

SARANAC CENTRAL SCHOOL
ATHLETIC POLICIES

FOR
HIGH SCHOOL
STUDENT ATHLETES & PARENTS

(Effective Fall 2009)

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Philosophy

The athletic program is an integral part of the physical education program. It is organized to meet the needs and interests of students possessing athletic skill. We encourage the maintenance of good academic standing within the pupil's performance level throughout the individual athlete's participation. We conclude that the combination of good athletic and academic performance serves to develop positive school citizenship.

SELECTIVE CLASSIFICATION

Students in 7th and 8th grade who have exceptional athletic ability may try out for a high school sport if they meet the Selection Classification Procedures and Standards that are set up by the State Education Department. Students must meet certain requirements in order to try out for a high school sport which includes parental approval, medical approval, appropriate developmental rating, passing the athletic performance test, and the coach's skill evaluation. Students must also display an advanced degree of social and emotional maturity before they will be considered for a JV or varsity try out.

JUNIOR VARSITY PROGRAMS

This program is mainly for 9th and 10th grade students. They will occupy the majority of roster positions along with some Middle School students who have met all the selection classification requirements.

At this level, a student is expected to have already developed a certain amount of necessary skill and knowledge of the sport. The student should be able to show a potential of developing into a varsity level performer.

Junior varsity programs strive to achieve a balance between team and player development, and the outcome of the contest.

VARSITY PROGRAMS

Varsity sports are the height of the interscholastic program. Team members are made up of mainly juniors and seniors. Occasionally a sophomore and infrequently a freshman may make a varsity squad, if they possess the physical development, athletic ability, and degree of social and emotional maturity that will be required at this level. It is rare, but possible for a Middle School student to make a varsity team if they meet all the requirements of the selection classification process.

Team size is more limited at the varsity level. A coach may elect to get down to a number of players that will be needed to conduct meaningful and effective practices and be able to play the contests. Each team member should be informed of their role and its importance to team success. The roster positions available are often dependent upon the players' acceptance of their individual role in relation to the team's goals. Varsity teams play to win, however, the integrity of the player, his/her family, or the school will not be put in jeopardy. Player participation for all team members is desirable, but never a guarantee at this level.

TEAM SELECTION POLICY:

Since interscholastic sports are extracurricular, students and parents must realize that it is a privilege, and not a right, to participate on a team. It should also be realized that along with the privilege to participate, there are certain criteria that must be met by the student-athlete. This criterion will allow and encourage positive participation.

The student's primary goal is academic achievement in the classroom. Therefore, the student's performance in his/her classes may be taken into consideration when team selections are made.

Each member of a team will be given an evaluation criterion by the coach prior to the start of the evaluation process. This will be applied only to teams that need to make cuts. The try out period will be a minimum of 3 days.

Any student who misses the selection process because of extenuating circumstances will be given an opportunity to try out upon their return. The decision to be able to try out will be determined by the Athletic Director.

CHAIN OF COMMAND POLICY:

The following procedure is in place whenever a student or parent has a problem, complaint, or is dissatisfied with coaching decisions that affect them or their son/daughter:

1. Coach
2. Athletic Director.
3. Principal.
4. Superintendent of Schools.

BUS TRIP POLICY:

It is required that a student – athlete will ride the transportation provided by the school to athletic contests. A case by case determination can be made by the High School Principal or Athletic Director to allow for alternative means of transportation.

Students are also expected to ride the school provided transportation on the way back from an athletic contest. The only exceptions to this are if they are riding with a parent, or have completed the necessary clerical obligations with the Athletic Director. Student – Athletes are expected to sign out with the coach when not returning on school provided transportation.

ATTENDANCE POLICIES:

It is mandatory that all students report to homeroom by 8:20 am to be eligible for that days activity/contest.

1. UNDER NO CIRCUMSTANCES will a coach allow a student, who has been absent from school for any part of the day, to participate in a meeting, practice, game, or extracurricular activity of any kind for that day. EXCEPTION: verifiable appointments such as doctor, lawyer, business, etc. if the student – athlete meets the criteria for one of these exceptions, a note will be provided by the High School Principal or Athletic Director.
2. Students who miss class due to athletic participation must arrange with the teacher(s) involved to make up any work missed.

ABSENT FROM PRACTICE OR CONTEST:

A student will be excused from practice or a contest:

1. If the student gets prior permission from the coach (whenever possible).
 2. If the student provides a valid and acceptable excuse after the fact (absent from school, medical appointment, family emergency, sickness, academic trip, etc.)
- All other absences are considered unexcused and will be handled in the following manner:
1. First Violation - verbal reprimand by the coach explaining responsibility, dedication, team loyalty, etc., as well as a maximum one game suspension.
 2. Second Violation - verbal reprimand by the coach as well as a maximum two game suspension.
 3. Subsequent Violations - There will be a meeting with Athletic Director, Coach, Student, and Parents to discuss reasons for absences and plan for improvement. Length of suspension will be determined at the meeting by the athletic director and coach, as well as consequences of future unexcused absences. It is possible that the student may be dismissed from the team.

EXTRACURRICULAR ELIGIBILITY POLICY:

The Extracurricular Eligibility Policy will be as per the Student Handbook. This policy is available on-line and there is a copy in the high school office.

MEDICAL POLICIES:

1. **SPORTS REVIEW AND NCR FORM:** All students must have a Sports Review and NCR form completed before any athletic participation will be allowed. Sports reviews are conducted in the health office before each sport season by the school nurse. Students will be notified during the school year as to when they are to sign up and when they will be given. An NCR (Sports Questionnaire) Form must also be completed and signed by the student and parent/guardian at the time of the sports review.

2. **ACCIDENT REPORT PROCEDURE:** Coaches are required to fill out an accident report form for anyone on the team that has an injury. Accident reports are to be filled out and sent to the school nurse within 24 hours of the injury. Sometimes players do not tell the coach that they were injured in a game or practice. If your son or daughter did receive some type of injury during a practice or game, please make sure that the coach/nurse has been informed of the incident.

3. **RELEASE FROM DOCTOR:** A student may not practice or play in a game (after an injury) without a release from the doctor in charge. A copy of the release must be given to the coach and the school nurse before a student will be allowed to resume athletic participation.

4. **EYE WEAR POLICY:** Students who require corrective lenses for athletic participation (P.E. class, Intramural, Interscholastic sports) should observe the following recommendations in order of priority:

1. May wear soft contact lenses.
2. May wear non-breakable plastic frames and lenses.
3. May wear athletic frame and bridge guard.
4. If there is a danger of frame or glass injury (e.g. contact sports, gymnastics, etc.) protective facial gear should be worn (e.g. rec specs, plastic goggles).

5. **ImPACT:** The district is now partnered with the ImPACT concussion test. A student must be tested before he/she can participate in practice. If a student gets a concussion they must retake the test until they reach their baseline. They will be unable to participate until this occurs.

** Please note that there is always the potential in athletics for health issues. These can be as simple as tired / sore muscles and as serious as dislocations and fractures.

When a Coach Moves Students to a Higher Playing Level:

If a Coach desires to have a player move up and play at a level that is atypical, the coach will first meet with the Athletic Director; then there will be a meeting with the student, coach, parent, and Athletic Director. At the meeting the student's ability, maturity, and overall place in the program will be discussed. At the end of the meeting, the coach and Athletic Director will meet privately to determine the best placement of the student.

ATHLETIC AWARDS POLICY:

Each team will be eligible for (3) three team awards at the end of the season. A coach may or may not elect to give out these awards to individual students. It will be at the coach's discretion.

Varsity Divisional C.V.A.C. Championship and Sectional Championship will receive a banner with individual names of team players and coaches and the year of the championship. In addition, Varsity Divisional C.V.A.C. Championship teams will receive a banner with the year of the championship on it. This is provided to us by the C.V.A.C as a part of our league dues.

QUALIFICATIONS FOR VARSITY AND JV LETTER AWARDS:

Students will be awarded an athletic award on the basis of participation. Every athlete who participates in a sport will receive an award - a letter, pin, or certificate of participation.

As a general rule, all students who successfully finish the season will receive a letter award. Discretion may be used by a coach if a student – athlete misses a number of contests.

VARSITY AWARDS:

1. One letter per athlete.
2. A sport designated pin will be given to an athlete for each year a letter is earned in a particular sport.
3. A captain will receive a captain pin.
4. A certificate of participation will be given to each athlete.

JUNIOR VARSITY AND MODIFIED "A" AWARDS:

1. A certificate of participation will be given to each athlete.
2. JV's will receive one letter per athlete.
3. JV athletes will earn a sport designated pin for each year a letter is earned in a particular sport.

MANAGERS, SCORERS, AND TIMERS:

1. They may receive a letter or pin at the discretion of the coach.
2. They will receive a certificate.

UNIFORMS AND EQUIPMENT:

Equipment and clothing issued to a student athlete is the property of the school and is to be used and worn only during practice sessions and contests. At various times in the sports seasons a coach may allow their players to wear the uniform to school as spirit day attire. If the uniform is worn as spirit wear it must meet proper dress code at all times.

Athletic uniforms are not to be worn during physical education class.

It is the responsibility of the athlete to return to the coach all equipment and clothing issued during the season. Students will not receive awards or be allowed to participate in any future sport season until all equipment is returned or paid for.

STUDENTS PLAYING TWO SPORTS IN THE SAME SEASON:

This procedure must be followed when a student wants to play two sports in the same season. This situation must be agreed upon by the Athletic Director, Coaches, Parents and athletes. The athlete must declare a primary sport between the two sports and report that decision to the Athletic Director, as well as the Coaches involved.

PHYSICAL EDUCATION REQUIREMENT:

Physical Education is a requirement in the educational process as mandated by New York State Department of Education. A student who misses P.E. class for any reason will not be eligible to participate in interscholastic athletics that day.

Note that Commissioner's Regulations dictate that a student-athlete is ineligible if he or she is medically excused from participation in a physical education class.

SUNDAY PRACTICES:

Sunday practices are not allowed at the JV and Modified level and discouraged at the varsity level. Any varsity coach that wishes to schedule a Sunday practice must get prior approval from the Athletic Director.

FAMILY VACATIONS:

It must be understood by parents and students that sport seasons do not follow the school vacation calendar. Almost all sports teams will be practicing or having contests during a school vacation. Each individual coach should address this issue at the pre season meeting after consulting with the Athletic Director in regard to this matter. Please note that the coach does have the discretion to "sit" a student – athlete a maximum of one week or two contests if practices or games are missed as a result of family vacations.

It must also be understood that students going on a vacation without a parent or legal guardian does not pertain to this policy. Practices or games missed under this situation would be considered unexcused absences.

**SARANAC CENTRAL SCHOOL DISTRICT
INTERSCHOLASTIC ATHLETIC RULES AS PER THE STUDENT
HANDBOOK:**

This section describes the rules that athletes must follow and parents should understand. Please keep this contract for reference, and if there is a question about any rule, contact the Athletic Director for clarification.

STATEMENT OF PURPOSE

Athletic participation at Saranac Central is a privilege, not a requirement for high school graduation. This is why we, as a school district, are looking for athletes who are willing to make a commitment to the athletic program. We want our athletes to be able to follow the rules regarding alcohol, drugs and tobacco. We also want our athletes to conduct themselves, at all times, in an honorable and respectful manner.

Alcohol, tobacco, and drugs do not in any way enhance the performance of an athlete. In fact, these substances inhibit the athlete's ability to perform at higher levels. Therefore, we are requiring our athletes to avoid these substances. We want the best for the student athlete. We feel that there is a real advantage for the athlete in avoiding tobacco, alcohol and drugs.

Saranac Central encourages role modeling in order to set positive examples for younger students to follow. This is best accomplished by strict adherence to the athletic contract, whether it be avoidance of drugs and alcohol or displaying proper conduct and respect at all times.

In preparation for signing the athletic contract, it is necessary to consider the responsibility of abstaining from drugs, tobacco and alcohol throughout your high school career. Signing the athletic contract requires you to make that commitment, if you want to be involved in athletics. In order to be a winner, you must be willing to pay the price and make a commitment to yourself, your team, and your school.

Saranac Central School wishes all athletes the best of luck during your high school athletic career. We hope it is an enjoyable and rewarding one as you strive for success.

1. REGULATIONS

The signing of this contract requires the athlete to adhere to the rules stated for his/her entire athletic career.

One High School contract will be signed, unless revisions have been made to the contract, for a senior high school athlete at the beginning of his/her first sport season. All violations will be cumulative within the time frame of the athlete being enrolled in the Saranac Central Senior High School. Each additional time an athlete participates in a sport; he/she will sign a declaration affirming that he/she still understands the contract commitment.

2. RULES

A. CHEMICAL FREE RULES

- There will be no use or possession of any tobacco products.
- There will be no use or possession of alcoholic beverages.
- There will be no use or possession of drugs (except by physician's prescription).
- There will be no attendance at any bar or party where drugs are being illegally used.
- There will be no attendance at any bar or party where alcohol is being consumed by individuals under the age of 21.
- Athletes who go to a party and notice alcohol or drugs being illegally used, are required to leave immediately.

B. CITIZENSHIP

Athletes are expected to exemplify good citizenship in both school and the community at large. Athletes will display good behavior both in practices and games. These rules apply on and off school property. Conduct unbecoming an athlete can result in suspension or dismissal from the team. Such conduct would include but would not be limited to: dishonesty, profanity, fighting, vandalism, stealing, poor sportsmanship and insubordination.

An athlete convicted of a criminal misdemeanor will be subject to a contract violation.

An athlete convicted of a felony will result in loss of eligibility from athletics for one (1) calendar year from the date of conviction.

C. INDIVIDUAL TEAM RULES

Upon review and approval by the Athletic Director, a coach may establish individual team rules that the athlete must follow. An athlete who does not follow the team rules will be subject to disciplinary action by the coach.

D. INITIATION/HAZING

Hazing in any form, including initiation, which is degrading, is strictly forbidden by NYS law. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other person. It is understood that hazing of any kind is not allowed in the athletic program. It is further understood that athletes have a duty to report to a coach or administrator any acts of hazing known of or seen. Participation in or failure to report any hazing will result in a disciplinary review and possible suspension and dismissal from the athletic program.

E. CYBERIMAGE ISSUES

Student/athletes represent Saranac High School all year, not just during the sports season. As a result, Saranac High School encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Myspace, YouTube or any other such sites. Any identifiable image, photo, video, or posted on-line conversation discovered which implicates a student-athlete to have been in violation of our Alcohol and Drug Policy and Athletic Code of Ethics will be investigated.

3. VIOLATION PROCEDURE

Any alleged violation reported to the Athletic Director will be investigated.

The investigation may consist of the following steps:

- a) Interviewing the student in question.
- b) Interviewing the parent(s) / guardian(s) of the student in question.
- c) Interviewing fellow classmates of the student in question.
- d) Using technology: such websites as myspace, facebook, and any other.

4. VIOLATIONS, PENALTIES AND RECOMMENDATIONS

First Violation: After confirmation of the first violation:

The athlete shall lose eligibility to participate in interscholastic events.

The length of suspension will be based on one third (1/3) of the interscholastic league season.

Reduction of the suspension:

The Principal and Athlete Director may consider the honesty, cooperation and willingness to enroll in a school approved counseling program of the student when assessing the above consequence.

All league, non-league, sectional, regional, or state playoff events will count toward the fulfillment of the suspension.

The athlete must still practice with the team during his/her loss of eligibility. Any athlete who does not fulfill the suspension requirements will complete the remainder of the suspension during the next sport season in which the athlete is a participant.

The athlete will not be eligible for any coach's special award at the end of that sport season, although the athlete will receive a letter and pin if eligible and any other team award. The athlete may participate in the end of the year awards ceremonies.

If the athlete is a captain of a team, he/she will lose this privilege for the remainder of the season. While serving a suspension, an athlete cannot be in full uniform for games, nor participate in any part of the pre-game warm-up.

Second Violation: After confirmation of the second violation:

The athlete shall lose eligibility to participate in interscholastic events.

The length of suspension will be based on two thirds (2/3) of the interscholastic league season.

Reduction of the suspension:

The Principal and Athletic Director may consider the honesty and cooperation of the student when assessing the above consequence.

All league, non-league, sectional, regional, or state playoff events will count toward the fulfillment of the suspension.

The athlete must still practice with the team during his loss of eligibility.

The athlete must elect to become a participant in a school approved substance abuse program. The program must be approved by the athletic director prior to participation. Verification from the supervisor of the program will be required. Successful participation in or completion of the program is required before full reinstatement to the athletic program will occur.

Any athlete who does not fulfill the suspension requirements will complete the remainder of the suspension during the next sport season in which the athlete is a participant. While serving a suspension, an athlete cannot be in full uniform for games, nor participate in any part of the pre-game warm-up.

Third Violation:

After confirmation of the third violation:

The student will lose eligibility from athletics for one calendar year to the day of suspension.

The athlete must elect to become a participant in a school approved substance abuse program. The program must be approved by the athletic director prior to participation. Verification from the supervisor of the program will be required. Successful completion of the program is required before full reinstatement to the athletic program will not occur.

If the violation occurs during a sport season, the student will not be eligible for any award at the end of that sport season.

The athlete will not be eligible to be captain of a team for the remainder of his/her high school career.

Fourth Violation:

After confirmation of the fourth violation:

The student will lose eligibility from athletics for the remainder of his/her high school career.

If the violation occurs during a sport season, the student will not be eligible for any award at the end of that sport season.

5. APPEAL OF VIOLATION

An athlete who wishes to appeal the decision of the Athletic Director must notify the Athletic Director, in writing, within two (2) school days after the meeting. The letter must indicate reasons why the student feels he/she did not violate the contract. Signatures of athlete and parent/guardian must also be included in the letter.

An athlete who appeals may not participate in athletics during the appeal process.

The entire hearing board will convene to hear the appeal or, if this is not possible, a majority of the board will hear the appeal. The hearing will take place no later than two (2) school days after the written appeal is received.

The Athletic Hearing Board will be chaired by the building principal of the athlete involved. All questions will be directed by the principal. The Director of Athletics will also be in attendance to present the findings of his investigation.

The athlete may have his/her parent/guardian(s) or a parent appointed designee at the hearing. Also, witnesses may give statements on the athlete's behalf.

The Athletic Hearing Board, after hearing all information, will meet privately and render a decision.

The athlete will be informed, in writing, by the Chairman of the Athletic Hearing Board within two (2) school days of the decision. The athlete may then appeal the Hearing Board's decision to the Superintendent of Schools, then to the Board of Education, and then to the Commissioner of Education.

ATHLETIC HEARING BOARD MEMBERS: (To be appointed by Athletic Director)

Chairman:	Building Principal (or designee)
Teachers:	2 High School Teachers
SCS Coach:	1 Member of the SCS Coaching Staff
Nurse:	Either the High School or Middle School Nurse

Code of Ethics for Spectators

- Attempts to understand and be informed of the playing rules
- Appreciates a good play no matter who makes it
- Cooperates with and responds enthusiastically to cheerleaders/dance team
- Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
- Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game
- Respects property of others and authority of those who administer the competition
- Censures those whose behavior is unbecoming
- Respects officials and accepts their decisions without gesture or argument

Code of Ethic for Student/Athletes

- Remember that academic performance is your primary responsibility
- Read, familiarize yourself and comply with policies outlines in the Athletic Handbook
- Treat advisors, coaches and opponents with respect.
- Respect officials and accept their decision without argument or gesture.
- Exercise self control at all times, setting an example for others to follow.
- Win without boasting, lose without excuse and never quit.
- Always remember that you represent Saranac High School and the community, and it is a privilege.
- Return any equipment and uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the school.
- Report any injury to the coach no matter how slight the injury may appear. If the injury requires a physician's care, the participant must have written permission from the doctor before returning to the activity.
- Attend classes the day after an event.
- Extracurricular activities are not an excuse for being tardy or absent from school on the day following the competition.

National Code of Ethics for High School Coaches

- Exemplify the highest moral character, behavior, and leadership.
- Respect the integrity and personality of the individual athlete.
- Abide by the rules of the game in letter and in spirit.
- Respect the integrity and judgment of sport officials.
- Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.
- Encourage a respect for all athletics and their values.
- Display modesty in victory and graciousness in defeat.
- Promote ethical relationships among coaches.
- Fulfill responsibilities to provide health services and an environment free of safety hazards.
- Encourage the highest standards of conduct and scholastic achievement among all athletes.
- Seek to instill good health habits including the establishment of sound training rules.
- Strive to develop in each athlete the qualities of leadership initiative, and good judgment.

PARENT'S CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my son/daughter, participating in high school athletics by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other sports-related event.

I will place the emotional and physical well-being of my son/daughter ahead of any personal desire to win.

I will insist that my son/daughter play in a safe and healthy environment.

I will provide support for coaches and officials, working with my son/daughter, to provide a positive enjoyable experience for all.

I will demand a drug, alcohol, and tobacco-free sports environment for my son/daughter and agree to assist by refraining from their use at sports events.

I will ask my son/daughter to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.

I will promise to help my son/daughter enjoy the sports experience within my personal constraints by assisting in any way I can: by being a respectful fan, supporting the program, providing transportation, or any other way I can help.

SCS Athletic Policy Agreement Form

I, (The Athlete) _____ have read and understand the athletic policies of Saranac High School and agree to abide by the terms that have been displayed. I also understand that this contract is in effect for the entire school year and may effect an upcoming sport season. By signing this contract, I will be responsible for my actions in and out of the school. I also agree to sign a Declaration each sport season indicating that I have signed and read the original code of conduct.

_____ Athletes Signature	_____ Date
_____ Sport	_____ Grade

I, (The Parent) _____ have read and understand the athletic policies of Saranac High School and agree to abide by the standards that are set for both myself and that of my child. By signing this form, I will be responsible for the actions of myself and of my child. I also understand that as an adult I am a role model for other individuals around me at sporting events and agree to conduct myself in a sportsman like manner at all times at both home and away events. I also understand that it is a privilege to watch my child participate in an athletic event and can be asked to remove myself from an event if I cannot abide by the expectations of the district for Good Sportsmanship.

_____ Parent Signature	_____ Date
_____ Parent Signature	_____ Date