

# Athletic Handbook

2018-2019



Crown Point Central School

*Home of the Panthers*

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## **PHILOSOPHY OF VARSITY ATHLETICS**

### **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 Conference.

The modified program is to encourage student participation, (in which every student-athlete will participate in practices and games), teach skills, build life long lessons and 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.

- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for student-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.

- 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.

## **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 student-athletes who participate under the selection classification system. (The selection classification system allows student-athletes 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.)

## **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.

Student-athletes 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.

## **TRANSPORTATION**

Student-athletes participating in activities that require transportation must ride the school bus both going to and returning from the activity. Parents may request to provide transportation by filling out our Parent Transportation Request Form (see page 29).

## **DROPPING A SPORT ACTIVITY**

On occasion a student-athlete may find it necessary to drop a sport for a good 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 will 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-athlete 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-athlete 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-athlete and his/her parents or guardian.

Practice schedules will be prepared by the Athletic Director and distributed to the coaches and student-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. Student-athletes 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. Student-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 student-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 student-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 student-athlete is ready for a contest following the last day of suspension.**

## **SUSPENSION FROM A TEAM**

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

## **ACADEMIC ELIGIBILITY**

### **Academic Eligibility:**

Student-athletes should refer to the Academic Ineligibility Policy found below in this handbook and in the student handbook to determine extra-curricular participation status.

Student-athletes are responsible for knowing their academic status and maintaining passing grades.

- 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.

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

**A student-athlete listed as Ineligible** - may not practice with the team, may not dress for competitions, may not travel with the team and may not compete in any contest. Student-athletes who are ineligible may also not attend any contests as a spectator.

## **APPEARANCE AND BEHAVIOR**

Student-athletes 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 also expected. **Student-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 student-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 and any type of mood modifying substances produce harmful effects on the human body.



# **CROWN POINT CENTRAL SCHOOL**

## **Athletic Promotion Policy**

1. Follow NYS Public High School Athletic Association Handbook Section 17 for tryouts.
2. CPCS tryout policy will cover all seasons and all sports.
3. Tryouts will be for all student-athletes in grades 9-12. The purpose of this tryout period is to promote student-athletes in grades 9 and 10. (Student-athletes in grades 11 and 12 will play on the varsity team, unless a student-athlete 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 a student-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 student-athlete and the parent (guardian) prior to any promotion.
7. If any student-athlete chooses to decline promotion, the next eligible student-athlete as determined by the tryout period will be given an opportunity for promotion.
8. The number of student-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 student-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 a student-athlete.

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 special permission slip for this purpose is available in the main office. 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.

**CROWN POINT CENTRAL SCHOOL**  
PO Box 35, 2758 Main Street, Crown Point, NY 12928

**Extra-curricular Activities Rules Acknowledgement and Consent Form**

**STUDENT:**

I have read and understand the Crown Point Central School Rules for Participation in Extra-curricular Activities and hereby agree to abide by them. I also hereby state that I have never knowingly violated any of the eligibility rules and regulations of the New York State Athletic Association.

\_\_\_\_\_  
STUDENT SIGNATURE

\_\_\_\_\_  
DATE OF BIRTH

\_\_\_\_\_  
TODAY'S DATE

**PARENT OR GUARDIAN:**

I have read the Crown Point Central School Rules for Participation in Extra-curricular Activities. I have reviewed them with the student above, and I hereby give my consent for this student to participate in Crown Point Central School approved extra-curricular activities. I understand that failure of a student to abide by the Rules for Participation may result in disciplinary action, including dismissal from the activity or team, by the advisor or by the Director of Athletics in consultation with the administrator in charge of discipline.

\_\_\_\_\_  
PARENT OR GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
TELEPHONE

\*\*\*\*\*  
**FOR OFFICE USE:**

\_\_\_\_\_  
ADVISOR

\_\_\_\_\_  
DATE

\_\_\_\_\_  
ADMINISTRATOR

\_\_\_\_\_  
DATE

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

## Student-Athlete's Permission Form

Rule # 17 in the Code of Conduct indicates that all student-athletes who attend an extra-curricular activity (game) after school must report to the Activities 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 home contest only, please sign the permission slip below **and return it to your coach.**

---

I give my son/daughter \_\_\_\_\_  
Student-athlete's Name

permission to leave the school building at 2.25 p.m. on the day of a home contest. My son/daughter will attend the Activities Study Hall before practices or away games.

\_\_\_\_\_  
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 (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

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

Physical Exam Date \_\_\_\_\_

Grade \_\_\_\_\_

**ATHLETIC HEALTH HISTORY**

SCHOOL NAME: \_\_\_\_\_

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"/>

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?

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Crown Point Central School  
PO Box 35, 2758 Main Street  
Crown Point, NY 12928

**PARENT TRANSPORTATION  
REQUEST**

I \_\_\_\_\_ hereby give  
(print name - parents/guardian)

my child \_\_\_\_\_  
(print student's name)

permission to ride home from extra-curricular activities with me  
(parents 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 place and phone

\_\_\_\_\_  
Signature of Superintendent or Principal

\_\_\_\_\_  
Date

\*\*\*\*\*