

TIMBERLANE REGIONAL MIDDLE SCHOOL



PLAISTOW, ATKINSON, DANVILLE, and SANDOWN, NEW HAMPSHIRE

TIMBERLANE REGIONAL MIDDLE SCHOOL ATHLETICS

STUDENT-ATHLETE HANDBOOK 2026-2027



Visit us on the web for schedule updates, directions, changes, alumni directory and more.

<http://www.timberlane.net/hs/>

Click on Athletics

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A MESSAGE FROM THE ATHLETIC DIRECTOR

Participation in the Timberlane Middle School Athletic Program can be a rewarding experience for our student-athletes. As an education-based program, the focus for coaches and students is on skill development and learning. Many of life's lessons can be learned through athletic experiences. The qualities of teamwork, cooperation, discipline, and time management are just some of the skills to be enhanced for our younger students.

It is important to note that anyone who participates in the Timberlane Middle School Athletic Program must strive for success academically, socially and athletically. We represent our school and community, as well as ourselves in all that we do. *Sportsmanship, respect, and integrity are the cornerstones of success in the Timberlane Athletic Program.*



Feel free to call the Athletic Office at 382-6541 ext. 3940 for any information regarding our athletic programs or visit our website at <http://www.timberlane.net/hs/> and click on Athletics.

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WELCOME TO TIMBERLANE ATHLETICS

The Timberlane Regional Middle School coaching staff invites you to become part of our athletic program. Participation in athletics will benefit you in many ways in middle school and in the future.

The Timberlane coaching staff are knowledgeable, passionate, and dedicated in their fields. Most importantly, coaches care for the students as people and as learners.

PROGRAMS

Listed below are the known Tri-County start dates for season specific sports and all Tri-County recognized sports programs offered at Timberlane Regional Middle School.

Fall Sports

Fall Sports begin

8/2026

Spring Sports

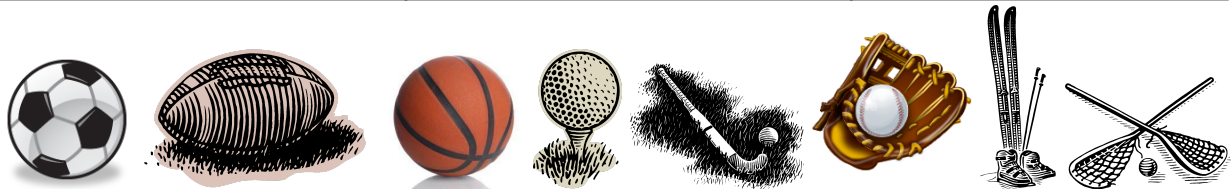
Spring Sports begin 3/2027

Winter Sports

Winter Sports begin

11/2026

Fall	Winter	Spring
Cross Country (Boys)	Basketball (Boys)	Baseball
Cross Country (Girls)	Basketball (Girls)	Lacrosse (Boys)
Soccer (Boys)	Volleyball (Coed)	Lacrosse (Girls)
Soccer (Girls)	Spirit	Softball
Volleyball (Girls)	Wrestling	Spring Track (Boys)
		Spring Track (Girls)



ACADEMIC ELIGIBILITY REQUIREMENTS

Athletics at TRMS is viewed as an extension of the student athlete's education. Students are expected to pass all classes in the previous marking term in order to be academically eligible to participate in the athletic programs at TRMS.

1. Any student-athlete with a failing grade on their progress report card or report card will be ineligible to participate in their team's competitions for 5 school days; however, they are eligible to participate in the team's practices during the athletic suspension. In order to regain full athletic eligibility, a student must meet with the Principal or designee to develop a plan for reinstatement that supports the academic success of the student-athlete.
2. All incoming 6th grade students are academically eligible to begin Fall sports' season.
3. Any student receiving an in or out-of-school suspension shall be ineligible for all school activities outside the regular school day (including social events and those not otherwise governed by these eligibility standards, except activities directly required for a graded course) for the period of the suspension, including any intervening weekends.
4. A student's eligibility to participate in any school activity may be reviewed and suspended by the Principal at any time for unacceptable behavior and/or poor academic performance.
5. The final authority regarding eligibility rests with the Principal

TIMBERLANE MEDICAL CLEARANCE POLICY

Pre-Participation Physical Examinations

A TRSD student-athlete must successfully pass a physical examination and complete the physical examination form provided by the Timberlane Regional Middle School Athletic Department or the issued physical exam form provided by the Doctor's Office. This form must be uploaded to Final Forms prior to playing or practicing a sport at Timberlane Regional Middle School.

Per updated School Board Policy JLCA:

Prior to participation on a school athletic team, students must provide written documentation that they have passed a physical within the past year. A grace period may be granted by the school nurse for up to thirty (30) days after physical examination expiration date with documented proof of next physical examination. This requirement does not apply to students participating in intramural athletics.

Physical Forms must include the following:

- Physician's signature
- Statement of clearance; "cleared for all physical activity and sports participation"

Final Forms will send out email notifications to all athletes and their parent or guardian prior to their physical or ImPact testing expiration dates as a reminder that forms need to be updated.

ABOUT THE ATHLETIC TRAINER

The Timberlane Athletic Department provides an Athletic Trainer from *Exeter Hospital and Core Physicians*. Our athletic training services include, but are not limited to, concussion management, administering first aid for athletic injuries, providing initial treatment and management of acute injuries, and assessing athletic injuries at the request of the athlete, the athlete's coach or athlete's parent/guardian. The Athletic Trainer will perform only those procedures that are within their training, credential limitations and scope of professional practice to prevent, care for and rehabilitate athletic injuries.

The Timberlane Athletic Department, along with *Exeter Hospital and Core Physicians* will require all athletes and parents/legal guardians to sign the Consent to Treat Form supplied by the Athletic Training Company. Athletes of specified sports will be Impact concussion tested prior to participating in the athletic program. All TRSD student-athletes are required to pass the SWAY test prior to participation in a contact sport. SWAY testing sessions are valid for two (2) years and must be taken again once expired. The test is a mobile neurological assessment tool that uses an app on a phone or tablet to assess balance. While the SWAY Balance System is not a stand-alone diagnostic tool, the collected information can be used to help diagnose and treat concussions.

A written report of any athletic injury assessment will be confidentially maintained in the files of the Athletic Director or designee. A copy of this report will also be available for the athlete to provide to his/her parent/guardian. The Athletic Trainer will share information about the injury assessments and post injury status as needed with the coaching staff, parent/legal guardian, Athletic Director and the school nurse.

There shall be no charge to the athlete for the above listed athletic training services. If the athlete is in need of further treatment by a physician, or of rehabilitation services

for an injury, he/she may see the physician of his/her choice. Injured athletes that have seen a physician will need written clearance from that physician prior to resuming athletic activities.

For a list of Insurance Companies accepted by *Exeter Hospital and Core Physicians* please refer to the Timberlane Athletic website "Documents and Links" section.

CARE OF EQUIPMENT

1. Timberlane Regional Middle School provides its athletes with uniforms and other equipment. The student-athlete shall be responsible for the uniforms and/or the equipment issued.
2. All uniforms and equipment issued to the athletes shall be collected at the end of the season. It is the responsibility of the student-athlete to ensure uniforms are returned *clean* and *in good condition*. An athlete will not receive any other equipment/uniform until the previous equipment is returned or reimbursed.
3. **The Athletic Department will not be responsible for any lost equipment. Any student-athlete who fails to complete the season is responsible for returning his/her uniform and equipment immediately upon leaving the team.**

CARE OF FACILITIES

It is expected that all student-athletes will treat all facilities with care and respect. Any student-athlete who is caught abusing any of the indoor or outdoor facilities will be subject to disciplinary actions by the school administration and may also be subject to team discipline.

ATHLETIC INSURANCE

All athletic endeavors involve some risk of injury. **Timberlane Regional Middle School will not be liable for any injuries incurred, nor for any expense or loss related to such injuries.**

All athletes who are practicing or competing for Timberlane Regional Middle School will be covered up to certain limits by our school insurance policy, however, there are certain guidelines and steps one must follow in order to be covered. The student's family health insurance is considered the primary coverage for any athletic injuries that may occur.

All claims must first be submitted to your own insurance company for payment. Our insurance may pay the balance of claims if they are approved by the school and insurance company and they fall within the limits of the policy.

STEPS TO FOLLOW IF AN ATHLETE IS INJURED

1. The student-athlete should immediately report the injury to his/her coach during their practice or game.

2. The student-athlete and/or coach should report the incident to the Athletic Trainer who will fill out an accident report. This will be forwarded to the Athletic Director, who will verify the accident.
3. A district insurance claim form will be sent to the parents of the injured athlete. The parents are to fill out their section, have the doctor who first attended their son/daughter fill out the medical section, then mail the form to the District insurance company. Claims must be received by the insurance company within 90 (ninety) days of the injury.
4. All bills should be sent directly to the district insurance company upon receipt.
5. Any questions may be directed to the Athletic Director at 603-382-6541 Ext. 3941.

By providing this insurance, Timberlane Regional Middle School assumes no responsibility for such injuries. *All claims for injuries must be made in accordance with the terms of the policy and any disputes with respect to coverage will be between the athlete's parent or guardian and the insurance carrier.*

RULES AND REGULATIONS

The following regulations have been set forth by the Timberlane Regional Athletic Department to govern participation in the school athletic program. Should a student-athlete violation become known at a later date, discipline shall be enforced for the next game. Should an athlete become involved in an incident at the end of a season, any consequences to that incident may be carried over to the next participating season.

- 1) **All athletes are expected to attend all practices, scrimmages, games, and meets. Acceptable absences include only those for: Illness / Medical Appointments, Academic Help, Religious Holidays.**

Athletes should notify their coach as soon as they know they may or will miss time away from the team (better to be safe and tell the coach before it happens). Participation on "Travel Teams" or in other leagues is not an acceptable absence. Your school should be your priority and thus, violations of this rule may result in a one game suspension. Further violations of this nature may result in suspension or dismissal from the team.

- 2) A student cannot participate in school sports or practices unless he/she is present in school on that day. If the violation becomes known at a later date, it will be enforced at the next practice or game following the disclosure.

- 3) A player must use school transportation to athletic events except when the athlete has secured prior written permission from the Athletic Coordinator, the athlete's parent, and the coach. A coach may approve transportation home from an athletic event when the athlete is discharged to the parent/guardian.
- 4) Students on suspension, or not participating in physical education class, may not participate in practices, games, meets, etc.
- 5) Athletes may not avoid or postpone detentions or extra help because of games or practices

HAZING

The Timberlane Regional School District will not tolerate any form of hazing within any sports team. Hazing is defined in the NHIAA Handbook as *“any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person’s willingness to participate. Hazing activities are generally considered to be: physically abusive, hazardous, and/or sexually violating. Anything that causes mental anguish or physical discomfort is considered to be classified as hazing. Hazing or harassment practices of students will be disciplined according to School Board policy and will be reported to the police, in accordance with the State of NH Student Hazing Law RSA 631.7”*

Any incidence of hazing should be reported immediately and directly to the Athletic Director. Athletes participating in any form of hazing will be suspended or dismissed from their team for the remainder of the season. These behaviors will also be addressed by School Administration under the provisions of the Timberlane Regional School District Code of Discipline.

SOCIAL MEDIA EXPECTATIONS

Messages posted on social media are public information and available to a vast online audience to see; assume that nothing is private. Reposting or liking a comment is an indication of approval and promotion of the viewpoint. All social media material is expected to express positive thoughts and ideas, as well as portray an optimistic and positive ideology. Consequences for online content that violates these expectations will be determined by the school administration, and may include, but not be limited to, possible suspension from participation.

Participants are not permitted and should refrain from making disrespectful comments or behavior online, including but not limited to:

- Inappropriate, derogatory, or unsportsmanlike language that may be offensive, harmful or critical of teammates, students, coaches, officials, administrators, and/or teachers at Timberlane Regional High School or at other schools, including opponents

- Photos, gestures, or statements which may be perceived as demeaning, offensive, bullying, hazing, or harassment
- Making a threat of serious physical or emotional injury to another person
- Use, possession or sale of illegal substances, alcohol, tobacco, or nicotine products or paraphernalia
- Vandalism or other inappropriate behaviors
- Indicating knowledge of an unreported school or team violation
- Sensitive or personal information such as injuries and eligibility status

PUPIL SAFETY, VIOLENCE PREVENTION, AND ANTI-BULLYING

As a mandated reporter, coaches are directly responsible for reporting any violations of the district's pupil safety, violence prevention, and anti-bullying policy. In addition to NHIAA mandated coaching certifications, all members of the coaching staff are required to complete additional courses in the following topics. These courses are completed on a yearly basis.

- Cyberbullying and Harassment
- Situational Awareness
- Alice for Schools

The Timberlane Regional School District, Harassment of Students Policy ACAA, RSA 193-F:3 defines harassment as: including but limited to verbal abuse based on age, sex, race, creed, marital status, familial status, physical or mental disability, national origin, or sexual orientation. Complaints of pupil harassment and bullying may also be pursued under Board Policy JICK- Pupil Safety, Violence Prevention, and Anti-Bullying."

The Timberlane Regional School District, Pupil Safety, Violence Prevention, and Anti-Bullying Policy JICK, RSA 193-F:3 defines bullying as "a single incident or a pattern of incidents involving a written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof that: physically harms a pupil or a pupil's property, causes emotional distress to a pupil, interferes with a pupil's educational opportunities, creates a hostile educational environment, or substantially disrupts the orderly operation of the school. For the purposes of this policy, any references to the term bullying shall include cyberbullying"