

Student- parent

Athletic Handbook

The purpose of this booklet is to inform students and parents about the philosophy, programs and expectations regarding the athletics program at Rye Junior High School.

PHILOSOPHY:

The athletic program is a part of the overall educational process. As educators, we view the playing field as an extension of the classroom. Accordingly, the athletic teams should provide an avenue for all students/athletes to be challenged to learn skills and concepts such as: sport specific physical skills, theory of the game, teamwork, sportsmanship, respect, responsibility, and commitment.

AFFILIATIONS:

RJH is a member of the Seacoast Athletic League. The league is responsible for developing schedules, rules modifications, officials, and the general season to season coordination of schools in the league. The athletic directors from participating schools meet four times each year. The league follows rules as established by the National Federation of State High Schools www.nfhs.org with modifications as determined by the athletic directors for middle school competition.

Who may participate in interscholastic athletics at RJH?

- Any 6th, 7th or 8th grade student enrolled in RJH
- Any 6th grader from Maude H. Trefethren School in New Castle
- Any 6th, 7th or 8th grade student in Rye who is being home-schooled
- Any 6th, 7th or 8th grade student in Rye who is going to a private school **IF** that school does not have a team in a given sport.

Do the athletes need a physical to play?

Yes, the state requires that every student participating in interscholastic athletics have a physical at least every other year. Ideally, the athletes should have a physical prior to 6th and 8th grade.

What forms are needed prior to the beginning of the season?

- Each athlete must turn in proof of a physical within the last 2 years
- Each athlete must turn in a completed medical treatment consent form
- Each athlete must sign a Code of Conduct form

What is the procedure for getting on a team?

Prior to the beginning of each season (fall, winter, spring), students should listen for announcements about sign-ups (morning notices, website, cafeteria during lunch). The athletes must sign up with the Athletic Director, Ms. Cronin, or the team-specific coach if that coach is a teacher in the building.

How is information about athletics communicated to students and parents?

The RJH website (<http://sau50.org/rye/rjh/>) posts information regarding team sign ups and practices/games on the morning notices section on the left side of the page. There is also a link to Sports Schedules with specific game information and directions.

Does every student “make the team?”

Yes, Rye has a “no cut” policy.

Are there minimum and maximum numbers of players on a team?

Each team has a minimum number of players required so it is extremely important to identify which students would like to play as early as possible. This early identification process is helpful in accommodating the number of students wanting to play.

How often does the team practice or play?

This varies with the team and the age level. Most teams lay or practice 3 to 4 days per week after school.

What is the commitment expected of the players?

Signing up for a team is a commitment that the student and parents should take seriously. Consideration should be given to all outside activities which may occur during the season in order to determine if the student is able to devote the necessary time to the team. This can be problematic for the athletes, when it comes to playing time, deciding which teams’ games or practices to attend as well as academic and physical well-being.

How do the athletes get to practices and games?

- Athletes must make arrangements for rides to and from practices on their own.
- If a team is practicing or has a game at Lang’s Corner immediately after school, they will ride the regular busses to the Elementary school. Parents must pick them up at that field.
- The school provides team busses for all away games. The team bus leaves RJH around 3:00 and brings athletes back to RJH after the game.

Can I take my son or daughter home directly from the games?

Yes, you may take your son or daughter home directly from the games but you must make contact with the coach. You may not take athletes who are ‘not yours’ unless that athlete has a note from home for the coach.

What if an athlete loses or forgets his/her uniform?

If an athlete loses a uniform they are required to pay the replacement cost of that uniform before they will be given a new one. If, over the course of the season they find the uniform, the money will be returned to them.

If an athlete forgets a uniform on game day, they will not be given a replacement uniform for that day. They will have to sit out the game.

This may seem harsh but we usually have 90 to 100 uniforms distributed for each season. Sometimes there are enough for one or two extras and it would not be fair to give out 'second' uniforms to the first few who forget or lose a uniform and not to later athletes. Also, if the athletes think that this is an option the rate of forgotten uniforms usually increases.

How is 'playing time' determined?

Although it is the athletic department policy that all players will play in every game, we do not mandate that every player will get equal playing time. School policies and the coaches establish criteria (with administration approval) which may influence playing time. For example:

- Attitude, behavior and commitment will influence playing time.
- Grades: If a student had a failing average in any class, he/she may not practice or play on any school team for two weeks during which time a passing grade must be attained.
- Attendance: If a player is absent for more than half of the day (classes or hours) he/she may not practice or play on that day (high school visitations excepted).
- Detention: If an athlete has an office or teacher detention he/she must serve the detention before attending any game or practice on the day of the detention.
- Suspensions: If an athlete is under a school suspension he/she may not attend any game or practice on the day of the suspension.

Are there policies and procedures for coaches to follow?

Coaches must follow rules and procedures detailed in the "Coaching Guidelines" handbook.

FALL SEASON:

Which sports are offered in the fall?

Boys' soccer, girls' soccer, field hockey, co-ed cross country, co-ed volleyball.

How long does the season last?

The fall teams begin practicing during the first full week of school in September and are usually done by the third week of October.

What equipment do the athletes need?

Soccer: cleats (no metal cleats) or sneakers, shin guards, dark blue or black socks and shorts, and a mouth guard (this is required by the league).

Field Hockey: cleats (no metal cleats) or sneakers, field hockey shin guards, most kids have their own stick but the school will provide a stick if necessary. A mouth guard and protective eye cages are required by the league and NHIAA/NFHS.

Volleyball: sneakers, shorts, kneepads are good but not mandatory.

Cross-Country: running shoes and shorts

WINTER SEASON:

Which sports are offered during the winter season?

The only inter-scholastic sport offered at RJH in the winter is basketball.

How long is the basketball season?

The older teams (7-8th) usually begin practicing in mid November and are done before the February break. The younger teams (5-6th) begin in December and are done in mid-February.

What levels of basketball are offered at RJH?

At the 7-8th grade level, RJH has two boys' teams and two girls' teams. Sixth grade usually has two boys' teams and one girls' team. We have also begun to administer the 5th grade teams. The number of the teams is dependent on the number of students that sign up.

How often do the teams play or practice?

7-8th teams play and/or practice 4 or 5 days per week.

6th grade teams practice 2 days/evenings per week and play one day per week on Saturday.

5th grade teams practice 1 day/evening per week and play one day per week on Saturday.

NO teams can practice more than 1.5 hours per session (usually 1 hour).

Can students 'play up' on a higher grade level team?

The 7-8th grade teams are often mixed grade level but 5th and 6th graders play on their grade level team.

What equipment do the athletes need?

7-8th sneakers and a mouth guard (required by league)

5-6th sneakers and shorts (the school provides a game t-shirt)

Are there any fees to play school basketball?

There are no fees at the 7th and 8th grade level.

There is a fee of \$15 to play on the 5-6th grade teams. This fee covers team registration in the Portsmouth League as well as the cost of the t-shirt which the players keep after the season.

SPRING SEASON

Which sports are offered during the spring season?

The spring inter-scholastic sports include Baseball, Softball and Co-ed Track and Field.

How long does the season last?

The teams usually begin practicing in April and no contests are scheduled after the first week in June.

How often and when do the teams play or practice?

Teams usually practice/play 4 or 5 days per week (weather permitting). Most games are played after school on weekdays with no weekend games or practices.

What equipment do the athletes need?

Baseball: sneakers or cleats (no metal cleats), glove, black or blue socks, hat

Softball: sneakers or cleats (no metal cleats), glove, black or blue socks, visor

Track and field: running shoes and shorts

If you have any questions please contact:

Piper Cronin – Athletic Director

pcronin@sau50.org or 964-5591

