



# *Bedford High School Athletics*

2023-2024 Fall Parent/Guardian &  
Student-Athlete Presentation

# Welcome

*Our interscholastic athletics program seeks to help student-athletes grow physically, mentally, emotionally, and socially through the challenges of athletic discipline, team participation, and interscholastic competition. Our mission is educational and designed to enrich and complement the academic experience at Bedford High School.*

# Participation Eligibility

Academic - *To be eligible for the fall marking period, students are required to have passed and received full credits for the previous academic year, the equivalent of four traditional year-long major English courses. Term grades cannot be used to determine fall eligibility.*

Physical - *All athletes must have an up to date physical on file with the school nurse/athletic trainer before being allowed to tryout or participate in any sport. **A physical is valid for 13 months from the date it was conducted.** A student becomes ineligible to participate in practice or games when the physical expires. It is the responsibility of the student and parent to be sure they have an up to date physical. It is quite possible that there will be no reminder that your physical is set to expire.*

ImPact - *All athletes must have an up to date baseline on file with the school nurse/athletic trainer before being allowed to tryout or participate in any sport. **A physical is valid for 2 years from the date it was conducted.***

# Important Resources

- [Athletics Handbook](#)
- [Head Injury Policy](#)
- [Hazing](#)
- [Opioid Misuse Prevention](#)
- [MIAA](#)
- [BHS Athletics Website](#)
- [Schedules](#)

# Points of Emphasis

- 50 Ways
- [Morgan's Message](#)
- Bona Fide Rule 45
- Communication
- [Sportsmanship](#)
- Fan Expectations
- [Chemical Health](#)
- Team Rules / Expectations
- Handbook

# Tryouts

Each coach will provide an explanation of his/her expectations. It is the duty of the student to demonstrate to the coach that they can fulfill these expectations.

If a student is not selected for a team, he/she may contact the coach personally for an explanation.

Students who are not selected are encouraged to explore other BHS sport opportunities on teams that have not finalized their rosters. Switching sports is also not allowed after the first contest.

Please note **MIAA Rule 35** states that a student athlete participating in football must have 15 days of practice, and 10 days of practice for any other sport, before competing in an official game. For this reason an athlete will not be allowed to join a team after its third official practice without the approval of the Director of Athletics and Coach.

## Bedford Athletic Association

*The BAA will be active in the raising of funds to assist and support school athletic programs. Fundraising shall support a strong revenue producing program that will include, but not be limited to, assisting all athletic programs, awarding of scholarships to student athletes and the subsidizing of special events or programs endorsed by the Bedford Schools and Athletics Department, that will encourage and promote the growth of the student athlete.*

# Individual Sports Info

Boys Cross Country	Rich Donnelly	richard_donnelly@bedfordps.org
Girls Cross Country	Joel Hebert	joel_hebert@bedfordps.org
Cheerleading	Nikki Melanson	nicolettemelanson@gmail.com
Field Hockey	Roseanne Ham	Coachhambucsfh@gmail.com
Football	Tom Tone	thomas_tone@bedfordps.org
Golf	Brian Seabury	seabury.brian@yahoo.com
Boys Soccer	Dave Boschetto	david_boschetto@bedfordps.org
Girls Soccer	Laurence Reid	laurencereid@gmail.com
Volleyball	Lisa Predaina	lisa_predaina@bedfordps.org



# Meeting Locations

Boys Cross Country	A202
Girls Cross Country	B205
Cheerleading	<a href="https://us06web.zoom.us/j/81919800994">https://us06web.zoom.us/j/81919800994</a>
Field Hockey	Back Caf
Football	Auditorium
Golf	Main Lobby
Boys Soccer	Front Caf
Girls Soccer	
Volleyball	A214

Contact the Athletic Department  
with any questions

Follow for updates:

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