

Equipment

Each athletic team member is provided a Copiague uniform and other equipment necessary for that sport, while basic items such as mitts or footwear are not provided. Athletes should check with their coach to determine what equipment is provided before they purchase additional equipment. Copiague athletes are fully responsible for the care of the equipment and uniforms assigned to them and must make restitution for any damaged or lost items, including by reason of theft.

Rules and Procedures

All Copiague athletes are reminded that they are students first and foremost. Copiague athletes are expected to adhere to all school rules and put forth a maximum academic effort. Students must report to school no later than the end of the fourth period in order to compete on any given day, unless he/she has a medical or legal excuse for lateness. Any injury, illness or unpreparedness for physical education class excludes an athlete from competing for that day.

Athletic team members are representatives of the Copiague School District. Proper behavior on late bus runs, during contests and at practice is absolutely required. Each athletic coach will review all rules with each team, including abstaining from alcohol, drugs and tobacco. Parents/guardians are encouraged to discuss these rules with their child. Team members who are serious or repeated violators of team rules will be suspended from the team.

School Eligibility Policy for Athletic and Extracurricular Activities

A student may not participate in extracurricular activities if, upon review of his/her report card, he/she has failed more than two (2) subjects. The eligibility requirements will pertain to the most recent marking period. Any student who has failed two (2) subjects in any marking period may participate, but will be placed on academic probation for the duration of the season.

A student on probation will be evaluated by the coach, athletic director, guidance counselor and administration as to his/her continued eligibility. The scholastic work of a student trying out for a fall sport will be based on the scholastic work done the previous school year (final averages). Any team member cutting classes or truant from school is subject to school disciplinary action, which could lead to a suspension from participation in subsequent games or events.

Sportsmanship

Every athlete, coach and spectator will be rated by the opposing team for sportsmanship at the end of each contest. Copiague athletes must adhere to strict rules of sportsmanship. The referees must be respected, and their decisions are final. Spectators are encouraged to cheer for their team, but may not insult opposing players or referees.

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For additional information about our interscholastic athletic programs, contact William Bennett, Director of Physical Education and Athletics, at Walter G. O'Connell Copiague High School, 1100 Dixon Avenue, Copiague, New York 11726, 631-842-4010, ext. 475.

COPIAGUE MIDDLE SCHOOL

Building a Tradition of Excellence



2022-2023

INTERSCHOLASTIC ATHLETICS GUIDE

Department of Physical
Education and Athletics

WWW.COPIAGUE.K12.NY.US

Introduction

The Copiague School District takes great pride in the wide array of athletic teams available to our students. We hope you will find that participation on an athletic team is a meaningful experience in the growth and development of the middle school student. This brochure is intended to assist parents/guardians and students in preparation for being a Copiague Middle School athlete.

Philosophy of Athletics

The Copiague Middle School athletic program stresses the fact that athletics is second to academic requirements. Athletes are expected to be students first, athletes second. Since athletics is a privilege, students may be denied an opportunity to participate if they have failed to attain certain school criteria.

The middle school athletic program is a developmental program. The number one goal is for students to improve their individual skills, learn basic aspects of the sport they are playing and have fun. Sportsmanship, putting forth full effort and teamwork are important principles to be learned.

Who May Participate?

All students in grades seven and eight are allowed to try out for a modified team. The New York State Public High School Athletic Association will neither allow any sixth-grade student to participate, nor allow any student 16 years of age or older to participate on a seventh/eighth-grade team.

Exceptional seventh and eighth-graders may be permitted to participate on a junior varsity or varsity team under the State Education Department program called Athletic Placement Process (APP). Criteria that must be met in order to play at an advanced level include parental approval, medical approval, appropriate developmental rating, passing athletic performance test scores and the coach's skill evaluation of that student. Additionally, students must demonstrate an advanced degree of social-emotional maturity before team membership is granted.

Sports Physical Examination

Every athlete in the Copiague School District must receive a sports physical examination before trying out for a team. Only one exam is needed each school year, regardless of the number of teams for which an athlete tries out. This examination may be conducted by the school physician at no expense to the athlete or may be performed by a private physician. The school nurse will provide each coach with a list of the students who have been medically approved.

Pre-Participation Interval Athletic Health History Form

Every student-athlete must hand in a Pre-Participation Interval Athletic Health History form. A new form is needed for each sport season. The parent/guardian is responsible for filling out and signing this form. No student will be permitted to try out for or join an athletic team without having turned in a completed Pre-Participation Interval Athletic Health History.

5-Quarter Format

Many schools in Suffolk County compete in a "5-Quarter" format. While rules differ for each sport, one half of the team plays in the first, third and fifth quarters, while the other half plays in the second and fourth quarters. All points or goals count toward the final score. This format allows more athletes to participate.

When Do Teams Practice?

Athletes must expect to practice every day after school from 3:00 p.m. to approximately 4:30 p.m. Practice may also be held on Saturday mornings and on days when school is not in session. Practices will never exceed two hours in length. All members of a team are expected to attend each practice. If an athlete cannot attend, the coach must be notified before the missed practice.

Medical Insurance

The Copiague School District insures all students with a student accident insurance plan. This plan is intended to assist parents/guardians with the payment of bills resulting from any injuries that occur in school-related activities. This plan provides for payment that goes into effect after any personal insurance coverage has been utilized by the parent/guardian. We have the responsibility to caution you that injuries may occur as a result of participation in athletics. However, we can assure you that the number and severity of injuries have been extremely low throughout the years in the Copiague School District.

Concussion Overview

A concussion is a common but serious traumatic brain injury that alters the way the brain functions. Effects are usually temporary, but can sometimes result in prolonged difficulties with headache, memory, concentration, balance and other symptoms. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussions will vary. Avoiding re-injury and overexertion until fully recovered is the cornerstone of proper concussion management.

Children and adolescents are more susceptible to concussions and take longer than adults to fully recover. Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in interscholastic athletic activities will be removed from the game or activity and be evaluated immediately. Students requiring an evaluation will not return to play that day. The Copiague School District will notify the student's parents or guardians and recommend appropriate monitoring. New York State law requires return to play clearance following a concussion to be provided by the school's chief medical officer.

A student and parent information sheet on concussion management, including materials regarding concussion symptoms and safety, can be found under the "For Students - Athletics" section of the District's website, www.copiague.k12.ny.us.

Transportation

Late buses are available for all students participating in our sports program each day school is in session, at 4:40 p.m.

This run is a combined route with fewer stops. Parents/guardians must provide transportation on Saturdays and on days when school is not in session. A bus will take every team member to away games and bring each athlete back to school after the game.

When a team returns to school after 4:40 p.m., parents must provide transportation. Generally, home games finish between 5:30 p.m. and 6:00 p.m., and students will arrive back at school from away games between 6 p.m. and 7 p.m.

What Teams Are Available?

Our middle school athletic program offers a wide selection of athletic teams, which compete in four different seasons. All regulations governing these teams are set forth by the New York State Education Department and are strictly obeyed. A student may try out for one team per season. The seasons and teams available are as follows:

FALL (September 6-November 5)

Field Hockey	Girls Soccer
Football	Boys Soccer
Girls Tennis	Boys/Girls Cross-Country

EARLY WINTER (November 7-January 14)

Boys Basketball	Girls Volleyball
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LATE WINTER (January 17-March 25)

Girls Basketball	Wrestling
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SPRING (March 27-June 3)

Baseball	Gymnastics
Boys Lacrosse	Softball
Girls Lacrosse	Boys Tennis
Boys Track	Girls Track

2022-2023 ATHLETIC CALENDAR

FALL – SEPTEMBER 6

All Middle School Sports Begin.

EARLY WINTER – NOVEMBER 7

All Middle School Sports Begin.

(Teams may conduct tryouts for a maximum of three days during the week of October 31-November 4.)

LATE WINTER – JANUARY 17

All Middle School Sports Begin.

SPRING – MARCH 27

All Middle School Sports Begin.

(Teams may conduct tryouts for a maximum of three days during the week of March 20-24.)