

**2023-2024**

**ATHLETIC  
HANDBOOK**



Crown Point Central School

*Home of the Panthers*



## **Table of Contents**

<b><u>Page</u></b>	<b><u>Information</u></b>
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
6	Parent's Code
6	Supporter's Code
7	Student-athlete's Code
8	You are Eligible for Varsity Sports
8	You are Eligible for Modified Sports
8	Attendance Policy
9	Student Eligibility
9	Duration of Competition
9	Transportation
9	Dropping a Sport Activity
9	Quitting or Removal from Team
10	Appeals Procedure
10	Return From Quitting/Removal From Team
10	Sports Physicals
10	Injuries
11	Risk Factors in Sports
11	Emergency Consent
11	Scheduled Practice
11	Athletic Uniforms
11	Suspension from School
12	Suspension from a Team
12	Participation in Sports
12	Academic Eligibility
12	Academic Ineligibility List
13	Academic & Disciplinary Eligibility: Middle & High
13	Appearance & Behavior
13	Hazing
13	Training Rules and Regulations
14	Athletic Awards
15	Athletic Promotion Policy
16	Rules for Participation in Extra-Curricular Activities
20	Extra-Curricular Activities - Rules Acknowledgement & Consent Form
22	Student-Athlete's Permission Form
24	Emergency Consent Form
26	Parent Transportation Request Form
28	Health History Form

Dear Parents and Students:

This handbook is presented to you because your son or daughter has indicated a desire to participate in interscholastic sports. Their interest in joining a team is important, as is learning about teamwork, communication, dedication and commitment throughout the season. We believe that participation in team sports provides a wealth of opportunities and experiences in which to grow on, and to assist students in dealing with unique situations on a regular basis that will undoubtedly help them in the future.

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 or losing graciously and respectfully are extremely important life lessons in every student's developmental experience. These lessons will serve students well in their future, and 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. Reinforcing the positives, and using the negative times as teaching and/or learning moments are of the utmost importance.

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 as well.

The purpose of this document is to define the expectations that we have for coaches, parents and athletes. In totality, they 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 Public High Schools 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 Office at Crown Point Central School at 597-3285 x6, or FAX 597-4121.

Sincerely,

Crown Point Athletic Department

## **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, building teamwork, communication, self-discipline, respect, and hard-working skills.

Participation in athletics is beneficial in terms of better health, physical fitness, and improved motor skills, but 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 our athletic programs.

Winning, involving the spirit of competition, is an immediate objective in all athletic contests. The desire to win can and should be used to stimulate the achievement of ultimate objectives, but also understanding that it is not the end of the world if we do not.

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. Winning is most certainly something that we all want to do, but it is not paramount. Modified athletics give all student-athletes a chance to play the sport that they choose.

## **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 respect 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 all 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.

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## **MOUNTAIN AND VALLEY ATHLETIC CONFERENCE**

MVAC: 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 student-athlete, coach, official or fan. Those who do so will be asked to leave.
2. Any student-athlete 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 their Athletic Director by the end of the next day.
3. A student-athlete 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 just 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 student-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 student-athletes that reflects the positive values of abstaining from the use of alcohol, tobacco and other drugs (performance degrading or enhancing substances).
- Strive to develop the qualities of competence, character, civility and citizenship of each team member.
- Provide a safe, yet 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 strongly 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, whether they win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if you have a concern. Please 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, during or after athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest, not a right.

#### 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 student-athletes, 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, during or after athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest, not a right.

### Student-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 student-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, and be accountable for yourself.
- 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 at all times.
- To accept losing or winning graciously; to congratulate opponents, not sulk, or display other negative behaviors, even if such behaviors are displayed to you.

**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 or 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 you wish 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 for the duration of the season.
- 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 9-12. 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.

## **ATTENDANCE POLICY**

The attendance office will maintain a daily list of those students who were absent or arrive after **9:00 a.m.** Any student-athlete not specifically excused by the administration, or not having a written legal excuse will be ineligible for any activity that day – practice or game. Student sickness or a written note from home does not constitute a valid excuse.

**Legal excuses:**

- Sickness or death in family
- Impassable roads or weather
- Religious observance
- Quarantine
- Required to be in court
- Music/Dance Lesson
- Medical appointment
- Approved cooperative work program
- Approved College visits
- Military obligations

If the school nurse sends a student-athlete 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. Student-athletes who do not participate or are not prepared for physical education classes will **not** be allowed to participate in practice/game that day! Student-athletes 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-athlete 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-athlete's entry into the ninth grade and prior to graduation. A student-athlete reaching the age of 19 before September 1<sup>st</sup> may not participate during that school year.

## **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 home from an event by filling out our Parent Transportation Request Form (see page 27).

## **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 by an adult of their choice.

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.

### **RETURN FROM QUITTING/REMOVAL FROM TEAM**

Any student-athlete who has quit a team after the aforementioned 10 practices without a proper medical and/or legal excuse, or was removed from the team for reasons including but not limited to conduct and/or behavior must be reinstated by the same committee that an exit meeting was conducted with. Failure to attend this meeting will mean that the removed student-athlete is ineligible until the meeting has taken place. Any student-athlete who quits an athletic season for the second time throughout their high school (9-12 grade) athletic career will forfeit the remainder of their athletic career, and are ineligible for any further consideration on any athletic team at CPCS.

Additionally, any student-athlete who was removed from an athletic team for reasons of conduct and/or behavioral issues and has been reinstated to play in another season by the previously mentioned committee, will be removed from additional seasons/teams of play for the remainder of the school year if their conduct and/or behavior has not improved and is addressed again.

### **SPORTS PHYSICALS**

Sports physicals will be given and approved by our school doctor before a student-athlete 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** (pg. 25) must be completed and returned to the team coach before a student-athlete may begin practicing. All student-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.

## **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-athlete 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.

## **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 23 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**

Student-athletes are required to attend every scheduled practice called by a coach, unless they have a legal excuse. It is good practice to let your coach know ahead of time that you will be unable to practice as well. 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 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 immediately.

## **SUSPENSION FROM SCHOOL**

Any student-athlete who is suspended from school (ISS or OSS) 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 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.

### **Academic Ineligibility List:**

After each five-week academic review, students who are failing two or more classes will be placed on this list. Once a student is placed on the list, he/she is still considered a member of the activity and must continue to practice and/or play with the group, and is placed on a two-week probation period. While on probation, the student is allowed to participate in after-school, evenings, and game events. During probation, students will not be allowed to leave study hall unless for the class which they are on probation for. The student will meet with the teacher in each failing class to raise his/her academic standing to a passing grade during the probation.

After two (2) weeks, if the student is still failing more than one class, the student is suspended from participation in all extra-curricular activities for the remaining three (3) weeks of the five (5) week marking period. They are still expected to attend practices and/or contests, but will not dress, and will not be active participants.

Improvement is based on the input from the students' teachers and must reflect a passing grade. Based on student academic success, a student may be removed from the list, and be eligible for full participation in the extra-curricular and/or class activity. If a student is placed on the *Academic Ineligibility List* for the same two or more subjects for consecutive five (5) week marking periods, the student will be suspended from participation in all extra-curricular activities for the next five (5) weeks. Students are reminded that summer school is available to pass

courses they may have failed. Teachers will submit to the main office a list of students ineligible at the end of the probationary period. Help is available to provide for student success through the Principal's office or the guidance office.

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 responsible 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.

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

**A student-athlete listed as Ineligible** – must still attend practice with the team, but may not be in uniform for competitions. Additionally, they must travel with the team, but may not compete in any contest until they are academically eligible.

## **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 required. **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.

## ATHLETIC AWARDS



### 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

Outstanding Spirit  
Most Valuable Cheerleader  
Best Flyer  
Best Base

### Golf

Rookie of the Year  
Most Improved  
Sportsmanship  
MVP

## Panther Athletic Achievement Award

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

## **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.



### **Rules for Participation in Extra-curricular Activities:**

Student-athletes, 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 will result in the suspensions listed below.
2. 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-athlete will be required to attend four counseling sessions on four separate days whenever alcohol, drugs or tobacco are involved in a violation, in addition to team suspension.

The student-athlete 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-athlete 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. Student-athletes 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 student-athletes, team personnel and coaches must observe the following dress code during Basketball Season. Student-athletes 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 with tie, shirts and skirts which meet the general school dress code. Jeans and t-shirts are unacceptable attire for athletes before an event. Student-athletes dressing inappropriately will not be allowed to participate in that day's event(s). Student-athletes

will follow the school dress code, 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-athlete 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-athlete 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-athlete 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-athlete should be unsupervised in the advisor's office or in the locker room or other areas of the building at any time.
9. Any student-athlete 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-athlete 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-athlete 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. Student-athletes 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-athlete 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-athlete 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-athlete will be allowed to participate in any extra-curricular program until agreement to these Rules for Participation by both the student-athlete 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-athlete 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-athlete 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 student-athletes 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.

\* \* \* \*



**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 a HOME 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 understood 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, 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. Notes signed off by administration in case of transportation  
emergencies are also accepted provided the administrator has talked  
to the parent(s)). 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

\*\*\*\*\*



# Crown Point Central School

P.O. Box 35, 2758 Main Street  
Crown Point, NY 12928  
518-597-4200/3285

Fax 518-597-4121



Home of the Panthers

**Tara Celotti**  
**Superintendent of Schools**  
tara.celotti@cpcsteam.org

**Shari Brannock**  
**Asst. Superintendent of Business**  
brannock@cpcsteam.org

**Victoria D. Russell**  
**District Treasurer**  
vrussell@cpcsteam.org

June 1, 2023

Dear Parents/Guardians,

The Dominic Murray Sudden Cardiac Arrest Prevention Act is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.<sup>1</sup>

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life[1]. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

## The signs or symptoms are:

- o Fainting or seizure, especially during or right after exercise or with excitement or startled
- o Racing heart, palpitations, or irregular heartbeat
- o Dizziness, lightheadedness, or extreme fatigue with exercise
- o Chest pain or discomfort with exercise
- o Excessive shortness of breath during exercise
- o Excessive, unexpected fatigue during or after exercise

## Student's Personal Risk Factors are:

- o Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.<sup>[2]</sup>
- o Elevated blood pressure or cholesterol
- o History of health care provider ordered test(s) for heart related issues

[1] Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

[2] SCA Prevention Toolkit – Eric Paredes Save A Life Foundation (ensavealife.org)

**Student's Family History Risk Factors are:**

- o Family history of known heart abnormalities or sudden death before 50 years of age
- o Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- o Structural heart abnormality, repaired or unrepaired
- o Any relative diagnosed with the following conditions:
  - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
  - Arrhythmogenic Right Ventricular Cardiomyopathy
  - Heart rhythm problems, long or short QT interval
  - Brugada Syndrome
  - Catecholaminergic Ventricular Tachycardia
  - Marfan Syndrome- aortic rupture
  - Heart attack at 50 years or younger
  - Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the Interval Health History for Athletics must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.

Sincerely,

Kellie Bilow, BSN, RN

School Nurse



Interval Health History for Athletics	
Student Name:	DOB
School Name:	Age
Grade (check): <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12	Limitations: <input type="checkbox"/> NO <input type="checkbox"/> YES
Sport	Date of last Health Exam:
Sport Level: <input type="checkbox"/> Modified <input type="checkbox"/> Fresh <input type="checkbox"/> JV <input type="checkbox"/> Varsity	Date form completed:
<b>MUST be completed and signed by Parent/Guardian - Give details to any YES answers on the last page.</b>	

DOES OR HAS YOUR CHILD		
GENERAL HEALTH	No	Yes
Ever been restricted by a health care provider from sports participation for any reason?	<input type="checkbox"/>	<input type="checkbox"/>
Ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
Ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>
Been diagnosed with mononucleosis within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
Have only one functioning kidney?	<input type="checkbox"/>	<input type="checkbox"/>
Have a bleeding disorder?	<input type="checkbox"/>	<input type="checkbox"/>
Have any problems with hearing or have congenital deafness?	<input type="checkbox"/>	<input type="checkbox"/>
Have any problems with vision or only have vision in one eye?	<input type="checkbox"/>	<input type="checkbox"/>
Have an ongoing medical condition?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, check all that apply:		
<input type="checkbox"/> Asthma	<input type="checkbox"/> Diabetes	
<input type="checkbox"/> Seizures	<input type="checkbox"/> Sickle cell trait or disease	
<input type="checkbox"/> Other:		
Have Allergies?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, check all that apply		
<input type="checkbox"/> Food	<input type="checkbox"/> Insect Bite	<input type="checkbox"/> Latex
<input type="checkbox"/> Pollen	<input type="checkbox"/> Other:	<input type="checkbox"/> Medicine
Ever had anaphylaxis?	<input type="checkbox"/>	<input type="checkbox"/>
Carry an epinephrine auto-injector?	<input type="checkbox"/>	<input type="checkbox"/>
BRAIN/HEAD INJURY HISTORY	No	Yes
Ever had a hit to the head that caused headache, dizziness, nausea, confusion, or been told they had a concussion?	<input type="checkbox"/>	<input type="checkbox"/>
Receive treatment for a seizure disorder or epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>
Ever had headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Ever had migraines?	<input type="checkbox"/>	<input type="checkbox"/>

DOES OR HAS YOUR CHILD		
BREATHING	No	Yes
Ever complained of getting extremely tired or short of breath during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Use or carry an Inhaler or nebulizer?	<input type="checkbox"/>	<input type="checkbox"/>
Wheeze or cough frequently during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Ever been told by a health care provider they have asthma or exercise-induced asthma?	<input type="checkbox"/>	<input type="checkbox"/>
DEVICES / ACCOMMODATIONS	No	Yes
Use a brace, orthotic, or another device?	<input type="checkbox"/>	<input type="checkbox"/>
Have any special devices or prostheses (Insulin pump, glucose sensor, ostomy bag, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
Wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
Wear a hearing aid or cochlear Implant?	<input type="checkbox"/>	<input type="checkbox"/>
Let the coach/school nurse know of any device used.		
Not required for contact lenses or eyeglasses.		
DIGESTIVE (GI) HEALTH	No	Yes
Have stomach or other GI problems?	<input type="checkbox"/>	<input type="checkbox"/>
Ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>
Have a special diet or need to avoid certain foods?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any concerns about your child's weight?	<input type="checkbox"/>	<input type="checkbox"/>
INJURY HISTORY	No	Yes
Ever been unable to move their arms or legs or had tingling, numbness, or weakness after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
Ever had an injury, pain, or swelling of a joint that caused them to miss practice or a game?	<input type="checkbox"/>	<input type="checkbox"/>
Have a bone, muscle, or joint that bothers them?	<input type="checkbox"/>	<input type="checkbox"/>
Have joints that become painful, swollen, warm, or red with use?	<input type="checkbox"/>	<input type="checkbox"/>
Ever been diagnosed with a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>

Student Name:		DOB:	
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DOES OR HAS YOUR CHILD		
<b>HEART HEALTH</b>		
Ever complained of:	No	Yes
Ever had a test by a health care provider for their heart (e.g., EKG, echocardiogram, stress test)?	<input type="checkbox"/>	<input type="checkbox"/>
Lightheadedness, dizziness, during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Chest pain, tightness, or pressure during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Fluttering in the chest, skipped heartbeats, heart racing?	<input type="checkbox"/>	<input type="checkbox"/>
<b>DOES OR HAS YOUR CHILD</b>		
Ever been told by a health care provider:		
They have or had a heart or blood vessel problem?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, check all that apply:		
<input type="checkbox"/> Chest Tightness or Pain	<input type="checkbox"/> Heart Infection	
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Heart Murmur	
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Low Blood Pressure	
<input type="checkbox"/> New fast or slow heart rate	<input type="checkbox"/> Kawasaki Disease	
<input type="checkbox"/> Has implanted cardiac defibrillator (ICD)		
<input type="checkbox"/> Has a pacemaker		
<input type="checkbox"/> Other:		

DOES OR HAS YOUR CHILD			
<b>FEMALES ONLY</b>		No	Yes
Have regular periods?		<input type="checkbox"/>	<input type="checkbox"/>
<b>MALES ONLY</b>		No	Yes
Have only one testicle?		<input type="checkbox"/>	<input type="checkbox"/>
Have groin pain or a bulge, or a hernia?		<input type="checkbox"/>	<input type="checkbox"/>
<b>SKIN HEALTH</b>		No	Yes
Currently have any rashes, pressure sores, or other skin problems?		<input type="checkbox"/>	<input type="checkbox"/>
Ever had a herpes or MRSA skin infection?		<input type="checkbox"/>	<input type="checkbox"/>
<b>COVID-19 INFORMATION</b>			
Has your child ever tested positive for COVID-19?		<input type="checkbox"/>	<input type="checkbox"/>
If NO, STOP. Go to Family Heart Health History. If YES, answer questions below:			
Date of positive COVID test:			
Was your child symptomatic?		<input type="checkbox"/>	<input type="checkbox"/>
Did your child see a health care provider for their COVID-19 symptoms?		<input type="checkbox"/>	<input type="checkbox"/>
Was your child hospitalized for COVID?		<input type="checkbox"/>	<input type="checkbox"/>
Was your child diagnosed with Multisystem Inflammatory Syndrome (MISC)?		<input type="checkbox"/>	<input type="checkbox"/>

FAMILY HEART HEALTH HISTORY	
A relative has/had any of the following:	
Check all that apply:	
<input type="checkbox"/> Enlarged Heart/ Hypertrophic Cardiomyopathy/ Dilated Cardiomyopathy	<input type="checkbox"/> Brugada Syndrome?
<input type="checkbox"/> Arrhythmogenic Right Ventricular Cardiomyopathy?	<input type="checkbox"/> Catecholaminergic Ventricular Tachycardia?
<input type="checkbox"/> Heart rhythm problems: long or short QT interval?	<input type="checkbox"/> Marfan Syndrome (aortic rupture)?
	<input type="checkbox"/> Heart attack at age 50 or younger?
	<input type="checkbox"/> Pacemaker or implanted cardiac defibrillator (ICD)?
A family history of:	
<input type="checkbox"/> Known heart abnormalities or sudden death before age 50?	<input type="checkbox"/> Structural heart abnormality, repaired or unrepaired?
<input type="checkbox"/> Unexplained fainting, seizures, drowning, near drowning, or car accident before age 50?	

If you answered NO to <u>all</u> questions, STOP. Sign and date below. GO to page 3 if you answered YES to a question.	
Parent/Guardian Signature:	Date:





