

Edmeston Central School Student-Athlete & Parent Handbook



Mission Statement of the Edmeston Central School District Athletic Program

Interscholastic athletics in the Edmeston Central School District are viewed as an extension of the classroom and therefore are an integral part of the district's total educational program. This athletic experience should be offered to as many students as possible. A well-coordinated program is vitally important to the morale of our school and our community. Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values; therefore, this educational experience demands highly qualified coaches.

Desire, dedication and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by student-athletes. Making such commitment helps to nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizen carrying these values throughout their life.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criteria when determining a season's success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student-athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

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The 4 C's from NYS Education Department

The 4 C's were developed to help develop character through sport. Beyond the basic skills taught it is our goal to develop the character of our youth through our athletic program:

We know that less than 2% of high school athletes go on to play team sports at the collegiate level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but character traits essential for success in life. To that end we challenge every athlete to strive for the following:

Competence: *The necessary level of knowledge and skill to sufficiently train and compete.*

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- To demonstrate knowledge of healthy behaviors including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character: *The pattern of beliefs, attitudes and therefore behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of Edmeston.*

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setback.
- To demonstrate truthfulness.
- To play by the rules of the game and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; congratulate opponents, not sulk, or display other negative behaviors.

Civility: *To demonstrate behavior that exemplifies appropriate respect and concern for others.*

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences to show respect for authority.
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

Citizenship: *Social responsibility as part of a "community".*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

Edmeston Central Student and Parent Athletic Handbook Athletic Conference

Affiliations

New York State Public High School Athletic Association: www.nysphsaa.org
Edmeston Central School District: www.edmestoncentralschool.net

Interscholastic Athletic Program Philosophy and Purpose

The Edmeston Central School Athletic Department has a strong belief that the Interscholastic Athletic Program prepares our students to become productive citizens in our community and society. We are committed to the development of physical fitness, personal health, and to be competent performers in any given sport.

Athletic participation as a representative of Edmeston Central School District is considered an additional student privilege – not a right. Our student-athletes are expected to always represent themselves and the school in an exemplary manner, and are expected to exert a positive influence on fellow students during school and at all school-related events. Since athletic participation is considered an additional student privilege, student-athletes are subjected to a higher standard, and additional rules and consequences apply to their conduct. These are embodied in the Edmeston Central School Athletic Code of Conduct. After all, these students are in the public eye more so than others and are considered role models of our school.

Our athletic programs primary focus is on the individual, development of each student, resulting in a stronger self- image, confidence in the learning of new skills and motivating each student to strive “to the next level of accomplishments.” Accomplishing these objectives is done through competitive situations in practice and contest that foster the acceptance of responsibility for one’s actions, test one’s skills against standards of quality, and allow the expression of ideas, valuing fair play, honesty, leadership and cooperation.

The interscholastic athletic program is an extension of the core curricular objectives at Edmeston Central School. The students will be engaged in carefully planned and quality learning experiences that are expected to enhance observable changes in knowledge application, physical skill attainment, self-esteem, physical conditioning and problem solving skills. This program will also include experiences in human relations, opportunities to grow emotionally, and situation that will test individual and group character. Finally, the athletic program at each level will offer opportunities to refine already learned skills, and to do well in areas compatible with the student’s talents and abilities.

Athletic Program

Program Level and Philosophy

The **Modified Athletic Program** level of competition consists of athletic opportunities for students in 7th and 8th grade. Freshman may also participate at this level. This level provides a bridge between recreational activities and the organizational structure. It is a level where the focus is toward teaching and learning in an environment that stresses skill development and improvement for all students. The modified programs are designed to embrace all students who are willing to put forth the effort. It is also important that all students have reasonable opportunity to test learned skills in a competitive situation, however, playing time is impossible to be equal.

The New York State Public High School Athletic Association (NYSPHSAA) has a program of Athletic Placement Process which enables an **exceptional** athlete to have the opportunity to test his/her skill at a higher level. This is a decision discussed by the coach, parent, physical education teacher and athletic director. A physical assessment is performed at a regional testing site. If the student-athlete passes all components of the test they are eligible to try-out for the junior varsity or varsity level.

The **Junior Varsity Program** level of competition is intended for students who display the potential for continued development into productive varsity level performers. Usually the team consists of freshman and sophomores, with an occasional junior or 7th/8th grader. This level begins to shift the focus toward competition. Students are encouraged to develop a work ethic that will enable them to continue to improve and begin to take their abilities to a higher level. Increased emphasis is placed on physical conditioning, refinement of fundamental skills, continued sportsmanship, team play, strategy and social emotional development.

Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level. Playing time is never guaranteed. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at this level.

The **Varsity Program** is the culmination of each athletic program. This highly committed team consists of juniors and seniors. Freshman and sophomores may also participate if they have an advanced level of physical development and athletic skills. The occasional 7th/8th grader may also be on a varsity team if and only if they meet all the criteria of the Athletic Placement Process and have an advanced level of physical development, athletic skills and emotional development.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team. Extensive knowledge and game strategies are developed with detail.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team. With this in mind, it must be remembered that skill, talent, attitude, and ability to be coached are at a premium at the varsity level. There is no such thing as "seniority." It is perfectly acceptable for a junior varsity player to move up to varsity at the end of the season and play over a varsity player during playoffs.

Special Note For All Levels Playing time is non-negotiable. Only the coach is in the position to make this judgment call based on several factors including the athlete's attendance and participation level at practices, attitude, ability to accept coaching, etc. While the above descriptions are meant to be guidelines for each level of participation, it is not always desirable or possible to strictly adhere to these guidelines.

It is our desire to have all of our programs known as a class act and for all of our athletes to exhibit character in victory OR defeat.

Expectations of Athlete Behavior and Ethics

1. Practice a healthy lifestyle and healthy habits.
2. Place the team's goals, welfare and success before his/her own.
3. Emphasize the proper ideas of sportsmanship, ethical conduct and play the game fairly.
4. Attend all practice sessions and be receptive to coaching.
5. Visiting teams, spectators, and officials are to honored guests at our school and be treated as such. Please show respect.
6. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
7. Encourage leadership and good judgment by all the players on the team.
8. Demonstrate knowledge of healthy behaviors, including nutritional issues.
9. Be committed.
10. Abstain from hazing or other forms of team initiation.
11. Communicating with the coach is very important.
12. Students will refrain from any negative comments expressed on Social Networks concerning any aspects of their team/ECSD teams or opponents.
13. Obey our Code of Conduct at all times.

Expectations of Parents/Guardians

1. Be positive with your child. Let him/her know that it is a proud accomplishment simply to be part of an athletic team.
2. Be a "team" fan, not a "my kid" fan.
3. Try not to offer excuses if he/she is not playing. Encourage him/her to work hard and try his/her best.
4. Discourage "putting down" coaches or other athletes. That teaches your child to be a complainer, not a doer. Keep in mind, your child has to return to practice the next day.
5. Gain an understanding and appreciation for the rules of the sport.
6. Encourage your child to follow the rules with respect to attendance, training rules and school work.
7. Demonstrate good sportsmanship and live as a role model for your child. You represent your child, family, school and community.
8. Be honest with yourself about your child's athletic abilities.
9. Weigh carefully what your child says in any controversy with what may have or have not actually happened, since it is normal for youth to tend to slant the truth to their advantage.
10. Encourage respect for team and school rules, game officials, and good sportsmanship.
11. Encourage your child to improve his or her self-image by continuing to set individual goals. Making comparisons between older or younger siblings and other athletes can hinder the growth of an individual's self-esteem.
12. Remember that although you may not be in agreement with a coach's style of coaching, your child will have to deal with different leadership styles in life.
13. Refrain from coaching from the sidelines. Your message may be different from the coach's view point, resulting in a confused athlete wanting to please both coach and parent.
14. If you feel the need to have a discussion with a coach, remember there is an appropriate time and place. Before, during, and after a game is not appropriate.
15. Parents should refrain from any negative comments expressed on Social Networks concerning any aspects of their team/ECS teams or opponents.
16. If you host an underage drinking party, you lose the most.
17. Any spectator who presents poor sportsmanship will be prohibited from attending future contests for a particular length of time.

General Expectations of All Athletes/Managers

Participation in Practice/Games - Team members must be present and on time for all scheduled practice sessions and contests. Student athletes must be in class at 8:03 on the day of the respective practice/contest and in attendance during the school day in order to be eligible to participate in practices or athletic contest on that day. The administration may make exceptions for the following reasons: death or serious illness in the family, court appearance, college visitation, medical appointment verified by a note from the medical office personnel, or religious observance.

It is the responsibility of the athlete to inform the coach in advance, when possible, if a game or a practice will be missed. It should be noted that the Athletic Department realizes unusual situations may arise, but communication will be the key to understanding these circumstances. If a player is not able to communicate with the coach, the player should inform the Athletic Director and/or the Principal's office.

When a family chooses to take their vacation during an interscholastic season, it must be understood that the time missed by the student will affect team chemistry, personal conditioning, and may affect playing time.

Circumstances do come up where a practice may be held at 2:30 pm (due to gym availability, concerts, meetings etc.). If a student-athlete has remediation during this time, they **must** attend the academic commitment. The student-athlete will not be penalized for missing part of the practice. The student-athlete may also seek extra help and be late to a practice without penalty. Every effort should be made to communicate with the coach. The student-athlete is required to bring a note from the teacher indicating extra help was provided.

Uniform & Equipment Care - Athletic uniforms are **NOT** to be worn during physical education class, practices or outside of games unless permission is granted by the coach for a team activity. The equipment and uniforms supplied are the responsibility of the athlete. If equipment and/or uniforms are lost, stolen, or not returned at the end of the season, these items are the financial responsibility of the athlete and athlete's parent or guardian.

Transportation - The Edmeston Central School District will provide transportation for all students, support, and coaching personnel of each athletic team in an authorized school vehicle to all away contests. Team members are strictly forbidden from driving themselves to and from an away contest. At the conclusion of a contest, parents may take custody of the student-athlete with the full knowledge and approval of the coach. Written permission from the student-athlete's parents must be given to the coach by "signing them out" at the conclusion of the game. It is understood that only their parent or guardian may transport the athlete. No other family members, friends, etc. may transport a student-athlete unless **parents have provided prior written request and have been granted advanced approval by administration.**

A late bus for students is provided at ECS Monday through Wednesday throughout the school year. The bus leaves at 4:00 from outside the cafeteria.

Physical Education and Participation - All student-athletes **MUST** participate in all physical education activities during PE class. Student-athletes are expected to perform all activities performed by other students, regardless of evening practice or game commitments. If modifications need to be made, the student should speak with the instructor. Students who do not participate in PE are not able to practice or compete in a game that same day.

Quitting a Team - A student-athlete is considered to have quit a team when (1) he/she either verbally or in writing expresses to the coach that he/she has quit, or (2) he/she misses three consecutive unexcused days of practices or games. Once a student-athlete quits a team, he/she must meet with the athletic counsel (administrator, athletic director, and current coach and next season's coach) before participating in the following sports season. Any student-athlete quitting a team will not receive any athletic awards for that sport.

Changing Sports – The deadline for participation in a sport is five days after the start of the first day of practice. Students may change from one sport to another sport provided that they have received permission from the coaches involved and the athletic director. If a student-athlete has been cut from one team, it is legitimate to try out for another as long as final cuts have not been made for the second sport. It must be understood that practices are sport specific and cannot count from one sport to another.

Special Notice on Social Networking Web Sites and Texting:

As a representative of the Department of Athletics and Edmeston Central School, you are always in the public eye. Please keep the following in mind as you participate on social networking web sites and texting:

- Understand that anything posted online is available to anyone in the world. Any photo placed online is out of your control the moment it is placed online-even if you limit access to your site.
- You should not post any information, photos, or other items online that could embarrass you, your family, your team, opponents or Edmeston Central School, including information, photos and items that may be posted by others on your site.
- Beware of posting photos! What the public sees becomes reality, date or no date on a photo.
- Behavioral expectations in the online world are the same as in the real world. **Student-Athletes will face disciplinary actions for conduct committed online that violate the code of conduct.**

Medical Information

Risk Factor in Sports

Participation by a student in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a contact or non-contact sport. Further, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardian assume the risk for injuries to occur.

Becoming Medically Certified

Athletes must be medically cleared **BEFORE** beginning practice each season. The following information summarizes requirements for medical certification. Physical examinations, whether completed by your family physician or the school physician, are considered current for 12 continuous months. Athletes are required to obtain a completely new physical if the previous physical date expires before the upcoming sport season. Also, if the athlete's physical did not occur in the 30 days prior to the first day of practice they are **required** to fill out a health update **BEFORE** they begin practicing for that sport.

Sports Physicals

A student who participates in interscholastic athletic competition must receive an adequate health examination. Medical examinations can conveniently be scheduled throughout the school year at the school Health Zone. Athletes should see the school nurse to schedule an appointment.

Injuries

It is extremely important to report any injury a student-athlete suffers during a practice or athletic contest immediately to his/her coach. An accident form must be filled out with the coach for all injuries that occur during practices or games. The school nurse will receive this report from the coach. Medical expenses resulting from any injury must first be submitted to your own insurance carrier. Any remaining balance can be submitted to the school's accident insurance carrier by processing a claim form, which can be obtained from the school nurse.

Returning to an Athletic Team after an Injury or Illness

Any student-athlete who is seen by a doctor must be released (signed note) by the doctor who treated the injury or illness in order to resume participation with their team. If you have to go to an emergency room for care, please obtain the release (written) before leaving the hospital.

This release must be filed with the school nurse by the next school day. It is the athlete's responsibility to get the release to the school nurse; do not leave this responsibility to another person (coach, teacher, friend, etc.).

Any athlete missing five consecutive days of school due to injury or illness must have a release form signed by the doctor before returning to the practice field.

Chain of Communication

If you have any question or comments in relation to the athletic department, the following is the appropriate chain of communication:

- 1st –Student-Athlete to Coach to Athletic Director
- 2nd- Parent and Student-Athlete to Coach to Athletic Director
- 3rd – Parent to Athletic Director to Superintendent (or designee)
- 4th –Athletic Director to Superintendent to Board of Education

*If the proper chain of communication is not followed student-athletes and/or parents will be referred back to the appropriate individual in the chain.

Concussions: The Invisible Injury

Student and Parent Information Sheet

(Information from NYSPHSAA)

Concussion Definition:

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

Facts about Concussions According to the Center for Disease Control (CDC):

An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.

- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

Requirements of School Districts

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
- School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
- School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
- Such authorization must be kept in the pupil's permanent health record.
- Schools shall follow directives issued by the pupil's treating physician.

Symptoms:

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed, Headache or head pressure, Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

State Education Department's Guidance for Concussion Management:

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

Return to Learn and Return to Play Protocols:

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non-strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

Definitions

Constructive Possession (attendance at a party) is when a student athlete is found to have been voluntarily associating with others who are illegally using, possessing, or distributing drugs, drug paraphernalia or alcohol, and who do not attempt to remove themselves in a reasonable amount of time. This regulation applies to circumstances that take place ON or OFF school grounds and at ANY TIME during the student's athletic season. Constructive possession shall not apply to circumstances where the student athlete is present at places where alcohol is being legally consumed.

Drug Paraphernalia means any equipment, product, or material of any kind which is primarily intended or designed for use in manufacturing, compounding, converting, concealing, producing, processing, preparing, injecting, ingesting, inhaling, or otherwise introducing into the human body an illegal drug.

Hazing is defined as any form of verbal, physical, use of telecommunication devices and/or internet modes of communication, emotional mistreatment, harassment, or abuse of a student in connection with his/her membership on an athletic team, that humiliates, degrades, abuses, or endangers a person's physical or emotional health. Hazing may also involve forcing, coercing, or intimidating any student to participate in any illegal, inappropriate, and/or embarrassing activity. Students should be aware that hazing can also constitute a violation of New York State Statutes as a form of assault and can make the student liable for arrest and prosecution, as well as for civil liability. Hazing is prohibited on and off school grounds prior to, during, or after the school day or the sports season.

Illegal Drugs are any chemical or natural substances that people of any age may not lawfully manufacture, possess, buy, or, sell. This includes "look-alike" drugs and prescription drugs when being used in an abusive and/or illegal or inappropriate way not intended by a physician to treat a known, diagnosed medical condition.

Performance Enhancing Substances include, but are not limited to lean mass builders (steroids, growth hormone), stimulants, painkillers, sedatives, diuretics, or masking drugs whether legal or illegal. Drugs prescribed by a physician to treat a known, diagnosed medical condition, are not considered performance enhancing drugs for the purpose of this policy.

Personal Gross Misconduct shall include, but is not limited to threatening, bullying, hazing, vandalism, harassment, inappropriate social networking, or fighting. Due to the wide range of offences that could be considered gross misconduct, the principal, in consultation with the athletic director, has the authority to designate an incident as gross misconduct even if it is not specifically spelled out in this code of conduct.

Possess shall mean to have in one's possession or control, e.g., on one's person or in one's physical control or keeping (even if it is not yours), or to have in one's presence or close proximity.

Synthetic Cannabinoids means products that are produced, distributed, marketed, and sold as legal alternatives to marijuana and often carry a label stating "not for human consumption" to disguise the true nature of the substance. Synthetic cannabinoid products are sold as incense, herbal mixtures, or potpourri.

Definitions (continued)

Tobacco means any cigarette, cigar, pipe, bidi, clove cigarette, and other smoking products; as well as spit tobacco, also known as smokeless, dip, chew and snuff; and any other spit tobacco product in any form. Tobacco under this policy may also include any variety of manual or electronic tobacco or nicotine (or non-nicotine) delivery devices such as smokeless cigarettes, vaporizers, etc.

Unlawful/Delinquent Behavior is a violation of any civil or criminal statute, ordinance, regulation or court order (except for minor traffic offenses) including, but not limited to civil rights violations, theft, vandalism, destruction of property, or other misdemeanors and felonies as defined by the NYS Criminal Code. An athlete who pleads guilty, is found guilty, or found to have committed a delinquent act by any court of law, pleads no contest to or dispositions through a settlement and charged with an unlawful act is also subject to sanctions in accordance with this policy.

Weapon means a firearm as defined in 18 USC S921 for purposes of the Gun-Free School Act. It also means any other gun, BB gun, pistol, revolver, shotgun, rifle, machine gun, disguised gun, dagger, kirk, razor, stiletto, switchblade knife, box cutter, cane sword, electronic dart gun, kung fu star, electronic stun gun, pepper spray or other noxious spray, explosive or incendiary bomb, or other device, instrument, material or substance that can cause physical injury or death when used to cause physical injury or death.

Code of Conduct Violations

During the school year, it is a violation of the Code of Conduct for Student-Athletes to:

- Use, possess, sell or distribute tobacco products.
- Use, possess, sell, distribute, or be under the influence of alcoholic beverages, illegal drugs, performance enhancing substances, vaping products (with or without nicotine) or drug paraphernalia on school ground and off school grounds
- Constructive possession (attending underage drinking party)
- Use, possess, or distribute weapons on school grounds or at school events.
- Engage in illegal gambling activities.
- Engage in personal gross misconduct or unlawful/delinquent behavior including fights ON or OFF of school property.

Penalties for Violations:

- A. **Use/possession/distribution of illegal drugs, alcohol, tobacco, performance enhancing substances, vaping products (with or without nicotine) or drug paraphernalia on or off school grounds or Weapons use, possession, or distribution on school grounds or at school events or Constructive Possession**

First Offense: The student-athlete will be immediately suspended from interscholastic athletics for the equivalent of 30 days. (The penalty will be proportionally applied to the next sport season, even if that next season occurs in the following school year.) A student-athlete who agrees to attend a substance abuse evaluation and follow the recommendations of the evaluator may return to practice only during the last 14 days of the suspension period, and must provide proof of that counselling prior to her/his return to participation.

Second Offense: The student will be suspended from all sports for the period of three school months. (The penalty will be proportionally applied to the next sport season, even if that next season occurs in the following school year.) A student-athlete who agrees to attend a substance abuse evaluation and follow the recommendations of the evaluator may return to practice during the last two months of the suspension period, and must provide proof of that counselling prior to her/his return to participation. The coach may determine in the second month of practice the student's ability to participate in games.

Third Offense: The student will be suspended from all sports for the period of 6 school months. (The penalty will be proportionally applied to the next sport season, even if that next season occurs in the following school year.) A student-athlete who agrees to attend a substance abuse evaluation and follow the recommendations of the evaluator may return to practice during the last three months of the suspension period, and must provide proof of that counselling prior to her/his return to participation.

Violations that occur during 7th and 8th grade will not carry over to grades 9-12.

- B. **Gross Misconduct or unlawful/delinquent behavior/illegal gambling**

The principal and administration, will decide the appropriate penalty for an athlete displaying gross misconduct (p13). They will take into consideration the seriousness of the offense, any harm or injury to person or property, the remorse of the athlete and any other relevant factors. Most gross misconducts result in removal from the activity and future activities. Inappropriate social networking and fighting are considered a gross misconduct.

The above violations will also result in:

No-nominations for team awards and League Awards. Captain role will be stripped.

Disciplinary action taken by the coach:

The following behaviors represent other unacceptable behavior and may warrant dismissal from a team based on the coach's evaluation.

- Acts of disrespect or insubordination including not following directions, using foul language, or making an obscene gesture toward a coach, bus driver, official, or any person responsible for your supervision.
- Lack of cooperation with teammates or coach that is detrimental to the team.
- Horseplay, rough-housing, or other acts of rowdy conduct that leads to injury.
- Missing practice or games without informing your coach ahead of time.
- Breaking established school rules concerning conduct at games, on buses, at away games, etc.

First Offense – Suspension of playing time

Second Offense – Suspended for one game

Third and Future Offenses – Suspension determined by athletic committee

The **coach** is in the best position to deal with these offenses as they occur. For that reason, coaches are authorized to make individual rules, procedures, and consequences to deal with this level of offense. In some cases, this type of behavior may fall into the gross misconduct category as outlined above.

NOTE: Penalties assessed under this code are in addition to any penalty under the standard student code of conduct. It must also be remembered that violations under the standard student code of conduct can effect athletic participation. A common example of this is if a student receives ISS, they will be suspended from next scheduled contest. They must dress in street clothes and sit on the bench for the suspended contest. If a student receives a second ISS, he/she will be suspended from the next two scheduled contests. The penalty will progress as the number of violations increase. Students may still attend practices on the day(s) they are serving the ISS. If a student athlete receives OSS, they may NOT participate in practice or attend games during their OSS period.

Due Process and Appeal

In the event an athlete is found or accused of being in violation of rules, regulations and standards of conduct, the following steps will be used:

Due Process

- Violation is reported to the principal.
- Principal follows standard school procedure of investigation including giving the accused student the right to hear charges and evidence against him/her and to present pertinent facts.
- The principal, with input from respective parties, will use the information from the student's interview and the investigation to make a decision on the particular incident.
- Upon satisfactorily completing an investigation, the principal will render a decision based on the prescribed penalties outlined in this code of conduct. The student athlete, his/her parents/guardians, and the coach will be notified within 24 hours of the decision. Once a decision is made, the penalty begins immediately.

Appeal Process

The student and/or parent/guardian have the right to appeal any penalty imposed by the principal for violation of the Code of Conduct. The student remains suspended while the appeal process takes place.

- The student and/or parents/guardians have the further right to appeal, in writing, any determination made by the principal within 24 hours to the Superintendent. The Superintendent will issue his/her decision within three (3) school days.
- Appeals from the decision of the superintendent may be made to the Board of Education. The Board of Education will issue their decision within (10) school days.
- Appeals from the decision of the superintendent may be made to the New York State Commissioner of Education in Albany and/or the court system. Advice regarding these levels of appeal should be sought from a qualified individual.

Detentions

Student-athletes can attend practices or home games once the detention has been served. If a detention is scheduled on the day of an away contest and the student-athlete is unable to make the departure time of the bus, the student-athlete is not allowed to participate in the away contest.

Return to Play

Any type of violation to the Athletic Code or Student handbook breaks the oath that the student-athlete agreed to follow. During the school year, **the Code is in effect both on and off school grounds at all times.** Missed practices and games due to disciplinary reasons/academic ineligibility reasons interrupts team goals and team chemistry. In order to return to play, the athlete who violated the code of conduct due to disciplinary reasons must first, re-sign the code of conduct, and must arrange to express a meaningful apology to the coach and others on the team. The athlete may not return to play until the coach, in consultation with the athletic director and principal, is satisfied with the violator's apology. After a violation, it must be remembered that playing time will always be left up to the coach. If a violator started games before his/her incident, he/she may not have that position back and playing time may not be the same.

Academic Policy

Academic Improvement Monitoring (AIM) Grades 7-12

The number one priority for all students is academic achievement. The AIM process is meant to monitor grades and encourage students to continue to focus on their academic performance and responsibilities as well as to enjoy the extracurricular activities of their choice.

Extracurricular activities specifically include participation in all interscholastic athletics, the musical, the senior play, the debate club, and the senior trip. The AIM list will be compiled of students in grades 7-11 who are failing two or more subjects and any senior failing one or more subjects required for graduation. These dates can be found in the student code of conduct. Students in grades 7-12 on the AIM list will be subject to the following:

- A. Students in grades 7-11 who are failing two or more subjects and any senior who is failing one or more subjects required for graduation will be placed on the AIM list. If the student is no longer failing after the two-week period, his or her name will be removed from the AIM list. Grades will be cumulative and reflect how a student is progressing for an entire 10 week marking period - not just how a student did during the prior two weeks. In January, at the end of the first semester, all students begin a new probationary period.
- B. Students who appear on the AIM list during any ten-week period will be required to meet with the teachers whose classes they are failing to receive guidance regarding the reason for failure and how to make improvements in order to pass.

Procedure:

1. AIM grade/effort reports will be e-mailed to the office by the teachers at approximately two-week intervals. The compiled AIM list will be sent to all of the staff via e-mail.
2. Students will be notified if affected, no later than Monday morning following the compilation of the list. Based on the dates listed below, letters will be sent to parents of students who are on the AIM list.
3. If a student is failing and is thus on the AIM list, that student will be required to immediately meet with the teachers and make a greater effort.
4. Students must bring a copy of the AIM contract to the guidance office and the coach in order to participate in practice or athletic contest.
5. Advisors and coaches are responsible for enforcing a suspension from activities.

Activities affected by AIM:

- All interscholastic sports practices and games
- All dances (excluding Prom)
- Musical practices and performances
- Senior Play practices and performances
- Talent Show
- Weight Room
- SADD
- Yearbook meetings
- Student Council meetings and events
- Spanish Club meetings and events
- Downtown lunch privileges
- Senior Trip
- Robotics Club meeting and events
- Interact Club meeting and events

Edmeston Central School Sports Update

Phone (607) 965-8931

Fax (607) 965-8942

Student Name _____ Sport _____

To Be Completed and Signed By Parent/Guardian:

Has your child ever had:	Y	N	If yes, explain further
Bee Sting Allergy	<input type="checkbox"/>	<input type="checkbox"/>	
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	
Anemia (Low Iron)	<input type="checkbox"/>	<input type="checkbox"/>	
Convulsions/Seizures	<input type="checkbox"/>	<input type="checkbox"/>	
Heat Stroke	<input type="checkbox"/>	<input type="checkbox"/>	
Heart Murmur, Palpitations, Irregular Heart Beat	<input type="checkbox"/>	<input type="checkbox"/>	
Frequent Nose Bleeds	<input type="checkbox"/>	<input type="checkbox"/>	
Chest Pain with Exercise	<input type="checkbox"/>	<input type="checkbox"/>	
Mononucleosis (Mono)	<input type="checkbox"/>	<input type="checkbox"/>	
High Blood Pressure or High Cholesterol	<input type="checkbox"/>	<input type="checkbox"/>	
Allergies (Medication/Food)	<input type="checkbox"/>	<input type="checkbox"/>	

Answer the following questions. Circle **Yes** or **No**

Has your child ever been told not to participate in any sport? **Yes** **No**

If yes, what was the sport? _____

Has your child been unconscious or lost memory from a blow to the head? **Yes** **No**

If yes, write the date that this occurred. _____

Is your child currently taking a Prescription/Nonprescription medication? **Yes** **No**

If yes, list the medication: _____

Has your child had any other injuries since their last physical? **Yes** **No**

If yes, list the injuries: _____

Has your child ever passed out or nearly passed out during or AFTER exercise? **Yes** **No**

If yes, when did this happen? _____

Does your child cough, wheeze, or have difficulty breathing during or after exercise? **Yes** **No**

****Return this form to your coach****

Has your child ever had an injury such as a sprain, strain, muscle or ligament tear, broken bone, stress fracture, dislocated joint or any injury that required x-rays, MRI, CT, surgery, cast, brace, or crutches: If yes, check below and explain.

Check all that apply	Part of Body	If checked, please explain
<input type="checkbox"/>	Head	
<input type="checkbox"/>	Neck	
<input type="checkbox"/>	Shoulder	
<input type="checkbox"/>	Arm	
<input type="checkbox"/>	Back	
<input type="checkbox"/>	Hip	
<input type="checkbox"/>	Knee	
<input type="checkbox"/>	Ankle	
<input type="checkbox"/>	Wrist	
<input type="checkbox"/>	Leg	
<input type="checkbox"/>	Other	

Family History

Answer the following questions. Circle **Yes** or **No**

1. Does anyone in your family have Marfan Syndrome? **Yes** **No**
2. Has any family member/relative died of heart problems or from sudden death before the age of 50? **Yes** **No**
3. Has a doctor ever said that you or someone in your family has sickle cell trait or sickle cell disease? **Yes** **No**

GIRLS ONLY	Y	N	If yes, explain further
Has your child started her period?	<input type="checkbox"/>	<input type="checkbox"/>	
Any problems with her period?	<input type="checkbox"/>	<input type="checkbox"/>	

Print Parent/Guardian Name

Parent/Guardian Signature

Date _____

Edmeston Central School Interscholastic Athletics Informed Consent

We, the undersigned, acknowledge that we have been warned of the dangers involved with the participation in interscholastic sports. This warning was given during a Parent's Night presentation by the coaching staff.

This warning included the possibility of injuries ranging in severity from strains, sprains, fractures and dislocations to brain injuries, paralysis and even death. We also acknowledge that these injuries can occur in all physical education activities and sports including soccer, cross country, basketball, cheerleading, baseball, softball, and track & field.

Parents name (Please Print)

Parents signature/date

Athletes name (Please Print)

Athletes signature/date

STATEMENT OF AGREEMENT WITH EDMESTON CENTRAL SCHOOL EXTRACURRICULAR / ATHLETIC HANDBOOK POLICIES

We have read the Athletic Handbook and Extracurricular participation policies and agree to comply with the rules and responsibilities for participation in interscholastic athletics at Edmeston Central School.

Student Signature _____

Activity _____

Parent/Guardian Signature _____

Date _____

Please check one:

_____ I give my child permission to leave the school property after school if he/she does not have remediation or other obligations prior to practice/game.

_____ I do not give my child permission to leave school property prior to practice/game.

* This policy agreement page must be signed and returned to the coach or advisor prior to the beginning of practices and participation.

PART V – EMERGENCY PERMISSION FORM
(To be Completed and signed by parent/guardian)

STUDENT'S NAME _____ GRADE _____ AGE _____

HIGH SCHOOL _____ CITY _____

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency:

Please list any allergies to medications, etc. _____

Has student been prescribed an **inhaler**? _____ **Yes** _____ **No**

Has student been prescribed an **Epipen**? _____ **Yes** _____ **No**

Is student presently taking medication? _____ **Yes** _____ **No**

If yes, list the medication: _____

Does student wear contact lenses? _____ **Yes** _____ **No**

Please list date of last tetanus shot: _____

<p>EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of Edmeston Central School to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.</p> <p>In Case of Emergency: Daytime Phone Number: _____ Evening Phone Number: _____ Signature of parent/guardian: _____ Relationship to Student: _____</p>

I certify all the above information is correct

Parent/Guardian Signature

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed.