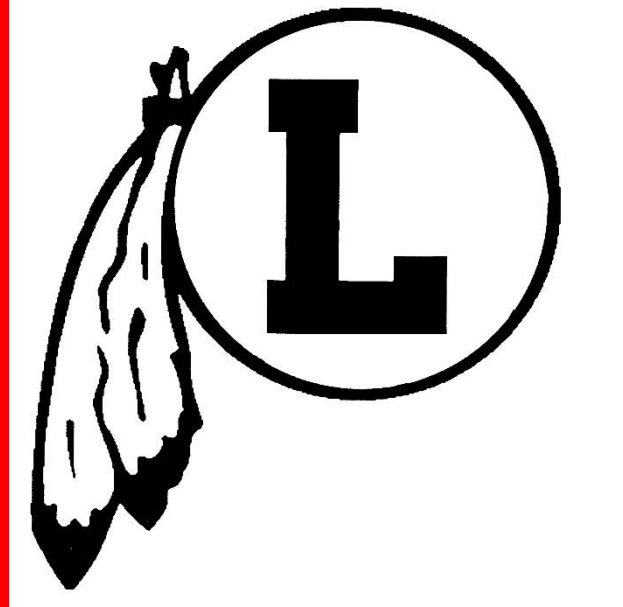


WELCOME



Due to the complexity of everyone's schedules, and the advancement in technology, our communication share out will be electronically for our 2018-19 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!!!

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)

TRY-OUTS, PRACTICES AND GAMES

- Try-outs will consist of a minimum of 3 practices. Coaches will personally inform those students not selected and inform those students they have a right to a private conference. Student-Athletes and parents MUST: 1.) complete the Family ID registration and 2.) have a physical examination/screening completed upon completion of the 8th grade prior to trying out to any athletic team.
- Non-school Team Competition

A student athlete may be a member of a non-school team during the same season. However, your High School team games and practice must take priority at all times.

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** a **MINIMUM** of one 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.

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.

- Keith Ball-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!