

**Prospect Mountain Athletics**  
**Prospect Mountain High School**  
**Barnstead Elementary School**  
**Alton Central School**

**Handbook for Athletes and**  
**Parents 2025 -2026**

Approved ACS  
Approved PMHS  
Approved BES

## **Prospect Mountain Athletics Handbook for Athletes and Parents**

Prospect Mountain Athletics is proud to provide students the opportunity to participate in interscholastic athletics and represent their school in a positive way. The experience of being on a team and the opportunity to learn from athletics greatly contributes to the emotional, social, and physical growth of student athletes. While participation in school-sponsored athletics is an important part of the high school/middle school experience, participation in athletics is a privilege and not a right. With this privilege comes certain responsibilities. Student-athletes represent Prospect Mountain Athletics in the classroom, in the hallways, in the athletic arena, and in the community.

Student-athletes have a responsibility to know and respect the rules and regulations of their school. They have the further responsibility to behave in a manner appropriate to good citizenship everywhere, both during the school day and as a member of an athletic team.

The information that follows is meant to inform you of the policies and rules, which govern interscholastic athletics at Prospect Mountain High School (PMHS), Alton Central School (ACS), and Barnstead Elementary School (BES), which we refer to as Prospect Mountain Athletics, as well as the New Hampshire Interscholastic Athletic Association (NHIAA) for PMHS student athletes. This information is intended to be informative by explaining the athletic policies and expectations that all student-athletes must adhere. If you have any questions concerning anything within this Athletic Agreement, please contact the Prospect Mountain Athletics, Director of Athletics, James Christie, by phone 875-3800, extension 2049, or via email at [jchristie@pmsau.org](mailto:jchristie@pmsau.org).

**Academic and Athletic Eligibility:**

Academics should be the top priority of all student-athletes. All students must meet the eligibility requirements presented by Prospect Mountain Athletics in order to participate in athletics. Student eligibility is based on term grades, not final grades. A student-athlete must pass a minimum of four courses to be eligible by the NHIAA standards for high school sports; however, Prospect Mountain Athletics academic eligibility rules are as follows:

1. 1. Students must have all passing grades from the previous marking term to be eligible for the next season. Any student-athlete who receives one failing grade will be placed on Academic Probation.
  - a. Academic Probation: A student-athlete on Academic Probation will have 14 calendar days to ensure that they have a passing grade in all of their classes. While on probation, the student-athlete will be allowed to participate in all practices and games for the first 14 calendar days. If after 14 calendar days, the student-athlete continues to have a failing grade in any class, they will be ineligible to participate in any team events including meetings, practices, and games until they have passing grades in all of their classes. Grades will be checked weekly by the Athletic Department.
2. Students must have all passing grades in the current marking term to be eligible for participation. Any student-athlete who has a failing grade during a season will be placed on Academic Probation.
  - a. Academic Probation: A student-athlete on Academic Probation will have 14 calendar days to ensure that they have a passing grade in all of their classes. While on probation, the student-athlete will be allowed to participate in all practices and games for the first 14 calendar days. If after 14 calendar days, the student-athlete continues to have a failing grade in a class, they will be ineligible to participate in any team events including meetings, practices, and games until they have passing grades in all of their classes. Grades will be checked weekly by the Athletic Department.

Any student with two or more failing grades from the previous marking term will not be eligible for the preceding term. For fall sports, the final grades from the prior year will be used to determine eligibility and will be reviewed on a case by case basis by the athletic department and school administrators.

**Attendance Requirements and Athletic Eligibility:**

1. Students are required to attend all of their scheduled classes in full for the day of a game/scrimmage in order to participate. Exceptions can be granted by the Athletic Director with documentation from a health care provider and/or governmental agency and/or university/college. An excused absence due to medical appointments or family obligations is permissible only if cleared through the Athletic Director. These decisions will be made by the Athletic Department in conjunction with school administration.
2. Any student dismissed from school, due to an illness, may not return to participate in the practice or game for that day. Failure to adhere to this policy will result in non-participation in the next scheduled game. Exceptions to this would require a request, prior to that day's practice or game, from the parent to the Athletic Director. These decisions will be made by the Athletic Department in conjunction with school administration.
3. All participants are expected to attend all scheduled practices, meetings, and events. It is very important to make arrangements with the coach for schedule conflicts.
4. Any student suspended from school (ISS or OSS) will not participate in any practice or game that day.

**Behavior/Conduct and Athletic Eligibility:**

1. Criminal Acts: Reportable criminal acts such as, but not limited to, first or second degree assault, unlawful possession or sale of a firearm or other dangerous weapon under RSA 159, arson, burglary, theft, and/or criminal mischief under RSA 634:2, by students in or outside of school hours, will result in the following disciplinary action.
  - a. First Offense: Any student participant found in violation of the above regulation will be immediately dismissed from the team and denied participation in any further practice and/or game for 365 calendar days.
2. Alcohol or Drugs: The consumption, use, possession of, or selling of alcoholic beverages, or knowingly participating in and or promoting illegal alcohol use, and/or dangerous drugs/narcotics (including improper use of prescription medicines and electronic inhalant devices), or knowingly participating in and/or promoting illegal and/or dangerous drug use in or outside of school hours is strictly forbidden and will result in disciplinary action. If student-athletes find themselves in a situation as described above, they are expected to leave immediately. Any student under the influence or possession of, and/or selling alcohol or drugs or its related paraphernalia at school will result in the appropriate disciplinary action. Please refer to your school's handbook for specific information. This policy will apply to all school sponsored activities and events. Local law enforcement will be contracted in all instances involving drugs or alcohol.

- a. First Offense: The student will be denied participation in athletics for a period of 10 school days. After a total of 10 school days, the student-athlete may participate in all practices and games. Should the infraction occur with less than 10 days remaining in the season, the suspension will carry forward to the next athletic season in which the student participates. Non-school days do NOT count toward suspension.
  - b. When a student is reportedly involved in an alcohol or drug-related situation, school officials will conduct a full investigation. If the student is cooperative and truthful when first questioned regarding the incident, the suspension for athletic participation can be reduced by 2 days. If the student (and the parent/guardian) involved in an incident agrees to participate and to follow the recommendations resulting from an alcohol or drug health assessment, the suspension may be reduced by an additional 3 days for a total of 5 days. Failure to meet the recommendations of the student alcohol/drug health assessment will cause the full penalty to be reinstated. A student placed on suspension under this section may not be removed from restriction during the above specified time.
  - c. Any subsequent (alcohol/drug) offense during participation in the respective school will result in immediate dismissal from the team for 365 calendar days. The student will also forfeit the privilege to earn any certificate or award for the current season.
3. Tobacco: The use of and/or possession of tobacco or nicotine-related products, including but not limited to: cigarettes, electronic cigarettes (e- cigs) and vaporizers (vapes), JUULs, liquid nicotine, or possession of any tobacco or nicotine-related products is prohibited at all times on PMHS, BES, and ACS property or at school-sponsored events.
- a. First Offense: The student-athlete will be suspended from the team- including practices, meetings, and games- for a period of 5 school participation days. Participation days are days on which practices or games are held. Should the infraction occur with less than five days remaining in the season, the suspension will carry forward to the next season in which the student participates.
    - i. Prior to returning to the team, student-athletes must:
      - 1. Complete a substance use prevention assignment developed by or recommended by the school
      - 2. Address the team by accepting responsibility for their actions by apologizing for their poor choices
  - b. Second Offense: The student-athlete will be immediately dismissed from the team for the remainder of the season. If the student (and the parent/guardian) restricted by this section agrees to participate and to follow

the recommendations resulting from a tobacco health assessment, the restriction may be reduced to a 10-day suspension from the team. Failure to meet the recommendations of the tobacco health assessment will cause the restriction to be reinstated. A student-athlete placed on restriction under these sections may not be removed from restriction during the above-specified time. Should the infraction occur with less than ten days remaining in the season, the suspension will carry forward to the next season in which the student participates.

- i. Prior to returning to the team, student-athletes must:
  1. Complete a substance use prevention assignment developed by or recommended by the school
  2. Participate in and complete the requirements of the tobacco health assessment
  3. Address the team by accepting responsibility for their actions and apologizing for their poor choices
- c. Any subsequent tobacco or nicotine-related offense during participation in the respective school will result in immediate dismissal from the team for the remainder of the season without the opportunity to rejoin the team. The student-athlete will forfeit the privilege to earn any certificate or award for the current season. In order to be eligible to participate on future athletic teams for any season, the student-athlete must file a request with the Principal and agree to terms of a contract developed mutually by the Principal, Athletic Director, student, and parent/guardian.

Offenses are cumulative, across all teams throughout the years at the respective schools. The offenses cumulated at BES and ACS do not count towards your time at PMHS. PMHS will be viewed solely from grades 9-12.

### **Sportsmanship, Participation, and Expectations:**

1. Sportsmanship: Student-athletes are expected to maintain a high level of citizenship at all times in school and on the court or field. Since athletes are often in the spotlight, it is imperative that they always display proper respect, sportsmanship, a positive attitude, and represent Prospect Mountain Athletics to the best of their abilities. Each student-athlete is expected to put forth an enthusiastic, positive, and focused effort in all practices and competitions. Good sportsmanship and respect towards opponents, teammates, and officials will be expected at all times. A student-athlete may be reviewed by the Athletic Director and school administration for any actions that may display poor citizenship or sportsmanship. This may result in a suspension or dismissal from the team.

2. Participation: All student-athletes must attend all practices, scrimmages, and games unless obtaining prior approval to be absent from the coach.
  - a. Any athlete-athlete missing one or more practice(s), scrimmage(s), or game(s) will be subject to the consequence of a loss of playing time to be determined by the coach
  - b. Medical excuses will be granted for injury, illness, and other medical situations with prior parental notification to the coach and Athletic Director.
  - c. Non-school competition and participation for programs and or sport clubs outside of school may not conflict with Prospect Mountain Athletics. For PMHS, the NHIAA has specific rules regarding non-school competition events, please refer to NHIAA By Law Article II, Section 7A:r
3. Expectations: Student-athletes are expected to demonstrate good sportsmanship with teammates, opponents, coaches, officials and spectators.
  - a. a. Any player who is ejected/disqualified before, during, or after any sanctioned event shall not participate in any scheduled interscholastic athletic events until after sitting out the next two scheduled events at the level at which the suspension occurred.
4. This includes NHIAA tournament contests, invitational events, or regular season contests.

(PMHS ONLY) The NHIAA enforces a one-game suspension, Prospect Mountain Athletics enforces a second. Any player involved in a fight shall receive a four-game suspension for the first offense (2 games from the NHIAA, and 2 games from Prospect Mountain Athletics). A second disqualification will lead to a removal from the team for the remainder of the season. Additional event suspensions may be imposed by the Athletic Director/School Administration based on the nature and severity of the incident that caused the disqualification. (ACS & BES ONLY) Prospect Mountain Athletics will enforce a 2 game suspension. Any player involved in a fight shall receive a four-game suspension for the first offense. A second disqualification will lead to a removal from the team for the remainder of the season. Additional event suspensions may be imposed by the Athletic Director/School Administration based on the nature and severity of the incident that caused the disqualification.

**Transportation:** The school will provide bus transportation to and from the school for all athletic competitions.

1. Student-athletes must have transportation from the school to their home at the end of practices, games, and bus trips. It is expected that the student-athlete will be picked up in a timely manner.
2. No athletic team or individual player will be transported to or from athletic events in private cars unless prior approval has been granted by the Athletic Director.

3. A student-athlete may be excused to ride home from an away game, only if a parent/guardian informs the coach in person, or in writing, that the student-athlete is riding home with a parent.
4. Student-athletes are allowed to ride home with another parent or guardian if there is a written note or letter on file with the Athletic Director, with legal parental permission for their son / daughter to ride with said adult. Notes on file with the Athletic Director must clearly name the parent or guardian whom their child has permission to ride with.
5. Additionally, you can request this by sending an email to the Athletic Director, 24 hours in advance of the game/practice. This email must include the athlete's name, date, parent/guardian name, and the name of the parent/guardian that is picking the player up, and the location of the game/practice. When sending this email to the Athletic Director you must copy the other parent/guardian picking the player up and the head coach of your team.
6. Proper conduct is expected on all bus trips, as outlined in the Student Handbook.

### **Uniforms and Equipment:**

It is the responsibility of the student-athlete to take care of his/her equipment once it is issued by the coach. All school-issued items will be handed in at the end of the season. The student-athlete will pay for any items missing or damaged.

### **Communication:**

Student-athletes should strive to develop a mutual respect with each other and their coaches. This mutual respect will be the result of open communication lines between team members and coaches, and from a mutual trust that both the coaches and the team members are working toward the same goals. The following line of communication should be followed:

1. Student-athletes are to address any concerns directly with their coach as the first step in communication. Student-athletes should not communicate with coaches through social media or texting. All coaches have a school email address and can be reached via email.
  - a. Student-athletes and coaches must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of each other's roles, responsibilities and perspectives.
2. If parents/guardians need to communicate with a coach related to an issue involving their player or the team, the following procedure should be used to help promote a resolution to the issue.
  - a. Call or email to set up an appointment with the coach.

- b. If a coach fails to reply within 48 hours, the situation should be brought to the attention of the Athletic Director who will arrange an appointment for you.
- c. Approaching a coach in person before or after a game or practice is not an appropriate step in resolution of the matter and is hereby discouraged.
- d. Any meeting with the coach should be focused on a particular issue.

Personal opinions are not allowed to control the meeting.

- 3. Appropriate concerns to discuss with coaches include: the treatment of your student-athlete, mentally and physically; ways to help your student-athlete improve individually and as a team member; and concerns about your student-athlete's behavior.
- 4. Issues NOT appropriate for parents to discuss with coaches include playing time, team strategy, play calling, other student-athletes, and coach's skill and knowledge of the game.
- 5. Student athlete(s) & or parent/guardians seeking further discussion of the matter should contact the Athletic Director to set up an appointment.
- 6. If a resolution cannot be formulated at this meeting with the Athletic Director, then the parent can contact the Principal for a meeting.
- 7. If a resolution cannot be resolved in meeting with the Principal, then the parent can contact the Superintendent.
- 8. If a resolution cannot be resolved in a meeting with the Superintendent, then the parent can contact the School Board Chairperson.

\*Prospect Mountain Athletics reserves the right to apply alternative restorative practices in addition to or in replacement of any consequence listed above for infractions of the Prospect Mountain Athletics handbook. These restorative practices will be decided in conjunction with school administrators and will be reviewed on a case by case basis to determine the appropriate action, if any, for the specific occurrence.

This Prospect Mountain Athletic Agreement has been designed to achieve understanding among the coach, the student-athlete, and parents/guardians. By signing this agreement, the student-athlete and parent/guardian acknowledge an understanding of the expectations and rules contained in this agreement and recognize the effort and dedication that is required for the student-athlete to have the best possible experience in athletics.