the individual coach or advisor directly responsible for the activity. The coach or co-curricular advisor involved will then, within one school day of receiving the grievance, conduct a meeting with the grieved party and will provide a written reply to the individual by the next school day.
- STEP #2.** In the event the grieved party is not satisfied with the reply of the coach or the co-curricular advisor involved, he/she may present the grievance, within two school days of receiving the reply in writing, to the building principal. The principal then, within two school days of receiving the grievance, will conduct a meeting with the grieved party or send a written reply to the grieved party. The written response is to be made on the date following the meeting or if the parties agree that a meeting is not deemed necessary, then on the next school day following receipt of the grievance.

**STEP #3.** In the event the principal's reply is not satisfactory, the grieved party may then present, in writing and within two school days of the principal's reply, the grievance to the Assistant Superintendent of Schools who will, within two school days of receiving the grievance, conduct a meeting with the grieved party and send a written reply to the individual on the day following the meeting.

**STEP #4.** In the event the Assistant Superintendent's reply is not satisfactory, the grieved party will then submit the matter to the Superintendent of Schools, whose decision will be final.

**Approved - Keene Board of Education**

**Revised - July 2012**



## SECTION '10'

### Directions to KHS Away Games

For more specific directions, call each school directly

Alvirne High School-Hudson

886-1260

HS-Take Rte 101 to Rte 101A. Head downtown Nashua. Go thru 1st light (Main St.) and also second light (Canal St.). Follow Canal St. across river and at 1st light take left (Derry Rd.). Follow to Alvirne High one mile on left.

Bishop Brady High School-Concord

224-7418

HS-Take Rte. 9/202 West till it intersects with 189 South. Follow 189 until it ends and then take 193 North. Take exit 15W to Rte 393. Go to the end of 393 and stay in the middle lane. At the end take a left onto N. Main St. You'll see Friendly's on the right, turn left onto Franklin St. Go to the 2nd stop sign. Take a right on to Auburn St., then 1st right onto Columbus Ave. The school is on Columbus Ave.

Bishop Gurtin High School-Nashua

889-4107

HS-Everett Turnpike S to Exit 4. At the end of the exit go left, back over turnpike. Left on Lund Rd. School is on the right.

Football Holman Stadium-Take Everett Turnpike South to Exit 7 and follow the signs for downtown Nashua. Holman Stadium will be on your left.

Bow HS-Bow

228-2210

HS-Take Rte 9/202 East till it goes into I89 S. Take exit 1, and at the bottom of the ramp take a right onto Logging Hill Rd. Proceed about .7 mile to where road intersects with White Rock Hill Rd. at the Fire Station. Turn right onto White Rock Hill Rd. and proceed about .2 mile to the High School.

Brattleboro High School-Brattleboro, VT

1-800-257-0356

HS-Take Rte. 9 West to Brattleboro. Take I 91 South. Take exit 1. At the end of the ramp, turn left, pass Burger King on your right. Take next right, school is ahead on your right.

Concord High School-Concord

225-0800

HS-95 North to exit 12N-South Main St. exit. Take the 2nd street on left (Broadway). Proceed to traffic light. Bear left on Clinton St. Continue to overhead flashing yellow light. Take right on South Fruit St. to traffic light. Continue straight thru junction to school directly ahead. Drive around school to back parking lot to gym entrance.  
Concord (cont.)

Rink-Everett Arena-Take I-89 to I-93 North, take exit 14. At end of ramp take a right to Loudon R. Cross Merrimack River. Arena is on the left.

Memorial Field-Take I-89 to Exit 2 (Clinton St.). Turn right, follow road to blinking light. Take a left onto So. Fruit St. Field is on the left.

Rollins Park-Field Hockey-Take Rte. 9 East to 189 S to Clinton St. exit. Take right off exit. Go thru first light. Proceed to next light (Ballard Novelty Shop and Fire station on left) and go thru it. Get in center lane which becomes Broadway (do not take South St.). Rollins Park on right.

Conval High School-Peterborough

924-3869

HS-From Keene take Rte 9/202 to Hillsboro. Take Route 31 to Route 202 South for approximately 18 miles after Antrim. The school will be on the right.

Dover High School-Dover

742-3176

HS-101 East to 125 North into Durham to the Lee Traffic circle. Take Rte 4, follow to Rte 108 exit. Take left at exit and go about 3.5 miles to Alumni Dr. School can be see on the left from 108.

Ice Arena-Take Route 4 to Durham. Turn left onto Rte 108. Follow Rte 108 into the center of Dover. The road will become a one way to the rink. Follow the loop around until you see a sign for Rte 4 (So. Berwick) to the right. Follow Rte 4 (Portland Avenue) and the rink will be on your left.

Elm Street School-Nashua

594-4322

Elm. School-Same directions to Fairgrounds Jr. High on Fairview Ave. At first stop sign go left onto Lake St. go about 3/4 mile on Lake St. passing a Fire Station on left, and another small Fire Station. The school is on your left about one block up.

Exeter High School-Exeter

778-7772

HS-Take Rte 101 East to a set of lights with a sign for Exeter to the right. Turn right onto Route 27 East and follow the road to the railroad tracks. Take your first right after the tracks onto Lincoln St. Go to the end and take a left. As you take the left, there is an island with a statue. Bear right onto Lyndon St. and the school will be on the left.

Fairgrounds Jr. High School-Nashua

594-4393

JHS-Take Rte 101 East, taking by-pass at Milford, take exit for Nashua. Follow 101 to Daniel Webster Highway. Once on Highway take Exit 5E. Find Kinsley St. and go 3 or 4 streets to Fairview Ave. Take a right and go thru two stop signs. School is on the right.

Fall Mt. Regional High School-Langdon

635-6318

HS-Take Rte 9 west to Rte 12 North. Go approx. 25 miles thru Walpole and North Walpole. Take left on Rte 12A. Follow approx. 5 miles. Sign and School will be on your right.

Goffstown High School-Goffstown

497-4841

HS- Take Rte 101 East. Take a left in Bedford at Wallace Road (set of lights at a 4-way intersection just before Ethan Allen Furniture). Continue for 5-6 miles and the High School will be on the right almost at the end of Wallace Road.

Hanover High School-Hanavor

643-3431

HS-Take 189 N to Exit 18. Turn right on to Rte 120. After crossing over the overpass, go through 5 sets of lights. At the 6th set of lights, the road forks. Bear left and the high school is on the left about 100 yards. The football field is behind the school. The soccer field is located at the end of the building. The varsity/jv girls and boys lacrosse fields are at the high school. Varsity (boys and girls) field is adjacent to the parking lot. JV field is behind the High School. Track is next to Varsity lacrosse field

Hollis High School-Hollis

465-2269

HS-Take Rte 101 to the Rte 101 bypass, take exit for Amherst and Nashua. At bottom of the ramp turn right and go to next intersection. Turn right onto Rte 122S and follow thru to Hollis. Go thru first traffic light and take first right to Hollis High School.

Kingswood Regional High School-Wolfeboro

524-3350

HS-Take I 393 in Concord to Rte 4 to the Epsom Traffic Circle. At the circle take Rte 28 North into Wolfeboro. The school is on the top of the hill on the right before entering town.

Lebanon High School-Lebanon

448-2055

HS-Take Rte 9 West till it intersects with I 89 North. Take I 89 North to Exit 18. Bear right at the end of the exit. Stay on that road until you come to Smith Auto Sales (on the left). Take a left onto Evans Dr. When you come to a stop sign, take a right onto Hanover St. You'll come to the school parking lot on the right.

Londonderry High School-Londonderry

432-6941

HS-Rte 93 South to exit 4. Turn left and follow to Crossroads Mall. Turn right onto Mammoth Road and follow for 2.5 miles to school.

Manchester Central High School-Manchester

624-6363

HS-Take Rte 93 South to exit 8 Wellington Rd. Take a right off the exit and go approx. 1 mile and take a left onto Beech St. (one-way). HS is two blocks down on left.

Livingston Park-Take Rte 9 West till it intersects with I89 South. Take right to I 93 South.

Follow I 93 to Exit 9 South. Shorties Restaurant will be on your right at first set of lights. Go thru lights and also next set of lights. The park is on your right.

Manchester Memorial High School-Manchester 624-6378  
HS-Take Rte 93 South to Rte 101 West. Take the Mall of NH exit. Take a right off the exit. Take a right at the Mobil gas station. High School is up ahead on the hill.

St. Anthony Field-once at "Y" just before school, bear left onto Jewett St., 3-4 streets on left, take Maurice St. Two blocks to the park.

Gill Stadium-Football/Baseball-Located off of Elm St., take right at Valley St. and follow a couple of blocks. Stadium is on your left between Beech and Maple Streets.

Manchester West High School-Manchester 624-6384  
HS-Take Rte 101 East to Rte 293 North. Take Exit 5 and a left at the end of the ramp. At 3rd set of lights (Dunkin Donuts) take a left. At next set of lights (Walgreens) take a right. Go to Head St. and take a right.

Manchester Trinity High School-Manchester 668-2910  
HS-Take 193 south to Exit 8 South. Go through traffic light. School is about 100 feet on the left.

Merrimack High School- Merrimack 424-6204  
HS-Take Daniel Webster Highway South (Rte 3) to Merrimack. Take a right at traffic light, Baboosic Lake Road (Mobil Station at intersection). Pass Town Hall and Police Station and take first left on McElwain ST. to the end. School is at end of street.

Milford High School-Milford 673-4201  
HS-Take 101 West, take Amherst exit. Follow Rte 101 thru Amherst to Milford (2 miles). Take first right off Milford Oval, follow 1 mile to first traffic light. At light take a left onto West St. Follow West St. approx. 1 mile to High School.

Monadnock High School-East Swanzey 352-6575  
HS-Rte 12A South, take right on Rte 32, follow road till you see High School on your left.

Nashua South High School-Nashua 594-4311  
HS-Take Everett Turnpike South to Exit 5 West. Go by Library and Police Station. Circle around Police Station and you will be on Riverside Dr. Follow to the end. School is last driveway on left.

Holman Stadium-From Manchester 101, take exit to 101A to Nashua. Follow to Daniel Webster Highway, and cross over the Highway, continuing on this street (toward downtown

Nashua) till the Stadium appears on your left.

Nashua North High School-Nashua

589-6400

HS-Take 101 East towards Manchester. Take 101 A in Milford, then take Rte 3 South. Take exit 6 West (Broad St./Rte 130). Take a right on Broad St. Stay in right lane and go up hill approx 2.5 miles. Go half way round "round-about" and take a right onto Chuck Drawing Dr. School is right there.

Oyster River High School-Durham

868-2375

HS-Take Rte 101 to Manchester and head to Portsmouth. Take Rte 4 thru the Lee Traffic Circle. Go past the exit to UNH. At the traffic lights, take a right onto Madbury Rd. Approximately 3-4 houses down Madbury Rd, take a left onto Emerson Rd. Then take a right onto Coe Dr. The School is on the corner. Softball, Field Hockey, Soccer and Baseball fields are behind the school. Snively Arena- for Ice Hockey games is at UNH.

Pembroke Academy-Pembroke

485-7881

Academy-Take I 93 to exit 13 (Manchester St.). Take Rte 3 South to Academy Street and turn left. The school will be on the right.

Pennichuck Jr. High School-Nashua

594-4308

JHS-From Everett Highway (Rte 3), take a left at Comfort Inn to Henry Burke Highway. Follow to next light. Take left onto Manchester St. School is on the right.

Pinkerton Academy-Derry

437-5224

HS-Take 193 South to Exit 4. Go through Derry to a large traffic circle. 3/4 of the way around the circle, head north. The school is on the left at the top of the hill.

Portsmouth High School-Portsmouth

430-7100

HS-Take 101 East to Portsmouth exit. At end of ramp take a left at the lights, this will be 101E. At the "Y" bear right. At the next lights turn right. Go 1/4 mile to flashing light. This will be Alumni Drive. Take a left at school.

Salem High School-Salem

893-7069

HS-Take 93 South to exit 1 (Rockingham Park/Mall). Go past the mall. Go thru lights at Rte 28 intersection. Go past the 99 restaurant on the right. Go to 2nd yellow blinking light and

take left on to Geremount Drive. High School is 1/4 mile on left.

Souhegan High School-Amherst

672-8415

HS-Take Route 101 West to the Milford-Nashua Exit (Route 101A). At the end of the exit turn right and go about 1/4 mile until you come to a set of lights. At lights take a left onto Route 122. Go about 25 feet and take a right onto Stearns Rd. At the end of Stearns Road, take a left onto Boston Post Road. The school is 1/4 mile down on the right.

Spaulding High School-Rochester

332-0757

HS-Take 10 east to Rte 125 North to Rochester. At the flashing lights with the bank on the right, bear left. Next bear left onto Columbus Ave. After a series of lights, take a right onto Wakefield St. School is on the left.

St. Anthony Field-Manchester

624-6378

See Manchester Memorial High School

St. Thomas Aquinas High School-Dover

742-3206

HS-Take Route 4 to Durham to Route 108. Follow Route 108 into Dover until you come to Old Route 16, which will be a right turn. Follow Route 16 South, the school is on the right side of the road, field behind the school.

Timberlane High School-Windham

382-6541

HS-Take 101 East to 93 South. Take exit 3 (Salem/Windham) and go right following Rte 111 East. Follow Rte 111 (6 miles) thru traffic lights (Atkinson). Go to blinking light and go right on East Rd. Go 3 miles and go left on Line Brook Rd. The second school is the High School.

Winnacunnet High School-North Hampton

926-3395

HS-Take 101 East to Rte 51 toward Hampton Beach. After passing Rte 95, take a left at traffic lights and follow Landing Road to the end. Take a left at Winnacunnet Road and then 2nd left onto Park Ave. to the High School.



Dear Student Athletes and Families:

We are excited to announce that we are now offering the convenience of online registration for our sports programs through partner company, FamilyID ([www.familyid.com](http://www.familyid.com)).

FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible.

When you register through FamilyID, you enter your information once for multiple uses, multiple kids and multiple programs.

### **BEFORE YOU REGISTER FOR SCHOOL ATHLETICS**

**PHYSICAL EXAMS:** A physical exam must be current on/after June 1 of the student athlete's entering freshman year and signed by the physician. If the student athlete's physical exam is not on file, the student athlete will not be able to play until a new physical exam is received.

### **ADDITIONAL INFORMATION NEEDED TO REGISTER**

It will be helpful to have the following information handy to allow for accurate completion of your online registration.

Doctor information  
Health Insurance Information

**A parent/guardian should register by clicking on this link:**

**<https://www.familyid.com/keene-high-school> and follow these steps:**

1. Click on the link for the season's registration form. Scroll to bottom of page and click on ***Sign Up as a Family or Individual***.
2. Sign Up for your secure FamilyID account by entering your family name, email address and password. You will receive an email with a link to confirm your new account. (If you don't see the email, check your spam or junk folders)
3. Click on the link in your email confirmation and then fill out the information requested on the registration form. [Payment will be handled separate from on-line registration]

### **SUPPORT:**

You can always find the school landing page by clicking Find Programs in the top blue banner, searching your school, and clicking on the school link.

If you need assistance, **call Family ID at 888-800-5583 X1**. Support is available 7 days per week and messages will be returned promptly.