

CROWN POINT CENTRAL SCHOOL

2017-2018

**Athletic
Handbook**



Home of the Panthers

Back of Front Cover

Table of Contents

<i>Page</i>	<i>Information</i>
3	Mission Statement
4	Philosophy of Varsity Athletics
4	Philosophy of Modified Athletics
4	Code of Ethics in Athletics
5	Mountain and Valley Athletic Conference
5	Stakeholder Expectation
5	Coach's Code
7	Parent's Code
8	Supporter's Code/ Athlete's Code
9	Good Sportsmanship
10	You are Eligible for Varsity Sports
10	You are Eligible for Modified Sports
10	Attendance Policy
11	Student Eligibility
11	Duration of Competition
11	Transportation
11	Dropping a Sport Activity
11	Quitting or Removal from Team
12	Appeals Procedure
12	Sports Physicals
12/13	Injuries
13	Risk Factors in Sports
13	Emergency Consent
13	Scheduled Practice
14	Athletic Uniforms
14	Suspension from School
14	Suspension from a Team
14	Participation in Sports
14	Academic Eligibility
15	Academic Ineligibility List
15	Academic & Disciplinary Eligibility: Middle & High
16	Sports Study Hall
16	Appearance & Behavior
16	Hazing
16	Training Rules and Regulations
17	Athletic Awards
18	Athletic Promotion Policy
19/20/21	Rules for Participation in Extra-Curricular Activities
22	Athlete's Commitment Pledge
24	Athlete's Permission Form
26	Emergency Consent Form
28	Parent Transportation Request Form
30/31	Athletic Health History Form

Crown Point Central School Mission Statement

Dear Parents and Students:

This handbook is presented to you because your son or daughter has indicated a desire to participate in interscholastic sports. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments.

The Crown Point Central School District understands that interscholastic athletics are a significant part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom. Essential requirements of participation in athletics such as teamwork, the mental and physical challenges of training and competition, and the experience of winning and losing graciously and respectfully are important life lessons in every student's developmental experience. These lessons will serve students well in their future beyond.

Developing good character habits requires time and effort. Coaches, parents and other stakeholders can help students develop such habits by continually discussing, modeling and reinforcing the desired attitudes and beliefs over time.

We also understand that participation on an athletic team or teams demands a commitment that involves both dedication and sacrifice. This is required of not only student athletes, but also the coaches and parents.

The purpose of this document is to define the positive expectations that we have for coaches, parents and athletes that are necessary for a well-organized program of athletics. In addition, we will establish the positive behavior and achievement expectations, while defining the consequences for behavior that is "out of bounds".

The athletic program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities.

Crown Point Central School is a member of the New York State Athletic Association, competing as a Class "D" school in Section VII. Crown Point Central School is a member of the Mountain and Valley Athletic Conference.

If there is anything we can do to make your participation a better learning experience in athletics please feel free to contact the Athletic Director at Crown Point Central School at 597-3285 or FAX 597-4121.

Sincerely,

Crown Point Athletic Department

PHILOSOPHY OF VARSITY ATHLETICS

Attending a school athletic event is a privilege to observe the contest.

CROWN POINT CENTRAL SCHOOL

The Crown Point Central School Board of Education believes that athletics is an integral part of the school's program of education as it seeks to provide experiences that will help boys and girls to grow physically, mentally and emotionally. Emphasis is placed on educating youngsters through athletics, as well as teaching athletic skills.

Participation in athletics is beneficial in terms of better health, physical fitness, and improved motor skills and is also important in other intangible areas as well. The desire to succeed and to excel should be instilled in students as well as helping to develop better self-discipline and emotional maturity. Respect for authority, respect for the rights of others and their property and developing high ideals of fairness in people-to-people relationships are definite desirable learning outcomes in athletics.

Winning, involving the spirit of competition, is an immediate objective in all athletic contests, but is not an end in itself. The desire to win can and should be used to stimulate the achievement of ultimate objectives.

Here at Crown Point, one of our main objectives is to instill in our student-athletes that success is achieved through hard work, sacrifice, responsibility, loyalty, preparedness, and dedication. We believe that acquiring these traits will benefit the student-athletes throughout their lives.

PHILOSOPHY OF MODIFIED ATHLETICS

CROWN POINT CENTRAL SCHOOL

The Crown Point Central School Board of Education feels that modified sports is an important part of our athletic program.

This program is for students in grades 7, 8, and 9, and is governed by the New York State Public High School Athletic Association and the Mountain and Valley Athletic Association.

The modified program is to encourage student participation, (in which every student will participate in practices and games), teach skills, build life and positive character lessons, keep academics and athletics in balance, and have fun.

CODE OF ETHICS IN ATHLETICS

Crown Point Central School and Mountain and Valley Athletic Conference

It is the duty of all concerned with school athletics:

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

MOUNTAIN AND VALLEY ATHLETIC CONFERENCE

M.V.A.C: The following Code of Ethics for all sports will be in effect from time of arrival at the game site, during the game, during departure, as well as any other instance which coaches or school personnel feel should be brought forth. The Code of Ethics pertains to Players, Coaches, Officials and Fans.

1. There will be no derogatory remarks, gestures, profanity or physical abuse to a player, coach, official or fan.
2. Any player ejected from a game (for reasons described in "1" above) will automatically sit out the next league game. It is the responsibility of both coaches to notify the League Secretary by the end of the next day.
3. A player ejected from two games (for reasons described in "1" above) during any season is automatically expelled for the remainder of that season.
4. Observations by School Personnel of any unsportsmanlike conduct will be brought to the attention of the coach of their school who will then notify the appropriate personnel of the affected school.

STAKEHOLDER EXPECTATION

We desire a program of excellence and strive to win every varsity contest in which our teams compete. Central to the goals of Crown Point Central School is the belief that interscholastic athletics can and should enhance the character of our youth. We put forth the following as the positive expectations we hold for the primary stakeholders in our Athletic Program.

Coach's Code:

We understand that the Athletic Director and Coaches are leaders, and are dedicated to more than the X's and O's of competition. As a professional educator, leader and role model for students, the High School Coach or Athletic Director will:

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes that reflects the positive values of abstaining from the use of alcohol, tobacco and other drugs (performance degrading substances).
- Strive to develop the qualities of competence, character, civility and citizenship in each team member.
- Provide a safe, challenging and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with Coaches and Administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.

Parent's Code

We understand that parents play a vital role in the development of student athletes and the success of our Program. Therefore we encourage parents to:

- Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- Be a "team" fan, not a "my kid only" fan.
- Weigh what your children say; they may tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Don't instruct your children before, during or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is experienced in the development of their skills, and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if you have a concern. Be sure to follow the designated chain of command.
- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

Supporter's Code (other adult stakeholders)

We understand that the larger school-community has an interest and investment in the success of our Athletic Program. These other adults in the community can play a key role in reinforcing the educational goals of our program. Therefore we encourage these important program supporters to:

- Be a positive role model through their behavior at athletic contests.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.

- Recognize and show appreciation for an outstanding play by either team.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.
- Remember that attending a school athletic event is a privilege to observe the contest.

Athlete's Code

We know that less than 5% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also 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 Crown Point Central School and the Community.

- 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 setbacks. 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; to 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 legitimate authority (e.g. Coaches, Officials, Captains).
- 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 the 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.

GOOD SPORTSMANSHIP CODE

For Players, Coaches and Fans:

1. Maintain pride in self and school
2. Strive to keep high standards of conduct.
3. Cheering is always encouraged for one's own tgeam.
4. No taunts, chants, noises, cheere, songs, profanity, signs or maotions directed to the opposing team, coach, school or officials. Treat everyone with respect.
5. Positive signs may be displayed for one's own team and the opposing one.
6. No disrespect will be shown to the opposing team during introductions.
7. No noise makers
8. No continuous standing.
9. Abide by the decisions of officials.
10. Accept victory or defeat graciously.

Crown Point School District grounds (inside and outside) are, by the Crown Point Central School District Board policy, a tobacco-free environment. There is to be NO smoking, chewing or vaping inside the building or outside on any school or athletic grounds.

YOU ARE ELIGIBLE FOR VARSITY SPORTS

You are eligible for Varsity Sports if you are a high school student in regular attendance in grades 9, 10, 11, or 12. See appendix Athletic Promotion Policy, page 15.

Exceptions: to the above are those students who participate under the selection classification system. (The selection classification system allows students to participate in high school athletics at grade 7 or 8, providing they meet state-mandated requirements. These include minimum standards in physical maturity, physical fitness and skill level.)

Also see pg.14, under Academic Eligibility.

YOU ARE ELIGIBLE FOR MODIFIED SPORTS

You are eligible for Modified Sports if ...

... you are in grades 7, 8, or 9, with the exception of any sports which also includes a JV program.

... you do not reach 16 years of age before the start of a specific sport season

Students at Crown Point Central School will be kept on the modified level of competition unless they are the exceptional athlete or have followed rules for varsity eligibility.

Also see pg.14, under Academic Eligibility.

ATTENDANCE POLICY

Student Athletes are expected to complete the entire school day, 8:15-2:25. Students leaving school for reasons other than the legal excuses listed will not be eligible for practices or games.

Legal excuses:

- Sickness or death in family
- Impassable roads or weather
- Religious observance
- Quarantine
- Required to be in court
- Medical appointment with Doctor's note returned to Coach
- Approved cooperation work program
- Approved College visits
- Military obligations

The attendance office will maintain a daily list of those students who were absent or arrive after 9:00 a.m. Any student not specifically excused by the administration or not having a written legal excuse that meets the qualification listed above will be ineligible for any activity that day, practice and game performance.

If the school nurse sends a student home from school, he or she will not be allowed to participate in a game or practice that day.

STUDENT ELIGIBILITY

According to the Commissioner's Regulations, a pupil shall be eligible for interschool competition in a sport during a semester, provided that he/she is a bonafide pupil, enrolled during the first 15 days of such semester, is registered in the equivalent of three regular courses, is meeting the physical education requirement and has been in regular attendance 80% of the school time. **Students who do not participate or are not prepared for Physical Education Classes will not be allowed to participate in practice/game that day! Students may not wear their athletic uniforms to dress for Physical Education class.**

Each individual team has its own regulations concerning number of practices before being eligible for competition. Your coach will inform you of these rules.

DURATION OF COMPETITION

A student shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport, commencing with the student's entry into the ninth grade and prior to graduation. A student reaching the age of 19 before September 1st may not participate during that school year.

TRANSPORTATION

Students participating in activities that require transportation must ride the school bus both going to and returning from the activity. Parents or Legal Guardians ONLY may request to provide transportation by filling out our Parent Transportation Request Form (see page 28).

DROPPING A SPORT ACTIVITY

On occasion an athlete may find it necessary to drop a sport for an appropriate reason. If this is the case, the following required procedure should be followed.

1. Talk with your head coach of the sport you are playing.
2. Report your situation to the Athletic Director.
3. Check in all equipment issued.

Failure to follow the above procedure could lead to ineligibility for the next sports season.

QUITTING OR REMOVAL FROM TEAM

Involvement in Interscholastic Athletics not only develops one's self in a physical sense, but it is also a means of one developing a sense of commitment and dedication. Any eligible secondary student may participate in any Panther Athletic Program. A student may join a squad and participate on that squad for the first ten (10) practice sessions to

ensure compatibility with the program. Rosters are established after ten (10) practice sessions and students may not join teams after that time. Therefore, commencing with the eleventh (11) practice session, any student athlete who quits or is removed from a team during any portion of the season will appear before a committee that may include the following: Coach of that sport, Student representative, School Administrator(s), Parent(s), and/or a faculty member of the student's choice. The meeting will take place on the first possible school day after knowledge of student quitting or being removed is known. The student may not be allowed to participate in any further Crown Point Central School Panthers Athletic programs during the current or following school years without the approval of the same committee. Any student who fails to complete an entire season through its conclusion, will forfeit or have removed all privileges associated with athletic recognition and awards. Examples include all-star teams, league or section recognition, athletic awards, scholarships and attendance at banquets or receptions.

APPEALS PROCEDURE

A written appeal must be presented to the Athletic Director within five days of the initial ruling. The student shall have the privilege of representation.

The appeals committee (Coach, Athletic Director and Administrator) shall render a decision within five days, in writing, to the student and his/her parents or guardian.

SPORTS PHYSICALS

Sports physicals will be given and approved by our school doctor before a student is allowed to practice or participate in a game. The sports physical is in force for one calendar year; however, preceding each sport season a **HEALTH QUESTIONNAIRE** (page 30 & 31) must be completed and returned to the team coach before an athlete may begin practicing. All school athletes having a significant illness or injury necessitating absence from school for five or more days, must be seen by the school nurse in order to resume participation with their team

CONDITIONING AND THE PREVENTION OF INJURIES

Proper sports conditioning will improve the power, speed, and endurance of the athlete on the field or in the gymnasium. It will also help strengthen muscles and joints, increase flexibility, and maximize agility through the channeling of aerobic as well as anaerobic power. In addition to the benefit of increased performance, statistics indicate that sports conditioning will assist in preventing injury. Year-round conditioning can increase athletic performance considerably. Training, unfortunately, is easily reversible and that is why year-round conditioning is so important. It is strongly recommended that all athletes not involved in a sport during an off-season be participating in the conditioning program.

All athletes want to perform to the best of their ability, yet often a sprained ankle, a bad knee, or a pulled muscle will prevent one from doing the best he/she can. Though there is no guarantee these injuries will not occur, their frequency and seriousness can be reduced through simple measures—such as the year-round conditioning mentioned

above, training techniques, good sportsmanship-like behavior, and an awareness of the injury patterns in your chosen sport.

INJURIES

In the case of student athlete injury which prohibits competition in any sport, it will be necessary to obtain a Physician's Statement indicating the ability to resume participation before a student may participate in practice sessions or games. All injuries should be reported to your Coach. The coach will advise the school Health Officer of the condition, and the home school of the injured student will complete a report. The report will be available if the student athlete seeks outside (of the school) medical treatment. Remember that school insurance coverage is only supplemental to your own or your parent's insurance after it has been applied.

Please reference our website for more information on CPCS athletics, including our concussion policy and procedures.

RISK FACTORS IN SPORTS

Participation in sports involves a certain degree of risk for injury. Before going out for a team, we want you to be aware of the risk so you will be better able to reduce your chance for injury. Preseason conditioning, learning the skills and techniques, and knowledge of rules and safety factors will help you have a healthy season.

EMERGENCY CONSENT – (See page 26 for form)

The Emergency Consent Form must be completed and given to the coach at the beginning of each sports season. In the event of an emergency where your child needs medical attention and we cannot contact you, this will enable your child to receive the necessary medical attention.

SCHEDULED PRACTICE

Students are required to attend every scheduled practice called by a coach unless they have a legal excuse. Failure to follow this rule can result in suspension for the next game. Three unexcused absences from practices and/or games may result in dismissal from the team.

Practice schedules will be prepared by the Athletic Director and distributed to the coaches and athletes. If individual coaches wish to switch times of fields on a given day, make sure the AD is notified and alert the front office. Practices over vacations should be cleared by the AD, and practices are not to be held on major holidays. Practices should not exceed 2 hours in length. Students may leave practice following a 2-hour session without penalty but may elect to stay for additional practice with parents' approval.

ATHLETIC UNIFORMS

School provided athletic uniforms and equipment may only be used or worn at athletic contests, unless permission from the School Administrator or Athletic Director is obtained. Athletes violating this rule may not be allowed to participate in the next scheduled game or event. All uniforms and equipment must be turned in within two weeks of the end of that particular sport season or the athlete will be liable for replacement cost. Uniforms should be cleaned and any unusual wear and tear reported to the coach.

SUSPENSION FROM SCHOOL

Any athlete who is suspended from school will not be allowed to play or practice during the day of suspension. **It will be up to the discretion of the coach, when a player is ready for a contest following the last day of suspension.**

SUSPENSION FROM A TEAM

Any athlete who is suspended from a team for the remainder of the season will lose all rights to any awards that he/she may be eligible for in that particular sport.

PARTICIPATION IN SPORTS

A student may participate in only one in-school sport during a particular sport season.

ACADEMIC ELIGIBILITY

Academic Eligibility:

Students should refer to the Academic Ineligibility Policy found below in this Handbook and in the Student Handbook to determine Extra-Curricular participation status.

Students are responsible for knowing their academic status and maintaining passing grades. Below is a guide for grading and coordinating dates as well as a reassessment of those grades two weeks after the 5 and 10 week mark.

	5 Week	2 week check	Report Cards	2 week check
Quarter 1	10/13	10/27	11/17	12/01
Quarter 2	12/22	01/12	02/02	02/16
Quarter 3	3/16	03/30	04/20	05/04
Quarter 4	5/25	05/08	6/22	N/A

Academic Ineligibility List:

An Academic Eligibility Review Board will be established each year to review extenuating circumstances for ineligibility.

Academic & Disciplinary Eligibility: Middle School and High School:

Both student discipline and academic achievement affect eligibility. The purpose of eligibility is to encourage students to set, achieve, and maintain high standards of academic achievement, and to develop individual responsibility for their own behavior. Participation in extra-curricular activities and class activities is a privilege for all students. Students are encouraged to participate, but not at the expense of academic class work. To encourage all students to work diligently in their academic classes, each student's academic eligibility will be determined for participation in extra-curricular and class activities (all school activities that are non-credit and/or after-school activities). Participation in extra-curricular and class activities will be based on the following standards:

- Students may not be failing two or more classes at any one time.
- Students must demonstrate acceptable attendance habits and must be prompt to school and classes.
- Students must demonstrate proper citizenship in school and while representing the school.
- Students must demonstrate responsibility for their own education and achievement. It is each student's responsibility to know their academic status in each class and to take the necessary steps for academic success.
- Students must have returned to the appropriate advisor, coach or office, any school property, uniform, equipment, or money owed to the class, prior to attendance or participation in any extra-curricular activities.

***An athlete on Probation** - may practice with the team and compete in all contests.

****An athlete listed as Ineligible** – will not be eligible for contest or participation in games. However, athletes will still maintain practicing, attending games in dress clothes and act as part of the team as they normally would. Coaches will be made aware of their student-athletes' academic standing, so they can be a positive reinforcement to said athletes to make sure they maintain their progressive academic standing.

Sports Study Hall

All Athletes who have practice at 3:05pm are required to stay attend Sports Study Hall at 2:25pm. These students should come ready to work and not be disruptive to the other students in Sports Study Hall. Below are the rules for this period.

Sports Study Hall Rules:

- 1) School/Homework **WILL** be done during sports' study hall.
- 2) The monitors will have a list of students who need to attend remediation with specific teachers each day. Athletes will then sign out to the teacher who needs them for remediation and get there promptly. Students should not be loitering in the hallways.
- 3) If you do not have schoolwork, homework, or are needed for remediation, please bring a book to read or an electronics device to listen to music.
- 4) You may chat with the people at your table and only at your table, **quietly!** If the others at your table are working, do not disrupt them.
- 5) Students will stay in their seats, unless asked permission to move about or to another table. There is **NO** running around the cafeteria or disruption to those who are working.
- 6) You will have 3 strikes for your behavior in which the Sports Study Hall Monitor will keep track of. After three warnings, you will receive after-school detention.
- 7) On Fridays, there will be an option for game day. Games approved by your study hall monitors will be allowed.

This class is like any other class during your school day. PLEASE do not be disruptive or disrespectful or consequences will incur.

APPEARANCE AND BEHAVIOR

Students who represent Crown Point Central School should be neat and dressed in good taste for all contests, whether home or away. Responsible, mature behavior is expected. **Athletes should follow the dress code outlined on p. 17. (item # 4).**

HAZING

Hazing by athletic participants is prohibited by the Crown Point Central School District. Violations of this section of the Handbook will result in suspension or removal from the team.

TRAINING RULES AND REGULATIONS

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules that includes abstinence on tobacco, alcohol and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol, energy drinks, and any type of mood modifying substances that may produce harmful effects on the human body.

CROWN POINT CENTRAL SCHOOL



Varsity Soccer

Rookie of the Year
Most Improved
Sportsmanship
Best Offensive
Best Defensive
MVP

Varsity Basketball

Rookie of the Year
Most Improved
Sportsmanship
Best Offensive
Best Defensive
MVP

Varsity Baseball/Softball

Rookie of the Year
Most Improved
Sportsmanship
Best Offensive
Best Defensive
MVP

Cheerleading

Rookie of the Year
Most Improved
Outstanding Spirit
Best Flyer
Best Base
Most Valuable Cheerleading

Golf

Rookie of the Year
Most Improved
Sportsmanship
MVP

Panther Power Sports Banquets: At the conclusion of each sports season, Crown Point Central School's Athletic Department will host a Sports Banquet. This will be held in the cafeteria at 6pm on a date chosen by administration to be announced to parents/families. Parents will be asked to donate a food dish to share and dinner will be available for all those in attendance. Awards will be given out as soon as everyone has been served.

Panther Athletic Achievement Award: The Panther Athletic Achievement Award was established to honor the senior athlete who has participated in three (3) sport seasons for their entire four (4) years of high school.

Outstanding Senior Athletic Award: The Outstanding Senior Athletic Award was established to honor one male and one female senior athlete who best exhibits the qualities it takes to be an outstanding and successful Student-Athlete at Crown Point Central School. The desired qualities include: a positive role model both on the field and in the classroom, leadership, teamwork, dedication, sportsmanship and outstanding athletic performance on the field or court. These athletes must also have been a recipient of the Panther Athletic Achievement Award. Coaches will vote on the recipient of this award.

League/Section 7 Awards: Crown Point Athletes who are members of any League/Section 7 Championship Team will also receive individual trophies to recognize their accomplishments.

CROWN POINT CENTRAL SCHOOL

Athletic Promotion Policy

1. Follow NYS Public High School Athletic Association Handbook Section 17 Tryouts.
2. CPCS Tryout Policy will cover all seasons and all sports.
3. Tryouts will be for all athletes in grades 9-12. The purpose of this tryout period is to promote athletes in grades 9 and 10. (Athletes in grades 11 and 12 will play on the Varsity Team, unless a player exercises their right to remain at the JV level.)
4. The Tryouts will be a 3-day process. There will be notification to Coaches, Athletes and Parents of the tryout period dates and the deadline for any decisions regarding promotion of an athlete.
5. Recommendations from the two coaches involved (Modified and Varsity in Soccer, Baseball and Softball; and JV and Varsity in Basketball) will be given to the Athletic Director at the conclusion of the Tryout period. If the two coaches involved do not agree, the Athletic Director will inform the Superintendent who will make the final decision regarding promotion.
6. The Athletic Director will receive written permission from both the athlete and the parent (guardian) prior to any promotion.
7. If any athlete chooses to decline promotion, the next eligible athlete as determined by the tryout period will be given an opportunity for promotion.
8. The number of athletes promoted, if any, in any given season, should be at the discretion of the Coach and Athletic Director based on:
 - a. The number needed to fill a team roster.
 - b. Exceptional athletes who would benefit from advancement.
9. In the event of any discrepancy in the use of this policy, the Superintendent will make the final determination regarding any promotion of an athlete.

Rules for Participation in Extra-curricular Activities:

Students, who are in Grades 7-12, are required to sign the code of conduct for any extra-curricular activity that they might participate in at the beginning of the school year. Otherwise, they will need to appeal to the advisor and the administrator to join that activity at a later date. Playing Interscholastic Sports or participating in extracurricular activities of any sort is a privilege not a right extended to you as a student at Crown Point Central School. We are proud to have you represent us. In return, we expect you to be dedicated to your program and committed to the following rules and regulations.

1. The possession, use, consumption, sale, gift or reasonable suspicion thereof involving any alcoholic beverages, any tobacco product, any controlled substance, over the counter or other drugs and paraphernalia, as well as vandalism and theft, will result in the suspensions listed below.

Suspensions:

First Offense: 15 extra-curricular days (includes ISS, OSS, and additional extra-curricular suspension days)

Second Offense: 45 extracurricular days

Third Offense: Time of offense to the start of the same activity the following year

A repeat offender may be subject to all of the above consequences up to and including a scholastic career suspension. This will be determined by the Athletic Director or Advisor and the Administration. Suspensions will be cumulative throughout a student's scholastic career.

An **extra-curricular day** is defined as a day when school is in session or days that the activity meets. This suspension or another and equivalent disciplinary penalty will be imposed if the violation takes place before the start of or after the completion of a particular season or school year. The violation must be reported immediately to the advisor, Director of Athletics or administration.

The student will attend four counseling sessions on four separate days whenever alcohol, drugs or tobacco are involved in a violation.

The student and the person in parental relationship will be notified of the opportunity to informally meet with the advisor, director and administrator to discuss the conduct being reviewed if they choose to do so.

After ISS or OSS obligations have been satisfied, the student will be expected to attend all practices, events, and contests not to include dances or non-educational field trips, but will not actively participate. They will ride school transportation to any event with their activity. Students will sit with their activity group, but cannot dress or wear the uniform of the activity.

3. Dress codes as developed by the advisor must be observed.
4. Dress Code: All athletes, team personnel and coaches must observe the following dress code during Basketball Season. Students are a representation of their school and it is expected that they will be modest and well groomed in appearance. The following are examples of proper attire: dress slacks/pants, polo shirt/collared shirt, shirts and skirts which meet the general school dress code, jeans and t-shirts are unacceptable attire for athletes before an event. Students dressing inappropriately will not be allowed to participate in that day's event(s). Students will follow the school dress code, (page 28) for all other extra-curricular activities and/or more specific guidelines developed by the advisor for that particular activity.
5. All rules for the use of the locker room during gym class must be followed. Clothing and personal effects must be secured in the lockers using only those locks provided by the school district.
6. A student should ride to and from extra-curricular events on transportation provided by the school district. Any exceptions must have prior approval by a school administrator. A student who uses other transportation to or from an event without the approved permission slip is subject to disciplinary action.
7. A student is personally responsible for any issued equipment. Such equipment must be returned in person to the advisor or the person designated by the advisor to receive it with a receipt being issued if requested. A student will be billed for any equipment not properly returned or for equipment that is damaged beyond what is expected by reasonable wear.
8. No student should be unsupervised in the advisor's office or in the locker room or other areas of the building.
9. Any student arriving to school after 9:00 a.m. without a legal excuse will not be able to attend or participate in any event, meeting or practice that day. It will be counted as an unexcused absence. Any student leaving school for illness during the school day will not be permitted to attend or participate in any extra-curricular event that day. In addition, any student leaving school for a non-legally excused reason during the school day will also not be permitted to attend or participate in any event that day.
10. Students need to notify their advisor in advance of any absences (other than personal illness) for them to be considered excused for that day. The following will result if a student is not excused for the activity:

First Offense:	advisor warning
Second Offense:	one event suspension
Third Offense:	dismissal from activity

Insubordination to advisors or coaches will result in the following:

First Offense:	warning and event suspension
Second Offense:	dismissal of activity

11. A student participating in any extra-curricular event must remain in the school building or on school playing fields unless the advisor gives permission otherwise.
12. A student must attend all scheduled practices and games unless they are legally absent from school. Illegal absence from school is not acceptable and may result in disciplinary action, including dismissal from the team.
13. No student will be allowed to participate in any extra-curricular program until agreement to these Rules for Participation by both the student and the parent or guardian is indicated by the return of the fully completed attached consent form.
14. Any major violation of the code of conduct will make the student ineligible to receive a school award for that activity.
15. Additional rules may be added by the advisor/coach with the approval of the administrator/director.
16. By signing the attached consent form the student and parent or guardian also indicates their understanding that participation in extra-curricular activities may result in severe injury, including permanent paralysis or death.
17. All students who attend an extra-curricular activity (including sports practice) at 3:05 p.m. (or immediately after school) must report to the Activities Study Hall beginning at 2:25 p.m. Be prepared to study and/or complete homework.
18. The Code of Conduct Rules and Regulations of the CPCS Handbook shall apply to all Extra-Curricular Activities.

DISCRETIONARY CLAUSE: Although the rules set down in this handbook address the frequent violations of students today, the school reserves the right to vary the sanctions depending on the individual circumstances. The school also has the right to pass judgment on behaviors, not written down in these pages, which are clear violations of the values we hold as a school and according to the general spirit of the rules and regulations contained in this book.

Parent and Student Athlete Forms

All of the following forms need to be completed *front and back, signed, and returned* to the Athlete's Coach before the athlete is eligible to practice.



Panther Pride is Contagious!
Crown Point Central School

2017-2018 District Athletic Commitment Pledge

ATHLETE’S NAME (PRINT)	GRADE	SPORT/ACTIVITY
-------------------------------	--------------	-----------------------

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

1. Successfully pass a Physical examination to participate in athletics, by a registered physician and the copy of such examination must be on file in the office of the building activities director. Physical exam is valid if issued on or after February 1 of the previous school year.
2. Return this Activity/Athletic Commitment Pledge Form with the student and parent’(s) signatures.
3. Provide proof off personal health insurance which is located on the Physical Form.

As a school’s student/athlete participating voluntarily in interscholastic activities/athletics, I understand that :

1. I have read this Athletic Handbook and understand what the CPCS District expects from me in regards to sportsmanship, citizenship, scholastics, and staying free from drug, alcohol, and tobacco use while enrolled in this school. I understand the consequences for breaking school policy and I will not do so while a CPCS student participant.
2. I understand the attendance policy for participating in extra-curricular events. I must be in attendance all day to participate in an event unless I have a medical reason accompanied with a doctor’s note to excuse the absence.
3. I will be responsible for all equipment issued tome throughout the season, will return such equipment at the conclusion of the season; and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I acknowledge that I have been properly advised, cautioned, and warned by administrative and coaching personnel of the CPCS District that I am exposing myself to the risk of injury, including, but not limited to, the risk of sprains, fracures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial, or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
5. I along with my parents, certify that I have read and understand all of the CPCS District athletic policies in this handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Student’s Signature	Date
---------------------	------

Parent/Guardian Signature	Date
---------------------------	------

Coach’s Signature	Administrator’s Signature
-------------------	---------------------------

Athlete's Permission Form

Rule # 17 in the Code of Conduct indicates that all students who attend an extra-curricular activity (contest) must report to the Sports Study Hall beginning at 2:25 p.m.

If you would like to give your son/daughter permission to leave the building at 2:25 p.m. on the **day of a contest**, please sign the permission slip below and **return it to your coach**.

However, if the athlete does not return for the departure of the away contest, he/she will either be responsible for finding a ride to the contest or will not participate in the contest that day.

I give my son/daughter

_____ (Athletes' Name)
permission to leave the school building at 2.25 p.m. on the day of a contest.

My son/daughter will attend the Sports Study Hall until leaving **and** after returning to the building; and understand they are to return before the bus departs **or** the home contest begins.

_____ Parent's Signature

_____ Date

CROWN POINT CENTRAL SCHOOL
P.O. Box 35, 2758 Main Street Crown Point, NY 12928

EMERGENCY CONSENT FORM

In the event of any emergency where my child needs to seek medical attention in my absence, I give _____ (**Coach/Advisor**) of Crown Point Central School, permission to give emergency first aid treatment and/or be examined and treated at the nearest medical facility.

ACTIVITY: _____

STUDENT'S NAME: _____

PARENT/GUARDIAN NAME: _____

PHONE NUMBER (HOME): _____

PHONE NUMBER (CELL) / (WORK): _____

In case I cannot be reached please contact:

1. _____
Name Phone

2. _____
Name Phone

Family Physician: Phone:

Allergies and/or Health Concerns:

I have read and understand the above information. If I have any questions or concerns I can contact the Coach at the school at any time.

Parent's Signature

Date

PARENT TRANSPORTATION REQUEST

I _____ hereby give my child
(print name - parents/guardian)

_____ (Athlete's name)

permission to ride home from extra-curricular activities with me (**parents/legal guardians only**). I am willing to accept full responsibility for my decision regarding this arrangement for the school year.

Signature (Parent/Guardian)

Date

Home phone

Work Phone

Cell Phone

Administration's Signature

Date

CROWN POINT CENTRAL SCHOOL
 PO BOX 35, 2758 MAIN STREET, CROWN POINT, NEW YORK 12928

ATHLETIC HEALTH HISTORY

Physical Exam Date _____ Grade _____

NAME: _____ BIRTH DATE: _____

Participation in athletics is voluntary and is not a required part of the regular physical education program.

SPORTS ACTIVITIES: Identify any sports in which you do not wish your child to participate.

This form must be completed and returned on the day the athlete has his/her physical. The appointment date for the physical examination is in the upper left hand corner.

HEALTH HISTORY

TO BE COMPLETED BY PARENT

Has your child ever had? (please check)

	Yes No			Yes No	
Allergies/Hay Fever	<input type="checkbox"/>	<input type="checkbox"/>	Elevated Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Bee Sting Allergy	<input type="checkbox"/>	<input type="checkbox"/>	Headaches	<input type="checkbox"/>	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Head Injury/Concussions	<input type="checkbox"/>	<input type="checkbox"/>
Anemia	<input type="checkbox"/>	<input type="checkbox"/>	Heart Problems/Murmurs-Chest Pains	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Nose Bleeds/Frequent or Severe	<input type="checkbox"/>	<input type="checkbox"/>
Bladder/Kidney Problem or Injury	<input type="checkbox"/>	<input type="checkbox"/>	Ankle Injury	<input type="checkbox"/>	<input type="checkbox"/>
Convulsions/Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Back Pain/Injury	<input type="checkbox"/>	<input type="checkbox"/>
Fainting Spells	<input type="checkbox"/>	<input type="checkbox"/>	Fracture-Dislocation Bones/Joints	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Knee Pain/Injury	<input type="checkbox"/>	<input type="checkbox"/>
Ear Problems/Hearing Loss	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury	<input type="checkbox"/>	<input type="checkbox"/>
Eye Problems/Vision Loss	<input type="checkbox"/>	<input type="checkbox"/>	Nose Fracture	<input type="checkbox"/>	<input type="checkbox"/>
Injury to the Spleen	<input type="checkbox"/>	<input type="checkbox"/>	Rheumatic Fever	<input type="checkbox"/>	<input type="checkbox"/>
Joint Sprain/Ligament Tear/Muscle Pull	<input type="checkbox"/>	<input type="checkbox"/>	Stomach Ulcer	<input type="checkbox"/>	<input type="checkbox"/>

TO BE COMPLETED BY PARENT/GUARDIAN

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Is there a current medical examination on file in the nurse's office?
<input type="checkbox"/>	<input type="checkbox"/>	Is your child assigned to the Adaptive Physical Education Program or has he/she been in an Adaptive Physical Education?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child ever been unconscious or lost memory from a blow to the head?
<input type="checkbox"/>	<input type="checkbox"/>	One Eye or Severe Uncorrectable Loss of Vision in one or both eyes?
<input type="checkbox"/>	<input type="checkbox"/>	Severe Hearing Loss in both ears?
<input type="checkbox"/>	<input type="checkbox"/>	One Kidney?
<input type="checkbox"/>	<input type="checkbox"/>	One Testicle?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child been ill for five (5) consecutive days?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child ever had an illness, condition or injury that required him or her to go to the hospital,

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Either as a patient overnight or in the emergency room for x-rays; required an operation; that caused your child to miss a game or practice?
<input type="checkbox"/>	<input type="checkbox"/>	Is your child under medical care now?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child taken any medication in the past year?
<input type="checkbox"/>	<input type="checkbox"/>	If so, why?
<input type="checkbox"/>	<input type="checkbox"/>	Is your child taking any medications now?
<input type="checkbox"/>	<input type="checkbox"/>	If so, why?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child ever fainted during exercise?
<input type="checkbox"/>	<input type="checkbox"/>	If so, explain.
<input type="checkbox"/>	<input type="checkbox"/>	Has there ever been sudden death in a family member under 50 years of age?
<input type="checkbox"/>	<input type="checkbox"/>	If so, explain.
<input type="checkbox"/>	<input type="checkbox"/>	Do you have worries about your child's health or questions you would like to discuss with doctor?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child have Orthodontic Appliances?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child have Chipped Teeth?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child wear contact lens for sports?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child wear glasses for sports?
<input type="checkbox"/>	<input type="checkbox"/>	Since your child's last physical examination, has your child had any injury or medical illness?
<input type="checkbox"/>	<input type="checkbox"/>	If so, explain.

TO BE COMPLETED BY STUDENT

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Do you ever have any chest pain on exertion?
<input type="checkbox"/>	<input type="checkbox"/>	Have or do you faint with exercise?
<input type="checkbox"/>	<input type="checkbox"/>	Do you ever feel heart palpitations?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience any shortness of breath while exercising?
<input type="checkbox"/>	<input type="checkbox"/>	Any heart problems in your family?
<input type="checkbox"/>	<input type="checkbox"/>	Mom
<input type="checkbox"/>	<input type="checkbox"/>	Dad
<input type="checkbox"/>	<input type="checkbox"/>	Brothers
<input type="checkbox"/>	<input type="checkbox"/>	Sisters
<input type="checkbox"/>	<input type="checkbox"/>	Grandparents
<input type="checkbox"/>	<input type="checkbox"/>	Did anyone die of a heart problem before age of 40?

If yes to any of the above questions, explain:

I agree with the above answers and consent to participation of my child in the interscholastic program of his/her school including practice sessions and travel to and from athletic contests.
I also agree to emergency medical treatments deemed necessary by the physicians designated by school authorities

Parent Signature

Date