

MASSAPEQUA PUBLIC SCHOOLS



ATHLETIC HANDBOOK FOR PARENTS/STUDENT ATHLETES

WEB SITE: MSD.K12.NY.US

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**MASSAPEQUA HIGH SCHOOL
ATHLETIC OFFERINGS**

| <u>FALL</u> | <u>VARSIITY</u> | <u>JV</u> | <u>JV9</u> |
|--------------------|------------------------|------------------|-------------------|
| Girls Volleyball | X | X | |
| Boys Volleyball | X | X | |
| G. Cross Country | X | | |
| B. Cross Country | X | | |
| Boys Soccer | X | X | X |
| Girls Soccer | X | X | X |
| Girls Tennis | X | X | |
| Golf | X | | |
| Girls Field Hockey | X | X | |
| Girls Swimming | X | | |
| Cheerleading | X | X | |
| Football | X | X | |

WINTER

| | | | |
|--------------------|---|---|---|
| Boys Basketball | X | X | X |
| Girls Basketball | X | X | X |
| Boys Bowling | X | | |
| Girls Bowling | X | | |
| Girls Gymnastics | X | | |
| Boys Wrestling | X | X | |
| Boys Swimming | X | | |
| Boys Winter Track | X | | |
| Girls Winter Track | X | | |
| Rifle (coed) | X | | |
| Cheerleading | X | X | X |
| Ice Hockey | X | | |

SPRING

| | | | |
|----------------|---|---|---|
| Boys Baseball | X | X | X |
| Girls Softball | X | X | X |
| Boys Lacrosse | X | X | X |
| Girls Lacrosse | X | X | X |
| Girls Golf | X | | |
| Boys Tennis | X | | |
| Girls Track | X | | |
| Boys Track | X | | |

**BERNER MIDDLE SCHOOL
ATHLETIC OFFERINGS**

FALL

Boys Soccer 7, 8
 Girls Soccer 7, 8
 Boys Football 7/8, 7/8
 Girls Field Hockey 7, 8
 Boys Cross Country 7/8
 Girls Cross Country 7/8

WINTER 1

Boys Basketball 7, 8
 Girls Volleyball 7, 8

WINTER II

Girls Basketball 7, 8
 Boys Volleyball 7, 8
 Wrestling 7/8

SPRING

Boys Baseball 7, 8, 7/8
 Girls Softball 7, 8
 Girls Lacrosse 7, 8
 Boys Lacrosse 7, 8
 Girls Gymnastics 7/8
 Track (coed) 7/8

Massapequa Public Schools

Dear Parents and Student-Athletes:

Welcome to the Massapequa Athletic Program. This handbook has been prepared to be used as a reference by our student-athletes and their parent/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as, the policy and procedures for participation in the interscholastic athletics program.

The Massapequa Public School District Interscholastic Athletic Program is dedicated to athletic excellence and academic achievement, to offering diverse and compelling experiences to our student-athletes and community, and to encouraging a school environment steeped in integrity and values. It is built upon the positive qualities of pride, commitment and performance with an emphasis on academics, sportsmanship, and safety. The expectation is for excellence both on and off the playing areas. It should be understood by all student athletes and their parent/guardians that it is a privilege to participate on an interscholastic team. With this privilege comes the responsibility of making a commitment to all rules and regulations.

The Massapequa Interscholastic Athletic Program is governed by the regulations of the New York State Commissioner of Education's and the Massapequa Board of Education's basic code for extra class athletic activities. In addition, Massapequa is a member of the New York State Public High School Athletic Association (NYSPHSAA), competing as a Class "AA" School in Section VIII (Nassau County.) Specific guidelines are established for Middle School Students as a part of the NYSPHSAA Modified Interscholastic Sports Program.

Please feel free to contact the athletic office at 516 308-5080 if you have any questions or concerns regarding the Massapequa Athletic program. We look forward to working with you; take advantage of the tremendous opportunities athletics can provide! *GO CHIEFS!*

J. Pirocato

Mr. John Pirocato, CAA

District Director of Athletics, Physical Education & Health

ATHLETIC MISSION STATEMENT OF THE MASSAPEQUA PUBLIC SCHOOL DISTRICT

“The Department of Athletics at the Massapequa School District provides opportunities for our student-athletes to receive a quality experience both in the classroom and in interscholastic competition. Athletics enhances the intellectual, social, and personal development of our student-athletes, helping them to grow through their experience at the Massapequa School District and to prepare for meaningful careers and lives. Toward this purpose, the Department of Athletics promotes academic achievement, good sportsmanship, ethical conduct and equitable opportunity for students and staff. The guiding principle of the school district is to focus on academics first; therefore we view our successes based not on wins and losses but as linked to the educational mission of the school district and the welfare of our student-athletes”.

A GUIDE TO SPORTS PARENTING

BEFORE THE GAME:

- Tell your child to “give to your best shot and have fun!”
- Make a commitment to honor the game in action and language no matter what others may do.

DURING THE GAME:

- Don't add to your child's confusion by giving him or her instructions during the game. Let the coach correct player mistakes.
- Cheer and acknowledge good plays by both teams.
- Mention good calls by officials to other parents, but refrain from commenting on officials' mistakes.
- Find ways to gently correct the unsportsmanlike behavior of other parents and spectators.
- Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, “Will this embarrass my child or the team?”
- Have fun and enjoy the game.

AFTER THE GAME:

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. Understand that after a loss is not the best time to question a coach.
- Thank or congratulate your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts regardless of the result.
- Compliment individual players on their standout plays and displays of sportsmanship during the game.
- Don't give too much advice. Instead, ask your child what he or she thought about the game and be a good listener.

DURING THE CAR RIDE HOME:

- Point out a good play, either athletic or sportsmanlike, that your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played, not how many points were scored. Some good questions are:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the game?
 - What was the best play you made and how did it feel?
 - Did you bounce back from your mistake?

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics in the Massapequa School District is a component of the health and physical education program and, therefore, is an integral part of the district's total education program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. This value-building experience should be offered to as many students as possible. A well-coordinated program is vitally important to the morale of the 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 athletes. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry 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 criterion 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.

MODIFIED PROGRAM PHILOSOPHY

The opportunity to participate in a modified sports program is available to all seventh and eighth graders. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

Our middle school coaching staff will make every effort **not** to cut students at the modified level. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations, reducing team size may be necessary.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public Health Association publishes regulations by which practice sessions are governed. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department program called the *Athletic Placement Process* (pages 13, 22). Criteria that must be met in order to play at an advanced level include: parent approval, medical approval, appropriate development rating, passing athletic performance test scores, and the coach's skill evaluation. Additionally, students must display an advanced degree of socio-emotional maturity before team membership is granted.

PLAYING UP

The *Philosophy of Interscholastic Athletics* portion of this handbook addresses, in general terms, what grade levels are eligible for membership on varsity, junior varsity and modified teams. Generally, student athletes should expect to play on the team intended for their grade level. In certain limited situations, student athletes may be allowed to try out for a team *above or below* their grade level.

The key person in these situations is the *head coach*. The head coach will recommend to the Athletic Director whether or not a student athlete should be allowed to play 'up' or 'down.' Key factors that will be taken into account are:

1. Coach's skill rating.
2. Physical education teacher's rating of physical, social, and emotional maturity.
3. Whether or not other student athletes will be displaced if student in question is placed on team.
4. If warranted, all steps of the New York State **Athletic Placement Process** will be followed.
5. 11th graders can be considered for placement on the Jr. Varsity team with the recommendation of the head coach and approval of the Athletic Director.

JUNIOR VARSITY B (9TH GRADE) PROGRAM PHILOSOPHY

The junior varsity level of competition is the program where there is an increased emphasis placed upon team play, physical conditioning and refinement of basic skills. Winning at the junior varsity level is considered important and participants should be taught how to cope with game situations and how to win and lose properly. Every effort will be made to play all participants. It is recognized, however, that they may not all play equally in each game.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, sophomores occupy the majority of roster positions. Also, freshman may be included on a junior varsity roster, as well as middle school students who have satisfied all selection classification requirements.

At this level, athletes are expected to make a visible commitment to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-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.

Realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-days-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

VARSIY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Freshman and sophomore age students will be included on the team roster providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated. It is possible but rare for a middle school level student to be included on a varsity roster. *Advanced Placement Process* (APP) occurs more frequently in sports commonly classified as 'individual' (track, golf, swimming, etc.).

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and knows its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on the varsity team, as is the realization that a varsity sport requires a six-days-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously. The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. Communication among 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.

TEAM SELECTION

The following procedures are to be followed by all coaches:

1. All candidates should be given a minimum of **four** full practices to try out for a team. (4 days).
 - However, in the case of double session tryouts in the fall, cuts can be made after **6** tryout sessions which equates to 3 days. At Berner Middle School, in cases where there is an extra-ordinary number of students trying out for a team, cuts may be made in phases after a minimum of 3 practices. This process must have prior approval of the building athletic coordinator.
2. Each coach should discuss tryout procedures to be used with the Director of Athletics before the start of the season.
3. Each coach should discuss tryout procedures with candidates and should include the following:
 - a. Minimum and maximum number of players that will be kept.
 - b. What objective tests will be used.
 - c. What subjective rating procedures will be used.
 - d. Selection dates.
 - e. How candidates will be notified if they have made the team.
4. Coaches should not post who has made the team or who has not been selected.
5. Each player who has not been selected has a right to discuss the decision made with his/her coach. Additionally parents can make an appointment to meet with the coach regarding the decision made.
6. Under no circumstances should a player's or parents' level of participation in Booster Club fund raising be a factor in the selection of a team.

ATHLETE'S CODE OF BEHAVIOR

Student in Good Standing

To be a member of a Massapequa School District athletic team is a privilege and each student athlete should strive to perform to the best of his/her athletic and academic potential.

We believe that all student athletes should conduct themselves in a manner that reflects positively upon their school and promotes good health.

Because the use of tobacco, alcohol and other drugs prevents normal development of a healthy mind and body, the following code of behavior has been established:

Code of Behavior:

- No student athlete will possess or consume alcoholic beverages **at any time or place** during the sport season.
- No student athlete may use tobacco products during the sport season.
- No student athlete will possess, sell or use illegal drugs at any time during the sport season.
- No student athlete will use prescription drugs without consent of a physician and/or parent at any time during the sport season.

TO PROMOTE A HEALTHY LIFE-STYLE, IT IS RECOMMENDED THAT STUDENT ATHLETES ADHERE TO THE ABOVE CODE OF BEHAVIOR AT ALL TIMES, NOT JUST DURING THE SPORT SEASON.

SPORTSMANSHIP/FAIR PLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. Visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

Remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, official, fan or community.

FAILURE TO ADHERE TO CONDUCT AND EXPECTATIONS FOR ATHLETES, STUDENTS, AND SPECTATORS COULD RESULT IN APPROPRIATE DISCIPLINARY ACTION.

**NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
CODE OF ETHICS**

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. *To emphasize* the proper ideals of sportsmanship, ethical conduct and fair play
2. *To eliminate* all possibilities which tend to destroy the best values of the game.
3. *To Stress* the values derived from playing the game fairly.
4. *To Show* cordial courtesy to visiting teams and officials.
5. *To establish* a happy relationship between visitors and hosts.
6. *To respect* the integrity and judgment of the sports officials.
7. *To achieve* a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. *To encourage* leadership, use of incentive, and good judgment by the players on the team.
9. *To recognize* that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. *To remember* that an athletic contest is only a game..... not a matter of life or death for the player, coach, school, official, fan, community, state or nation

NYSPHSAA TRANSFER RULE

This rule was established by the NYSPHSAA to control athletic recruitment and athletic shopping.

- A. A student who transfers, with a corresponding change in residence of his or her parents (or other persons with whom the student has resided for a least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility, the student must enroll in the public school district of his or her parent's residency.
- B. A student who transfers without a corresponding change in residence of his or her parents (or other persons with whom the student has resided for a least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one year if the student participate in that sport at the JV or Varsity level during the one year period immediately preceding his or her transfer.

Exemptions to B:

1. The student reaches the age of majority and establishes residence in a district.
2. If a private or parochial school ceases to operate, a student may transfer to another private or parochial school of his or her choice. Otherwise, a student must enroll in the public school district of his or her parent's residency.
3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
4. A student from divorced or separated parents who move into a new district.

BERNER MIDDLE SCHOOL STUDENT ATHLETE BEHAVIORAL ELIGIBILITY REGULATION

If an athlete on a team breaks the districts "Code of Conduct" (is given a detention or suspension by the classroom teacher or dean, or behaves inappropriately during the team's practice/game), the following punishments must be administered by the coach.

All coaches must keep track of the number of times each athlete has broken the code of conduct during the course of the season.

OFFENSE #1 – Athlete attends the day's activity (practice or game) but does NOT participate.

OFFENSE #2 – Athlete attends the day's activity (practice or game) but does NOT participate. Also, he/she will NOT participate in the next game the team plays.

OFFENSE #3 – Same as Detention #2.

OFFENSE #4 – The student is up for review by the coach, athletic director and building coordinator to determine the future of the student on the team. He/She will not participate with the team until a decision has been made by the Coach, A.D. & Coordinator.

BULLYING & HAZING REGULATION

Any form of bullying or hazing is strictly prohibited in the Massapequa School District and its athletic programs. Any student involved in an act of bullying or hazing will be immediately suspended from their athletic team. That student's future on that team will be decided by a committee, which includes the student's coach, building A.D., the district A.D., and the building principal.

Bullying – A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more persons. Bullying includes: physical aggression (pushing into lockers), social aggression (spreading rumors), verbal aggression (emails, notes), intimidation, written aggression, sexual harassment and racial and ethnic harassment.

Hazing – Any humiliating or dangerous activity expected or someone to join a group, regardless of the person's willingness to participate. Hazing includes: being physically abused, being yelled, cursed or sworn at, deprivation of food, sleep or cleanliness, destroying or vandalizing property etc. (Punching the new members of the team, carrying water bottles)

ATTEND PRESEASON MEETING

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents and student athlete. In order to ensure that this communication takes place, preseason meetings are scheduled by the athletic department and coaches. Topics of these meetings include athletic department policies, individual team expectations and rules, health and safety of the student athlete and a variety of other subjects. Student athletes and their parents are required to attend the pre-season meetings. Dates and times of these meetings may be found in the district calendar.

ATTEND PRACTICE SESSIONS

Student athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the *PHILOSOPHY* portion of this handbook. It is important to note that fall practices for junior varsity and varsity teams begin the third week of August (varsity football may begin even earlier). Exact start dates may be found in the district calendar.

QUESTIONS, CONCERNS AND COMMUNICATION

From time to time during the course of an athletic career in our school, parents and student athletes alike may have questions or concerns that need to be addressed. Ordinarily, the team coach is the best source of information. If there is a concern, the coach is usually the best place to begin the communication process. However, if you should choose not to speak directly with the team coach, or after speaking with the coach you are not entirely satisfied, the next step is to communicate with the Athletic Director. Almost all questions or concerns can be resolved through the above process. If there is still a concern after following the steps outlined above, parents and/or student athletes may speak with the Building Principal, Superintendent of Schools and if necessary, Board of Education in that order.

ATHLETIC ADMINISTRATION CONTACTS

| | |
|---|------------|
| Mr. Hoffman – Berner Middle School | 308 - 5725 |
| Mr. Voigt – Massapequa High School | 308 - 5980 |
| Mr. Piropato - District Director of Athletics | 308 - 5080 |

A PARENT'S GUIDE TO DEALING WITH TEACHER-COACHES

Communication parents should expect from the teacher-coach:

- The coach's philosophy.
- The coach's expectations for your son or daughter, as well as other players on the team
- Locations and times of practices and contests.
- Team requirements, such as fees, special equipment needed, school and team rules and off season expectations.
- Procedures if your child suffers an injury during participation.

Communication coaches expect from parents:

- Concerns about their child expressed directly to the coach at the appropriate time and place.
- Concerns about the coach's philosophy or expectations.
- Notification of any schedule conflicts well in advance.

Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Aspects of your child's behavior.

Concerns that are NOT appropriate for discussion and must be left to the discretion of the coach:

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

To discuss a concern with the coach, a parent should follow this procedure:

- Call the coach to set up an appointment.
- If you cannot reach the coach, call the athletic director and ask him or her to set up a meeting with the coach for you.
- Think about what you expect to accomplish as a result of the meeting.
- Stick to discussing the facts, as you understand them.
- Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Such meetings rarely resolve the situation, and often worsen it.

What should a parent do if the meeting with the coach doesn't provide satisfactory resolution?

- Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
- At this meeting, an appropriate next step can be determined, if necessary.

ACADEMICS

The Athletic Department recognizes and supports that the primary responsibility of student athletes is educational. Therefore, the Athletic Department endorses the concept that student athletes should work to their potential in the classroom and be committed to achieving maximum academic success. While scholarship achievement is determined on an individual basis, the Administration and the Athletic Department reserve the right to determine his/her eligibility to participate in athletic events. The department of athletics recognizes that occasionally situations may occur where academic responsibilities and athletic responsibilities may conflict. In such and event, the situation should be referred to the athletic director for resolution.

ACADEMIC STANDARDS TO DETERMINE STUDENT ELIGIBILITY TO PARTICIPATE IN EXTRA CURRICULAR ACTIVITIES FOR GRADES 9 – 12

The Board of Education has the statutory authority to establish reasonable academic standards as a prerequisite for eligibility to participate in extracurricular activities.

It is the policy of the Massapequa Union Free School District to provide students with an opportunity to develop their own interests and to work cooperatively in groups through the sponsorship of a variety of extracurricular activities. While participation in these activities is desirable, it is also important that students maintain an acceptable level of academic performance and behavior. The eligibility requirements discussed in this policy have been established toward that end. For the purpose of this policy, extracurricular activity is defined as participation in any non-credit-bearing club, organization, athletic team, or performing group.

This policy applies to all students at Massapequa High School and Ames Campus grades 9-12, who participate in extracurricular activities at Massapequa High School.

GRADES AND ELIGIBILITY

A student must maintain a C Average and cannot be failing two or more subjects. Any student who has an Average under a C or is failing two or more subjects will be placed on academic probation. Information concerning failing subjects will be determined by report card grades and mid-quarter appraisals. Each quarter all coaches and advisors will receive a list of students who have been placed on academic probation. Coaches and/or advisors will discuss the importance of maintaining academic eligibility with those students who have been placed on academic probation.

A mark of “incomplete” or “no credit” in any subject will count as a failure. This includes physical education. All subjects have equal status in determining eligibility status. Probationary or ineligible status will commence on the day following distribution of report cards or mid-quarter appraisals.

STUDENT RESPONSIBILITIES

It is the student’s responsibility to meet the standards of academic eligibility. A letter will be sent home to parents detailing the policy and student’s responsibilities. The student must be passing all courses at the next mid-quarter appraisal or meet the eligibility criteria at the next report card to be eligible to participate. During the period of probation, the student can practice with the group but cannot participate in any scheduled games, scrimmages or scheduled events. The student must attend extra help classes during the probationary period. A student who is failing one subject will be required to seek mandatory extra help as per Board of Education Policy.

FALL ELIGIBILITY CRITERIA

Final averages for the year will be used to determine eligibility for extracurricular activities the following fall. Successful completion of Summer school courses will satisfy eligibility shortcomings provided all other eligibility requirements are met.

ACADEMIC STANDARDS TO DETERMINE STUDENT ELIGIBILITY TO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES FOR GRADES 7 & 8

The Board of Education has the statutory authority to establish reasonable academic standards as a prerequisite for eligibility for extracurricular activities.

It is the policy of the district to provide students with an opportunity to develop their own interests and to work cooperatively in groups through the sponsorship of a variety of extracurricular activities. While participation in these activities is desirable, it is also important that students maintain an acceptable level of academic performance and behavior. The eligibility requirements discussed in this policy have been established toward that end. For the purpose of this policy, extracurricular activity is defined as participation in any non-credit bearing club, organization, athletic team, or performing group. This policy applies to all students grades 7th and 8th.

Grades and Eligibility:

A student cannot be failing two or more subjects. Any student who is failing two or more subjects will be placed on academic probation. Information concerning failing subjects will be determined by report card grades and mid-quarter appraisals. All coaches and advisors will receive the list of students who are placed on academic probation for their particular sport, club, or activity.

All subjects have equal status in determining eligibility status. Probationary or ineligible status will commence on the day following distribution of report cards or mid-quarter appraisals.

Student Responsibilities:

It is the student's responsibility to meet the standards of academic eligibility. A letter will be sent home to parents detailing the policy and student's responsibilities. The student must be passing all courses at the next mid-quarter appraisal or meet the eligibility criteria at the next report card to be eligible to participate. During the period of probation, the student can practice with the group but cannot participate in any scheduled games, scrimmages or scheduled events. The student must attend extra help classes during the probationary period. A student who is failing one subject will be required to seek mandatory extra help as per Board of Education Policy.

Fall Eligibility Criteria

For 8th Grade Students:

Final averages for the 7th grade year will be used to determine eligibility for extracurricular activities the following fall. Successful completion of summer school courses will satisfy eligibility shortcomings, provided all other eligibility requirements are met.

For 7th Grade Students:

The first review of eligibility status will take place at the end of the first marking period. Therefore, all 7th grade students will be eligible for fall sports and extra-curricular activities.

Effective Date of this Regulation

This policy will take effect at the end of the first marking period, November, 2004.

ATTENDANCE

Full day attendance is expected. A student must be signed into school by the end of his/her first period class to be eligible to participate in any practice, game, scrimmage, or performance that day. If a student is absent from school or has not signed into school before his/her first period class, he/she will not be permitted to participate in a practice, game, scrimmage or performance that day. (See extenuating circumstances).

Athletes who do not participate in regularly scheduled physical education class or who are not prepared, may not participate in an after school game that specific day. (see extenuating circumstances)

Athletes who consistently sign in late or are consistently absent from school may be dropped from interscholastic activities.

DISCIPLINE

Any student athlete who receives an in-school suspension or out of school suspension will not be permitted to compete in practices, scrimmages, or games occurring during the period of suspension. A suitable penalty for all activities outside of athletics will be determined by a building administrator or advisor. For purposes of this policy, the period of suspension begins from the time the student is notified that he/she is suspended.

EXTENUATING CIRCUMSTANCES

In the event of a serious extenuating circumstance, the particulars of the situation will be brought to the attention of a building administrator or the Athletic Director, prior to the day in question, who will make a determination in an individual student's case if the circumstances warrant a modification of the above requirements.

SELECTION CLASSIFICATION

The Selection Classification Program is a process for screening student athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. The intent of this program is to permit student athletes in grades 7 through 12 the opportunity to participate safely at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student athlete's physical maturation, physical fitness and skill so the student athlete may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction.

The head coach in each sport, in consultation with the student athlete's physical education teacher, recommends individuals to be selectively classified. In addition to the criteria mentioned, the socio-emotional maturity of each student athlete is carefully assessed especially in situations where student athletes are attempting to participate on an advanced level.

EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student athlete to return to the coach all clothing and equipment issued. No one should have any equipment at home after the season without school permission. Failure to do this will result in the student athlete paying for the missing articles

TRANSPORTATION

Student athletes will be transported to and from away contests by school authorized vehicles only. In special cases, a parent may request to provide transportation for their child only. In such cases, the request must be made in writing in advance to the building athletic coordinator and coach.

FAMILY VACATIONS

All the JV 9, Jr. Varsity and Varsity level student athletes are expected to attend all practices and games scheduled during vacation periods. At Berner Middle School, practice may be held during vacations at the discretion of the coach and athletic administration. Your child is expected to attend if not away on family vacation.

SCHOOL SANCTIONED PROGRAMS/TRIPS

There are numerous educational opportunities for students in our school system. The athletic department supports school sanctioned programs and trips. Coaches, parents and student athletes have a responsibility to each other to plan and communicate far in advance of each sport season when considering participation in school-sanctioned programs/trips.

PARTICIPATION IN ATHLETIC ACTIVITIES

The Board of Education seeks to encourage maximum student participation in the district's athletic program. Toward that end, the district sponsors a comprehensive program of interscholastic athletics. Athletes who earn a place on a District team will adhere to the District's Code of Conduct and specific team rules and regulations as promulgated and discussed by the coaches with team members. A breach of the Code of Conduct an/or specific team rules and regulations is a serious matter and may cause a coach to consider the athlete's disciplinary action in accordance with the Code of Conduct and this policy. The Superintendent is directed to establish regulation for the implementation of this policy.

Massapequa High School
Student Code of Conduct for Student Activities

Eligibility to Participate in Student Activities*

- Academic Eligibility – A student must maintain a C average and cannot fail two or more subjects in any marking period. Students on academic probation are ineligible to participate in any scheduled games, scrimmages or events.
- School Attendance Eligibility – Full day of attendance is expected. Students must be signed into school by the end of first period. Modification of this policy due to extenuating circumstances must be brought to the attention of a building administrator or to the Director of Athletics for approval prior to the date of the request for modification of the attendance policy.
- Student Behavior Eligibility – A student must maintain an acceptable level of behavior. Students suspended in or from school will not be permitted to participate in scheduled games, scrimmages or events. Students who violate school codes of conduct or rules of participation for a team, club or activity will be subjected to appropriate disciplinary action by school building administration or by the team coach or club advisor. Disciplinary action may result in the temporary suspension or dismissal from the team, club or activity.

* See Student Handbook for detailed policy.

Article I. Student Activity Code of Conduct

This Code of Conduct applies to students in the school building, on campus, at all school sponsored events and extends to student conduct off school grounds as well.

All students who participate in extracurricular activities agree:

- to strive for excellence and the highest level of personal and club/team achievement.
- to conduct themselves at all times in such a manner that promotes the health, safety and welfare of themselves and others and to respect their rights and privileges and the rights and privileges of others.
- to hold themselves to the highest standards of conduct, citizenship and sportsmanship.
- to help promote an environment at school and in the community that is conducive to learning and personal growth and to show due respect to others and to property.
- not to possess or use tobacco, alcohol, illegal or controlled substances.
- not to attend any gathering where alcohol, illegal or controlled substances are present.
- not to participate in hazing or rights of initiation. Students agree not to haze or be hazed.
- to accept responsibility for their conduct and behavior and the consequences of inappropriate behavior.
- to become knowledgeable of school regulations pertaining to student conduct and to voluntarily observe all school rules and regulations at school, on campus and at all school-sponsored events. See Student Handbook.
- to become knowledgeable of all team or club rules and regulations pertaining to training and club activities and to voluntarily observe these rules and regulations.
- to follow the directions of their coach or club advisor.

Article II. Team/Club/Activity Rules of Participation (Optional)

Students and parents are expected to read and to become familiarized with any specific activity (team/club/organization) rules and regulations and / or training requirements that are attached to this contract.

I have read this code of conduct and the attached rules of participation and agree to voluntarily abide by these rules and regulations and to conduct myself in a manner that reflects the spirit and intent of this code.

Student Signature _____ Parent Signature _____ Date _____

PARTICIPATION IN ATHLETIC ACTIVITIES REGULATION

Temporary Suspension of Participation

- Temporary suspension is defined as any suspension less than a permanent suspension of participation.
- When a coach temporarily suspends a student from participation, the student must be informed of the action and reason(s) for same and the parents must be verbally notified immediately and provided the opportunity for an informal conference with the coach to discuss the conduct and penalty involved.
- A student may appeal a coach's decision by bringing his/her case to the Athletic Director. There is no provision for appeal beyond the Director in the case of a temporary suspension.

Permanent Suspension of Participation (i.e. remainder of season)

The following procedure must be followed before any written notice of permanent suspension of participation is transmitted to the athlete or his/her parents or legal guardian:

Suspension - The coach will verbally inform the athlete that (s)he is being suspended from team activities until further notice and the reason for such suspension. Such notice must also be verbally conveyed to the parents/legal guardian by the coach. At this time, the student shall also be afforded the opportunity to explain, verbally or in writing, his/her view of the circumstances that led to the suspension.

Review – The coach shall convene a meeting with the Review Committee, consisting of him/her, the Director of Athletics and the building principal as soon as possible, but no longer than 48 hours after suspension. The purpose of the meeting is to review the reasons for the requested suspension of participation. Every effort will be made to achieve a consensus among the committee members. Should a consensus not be achieved, the Athletic Director will bring the matter to the attention of the Superintendent or his/her designee for review and decision.

Permanent Suspension – When a decision dictates that the athlete will receive permanent suspension of participation, the coach shall immediately notify in writing the student and his/her parents or legal guardian and provide the student and his/her parents /legal guardian the opportunity for an informal conference to discuss the conduct and penalty involved.

Student Appeals – A student or his/her parents or legal guardian may appeal in writing to the Superintendent the decision of permanent suspension of participation within 72 hours of receipt of the written notice of permanent suspension. The Superintendent will convene a meeting of the athlete and his/her parents/legal guardian for the purpose of reviewing the appeal, and will issue a final decision in writing within 24 hours.

REQUIREMENTS TO PRACTICE ON THE FIRST DAY OF TRYOUTS

To be eligible to tryout on the first day of practice each student athlete must have all of the following information completed and turned in to his/her coach by the start of the first practice. All information must be handed in for each sport season that the student athlete is trying out for. If the student athlete is missing any of the forms listed below he/she cannot tryout until all forms have been turned in.

REQUIRED PROCEDURE FOR STUDENT PARTICIPATION IN INTERSCHOLASTIC SPORTS

The student must sign up for his/her particular sport at pre-season meetings directly with the coach.

The student will then go to the school nurse and pick up the following forms.

YELLOW FORM – (Heath Appraisal Form) - If you **do not** have a current school sports physical examination, you will receive a yellow form with your blue and white card.

BLUE CARD - (Medical Update and Insurance Form) - You will **always** (each sport season) receive a blue card. It informs the nurse about your most recent medical condition, and your parents about the School District's Insurance coverage.

PINK FORM – (Concussion Information Form) – To be completed by parents for all sports physical clearances as per New York State Concussion Management Guidelines

WHITE CARD – (Parent Consent Form) - You will **always** (each sport season) receive a white card. It is your agreement to abide by the Athletic Code of Conduct.

ALL FORMS must be filed out completely, signed by the parent or guardian, and returned to the **NURSE'S OFFICE** before you will be allowed to practice.

The student will then be scheduled for a Sports Physical Examination which will be given by the school District Physician.

NOTE: If you have a **current** school sports medical examination you will not be re-examined unless a serious injury or illness occurred during or since your previous participation. Any five (5) day absence from practice will constitute clearance from the nurse.

When all necessary forms have been submitted to the Nurse's Office and are in order, The NURSE will forward the Parent Consent Form to the coach and you will be allowed to practice.

SUMMER PICK UPS FOR ALL STUDENTS PARTICIPATING IN FALL SPORTS IF YOU RECEIVED A JUNE SPORTS MEDICAL EXAMINATION:

- a. Pick up a BLUE & WHITE card in your High School general office after August 1st.
- b. Have parent or guardian fill out completely, sign and return BOTH to the general office BEFORE August 15th.

IF YOU DID NOT RECEIVE A JUNE SPORTS MEDICAL EXAMINATION:

- a. Pick up a **YELLOW FORM, BLUE & WHITE CARD AND A NURSES REFERRAL FORM** in your High School General Office **after August 1st**.
- b. Have Parent or guardian fill out **all three forms** completely, sign and return all three to the General Office before **August 15th**.
- c. Make an appointment with a School Doctor for an Athletic Physical Examination and bring the Nurse's Referral Form with you.

ACCIDENTS OR INJURIES

Participation by a student in athletic activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it a “contact” or a “non-contact” sport. Further, many injuries are truly accidental in nature and involve no negligence by anyone, including the student athlete. By volunteering to participate in a school-sponsored athletic activity, a student athlete and his/her parent(s) assume the risks for injuries to occur.

If during the course of any athletic practice or contest a player is injured, it is the responsibility of the coach or coaching staff to proceed in the following manner:

1. Have athletic trainer (if available) evaluate the injury.
2. If athletic trainer is not available, the coach or coaching staff will determine the seriousness of the injury.
3. In the event an ambulance is needed, phone 911.
 - a. Make telephone contact with athlete’s parent(s) or emergency person.
 - b. If injury is very serious and parent(s) or emergency person cannot be contacted, an assistant coach should accompany athlete to the hospital.
 - c. If no assistant coach is available, the head coach must accompany the student athlete to the hospital. Practice is to be ended when this occurs.
4. Upon arrival to the hospital the coach is to:
 - a. Make telephone contact with the athlete’s parent(s) or emergency person.
 - b. Stay with the athlete until contact is made with parent(s) or emergency person.
5. If the injury occurs at an away contest, the coach is to proceed as follows:
 - a. If the athletic trainer has traveled with the team, he/she will determine the seriousness of the injury.
 - b. If the athletic trainer is not available, the coach will determine the seriousness of the injury.
 - c. If an ambulance is needed, phone 911.
 - d. If parent(s) are at the game they are to accompany the student athlete to the hospital.
 - e. In the event that parent(s) are not at the game, the parent of another athlete may accompany the injured athlete to the hospital.
 - f. In the event there are no parent(s) available, an assistant coach, if available, will go with the injured athlete to the hospital.
6. Inform the Athletic Director of the injury at the first opportunity.
7. Complete student athlete accident or injury report and submit to the Athletic Director within 24 hours.

Note: At all times, each coach should have in their possession the emergency information card on each athlete.

BENEFITS OF CONDITIONING

The obvious benefit of superbly conditioned athletes is the potential for the team and individual to compete at the highest possible level. A well-conditioned team is usually a successful team. However, the real benefits of condition are long term. Simply, we want our student-athletes to be exercisers for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength and endurance and flexibility is an important goal for anyone involved in our athletic program. With this philosophy, one can understand why practice sessions are considered as important if not more important than contests.

NUTRITION

In order to approach peak performance in athletics, student-athletes, parents and coaches need accurate information on how to properly fuel and nourish the body. The following dietary guidelines will be emphasized by the athletic department on an ongoing basis.

Eat more complex carbohydrates

Eat moderate amounts of protein

Eat less high fat foods

Always stay well hydrated, especially in hot weather

Maintain a healthy body composition and avoid quick weight loss

Replace carbohydrates used for energy during training and competition

Eat an appropriate pre-practice/pre-competition meal

Don't be tempted by nutrition supplements or other supposed "performance enhancers"

RETURNING TO PLAY AFTER INJURY OR ILLNESS

A coach has the responsibility for the physical well being of all of his/her players. If there is any doubt as to the player's complete fitness to participate, the coach should not jeopardize the health of the players. If a student is absent from school five consecutive days of practice and/or contests because of illness or injury, he/she must have a note from a physician stating that it is permissible to return to activity. This medical permission note must be turned in to the School Nurses' office before the student can participate in his/her sport. The School Nurse will notify the player's coach that he/she can participate.

ATHLETIC TRAINER

The Massapequa School District employs the services of a certified athletic trainer to oversee prevention, assessment/evaluation, and treatment of injuries commonly associated with athletes. An athletic trainer is a highly qualified allied health professional that works closely with our athletes and coaches. An athletic trainer has the skills to recognize and treat injuries commonly associated with athletics as well as provide life support in emergency situations. In the event of an injury, this professional will evaluate athletes, give specific instruction for care of the injury, and follow through by contacting parent(s). At no time should a coach question the decision by an athletic trainer to not have an athlete participate in practice or a contest.

CONCUSSION MANAGEMENT AWARENESS ACT

Overview: The Massapequa School District Athletic Program recognizes that concussions and head injuries are a commonly reported injury in children and adolescents who participate in sports and recreational activities. The District adopts the Concussion Management guidelines as per the *New York State Education Department, Department of Health and Centers for Disease Control and Prevention* to assist in the proper evaluation and management of head injuries. Concussion is a mild traumatic brain injury. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms, or behaviors consistent with a concussion while participating in interscholastic athletic activity will be removed from the game or activity and be evaluated immediately. They will not return to play that day. The Massapequa School District will notify the student's parents or guardians and recommend appropriate monitoring. Final clearance to return to athletic participation must be obtained from the School District Physician.

Concussion Management Team: The Massapequa School District concussion management team (CMT) consists of the athletic administration, school nurse, athletic trainer, school physician, and/or outside consultants as deemed necessary. The District's CMT will coordinate concussion management training for all coaches, physical education teachers and school nurses as required by law.

Massapequa Public Schools Concussion Management Plan

The concussion program consists of five components:

1. Education – Biennial training for all Massapequa Coaches, Physical Educators, Athletic Trainers and School Nurses.
2. Baseline neurocognitive testing using the *ImPACT* program for HS student-athletes in their junior year. Students participating in the following contact sports will participate in baseline testing: Football, Field Hockey, Soccer, Cheerleading, Volleyball, Basketball, Gymnastics, Wrestling, Hockey and Lacrosse
3. Proper sideline management/guidelines
4. Proper follow-up on all reported concussions from the CMT
5. Proper Return to Play Protocol/Clearance back to athletics

The following resources should be reviewed to provide you with the most current information on the *Concussion Management and Awareness Act*:

Concussion Management Guidelines: [NYSED Guidelines for Concussion Management](#)
Concussion Management Student-Parent Information sheet: [Student Parent Concussion Information Sheet](#)
Concussion Information Permission Form: (Required for participation in interscholastic athletics) [Concussion permission form for Athletics \(2\).pdf](#)

STUDENT ACCIDENT INSURANCE INSTRUCTIONS FOR FILING A CLAIM

The student accident insurance plan is designed to cover all students of the policyholder while they participate in policyholder sponsored and supervised activities. The plan will reimburse claimants for eligible expenses which are not payable by your healthcare plan or any other insurance plan providing reimbursement for medical expenses. Therefore, prior to filing a claim against the accident insurance policy, you must first file the claim with your own healthcare plan. Contact the school nurse for detailed instructions.

DRESS CODE

Since squad members are representing the Massapequa School District, each coach will stress the importance of appearance at all contests.

SCHEDULES

All league scheduling is assigned by the Nassau County Public High School Athletic Association Office. Non-league contests and scrimmages are scheduled by each team coach. League schedules can be accessed on the Internet at:

<http://www.nassauboces.org/athletics>

The school district website has valuable information pertaining to the athletic program. Included are schedules for team and directions to away games.

Log on to www.msdk12.ny.us and select: "Athletics".

TEN GUIDELINES FOR PARENTS

1. Make sure your children understand that win or lose, you love them.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Do not relive your own athletic past through your child.
6. Provide a safe environment for training and competition.
7. Control your emotions at games and events.
8. Be a "cheerleader" for your child and other children on the team.
9. Respect your child's coaches. Communicate in a positive way.
10. Be a positive role model.