

## INFORMATION REGARDING ATHLETIC PARTICIPATION AT WINNACUNNET HIGH SCHOOL

- ***Physical Examination:***

A physical examination is required of all athletes prior to the first practice session.

**Physical exams must take place after June 1 (June 1, 2008) of the previous school year by a physician (medical doctor, primary care physician).** The physical will be honored for the entire school year.

- ***Athletic Contract:***

A signed athletic contract must be on file in the Athletic Director's Office before you are eligible to participate in any sport. Check [www.winnacunnet.org](http://www.winnacunnet.org) OR [www.highschoolsports.net](http://www.highschoolsports.net) or stop by the gym lobby or main office to pick up a copy.

- ***Scholastic Standing:***

The NHIAA policy on scholastic standing states: No pupil who has failed to pass four (4) units of work (a unit of work reflects a **course** that meets the equivalent of five times per week) during the previous ranking period (This is interpreted as the school's previous ranking period, not the student's previous ranking period.) shall represent the school in any interscholastic contest. A minimum of four (4) units of work per marking period is required for participation in interscholastic athletics.

**The Winnacunnet High School academic eligibility policy supercedes the NHIAA scholastic standing policy. A student must pass a minimum of FOUR courses in the trimester immediately preceding the respective athletic season. If the season spans two trimesters, the student must remain eligible based on the grades received during the subsequent marking period. Tutorial and contracted study do no count towards eligibility. Only courses that award credits count toward eligibility.**

**All incoming freshmen are immediately academically eligible for interscholastic participation in athletics for the FALL season.**

- All paperwork (*physical exam form, contract, emergency medical treatment card*) is due to the coach or athletic director **on or before** the first day of practice. Anyone who has **not completed** it **will not be allowed to practice** until it is completed.
- The student athlete handbook is written to help you better understand and appreciate the purpose and goals of the athletic program at Winnacunnet High School. Please read the booklet carefully and make sure you understand the commitment you are about to make.
- We currently offer 26 varsity sports, 13 JV sports, 10 Freshman sports. The sports and teams are listed on the first page of the student athlete handbook.

**Access Sports Medicine offers Sports Physicals for \$5.00 in August. Dates, times and facilities are listed here:**

**Portsmouth Location**  
Aug 5 5 to 7 pm  
155 Borthwick Avenue  
Portsmouth  
431-3573

**Exeter Facility**  
August 11 5 to 7 pm  
1 Hampton Road  
Exeter  
775-7575

**Physicals will be offered in both offices on different dates in August.** We encourage you to see your own physician for a physical exam but if the date is not between June 1, 2008 and the start of the season, take advantage of this opportunity.

Check [www.winnacunnet.org](http://www.winnacunnet.org) or [www.highschoolsports.net](http://www.highschoolsports.net) or [www.accesssportsmed.com](http://www.accesssportsmed.com) for the dates.

***Fall sports offered and starting dates are:***

JV/Varsity Football	August 13, 2008
Freshman Football	August 18, 2008
JV/Varsity/Frosh Volleyball	August 18, 2008
Varsity Golf	August 18, 2008
JV/Varsity/Frosh Girls Soccer <a href="http://www.eteamz.com/warriorgirlssoccer">www.eteamz.com/warriorgirlssoccer</a>	August 18, 2008 Meeting on Friday 8/15/08 4PM – WHS Gym
JV/Varsity/Frosh Boys Soccer <a href="http://www.eteamz.com/winnacunnetsoccer">www.eteamz.com/winnacunnetsoccer</a>	August 18, 2008 Meeting on Friday 8/15/08 5PM – WHS Gym
Varsity Cheerleading	August 18, 2008
Girls Cross Country	August 20, 2008
Boy's Cross Country	August 20, 2008
JV/Varsity/Frosh Field Hockey <a href="http://www.eteamz.com/winnacunnetfieldhockey">www.eteamz.com/winnacunnetfieldhockey</a>	August 18, 2008 Meeting on Thursday 8/14/08 at 6:30PM – WHS Gym

***Winter sports offered and starting dates are:***

Boys and Girls Swimming & Diving	November 17, 2008
Wrestling	November 17, 2008
JV and Varsity Ice Hockey	November 24, 2008
Girls Basketball JV/Varsity/Frosh	November 24, 2008
Boys Basketball JV/Varsity/Frosh	December 1, 2008
Boys and Girls Indoor Track	December 1, 2008
Cheerleading	December 1, 2008

***Spring sports offered and starting dates are:***

JV/Varsity/Frosh Baseball	March 23, 2009
JV/Varsity Boys Lacrosse	March 23, 2009
JV/Varsity Girls Lacrosse	March 23, 2009
Boys and Girls Outdoor Track	March 23, 2009
JV/Varsity/Frosh Softball	March 23, 2009
Boys and Girls Tennis	March 23, 2009