

Hopkinton Middle High School

Co-Curricular & Athletic Handbook

and Agreement

2023 - 2024



HOPKINTON MIDDLE HIGH SCHOOL
CO-CURRICULAR & ATHLETIC
HANDBOOK and AGREEMENT

Dear HMHS Students, Parents, and Guardians:

This handbook provides students, parents, and guardians of Hopkinton Middle High School co-curricular participants and student-athletes an opportunity to review our school's policies and procedures regarding participation in Hopkinton Middle High School's co-curricular activities and sports. Its production and distribution are just one of the many avenues of communication that the school will employ to keep you informed of current procedures meant to provide our students with a safe and enjoyable experience.

Student participation in the Hopkinton Middle High School Interscholastic Athletic Program or Co-Curricular Activities is a privilege that carries with it certain responsibilities. The Hopkinton Athletic Program is also governed by state and national policies that may not be listed in this agreement. These policies may be reviewed in the Hopkinton Middle High School athletic office or at the NHIAA website www.nhiaa.org. The handbook is an important guide and should be read carefully. **THE RULES OUTLINED IN THIS HANDBOOK WILL BE ENFORCED BY THE ATHLETIC DIRECTOR, ADMINISTRATION, AND ADVISORS.**

All students who plan to participate in any athletic season or student organization and their parent(s) or guardian(s) must register on myschoolbucks and sign the Co-Curricular & Athletic Agreement before the start of the activity. It will be deemed in action from the commencement of the first practice or activity for the particular sport or student organization in which the student is participating. The agreement will be in effect until the first day of practice for the next season's sport for athletes or the conclusion of the activity or responsibility of the student organization. For spring sports, the agreement will be in effect until the last day of school or the last competition, whichever is later.

Thank you, and Go Hawks!

Chris Kelley
Principal

Jake Morrill
Assistant Principal

Dan Meserve
Athletic Director

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1. PHILOSOPHY

The Hopkinton School District believes that athletics and co-curricular activities are integral to the District's educational program and should be administered consistently with the school's Core Values and Beliefs. Individuals participating in athletics and co-curricular activities are ambassadors for the Hopkinton School District.

Goals for HMHS students involved in athletics and co-curricular activities:

- To foster a caring, safe, supportive, and respectful environment.
- To promote personal integrity, intellectual curiosity, civic responsibility, and resiliency.
- To encourage continual growth through collaboration and teamwork.
- To act with integrity, compassion, and respect towards others. (i.e., teammates, coaches, advisors, officials)
- To develop lifetime character traits through participation in athletic and club activities.

2. DEFINITION OF CO-CURRICULAR ACTIVITIES

Any student organization or activity that is independent of credit courses and supervised by school personnel. These activities include, but are not limited to: Student Council, Peer Outreach, Student Advisory Council, Drama Club, Art Club, Chess Club, Interact, FIRST Robotics, Math Team, class officers, and honor societies.

3. DEFINITION OF ATHLETIC ACTIVITIES

Any student participating on an athletic team. Please refer to page seven of the agreement for a listing of athletic teams.

4. ATHLETIC / CO-CURRICULAR BOARD

The Principal shall appoint the Co-Curricular & Athletic Board.

The Athletic Board shall consist of the principal or assistant principal, the athletic director, a coach, and two faculty members.

The Co-Curricular Board shall consist of an administrator, an advisor, and two faculty members.

Any student alleged to have violated the agreement may request a hearing before the appropriate board. The principal appropriate board or his/her designees shall conduct the hearing, which shall include an opportunity for the student or their representative to make a statement and/or present evidence on the student's behalf. The student is required to be present. The student's parent/guardian is encouraged to attend. If the board finds the alleged agreement violations to be substantiated, the disciplinary steps outlined in the handbook will be followed. The findings and decisions of the Board are subject to review by the Superintendent, who shall affirm, reverse or modify the decision of the Board. The parent/guardian or student may appeal the decision of the board and its subsequent review by the Superintendent to the School Board. If an appeal is taken to the School Board, it will take such action to review the prior decision as it deems appropriate and may conduct a hearing following its evaluation. The School Board will issue its decision promptly.

5. EXPECTED CONDUCT

Students participating in athletics or student organizations are expected to behave appropriately per the HMHS Student/Parent Handbook, which classifies conduct violations into three levels. Violations of this expectation will result in the following consequences:

Level 3 Offense: (Will result in a fifteen-calendar day suspension from all extra-curricular school events and a minimum of a two-game or event suspension)

1. Consumption of, or possession of, any alcoholic beverages. *
2. Use of or possession of any illegal drug or unauthorized prescription medicine. *
3. Use or possession of steroids or other performance-enhancing substances.
4. Assault of an opponent, coach, official, or spectator
5. Repeat or extraordinary Level 2 violation.

Level 2 Offense: (Will result in a ten-calendar day suspension from all extra-curricular activities and a minimum of a two-game or event suspension)

1. Use or possess tobacco products in any form, including e-cigs and vaping. *
2. Host a gathering where underage alcohol or illegal drug use is occurring.
3. Repeat or extraordinary Level 1 violation.

Level 1 Offense: (Will result in a five-calendar day suspension from all extra-curricular activities and a minimum of a one-game or event suspension).

1. Making threats or inappropriate gestures or directing profanities towards an
 - a. opponent, coach, teammate, or spectator.
2. Fighting with a teammate at school activities.
3. Acts of vandalism or theft
4. Bullying, including cyber-bullying, racist, homophobic, or sexual comments in person or via electronic devices towards another.
5. Committing an act of “academic dishonesty” as defined in the Parent/Student handbook. Academic dishonesty will result in referral to the Faculty Council for members of the National Honor Society and ineligibility for participation for the remainder of the school year on Student Council, class officer or Student Representative to the School Board.
6. Lying to a coach, administrator, or staff member
7. Refusal to follow School and Athletic Department safety rules regarding masks, social distancing, or other safety protocols in place.

Students involved with offenses that include drugs or alcohol will be referred to the school’s Student Assistance Program (SAP) Coordinator. Additional consequences may be enforced if a violation occurs on school property or at school activities. Furthermore, any involvement with drugs or alcohol, or tobacco products for students under 18 will turn to matter over to the Hopkinton Police.

For the duration of the suspension, students who violate the agreement will not be permitted to participate in or attend ANY school-sponsored co-curricular event (other than academic tutoring or participation in graduation for a senior) or any athletic competition or practice. Students receiving this suspension will be expected to leave school premises after their last class period. They shall not return to school property or school events until the next day’s classes.

The suspension period may include vacation days if the team or club meets during a school vacation to practice or compete. Any unexcused absence (except illness) or breach of the terms of the suspension will extend the period of suspension for a like number of days.

A second violation (within the academic year) of any of the above levels will result in the length of the suspension doubling (both length of suspension and number of events missed). A third violation of any level requires the student to meet with the Superintendent to discuss continued participation in extracurricular activities.

6. ADDITIONAL REGULATIONS

- a. Regarding athletics, the NHIAA requires that the school team be the athlete's priority. If an athlete misses a school team event (practice, meet, or game) for a non-school athletic team, the athlete will be suspended for the next four interscholastic events or three weeks of the season, whichever is greater. A second such offense will result in the athlete being ineligible for all high school sports for the balance of the school year, again per NHIAA regulations.
- b. Bus transportation will be provided for interscholastic events. Players are expected to follow school guidelines for transportation. Parents or guardians may transport their child to or from an event, but this must be clearly articulated and approved in writing to both the Athletic Director and Coach ahead of time. Parents/guardians may only transport their child, and athletes may never drive themselves to an away event.
- c. Athletes and students participating in student organizations must recognize that they should be committed to academics first. Should a student be unable to attend class or misses more than 30 minutes of class for an unexcused reason, they cannot participate in extracurricular activities that day. Exceptions to this rule are:
 1. Events such as a class trip, exchange program, pre-approved college visitation, religious commitments, or other educationally appropriate activities.
 2. Medical Appointments, but a note from medical personnel stating the date and time of the appointment must be turned in to the main office upon return.
 3. Family obligations or a Driver's License test that cannot take place at another time. A note from a parent to the main office is required.
- d. If the advisor/coach and/or athletic director determine that a participant's absence from an event occurs too frequently, the participant could be dismissed from the team or activity for the remainder of the season or year. Note: Driver Education is not considered an excused absence.
- e. The Hopkinton School District will not tolerate hazing of any type. Students who participate in hazing behaviors are not appropriate representatives of the District and will be suspended from participation in athletics or student activities. The Superintendent will determine the length of the suspension.
- f. Participants are responsible for equipment, including uniforms, that has been loaned to them by the school. They are also responsible for the equipment stored at school. The school does not have the facilities or personnel to "lock up" equipment. Additional equipment will not be handed out to students who do not return or pay for their loaned equipment or uniforms from the previous season or activity. The School District is not responsible for lost or stolen uniforms or equipment.
- g. Participants and their parents/guardians are responsible for arranging transportation home from school after practices, games, or activities. Participants are to be picked up at school no more than 15 minutes after the conclusion of practice, rehearsal, game, or activity.

- h. Athletes who sustain any injury that requires missing school or practice must have a signed doctor's note before being allowed to resume play or practice. The doctor's note should clearly state the degree of participation allowed for the athlete and whether the athlete may participate in games.
- i. All athletes are expected to participate either in the ImPACT program offered by the school or by a qualified physician. Parents/guardians may waive this expectation only by initializing or signing a document. Should a head injury occur away from a school activity or out of season, the Athletic Director or nurse are not required to provide post-injury ImPACT tests. They will furnish a copy of the baseline results to the parents/guardians, however.

7. CHAIN OF COMMAND

In the event of problems or questions concerning athletics or co-curricular activities, the following chain of command will be used to resolve the situation:

1. The Coach/Advisor
2. The Athletic Director/Assistant Principal
3. The Principal
4. The Superintendent
5. The School Board

Note: It should be understood that concerns regarding playing time, strategy, positioning, and team makeup are the responsibilities of the coach.

8. ADDITIONAL ATHLETIC DEPARTMENT PHILOSOPHIES

- The purpose of Varsity competition is to refine athletic skills and to demonstrate potential for continuation in sports after high school. Coaches will play athletes in situations that best suit the particular competition. It should not be assumed that all athletes would play in every game.
- The purpose of JV and Middle School competitions is to build skills and prepare athletes for the Varsity level. As such, all athletes at this level should play in every game unless it is for disciplinary or safety reasons. It should not be assumed that all athletes' playing time would be equal.
- Unless there are extenuating circumstances (as determined by the athletic director and coach), seniors will not participate at the JV level. No athlete, including seniors, will automatically make the Varsity team or earn a starting position due to seniority or previous year's team experience.
- Unfortunately, limits must sometimes be set on team rosters. In this case, athletes and parents/guardians will be informed no later than the first day of tryouts. Following a minimum two-day tryout, the coaches will select teams based on the criteria of ability, commitment, attitude, position, and work ethic.. Coaches will notify athletes of their failure to make the team in as private and compassionate a way as possible.
- Athletes must be present for tryouts to make the team. In extenuating circumstances, a separate tryout will be arranged. If it is determined that the athlete should make the team and it is possible to create an extra roster spot, one will be created. Rosters will be closed two weeks following the start of a season.
- Varsity letters will be awarded to individuals at the discretion of the Varsity coach. Each coach will address criteria for receiving letters at a preseason meeting but may be based on criteria such as attendance, attitude, and commitment. Simply being listed as part of a Varsity team does not entitle participants to receive a letter.

- Below are the minimum and maximum participant requirements for each program at Hopkinton High School.

TEAM	Minimum Players	Maximum Players	# of Teams
Fall			
HS Boys and Girls Soccer/ Field Hockey	12	38	2 each
HS Golf (coed)	5	12	1
HS Boys and Girls Cross Country	5	50	1 each
MS Boys and Girls Soccer/ Field Hockey	12	20	1 each
MS Boys and Girls Cross Country	5	50	1 each
HS Football	w/Hillsboro-Deering	w/Hillsboro-Deering	1
Winter			
HS Boys and Girls Basketball	8	25	2 each
HS Boys and Girls Alpine and Nordic	5	30	1 each
Ice Hockey	w/John Stark	w/John Stark	1
MS Boys and Girls Basketball	8	13	1 each
MS Nordic Skiing	5	*	1
Spring			
HS Baseball and Softball	10	32	2 each
HS Boys and Girls Track	5	60	1 each
HS Boys and Girls Lacrosse	12	36	2 each
MS Baseball and Softball	10	16	1 each
MS Boys and Girls Track	5	60	1 each

* The number of middle school participants will be limited by bus capacity.

9. PARTICIPATION FEES

Athletics Fees

Athletes at Hopkinton Middle High School must pay a per-season fee of \$100 for participating in interscholastic athletics (maximum fee per family per season of \$200).

This fee must be paid before the athlete participates in any scrimmages, games, or events but does not ensure playing time, simply being part of the team. This fee is non-refundable and should be paid in full via the [myschoolbucks](http://myschoolbucks.com) website. A check made payable to Hopkinton High School will also be accepted. Athletic fees may be waived if a need is demonstrated to the School Nurse.

Co-Curricular Fees

Some clubs and organizations may have fees associated with participation. Advisors will communicate with students and families about these fees. In addition, specific events or travel to events may require additional fees.

10. ELIGIBILITY TO PARTICIPATE

Athletic Eligibility (Based on NHIAA Rules)

- a. Students must be under 19 as of September 1st of that year and may not have already graduated from a high school.
- b. A student is eligible for not more than eight (8) consecutive semesters beyond the eighth grade.
- c. Athletes must complete the appropriate forms and have a physical dated within two years of the end of their season. The school district recommends that an athlete undergoes a complete physical every year; however, a physical every other year is mandatory.
- d. Athletes must be enrolled in a minimum of 5 school classes. This may include CRTC, VLACS, etc.
- e. Students will be deemed academically ineligible if they have failed (received a grade below a 70) or received an NCC in more than one class the preceding grading period (see below for grading period dates). The consequence for academic eligibility is discussed in section “f” below. Still, a student may regain eligibility if work is completed and NCC grades are changed to passing grades within a reasonable time.
- f. Academically ineligible students may not participate in practices, scrimmages, games, or be managers for a team. The one exception is with the beginning of spring sports, as eligibility may be earned after the third grading checkpoint, which falls part way through the spring season. In that case, athletes may practice with the team but NOT participate in any scrimmages, games, or meets until quarter three grades are posted, and an athlete has regained eligibility. Academically ineligible athletes will not be allowed to travel to away events.

Co-Curricular Eligibility

- a. Students must be enrolled in a minimum of 5 school classes. This may include CRTC, VLACS, etc.
- b. Students will be deemed academically ineligible if they have failed (received a grade below a 70) or received an NCC in more than one class the preceding grading period (see below for grading period dates). The consequence for academic eligibility is discussed in section “c” below. Still, a student may regain eligibility if work is completed and NCC grades are changed to passing grades within a reasonable time.
- c. Academically ineligible students may not participate in any club or organization activities, meetings, or trips.

11. GRADING CHECKPOINTS TO DETERMINE ELIGIBILITY

Note: Dates are subject to change by school administration

1st Checkpoint	2nd Checkpoint	3rd Checkpoint	4th Checkpoint
November 3, 2023	January 19, 2024	April 5, 2024	Last day of school

These NHIAA and Hopkinton High School rules apply to all athletes intending to participate in an interscholastic sport. The NHIAA determines the starting date for each season.

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Co-Curricular & Athletic Agreement
(For all students and parents to review)

Dear Student and Parent/Guardian,

This agreement intends to heighten awareness of certain Co-Curricular & Athletic Agreement aspects. Please understand that your signature to this contract is binding to these aspects specifically and to the complete Co-Curricular/Athletic Agreement.

Thank you for your cooperation.

Christopher M. Kelley
Principal

Jake Morrill
Assistant Principal

Daniel Meserve
Athletic Director

Student Participant

I understand and agree that my participation in co-curricular activities or athletics at Hopkinton Middle High School is a privilege. I understand and agree to represent the school and community of Hopkinton positively. I have read and understand the district policies discussed in the Co-Curricular/Athletic Agreement, and in particular, I understand that I must adhere to the following expectations:

- I will not use, possess, or host gatherings where drugs, alcohol, tobacco, or other illegal substances are being used. Furthermore, I understand that vaping or similar activities are considered violations of the handbook.
- I understand that there will be consequences if I commit crimes, am involved in incidents including theft, vandalism, bullying, cyberbullying, or academic dishonesty, if I am a chronically disruptive student in the classroom or school, or if I do not follow school rules.
- I understand the District policy on academic eligibility; that eligibility is based on grade checks that occur four times yearly. I may not fail or have an incomplete in more than one class each quarter, or I will not be allowed to participate in extracurricular activities. I also understand that a failing grade is below 70 or an NCC.
- I understand that, unless an excused absence, I may not miss more than 30 minutes of school and participate in athletic activities that day.
- I will display positive sportsmanship, behavior, and attitude on the playing surface and off.
- I will adhere to other rules and regulations set forth by the club, team, and/or athletic department, particularly relating to the health and safety of all involved, not all listed here.
- *Athletics only:* I am familiar with the NHIAA rule that states that participation on a school team takes priority over a non-school team. Failure to comply with this without prior written permission from the athletic director or principal will result in a suspension as per NHIAA regulations.
- I also understand that my failure to comply with these expectations will result in a consequence for my actions and could necessitate my temporary or permanent removal from the team or co-curricular organization.

Print Student Name

Student Signature

Date

Parent/Guardian (for co-curricular participants). Requires signature below.

I give my child permission to participate in activities under the direction of the Hopkinton Middle High Schools staff. I have reviewed the Co-Curricular & Athletic Agreement with my child and understand the district policies. I also affirm that my child understands and has agreed to the expectations of participation as listed above and in the complete Co-Curricular & Athletic Agreement.

Print Parent/Guardian Name

Parent/Guardian Signature

Date

Use of Photos and/or Name (Please initial one desired response below)

_____ The school may use my child's name and/or photo on school-sponsored websites and/or newsletters.

_____ The school may NOT use my child's name and/or photo on school-sponsored websites and/or newsletters.

_____ The school may use photos of my child on school-sponsored websites and/or newsletters but may not publish their name.

_____ The school may publish the name of my child on school-sponsored websites and/or newsletters but may not publish photos.

Parent Athletic Agreement
This form needs to be returned to the Athletic Director, Dan Meserve.

For Parent or Guardian of Athletes

Note: requires a signature and initialization.

I give my son/daughter permission to participate in interscholastic athletics/activities under the direction of the Hopkinton Middle High Schools staff. I have reviewed th Athletic Agreement with my son/daughter and understand the district policies. I also understand the following:

- That sports, by their nature, may involve certain risks to the health and safety of the participant, including, but not limited to, the unlikely but possible injuries such as: fractures, concussions, paralysis, and death. In the event of injury or ill health, we agree that the school is authorized to administer first aid and/or seek medical treatment (including hospitalization) for athletes and other co-curricular participants.
- I agree to hold harmless and covenant not to bear legal action against the Hopkinton School District, the Town of Hopkinton, or any of the coaches, volunteers, directors, program participants, or their families.
- I agree to allow the school nurse access to any medical records should he/she deem it necessary to determine whether the student may safely participate in sports or other co-curricular activities. Furthermore, I acknowledge that nothing in my child's health history would interfere with his/her full participation in competitive sports.
- That I understand that Hopkinton Middle High School strongly recommends that all students have private health insurance and that should I not be able to provide health insurance, I will not hold the Hopkinton Middle High School or School District liable for any injuries that may occur.
- That my son/daughter understands and has agreed to the expectations of participation as listed above and to the complete Athletic/Co-Curricular Agreement.
- Although I may not always agree with the coach's decisions regarding playing time, game strategy, or team makeup, I understand that those decisions are the coach's responsibility.

Print Athlete Name

Athlete Signature

Date

Print Parent Name

Parent Signature

Date

ImPACT Testing Authorization Form

For athletes only

I understand that the School District requires ImPACT testing for all athletes. With that in mind: **(Please initial one desired response below)**

_____ I authorize the school to provide an ImPACT test for my child.

_____ My child has already participated in an ImPACT test from a qualified physician.

*If your child has participated in an ImPACT test from a qualified physician, please provide the physician's name and place of employment.

Physician's name: _____

Place of employment: _____

_____ I do not wish for my child to undergo an ImPACT test. By initialing, I recognize that there will be no baseline score to measure the injury's severity in the event of a head injury.

Use of Photos and/or Name (Please initial one desired response below)

_____ The Athletic Department may use my child's name and/or photo on school-sponsored websites and/or newsletters.

_____ The Athletic Department may NOT use my child's name and/or photo on school-sponsored websites and/or newsletters.

_____ The Athletic Department may use photos of my child on school-sponsored websites and/or newsletters but may not publish their name.

_____ The Athletic Department may publish the name of my child on school-sponsored websites and/or newsletters but may not publish photos.

Parent Name (Print)

Parent Signature

Date