



DOVER HIGH SCHOOL
AND
REGIONAL CAREER TECHNICAL CENTER



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March 6, 2015

Dear Dover School Board Members,

This letter is being written to support an overnight trip by six of our students to attend an overnight leadership conference for athletes by the New Hampshire Interscholastic Athletic Association. The trip would be chaperoned by Christina George, a member of the Wellness Department at Dover High School.

Thank you for your consideration.

Peter Driscoll
Dover High School Principal

Registration Form

Limit: 8 per school, Return by Friday, February 27th, 2015 for each representative, including adults. After the deadline schools will be allowed to request additional spots based on availability, first come first serve until Wednesday March 11th. Checks should be made out to the NHADA for \$125

Name: _____

Grade: _____

Address: _____

School: _____

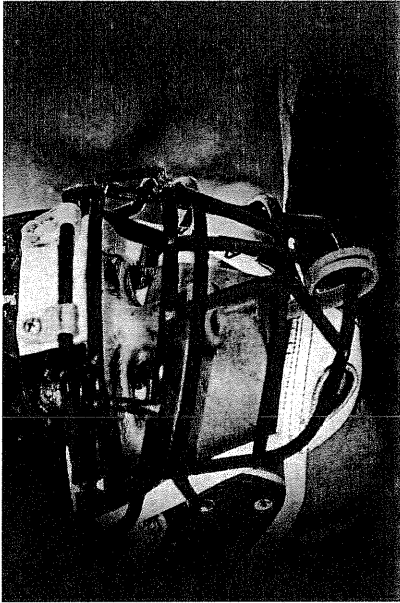
Please rank your choice of break-out sessions in order from 1-5, 1 being the one you would like most to attend, 5 least.

- Improving Team Unity through Communication
- Teamwork and Teammates
- Media Power, Decoding & Shaping Messages
- Youth Activities Leadership Committee
- How to create a Student Athlete Leadership Team

Circle the following:

- Gender: F or M
- Student or Adult
- T-Shirt Size: S M L XL XXL

Please check to indicate if you would like to participate in the morning workout led by the US NAVY SEALS and attach liability form.



** Authorization Form **

I authorize the school's representative to transport, request, and authorize emergency treatment for my son or daughter. I agree that I will not hold this person, the NHIAA, the NHADA, or it's agents liable while he/she is acting reasonably within these responsibilities. I hereby give permission to photograph/record my minor child's performance and participation. I agree to release the rights to the use of any photographs/recordings of my minor child created during training and grant permission to use my minor child's name in connection with these photographs/recordings.

Parent/Guardian Name (Printed): _____

Home Phone: _____

Work Phone: _____

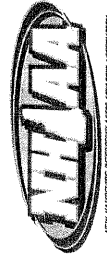
Parent/Guardian Signature: _____

Date: _____

Please email, mail or fax this authorization form to:



Dan Serard, Program Coordinator
Life of an Athlete, NHIAA
 251 Clinton Street
 Concord, NH 03301
 Phone: 603.228.8671



New Hampshire Athletic Directors' Association
 &

New Hampshire Interscholastic Athletic Association
 presents the

23rd Annual

Student Athletes Leadership Conference

The Student Leadership Training will be March 19th to 20th. Registration for the event will begin at 3:00 pm on the 19th. Students will be dismissed at noon on the 20th

This event will take place at the Grappone Center in Concord, NH for student athlete leaders around the state of New Hampshire.



LIFE OF AN ATHLETE
 A Program of NHIAA

Day 1 Thursday, March 19

- **3:00 p.m. - 4:30 p.m. Registration - Lobby**
Participants are required to check into assigned hotel rooms and dress for dinner, and will not be returning back to your rooms until the end of the night.
- **5:00 p.m. - 5:30 p.m. Welcome**
Jeff Collins- Director, NHIAA
- **5:30 p.m. - 6:30p.m. Ice Breaker-Group Activity**
Team building activity in groups led by Student Leadership Committee
- **6:45p.m Special Olympics Awareness Week**
NH Student Leadership Council
- **7:00 p.m. Banquet**
- **7:30 p.m. Keynote Speaker**
John Underwood, Founder, Life of an Athlete
- **9:00 p.m. Student Recreation Time**

Day 2

Friday, March 20

- **6:30 a.m. NAVY SEAL workout**
(Optional- first come first serve)
- **7:15 a.m. Breakfast Buffet** for Students staying at the Courtyard
- **8:00 a.m.** Students from Comfort Inn arrive back at the Courtyard - drop luggage into Breakout Room
- **8:00 a.m. - 9:00 a.m. Breakfast Buffet** for Students staying at the Comfort Inn
- **9:00 a.m - 11:00 a.m Sessions 1 & 2**
- **11:00 a.m Keynote Speaker**
Jason Larson & Anthony Page - US Navy SEALs

Day 2 cont..

At 9:00 AM and 10:00 AM we will be doing break-out sessions. Each student will rank the order of break-out sessions that they would like to attend. Not everyone will get their first choice. Each student will get to attend 2 different break-out sessions mentioned below for an hour each.

Improving Team Unity through Communication

Teen Institute
Marissa Carlson, Executive Director
Learn techniques that will enhance your leadership skills such as confronting behaviors of concern, mentoring, and knowing what resources to use in a variety

Team work and Teammates

Applied Performance Sciences/US Navy SEALs
Jason Larson & Anthony Page
Hear from some of our US Navy SEALs on loyalty, teamwork, team dynamics, leadership and accepting responsibility for your team through the stories about the trainings and missions they had to complete.

Media Power; Decoding & Shaping Messages

Media Power Youth
Sarah Shanahan, Education & Training Manager
Do you think that media affects the way you live? Find out by dissecting media messages and commercials that you see everyday.

Youth Activities Leadership Committee

Special Olympics
Hank Basil & Leadership
Listen to the successes of the Special Olympics and project UNIFY in New Hampshire! You will hear about UNIFIED sports, Special Olympics Awareness Week, the Penguin Plunge and much more

How to create a Student Athlete Leadership Team

Large Schools(DI &DIII)
Small Schools(DIIII & DIV)
In these two sessions, split up by divisions, the NH Student Leadership Committee will talk about how to create a student leadership group within your school and some activities that you can do to become a strong leader.

Keynote Speakers



John Underwood
John is a former NCAA All-American, International-level distance runner and World Masters Champion. He has also coached World and Olympic Champions, and has worked with nearly all sport federations including the NCAA, NHL, NFL,NBA, the U.S. Olympic Committee, and the International Olympic Committee. He is also a Human Performance Consultant for the U.S. Navy SEALs.



Anthony Page & Jason Larson
Anthony and Jason are former U.S. Navy SEALs who now operate a program called Applied Performance Sciences. Their work teaches students the importance of teamwork, team dynamics, leadership, and responsibility through stories about overcoming adversity.



Directions:

Grappone Center/Courtyard Marriott, Concord, NH

Situated directly off Exit 15W at the connection of Interstate 93 & 393. At first set of lights take immediate right onto Commercial Street and follow ¼ mile to Courtyard by Marriott.
Phone: 603-225-0303

Comfort Inn , Concord, NH

From South: Route 93 North to Exit 13; left at next light (Hall St.) Hotel is on left.
From North: Route 93 South to Exit 13; straight at light (Hall St.) Hotel is on left.
Phone: 603-226-4100



NEW HAMPSHIRE
BUREAU OF DRUG AND ALCOHOL SERVICES
Promoting Prevention and Recovery

NEW HAMPSHIRE
CHARITABLE FOUNDATION

LaFleur, Robin

From: Wotton, Peter
Sent: Monday, March 09, 2015 8:15 AM
To: LaFleur, Robin
Cc: Driscoll, Peter
Subject: RE: student Leadership Conference

1. Statements of the educational value of the proposed extended travel and the relationship to current program or course offerings. The conference will promote the improvement of Team Unity, Teamwork, Leadership, Drug and Alcohol abuse and nutrition.
2. If a travel agency is utilized, evidence of a performance bond or other security for deposits from the agency is required. No travel agent is used
3. Inclusive dates of trip. March 19th to 20th
4. General itinerary. Depart DHS at 2:45 on March 19th, Arrive Grappone Center at 3:45, register, See attached Conference Agenda – return DHS b 2:00 PM on March 20th
5. Cost per student. \$125 is registration fee but none will be paid directly by students
6. Statement of academic eligibility or other limiting rules of participation established by the trip director. NHIAA and Dover Athletic Eligibility requirements are met by each student.
7. Permission forms to be reviewed with and signed by parents. Yes
8. Statement of source and nature of insurance coverage. As covered by athletic participation
9. Decision and opinion of the Principal and Superintendent. See submitted letter of support by Principal Driscoll
10. Release from duty of any staff member by the Superintendent. Mrs. George will need one day of coverage (March 19th)
11. Financial benefit to trip leader and chaperones must be disclosed (e.g.: plane fare, accommodations, future awards or credits for travel, bonus points, cash or gift awards, etc.) Chaperone splits a room with another chaperone from another school. Meals are covered.
12. Cost to the District. 1 day of substitute pay, registration fees for students are being fundraised for

Requests for final approval submitted to the School Board shall include:

1. Names and addresses of all students and chaperones. (Note: All chaperones must complete a criminal background check, at District expense, at least one month prior to departure.) All accounted for
2. The only adults allowed to travel with the students will be those assigned as chaperones. Yes
3. Adult/Student ratio. 6 to 1
4. Confirmation permission forms, student code of conduct contract which will include Standards for Behavior, and telephone contact notification submitted to the principal. All have been completed as part of the Athletic Agreement signed by each student-athlete

From: LaFleur, Robin
Sent: Friday, March 06, 2015 3:55 PM
To: Arbour, Elaine; Wotton, Peter
Cc: Driscoll, Peter
Subject: RE: student Leadership Conference

We can if Peter can complete the required information quickly. Attached is the policy for extended travel.

DeltaSix Holdings, LLC

D.B.A. Applied Performance Sciences

WAIVER AND RELEASE

This Waiver and Release is entered into effective as of _____, 20__ by the undersigned individual ("**You**").

In consideration of receiving physical training (the "**Training**") from, and access to any fitness equipment (The "**Equipment**") of, DeltaSix Holdings, LLC ("**D6**"), You (on behalf of yourself, your relatives, heirs, successors, assigns, representatives, guardians and estate), hereby (a) consent and voluntarily elect to receive the Training and use the Equipment; (b) have consulted with a physician prior receiving the Training and using the Equipment; (c) represent that You are in good health and are capable of full participation in rigorous physical activity; (d) assume all risk of damage to property, bodily injury and/or death while receiving the Training and using the Equipment; (e) waive and forever release any and all rights and claims for any injuries, losses, damages and liabilities of any kind, which are in any way connected with your receiving the Training and using the Equipment that You may have now or in the future against D6, its members, managers, officer, employees, contractors, representative, successors and assigns and their respective relatives, assigns, representatives, guardians and estates ("**Released Persons**"); (f) agree to indemnify and hold harmless each Released Person from any and all claims, demands, causes of action, losses, damages and liabilities (including attorney fees and costs) which are in any way connected with your receiving the Training and using the Equipment; (g) consent to being photographed and/or video recorded while receiving the Training and using the Equipment for D6 documentation and/or marketing purposes, and (h) agree that D6 will not be responsible for any lost or stolen valuables.

By signing below, You affirm that You have read this Release and Waiver and agree to be bound by its terms.

"You"

Signature

Parent/guardian signature if You are under 18 years of age

Printed name