

WELCOME



Due to the complexity of everyone's schedules, and the advancement in technology, our communication share out will be electronically for our 2017-18 pre-season meeting. Hopefully this information will be helpful and informative to make this athletic season an enjoyable and successful experience for all. Please do not hesitate to contact me, Craig Kozens at ckozens@laconiaschools.org, (603) 524-3350 ext 4004.

Go Sachems!!!

PRESEASON REGISTRATION

- * Transition has been made.
- * Please go onto the LHS website <http://lhslaconia.weebly.com/>
Click on *Athletics*, and go to *Family ID online Registration*
- * All athletes MUST complete ONE(1) physical examination in their high career.

INFORMATION

School website

- *Please use our website as your first contact for information.

- *Schedules are listed with bus departures. They are updated quite often, please check in periodically.

- *Cancellations are posted IMMEDIATELY. Please check website before you call the school.

- *This is the MOST updated, and accurate scheduling reference point(more than the NHIAA)

ELIGIBILITY

- **Academics**

- You **MUST** Pass **THREE** classes per quarter, out of **FOUR** classes.
 - If you only have 3 classes, you must pass all 3.
 - If you only have 2 classes, you pass both.
 - *FYI:LHS Athletes averaged a grade of 83 last year!!!!*

- **OSS=No practice/game**

- **Game Disqualification**

- You sit the remainder of that game **AND** the next game.

- **Attendance**

- Must attend half of the school day **AND** complete the day at school. If you **DON'T** finish the school day, you **MUST** have a doctors note or other major obligation approved by the Athletic Director.

HANDBOOK UPDATES

Please refer to the complete Athletic Handbook, but here are updates and points of emphasis.

- **Saturday/Sunday/Holiday Practices**
- While discouraged, Sunday practices will only be allowed at the discretion of the administration @ both LMS and LHS. It is understood that certain sports will be required to practice on Saturdays at the high school level. Saturday practices at LMS will be at the discretion of the administration. Coaches will get approval for holiday practices.
 - Contests/Games shall be well-run according to school, NHIAA and National Federation rules and regulations and adhere to any guidelines established by the Athletic Director.
- **A. Due Process For Issues on the Field of Play Involving Coach/Players/ Parent Issues**
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- Any complaint against a player or coach relating to issues on the field of play must be submitted through the chain of review in writing. A documented conference shall be held between the person making the complaint and the appropriate school personnel. Any action taken will take place after the conference in the chain of review.
- Chain of Review: 1) Coach 2) Athletic Director 3) Principal 4) Superintendent
- 5) School Board
- **Conflict Resolution (Complaints)**
- In fairness to all parties, conflicts or complaints shall be handled in the following manner:
- An attempt will be made to resolve all concerns and complaints at the team level. Concerns should be informally discussed first with the coach, then the Athletic Director, and principal, if necessary. If there is no resolution of a formal complaint at the team level, then the complaint will be heard at the next level of administration. Complaints are to either be placed in writing or documented with copies to all parties at each level of hearing.
- Complaints received at all levels will be communicated to the Athletic Director who will address the matter with the coach.

HANDBOOK UPDATES(CON'T)

- **Alcohol and Drugs**

- If a player seeks support for treatment prior to any offense, the player will be referred for appropriate professional counseling. In this scenario, it would not constitute an offense. Professional counseling will continue until the counseling program is completed. The School District shall be officially notified when a student's involvement in counseling is discontinued. Any cost associated with counseling is the responsibility of the parent/guardian.
- All consequences are CUMULATIVE throughout a student's high school career.
- **A. First Offense-**
 - 1. Minimum suspension of 20% of the assigned games (one competition minimum).
 - 2. Student-Athlete must attend all practices and team functions with the team.
 - 3. Student-Athlete will meet with assigned school Student Assistance Counselor and implement an appropriate plan of action.
 - 4. Prior to reinstatement, the Student-Athlete must present a research paper that includes their plan to make appropriate decisions and the ill-effects of drugs/alcohol on athletic performance.
 - 5. Loss of captaincy if applicable.
- **B. Second Offense-**
 - 1. Dismissal from the team for the remainder of the current season.
 - 2. Student-Athlete will meet with assigned school Student Assistance Counselor to develop and implement an appropriate plan of action.
 - 3. Write a 3-5 page research paper on the topic of "Developing an Effective Plan towards Maintaining Sobriety." Use research to support your statements.
 - 4. A Re-Entry meeting with Student - Athlete, Parent, Student Assistant Counselor, and Athletic Director before eligible for the next season of play.
- **C. Subsequent Offenses beyond TWO-**
 - 1. Removal from athletics for 365 days.
 - 2. Student-Athlete will meet with school Student Assistance Counselor and develop a 365-day plan that includes:
 - a. 90-Day check-in's with Student Assistance Counselor and Athletic Director.
 - b. 20 hours of community service within the LHS Athletic Department.
 - 3. Re-Entry meeting with Principal, Athletic Director, Student Assistance Counselor, Student-Athlete, and Parent. At the meeting, proof of fulfillment of the action plan will have been submitted one week prior and follow-up plan to be presented.
- **D. Out of Season Offenses**
 - Student Athletes who are found in violation of the drug or alcohol policy out of season:
 - Any student athlete who is found to have violated the substance abuse policy within the school year but outside an athletic season in which they participate will be required to meet with a drug and alcohol counselor and will work cooperatively toward completion of the prescribed program before they are eligible to participate in their first game of their next sport season.

FAN BEHAVIOR

- PLEASE do not try to assist officials with their job
- PLEASE do not try to be assistant coaches
- PLEASE remember we ALL represent Laconia High School at home and away sporting events!!!!
- We have been recognized for having ZERO disqualifications as players and coaches and have climbed from 20th to 7th place in sportsmanship! KEEP UP THE GOOD WORK!!

COMMUNICATION CHAIN OF COMMAND

- IN ADDITION TO THE HANDBOOK UPDATE, PARENTS, PLEASE FOLLOW THE:

*****24 HOUR RULE*****

Please wait 24 hours before you speak with a coach regarding your child.

Injuries

We are VERY fortunate to have the service of an athletic trainer as well as an orthopedic doctor that give our student-athletes the utmost care in dealing with the unfortunate event of an injury.

- Kyle Laflamme-Athletic Trainer-Granite State Physical Therapy
- Dr. John Grobman-Advanced Orthopedic Specialists

PLAYING BEYOND HIGH SCHOOL

- 1.) Make YOUR high school coach aware
- 2.) Check with your Guidance Counselor/Athletic Director regarding NCAA Clearinghouse courses required and eligibility requirements for Division 1 and 2.
- 3.) Send film/inquiries to prospective schools
- 4.) Attend camps in summers prior to your senior year
- 5.) Communicate

GO SACHEMS

Playing high school sports is not the end all of your high school experience, but it is a very enjoyable and memorable experience. Make the best of your season. If you aren't comfortable where things are going, reach out to a captain or your coach. Don't let things build up in your head to take away from this experience. Enjoy every second of this opportunity. You will take away some of the best of times in your high school career. Enjoy being on a team, be a good teammate, and represent you, your family, and Sachem Nation with pride and class!

Go Sachems!