

HARBORFIELDS
CENTRAL SCHOOL DISTRICT



ATHLETIC HANDBOOK

*FOR STUDENT ATHLETES
AND
THEIR PARENTS*

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Dear Parents and Student-Athletes:

Welcome to the Harborfields Central School District Interscholastic Athletic Program.

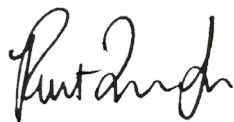
Parents and student-athletes are encouraged to carefully read the entire Athletic Handbook. This booklet contains information that will be important throughout each sport season. The handbook is progressive in nature, giving parents and athletes the philosophy and expectations of our interscholastic program, beginning with the modified middle school program, and culminating with the varsity level experience.

The guide gives parents and athletes a complete listing of all programs offered at each level, and the season of placement for each sport as it pertains to the middle school, with four sport seasons, and the high school, which conducts three sport seasons.

For your convenience, please log on to the **SECTION XI WEBSITE** (www.sectionxi.org). This new and improved website allows the athletic community access to high school and modified (middle school) scheduling information, game times, schedules, and directions to contest sites. In addition, the website posts high school varsity league and division standings, tournament brackets, seeding information, and other appropriate athletic information. It is an excellent source of information for all those involved in interscholastic athletics. Additionally, please visit the school district website (www.harborfieldscsd.net) and go to the Department of Health, Physical Education and Athletics for the latest information regarding athletics, upcoming meeting dates, and other pertinent information

If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact me at 754-5375. Go Tornadoes!

Sincerely,

A handwritten signature in black ink, appearing to read "Rob Franco". The signature is fluid and cursive, with the first name "Rob" being more prominent and the last name "Franco" following in a similar style.

Rob Franco

Director of Health, Physical Education, Nurse-Medical Services and Athletics

GOVERNING BODIES IN ATHLETICS

Interscholastic Athletics is governed by rules, regulations and guidelines as established by the **New York State Public High School Athletic Association (NYSPHSAA)**, which is directly responsible to the **State Education Department (SED)** and the **Commissioner of Education**.

The NYSPHSAA is comprised of eleven sections or chapters in the state of New York. Suffolk County, which is referred to as **Section XI (Suffolk County Public High School Athletic Association)**, is a member of the NYSPHSAA. It is the purpose of this organization to formulate and adopt policies that will enable public high schools to administer and govern interscholastic athletics in accordance with sound educational practices.

The NYSPHSAA and Section XI establish many of the rules, regulations and policies that govern public school interscholastic athletic competition. Season start and end dates, the Selection/Classification program (process for moving up), eligibility, schedules (dates of contests), placement (which opponents are played), contest rules, safety policies, practice mandates, postseason tournament opportunities (league, division, county and state play-offs) are some of the areas governed by these associations. Section XI also is responsible for the scheduling of all officials for all contests played in Suffolk County.

The Harborfields School District, as a member of the Suffolk County Public High School Athletic Association, is obligated to comply with state and section regulations. Therefore, our district policies must not be in conflict with those policies that govern Suffolk County public school athletic programs.

HIGH SCHOOL (JUNIOR VARSITY AND VARSITY) SPORTS PROGRAMS

<i>Fall</i>	<i>Varsity</i>	<i>JV</i>
Boys Cross Country	X	
Girls Cross Country	X	
Girls Field Hockey	X	X
Boys Football	X	X
Girls Gymnastics	X	
Girls Soccer	X	X
Boys Golf	X	
Boys Soccer	X	X
Girls Swimming	X	
Girls Tennis	X	X
Girls Volleyball	X	X
Cheerleading	X	X

<i>Winter</i>	<i>Varsity</i>	<i>JV</i>
Boys Basketball	X	X
Girls Basketball	X	X
Boys Swimming	X	
Girls Winter Track	X	
Boys Winter Track	X	
Boys Wrestling	X	X
Girls Wrestling	X	
Bowling (co-ed)	X	
Competition Cheer	X	X
Boys Fencing	X	
Girls Fencing	X	

<i>Spring</i>	<i>Varsity</i>	<i>JV</i>
Girls Softball	X	X
Boys Baseball	X	X
Girls Spring Track	X	
Boys Spring Track	X	
Girls Lacrosse	X	X
Boys Lacrosse	X	X
Boys Tennis	X	X
Girls Flag Football	X	

MIDDLE SCHOOL (MODIFIED) ATHLETIC PROGRAMS

Fall 7 and 8 combined

Girls Field Hockey	1
Boys Football	1
Girls Soccer	7 th Grade
Girls Soccer	8 th Grade
Boys Soccer	7 th Grade
Boys Soccer	8 th Grade
Boys/Girls Cross Country	1
Girls Tennis	1
Cheerleading	1

Early Winter 7 and 8

Boys Basketball	7 th Grade
Boys Basketball	8 th Grade
Girls Volleyball	7 th Grade
Girls Volleyball	8 th Grade
Competition Cheer	1

Late Winter 7 and 8

Girls Basketball	7 th Grade
Girls Basketball	8 th Grade
Wrestling	1

Spring 7 and 8

Boys Lacrosse	1
Girls Lacrosse	1
Boys Baseball	1
Girls Softball	1
Girls Track	1
Boys Track	1
Girls Gymnastics	1
Boys Tennis	1

PHILOSOPHY

Interscholastic athletics in the Harborfields Central School District is an outgrowth of our physical education and health program, and therefore is an integral part of the district's total educational program. The interscholastic competitive environment provides an opportunity for our participants to learn positive life skills, values and ethics in a climate that demands dedication, responsibility, self-discipline, cooperation, positive work ethic and respect for others. This program provides an opportunity for all to share their common interests, celebrate their differences, and appreciate physical competition as a lifelong process.

All involved in the program must show a personal commitment to the goals of the team, and make the personal sacrifices necessary in order to achieve success. Making such a commitment to excellence nurtures a sense of pride, loyalty and leadership qualities in an athlete, enabling the individual to become more resilient and better prepared to face life's challenges. This unique experience allows students to achieve their full potential as students, athletes, and citizens.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one measure of success. Ultimately, the real challenge is guiding the individual and the team to reach full potential. This is the true measure of achievement. The competitive athletic environment is one that demands respect for a full effort, and applause for those who rise to the challenge and accept the risk of defeat. Those who are successful in life are those who have learned to embrace challenge, and take personal risks. Dedication and self-sacrifice on the athletic field do not always result in victory over the opponent. However, if one strives towards reaching full potential, with passion and perseverance, personal victories that last a lifetime is the end reward, even though the win-loss record may not always meet expectations.

The Harborfields interscholastic athletic program offers a wide variety of individual and team sports. The experience begins with a modified four-sport season program, provided for middle school seventh and eighth grade students, progressing to a three-sport season high school program, which includes opportunities for participation in junior varsity programs and culminates with a varsity level experience for the elite athlete.

Modified Program Philosophy and Oldfield Middle School Policies on Athletics

Middle school "modified" programs, in general, offer an introduction to the world of competitive athletics. Sport activities offered are determined by the existence of leagues, student interest, facility availability, financial resources, and the relationship to the high school program. At this point, the focus is on learning basic skills and game rules, fundamentals of team play, social and emotional growth, and healthy competition. The emphasis is to provide an opportunity for children, through physical participation in a positive competitive environment, to learn about their capabilities and appreciate human physical potential. Athletes are introduced to the benefits of physical conditioning, and encouraged to become responsible for maintaining an appropriate fitness level. The "modified" program allows for game rules and requirements of play to be adapted matching the competitive abilities of young, inexperienced, middle school athletes, who have not yet reached emotional, social, physiological, or physical maturity.

While we would like to provide an opportunity for every athlete who expresses interest in a program, this is not always possible. While we try to avoid cuts at the middle school level, certain factors exist that must be dealt with by imposing a limitation on the number of students that can be accommodated in

specific programs. If the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of:

- 1) Financial resources
- 2) Qualified coaches
- 3) Suitable indoor or outdoor facilities
- 4) A safe environment and appropriate supervision

Coaches will do their best to maintain a balance between seventh and eighth graders who ultimately make the team. However, there is no “special consideration” given to either grade level as to who ultimately makes the team. In addition, making a team as a seventh grader does not translate into ‘automatically’ making the team as eighth graders since every new season each year offers a fresh start for all athletes wishing to tryout at the middle school level. Keep in mind that coaches will not consider athletic resumes as a condition for an athlete to make the team. An athlete’s youth sport accomplishment or how they perform in community, outside of the community, or travel teams will not factor in on a coach’s decision in choosing their team.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The NYSPHSAA and Section XI have established sport specific practice guidelines, which govern the number of practices that each individual and team must have in order to be eligible for competition. There are also established guidelines, which govern the number of contests allowed, and in certain sports, mandate days of rest between scheduled contests.

Coaches expect athletes to regularly attend five (5) practices a week lasting between one and one half to two hours in duration, in preparation for the six to twelve contests that are scheduled against opponents from other school districts. Occasionally, practices or contests will be scheduled on Saturdays, and on rare occasions, some vacation dates. Opportunities for meaningful contest participation for each team member will exist over the course of a season, providing that the athlete meets program expectations. Athletes in all programs, regardless of level, are expected to be committed and give a full effort to practice sessions, maintain a positive and cooperative attitude, and show a willingness to meet the team’s needs with respect to position and role. Every athlete is expected to demonstrate respect for others and promote positive sportsmanship. In addition, the athlete must have enough skill and physical maturity to safely participate in the competitive climate.

OLDFIELD MIDDLE SCHOOL ATHLETIC CODE OF CONDUCT

1. Athletes must keep fit and have their bodies in the best physical condition so that they are able to participate safely with maximum performance by:
 - A. Keeping regular training hours as prescribed by coach
 - B. Eating proper foods and balanced diets
 - C. Reporting for every practice unless excused by coach
2. Violations of the Athletic Code of Conduct whether it be at contests, in school, or in the community will lead to disciplinary action. Exact consequences, ranging from suspension from a team to exclusion from athletic participation, will be based upon the nature of the offense and the athlete's previous record of behavior.
3. Decorum
 - A. Athletes are expected to conduct themselves in an appropriate manner both on and off the athletic field, during and between seasons, in all dealings with coaches, officials, spectators, parents, and other athletes.
 - B. Use and/or distribution of alcoholic beverages by athletes is prohibited.
 - C. Use and/or distribution of any mood altering substance by athletes is prohibited.
 - D. Use of tobacco by athletes is prohibited.
 - E. Athletes are expected to observe the building disciplinary code. Failure to do so may result in disciplinary action that may affect athletic participation.
4. Coaches may adopt specific training rules for their sports.
5. It should be understood that students are responsible for all school equipment issued to them. All equipment must be returned to the coach at the end of the season or its loss paid for in full.
6. Once selected for a team, it should be agreed that the student has made a commitment to the team and to the school and that the student/athlete will fulfill all requirements of participation.
7. Athletes are responsible for notifying their coach in the event any injury occurs.
8. Attendance:
 - A. An athlete absent from school may not participate in practice or play in any game scheduled for that day unless approval by the Director of Athletics and Assistant Principal has been obtained.
 - B. An athlete shall be considered absent from school if he/she has not signed in before fourth (4th) period.
 - C. In-school suspension or out-of-school suspension shall preclude a player from participation in a sport during the suspension, including weekends.
 - D. It is the responsibility of the head coach to check the attendance list each day. Lists can be picked up in the Athletic Director's Office at the High School or in the Physical Education Offices at the Middle School.
 - E. Coaches absent from school due to illnesses are not expected to coach on that day. Personal days, field trips, Conferences, etc. are not included in the above provided time allotted for practice or game.

F. During tryouts, a student/athlete may not **QUIT** a team and try-out or join another team.

G. Unfortunately, if an athlete is cut after the tryout period, they may not tryout for another team during that same sport season.

9. Eligibility

Athletes are eligible – if you are a student in regular attendance 80 percent of school time, grades 7-12, and are meeting physical education requirements. Any student participating in any interscholastic activity must be passing physical education (satisfying all physical education requirements) during the marking period in which they are competing **AND** the preceding marking period.

10. The interscholastic athletic program is an extension of the school's physical education program. Any student participating on any interscholastic team must attend, participate and dress appropriately for physical education class. Students who do not fulfill this responsibility or are removed from physical education class for disciplinary reasons, **WILL NOT** be eligible for participation for practice / game on that day. Any student participating in any interscholastic activity must be passing physical education (satisfying all physical education requirements) during the marking period in which they are competing **AND** the preceding marking period.

OMS DISCIPLINE PROCEDURE FOR ATHLETICS

Students involved in athletics are required to meet coaches' and building expectations in order to continue to participate in the activity. The following procedure will be utilized to reinforce those expectations:

DISCIPLINE ASSIGNMENT

RESULT

AFTER SCHOOL DETENTION (ASD)*

1st Occurrence

- Warning to the student
- Parental notification

2nd Occurrence

- Suspension from team for one practice AND next game
- Parental notification

3rd Occurrence

- Removal from team
- Parental notification
- Administrative review if necessary

IN-SCHOOL DETENTION (ISD)*

1st Occurrence

- Suspension from team for two practices AND one game

OUT-OF-SCHOOL SUSPENSION (OSS)

1st Occurrence

- One week suspension from practices AND games
- Parental notification

2nd Occurrence (ISD or OSS)

- Return based on administrative conference
- Removal from team
- Parental notification

***Note:** Two After School Detention assignments is equivalent to one (1) In School Detention occurrence.

Exceptional seventh or eighth grader athletes may be permitted to try out for a high school sport under the State Department of Education program called New York State Advanced Placement Process. The guidelines for this program will be addressed later in this Athletic Handbook.

Tryouts will take place for all modified level teams. It is essential that all student athletes attend and be committed during the tryout period. NO student athlete will be offered a tryout after the tryout period has concluded. A student on vacation during a tryout period virtually eliminates themselves for team consideration due to missed practices. Therefore, attendance and commitment during the tryout period is mandatory to be considered for a roster slot. In addition, each year a new tryout will take place for each team. No position on the team is guaranteed due to the fact that the child may have already played on that team as a 7th grader. Each season and year brings about

a fresh start for all student athletes! Finally, due to the overwhelming interest in all sports at this level, a student athlete MAY NOT tryout for another sport within that sport season after they have been cut from their original team.

Junior Varsity Program Philosophy

The junior varsity program is intended for those who display the potential for continued development into productive varsity level players. Teams are comprised of mostly ninth and tenth grade athletes. In certain situations, juniors, who may be still viewed as potential contributors at the varsity level, may be allowed to participate on a junior varsity squad. This circumstance however, is more the exception to the rule. Each and every season is treated as a new year, and tryouts are conducted accordingly.

Skill, conditioning, work ethic, and reliability are big factors in an athlete's quest to move up. At this level, athletes are expected to have visibly committed themselves to the program and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, and social and emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and the quest for victory. The outcome of the contest does become a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity program and player. For all team members, meaningful contest participation will exist over the course of a season, providing the athlete meets program expectations. A specified amount of playing time, however, is never guaranteed. Athletes are expected to compete for a position, and earn their position in the starting line-up.

The time commitment of a participant involved in a junior varsity program is similar to that at the varsity level. Athletes and parents should be prepared for a six-day-a week commitment for games and practices. ***While practices are not held on certain religious holy days, the athlete will be expected to make a full commitment to scheduled team practices during vacation periods.*** With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level. Please note that each year brings about a 'new beginning'. A student athlete who was successful on the modified level does not guarantee an 'automatic roster slot' on the JV level.

Varsity Program Philosophy

Varsity competition is the culminating experience for each sport's program. It is an experience provided for the elite athlete, and is the most demanding and competitive of all programs. Although junior and senior athletes dominate most varsity team rosters, gifted ninth and tenth grade athletes are eligible for varsity level play. Although rare, it is also possible for a middle school student to be included on a varsity roster. Selection/Classification approval occurs, however, more frequently in those sports commonly classified as "individual" sports, such as tennis, golf, gymnastics, and swimming, etc. Prior participation in the program does not guarantee an athlete a spot on the roster, even if the athlete was a member of the varsity squad the preceding year.

Squad size at the varsity level is limited in many sports at the varsity level, although there are a few sports that will accommodate more numbers in practice and in competitive situations than others. However, even in those sports where cuts are not made in a given year, athletes must still understand that they may be denied an opportunity to participate unless they meet program expectations, especially

with respect to start dates, attendance and commitment. Athletes who do not meet program expectations will not be eligible to earn a letter award.

The number of participants on most varsity teams is a function of those needed to conduct an effective and meaningful practice, and to play the contest. It is vital that each member understands and accepts their role on the team, as the number of roster positions is relative to the student's acceptance of their individual roles in pursuit of team goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed, since the outcome of the contest becomes an important consideration at this level. **“Playtime is non-negotiable” and is left to the discretion of the coach.** In addition, every year presents a new opportunity for a student athlete to make the team. * **Making the team in prior years both on JV and Varsity does not automatically mean you will make the team the following year.**

A sound attitude and advanced level of skill are prerequisites for varsity play. Athletes will be expected to practice 2 to 3 hours per day, six days per week, **with commitment often extended into vacation periods for all sports seasons.** While practices are rarely held on religious holy days and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously. The expectation is the same for the starting player as it is for the limited role player, as every athlete involved on the team has a role in preparing the team for a demanding competitive schedule.

Please keep in mind that school teams take priority over travel and/or other outside leagues/teams that student athletes may be involved with. A commitment is expected to the school team over all else. Student athletes will NOT be granted approval to attend travel league /AAU/”showcases” and/or practices/competitions which may conflict with the school athletic schedules. Should a student athlete choose to attend a travel team contest which prevents them from fulfilling their commitment to the school team; they risk being suspended from games and/or the season. This is left to the discretion of the coach and athletic director.

A primary goal of a varsity team is to win a league or division title, and/or qualify for post-season play in sectional, regional or state competition. In the individual sports (cross country, tennis, wrestling, golf, gymnastics, swimming and track), opportunities are presented to dedicated team members to represent the district in individual championship competitions at the league, division, county, and state levels. **These opportunities are only provided, however, to those individuals who show a complete and on-going commitment to the team.**

CONDUCT AND EXPECTATIONS FOR STUDENT ATHLETES

Athlete's Code of Behavior

To be a member of a Harborfields interscholastic athletic team is considered a privilege, and each student-athlete should strive to perform to the best of his/her athletic and academic abilities. All members of the team should conduct themselves in a manner that reflects positively upon their school and promotes good health.

Schools afford athletes special programs and rewards not given to the general population. Therefore, athletes are expected to conduct themselves in a responsible and legal manner.

Violations of the Athletic Code of Conduct whether it is at contests, in school, or in the community will lead to disciplinary action. Exact consequences, ranging from suspension from a team to exclusion from athletic participation, will be based upon the nature of the offense and the athlete's previous record of behavior.

One of the services provided by our interscholastic athletic program is to promote health, and to prevent health problems, which in turn enhances individual and team performance. Because the use of drugs, alcohol, and tobacco prevent the normal development of a healthy mind and body, the following tenets must be accepted by those that participate in our interscholastic athletic programs:

- Student-athletes are expected to conduct themselves in a responsible and legal manner. Similarly, a school has a right to expect athletes to lead healthy lifestyles that exclude the use of illegal drugs and alcohol. Athletes must abide by our school policies, which support a drug and alcohol free environment. In accordance with school policy, no person may manufacture, use, possess, sell or distribute alcohol or any other drug, on school grounds or at school sponsored events. Additionally, any person exhibiting behavior, conduct, personal or physical characteristics that are indicative of having used or consumed alcohol, tobacco or any other drug/paraphernalia, vaping/vape pens risk suspension and expulsion from their team(s).
- In accordance with school policy, smoking, or the use of tobacco products, is prohibited on school grounds, and at school sponsored events. According to the American College of Sports Medicine, cigarette smoking is a major coronary risk factor. Also, current research shows a dramatic increase in oral cancer for individuals who chew tobacco. Nicotine, the major drug in tobacco, is a widely known stimulant that is highly addictive. Therefore, for obvious health, safety and conditioning reasons, athletes may not use tobacco products. The use of tobacco **in any form** is in direct conflict with an athlete's goal of excellence, which, in turn, can adversely impact the potential success of a team. **Students suspended and disciplined in school or being observed using tobacco-marijuana, vape pens and vaping, alcohol, and or other behavioral issues unbecoming of a student and student athlete will be held accountable as athletes and risk suspension and/or removal from their athletic teams in addition to the suspension issued by the high school administration.**
- The inappropriate use of prescription and over-the-counter drugs shall also be prohibited. Student-athletes are expected to use prescription drugs only with the consent of a physician and/or parent during the sport season. Parents are expected to notify coaches and the nurse/athletic trainer when their child is taking prescription medication.

HAZING

Hazing at any age can be exceedingly harmful. Hazing at the Middle School or High School levels are particularly troubling because the developmental stages of adolescence create a situation in which students are more vulnerable to peer pressure. This is due to the tremendous need for belonging, making friends and finding approval in one's peer group.

Hazing is defined as any action taken or situation created intentionally to produce a mental or physical discomfort, embarrassment, harassment or ridicule. Such activities may include, but are not limited to the following:

- use of alcohol
- paddling in a form
- creation of excessive fatigue
- physical or psychological shocks
- scavenger hunts
- morally degrading or humiliating games and activities which are not consistent with school district regulations and policies
- pushing, shoving, kicking, spitting, extortion,
- stalking, defacing property, demeaning use of violence, threats
- mocking, name calling, coercion, taunting, negatively teasing
- public humiliation, social rejection, rumor spreading ridicule
- slurs {ethnic, sexual, religious, or racial}
- wearing of public apparel which is conspicuous and not normally in good taste
- engaging in public stunts and buffoonery

SUBTLE HAZING: Actions that are against accepted school district standards of conduct, behavior and good taste. Any activity or attitude directed towards a student which ridicules, humiliates or embarrasses.

HARASSMENT HAZING: Anything that causes mental anguish or physical discomfort to the student. Any activity which confuses frustrates or causes undue stress.

Hazing is not about "traditions" or "silly antics." It is about abuse of power and violation of human dignity. Hazing is a form of abuse and victimization.

THE HARBORFIELDS CENTRAL SCHOOL DISTRICT AND HARBORFIELDS ATHLETIC DEPARTMENT DO NOT CONDONE ANY PRACTICE OF HAZING. THOSE THAT VIOLATE THIS POLICY WILL BE SUBJECT TO STRICT DISCIPLINARY ACTIONS.

PHYSICAL EDUCATION REQUIREMENTS

Because the interscholastic program is a direct outgrowth of the physical education program, all students must successfully pass physical education in the marking period preceding the sports season as well as the marking period during the sports season. Additionally, any student not participating in physical education for any reason may not practice or compete on that day. A student who attends physical education class late on any given day without a legal or justified excuse will not be allowed to participate in physical education on that day and subsequently, will not be permitted to practice or participate in a game or contest. An athlete who does not participate in physical education will lose the privilege of being on a school team.

IN-SCHOOL SUSPENSION-OUT OF SCHOOL SUSPENSION

Any student who is suspended in school will not be permitted to practice or participate in any athletic event for that day. Additionally, any student suspended out of school will not be permitted to attend or participate in any practice or athletic contest. Please note that any student athlete suspended either in school or out of school are subject to further consequences as it relates to their respective team. Any student subject to a Superintendent's Hearing (suspension beyond a 5 day period) risks expulsion or suspension from his/her team for a period of time determined by the high school Principal and/or Athletic Director.

SPORTSMANSHIP AND FAIR PLAY

- Visiting team members, students and adult spectators are guests, to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give.
- The visitors, in turn, are to act as invited guests, using the home school's facilities with care, while respecting the rules and customs of the home school.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their actions can relate directly to the success of their team.

SECTION XI SPECTATOR CODE OF CONDUCT

Spectators are an important part of the game and shall conform to accepted standards of good sportsmanship and behavior.

Spectators shall at all times respect officials, coaches and players, and extend all courtesies to them. While wholesome cheering is encouraged, taunting, foul and abusive language, inflammatory remarks and disrespectful signs and behavior are not acceptable. The school expects our adults and parents to set the tone for all spectators and serve as appropriate role models for all of our student-athletes. Please assist the school officials and coaches in providing a healthy educational climate that our school can be proud of, and by maintaining an appropriate competitive perspective throughout the contest.

Spectators shall observe and obey the rules and regulations of the school concerning tobacco, smoking, food and soft drink consumption, use of lavatory facilities and the parking of their vehicles on school grounds.

New York State law prohibits smoking and alcoholic beverages of any kind on school property. The law further prohibits any person under the influence of alcohol to be on school property.

Spectators shall respect and obey all school officials, supervisors, security and police at all athletic contests.

Spectators who fail to adhere to conduct expectations during a contest should be prepared to accept consequences for their inappropriate behavior. These consequences may include ejection from the contest site.

ATHLETIC DEPARTMENT POLICIES

Academic Expectations

The Athletic Department recognizes that the primary responsibility of student-athletes is their education. Therefore, the Athletic Department supports the concept that student-athletes should work to their potential in the classroom and be committed to achieving maximum academic success. The district maintains an academic eligibility policy and administrators have the right to determine a student's eligibility to participate in an athletic event. Therefore, athletes are expected to cooperate with guidelines established for those individuals who need to focus on greater academic responsibility and achievement.

Classroom and School Attendance

No student-athlete may participate in a practice, scrimmage or contest on a day when the student was absent from school, unless a school administrator grants special permission for the absence.

No student-athlete excused from a physical education class for medical reasons may participate in a practice, scrimmage, or contest on that same day. Note that Commissioner's Regulations dictate that a student-athlete is ineligible if he or she is medically excused from participation in a physical education class. *Any contest that an ineligible athlete participates in is deemed forfeit.*

If late to school, students must sign in at the attendance office, and present a legal note **by the beginning of fifth period for high school and fourth period for middle school in order to be eligible for activity on that day.** *

- **High School-must be in school by 10:43 a.m.**
- **Middle School-must be in school by 10:50 a.m.**

Students who demonstrate problems with school absences, tardiness, either excused or unexcused, are subject to suspension and/or dismissal from the team. Athletes are expected to get to school on time, and make a commitment to classroom attendance and demonstrate appropriate behavior.

Students who are suspended may not practice or compete during the suspension period. Students will not be permitted to play in their next regularly scheduled contest without adequate practice before the contest. The suspension period is not over until the athlete attends his/her next full day of school.

Coaches and administrators reserve the right to deal with those students who have been disciplined with "in school supervision" on an individual basis with respect to practice and/or contest eligibility.

Commitment to Practices/Games

Athletes are expected to attend every practice and contest, unless excused by their coach. If an athlete is in school attendance, he or she is expected at practice. There are no unexcused absences from practices or games. Excused absences are permitted for extra help (lateness only), death in the family or family illness, family emergencies, medical reasons, and religious observances. Timely communication between the coach, parent and/or athlete in this situation is essential. College visitations should be planned around the athletic schedule. Student athletes who cannot commit to the team schedule risk having consequences imposed on them from their coach that includes decreased playtime, not starting in a game, or suspension from game(s).

Opportunities exist for Harborfields' student-athletes, especially at the high school level, to participate on non-school sponsored teams, while participating on school-sponsored teams. When these situations occur, sound communication between the student-athlete, parent or guardian, coach and athletic administrator is mandatory.

Please keep in mind that school teams take priority over travel and/or other outside leagues that student athletes may be involved with. A commitment is expected to the school team over all else. Student athletes will NOT be granted approval to attend travel league /AAU/"showcases"/tournaments, and/or practices/competitions which may conflict with the school athletic schedules. Parents and athletes should not expect coaches to compromise their commitment expectations.

As discussed in the philosophy portion of this handbook, membership on a junior varsity or varsity team requires a considerable time commitment. The school district is responsible for monitoring the wellness and safety of each of our student-athletes. With this in mind, each situation involving outside school competition must be carefully evaluated on a case-by-case basis. Furthermore, any anticipated conflicts with regard to school commitment and program expectations must be brought to the attention of the coaching staff prior to tryouts

Family Vacations

When parents and student-athletes choose to take their family vacation during a sport season, it must be understood that the time missed by the student-athlete can affect team chemistry, personal conditioning, the performance level of individual, and the overall performance of the team. Each and every individual on the team has a role, not just in the game, but in the practice climate as well, regardless of how much playing time the athlete is experiencing. Commitment during the vacation periods involves self-sacrifice, not only on the part of the athlete, but the family as well. Attendance is mandatory during vacation periods as per the Varsity Athletic Vacation Policy that can be found on the school district calendar. Those athletes who do not attend school contests during the vacation breaks can expect to lose their position and/or playtime to another teammate based upon the discretion of the coach.

Homecoming Activities

It is encouraged that varsity coaches not schedule any athletic contests during Homecoming weekend festivities. Varsity Coaches are encouraged to schedule any non-league contest "home" so as to add to the overall "Homecoming" spirit and showcasing of all of our fall athletic teams and student athletes. Some scheduled "away league contests" on Homecoming may not be able to be moved as per Section XI policy but all attempts will be made to either reschedule those contests or move them to our home site. There may some extenuating circumstances that will warrant a team to participate during the Homecoming weekend. Whenever possible, those contests will be moved to the morning to allow athletes to attend the parade and football game. This will be used at the discretion of the varsity coach in consultation with the athletic director.

Varsity Athletic Vacation Policy

In order to ensure that students recognize and understand their responsibility as a member of the varsity team, parents and students are reminded that their participation requires attendance at all practices and games during non-school and vacation periods.

Therefore, student athletes must be prepared to participate in athletic practices or games that are scheduled during the following recesses: Thanksgiving, winter (December), mid-winter

(February) and spring (March and April). As a school district and members of the Suffolk County Athletic Association, we are committed to preparing for and honoring the contest schedule during these non-school and vacation periods. In addition to these periods, the fall sports season will commence on the Monday prior to Labor Day, with football commencing a week prior to this date. Consequently, all varsity athletes and their families are reminded to plan vacations accordingly. It is recognized that there may be situations of an emergency nature that may arise which would necessitate the missing of scheduled practices. The student athlete and family may request an exception from this policy by appealing to the Director of Athletics. Exemptions to this policy are rare.

All athletes should be expected to plan ahead and attend these practices and/or competitions, if they wish to remain on the team, maintain playing eligibility, and earn an award letter.

Therefore, student-athletes are expected to make a full commitment to the season, and notify the coach of any potential commitment conflicts at the start of the season, as soon as tryouts begin. A problem with commitment may impact the selection process.

Once selected for a team, an athlete is expected to finish the season. **As a general rule, an individual who drops out once selections have been made may not try out for another team that season. If the coaches of both teams involved make an appeal to the Athletic Director, and are both in agreement that a change would be beneficial, the appeal can be considered.** A student dismissed from a team for disciplinary reasons may not try out for another team that season.

POLICIES GOVERNING CONTESTS AND PRACTICE ON RELIGIOUS HOLIDAYS

According to the Holy Day Observance Committee Report approved by the Section XI Athletic Council, a Section XI member school may not schedule a contest or scrimmage on the following dates:

Rosh Hashanah	Holy Thursday
Yom Kippur	Good Friday
Christmas Eve	Easter
Christmas Day	First Day of Passover

Note: Individual schools may compete on these dates outside of Section XI (Suffolk County), for example at the Penn Relays on Holy Thursday, if the district approves such participation.

Harborfields teams will not practice on any religious holidays that are observed by the district.

SCHOOL SANCTIONED ACTIVITIES AND FIELD TRIPS

There are numerous educational opportunities for students in our school system. The athletic department supports school-sanctioned programs and trips, but also realizes that student-athletes who choose to participate in school trips or school exchange programs may miss substantial amounts of practice time, which affects personal athletic goals and team goals

Coaches, parents and student-athletes have a responsibility to each other, and parents are expected to plan and communicate well in advance of each sport season when considering participation in school sanctioned programs and/or trips. All attempts should be made to consider the practice and/or game schedule, and seek the advice of the coach before making commitments to plans. If an athlete's

personal commitments compromise team goals, or present a conflict with respect to the standards and expectations defined for all involved in the program, the athlete should be prepared to make a choice between his/her continued relationship with the team and their commitment to other personal goals.

NYSPHSAA TRANSFER RULE AND ELIGIBILITY

In accordance with the NYSPHSAA Transfer Rule, the eligibility of a high school athlete is impacted if the athlete transfers from one high school to another without a corresponding change of address of the parent. The rule states the following:

This eligibility policy governs transfers between private schools and public schools, or parochial schools and public schools. In essence, if an athlete leaves the Harborfields School District to attend a private or parochial school, and returns after his/her ninth grade year has begun, and there is no change of address of the parents, the athlete is ineligible to participate in any sport that they played in the preceding year. The rule is sport specific. A written request for appeal can be submitted to the Section XI Eligibility Committee for a student-athlete who transfers due to circumstances of undue hardship. Supporting documentation must be provided upon request.

Section XI deems any contest that has been played by a team with an ineligible player a forfeit. There is no appeal to the forfeiture.

POST-SEASON PLAY ELIGIBILITY

To be eligible for post-season play (sectional, regional, intersectional or state competition), a team must have competed in six (6) school-scheduled contests, which occurred on six (6) different dates, during the season. An individual is eligible to compete for the team if he or she has been an *eligible participant* on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season.

For football, a student must be an eligible participant for a minimum of three contests. Contestants in individual sports (cross country, golf, gymnastics, swimming and diving, tennis, track and wrestling) **must have represented their school** in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be completed prior to the conclusion of the team's regular schedule.

An athlete, who comes out late and/or misses part of the season due to injury, cannot come back and participate in post-season play without a medical waiver.

Note: In all cases, the number of contests referred to above must be officiated contests.

REQUIRED MEDICAL CLEARANCE

The Commissioner's Regulations mandate that all athletes must be given a physical examination prior to their participation in interscholastic athletics. Although the Harborfields School District does allow this physical examination be completed by a primary care physician, **our school district physician, in compliance with state regulations, must review the results of this examination and give final approval for participation in our interscholastic athletic program.**

The school nurse in each building will arrange for physical examinations to be given, free of charge, by a school physician three times a year. Exams for fall sports are given at the end of summer prior to the start of tryouts and approximately two to three weeks prior to the start of the winter and spring sport season. Our female athletes, if they choose, may be examined by a female physician/nurse practitioner and our male athletes can opt to be examined by a male physician. These arrangements need to be prior to the sport physical by communicating with the child's school nurse. Student-athletes are advised of this examination, in advance of the season, through school public address announcements, posted signs, and announcements in physical education classes. Coaches also hold preseason meetings, where student-athletes are notified of scheduled physical examinations.

Students should take advantage of the district's physical examination, as it is free of charge, and administered in the nurse's office in the school setting. Parents are not inconvenienced with cost factors or scheduled time. Furthermore, when the athlete is examined "in school" by the district physician in June for the fall season, or just prior to the start of the winter and/or spring season, the medical clearance process is simplified and timely. In order for an athlete to be scheduled for a school exam, appropriate forms must be picked up, in advance, from the school nurse, completed by parents, and returned to the health office in a timely manner.

If the athlete misses the scheduled exam dates, the only way to gain required clearance:

- The athlete can schedule an appointment with his or her own primary care physician to have the examination. The school district will assume no responsibility for fees that may be charged by the primary care physician. Please note that the school district requires that the physical examination form developed by the school district be USED by your private physician. Under no circumstances will a sport physical be accepted on your own physician's forms. The physical form can be found in all of the nurses offices. Additionally, it can be downloaded on the school district website under the "department of physical education and athletics." **The school district physician must review and approve any physical submitted by the family's physician.**

Students will not be permitted to participate in any practice or contest unless the coach has appropriate medical clearance from the school nurse. There is no exception to this policy.

MANDATES FOR PRIVATE PHYSICIAN CLEARANCE

- 1) **The private physician must use only Harborfields School District forms for the examination process (these forms can be found on the district website). A complete packet of forms with written instructions for the process must be picked up from the school nurse.**
- 2) **The private physician must conduct the examination and evaluate the athlete according to the criteria as indicated on the Harborfields physical examination form.**
- 3) **The parent must answer each and every question on the pre-participation health questionnaire and explain all "yes" answers. The physician must address all items listed on the exam and initial each finding. The form must be filled out in its entirety!**
- 4) **The private physician must sign and stamp the examination form.**
- 5) **All forms must be brought back to the *school nurse*, who will review the forms, and if complete, send the forms to our school district physician for final review and signed approval. No faxed copies of exams will be accepted. Forms should not be dropped off or mailed to the Athletic Office.**

If the athlete wants to ensure participation in tryouts, responsibilities must be taken care of in a timely fashion. There will be no exception to this state mandated policy, and no exception made for a student who does not meet the deadline for tryouts.

State mandates require that the date of the actual physical examination must be current for the full upcoming school calendar year.

The best time to schedule the exam with a private physician is a couple of days prior to the date set for our scheduled school exams. If this is done, the forms can be given to the nurse in time for the school physician to review the private physician's forms when the doctor is present at school. This avoids putting the forms in the mail to our school physician for review and avoids subsequent delay in approval.

Note: During the summer months, forms can be located in the main office, athletic office, or on the school district website where they can be printed. Upon completion of the exam, the district forms must be returned to the nurse, which will then be sent, by mail, to the school district physician for final review and approval. This process requires time and the athlete runs the risk of missing tryout dates when the medical clearance process is not completed in a timely manner.

Updated Interval Health History Form

An athlete is required to have one physical exam for athletic participation in the school calendar year. If the date of the physical examination is not within thirty (30) days of the start of a given sport season, the state requires that an updated Interval Health History Form be completed and on file in the school health office.

Note: An answer of "yes" to any questions on the Interval Health History Form does not mean automatic disqualification from an interscholastic athletic activity. However, it will require a review and approval by the school physician before the student can report to practice and tryout.

REQUIREMENTS FOR TRYOUTS

Athletes are expected to participate on the first day, and all other dates of tryouts. Athletes who miss the official start date, and express a late interest in tryouts may be denied the opportunity to participate in the program. In those programs where cuts are made coaches are expected to make their final selections from those who are in attendance at tryouts. Exception to this policy can be considered for those athletes that have a documented medical illness or an injury. Consideration will only be given to those that notify the coach or Director of Athletics in advance of the tryouts.

As mentioned previously in this guide, commitment is vital to the success of all involved. There is undoubtedly a sacrifice to be made, not only on the part of the athlete, but on the family as well. Athletes and parents are expected to make certain that personal plans and work schedules are adjusted so as not to conflict with tryout dates, practices, and contests.

Each year is viewed as independent of another with respect to tryouts, and the tryout is open to all. Athletes who were involved with the program the year before are not "guaranteed" a place on the team roster in the next season. All athletes should be prepared to "compete" for membership every year. Some students mature from one year to the next, and may be included on the team after having been cut the year before. Athletes can gain a potential advantage when they make more of a visible commitment to the program and improve significantly after having been involved in summer camps, summer league

play, or community and organized club programs out of season. As was mentioned previously, as the level progresses to the varsity level, the size of a team becomes more a function of those needed to conduct an effective and meaningful practice and to play the contest.

A note for seniors: One of the most difficult situations coaches face is the dilemma of the senior who has been in the program for years, and now is viewed as a limited role player. Seniors will not be accommodated with a junior varsity experience, as this is considered a developmental program. At the varsity level, the best will play, regardless of age, as long as program expectations are met. Coaches are encouraged to be honest with seniors, and if it is clear to the coach during tryouts that the role of the senior will be limited, that information will be communicated. The senior presented with the opportunity to remain in the program with a limited role must be prepared to accept this role, and still meet all the expectations of the program with respect to attendance and work ethic, while still showing support for the team. This is a difficult challenge, and the senior must be willing to meet this challenge with a positive attitude if he or she wishes to remain a part of the team.

If a coach feels that the senior has reached the limits of his or her potential, and the athlete is incapable of adjusting to limited role expectations with a positive attitude, the coach may not provide the senior with the option of staying on the team.

NYSPHSAA ATHLETIC ADVANCEMENT PROGRAM

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

The Athletic Advancement program was designed for **mature and exceptionally skilled students** to advance to a more challenging level of play, and to provide an opportunity for less developed students to participate at an appropriate lower level that is suited to their development and ability. It is aimed at the few select student-athletes who can benefit from such a placement because of their **level of readiness and never because of the lack of a particular team on the middle school level.**

A criterion has been formulated by the State Education Department, which gives an accurate measurement for eligibility, and highlights the inherent differences in the various individual and team sports. The Commissioner of Education (Section 135.4) governs rules, regulations and guidelines for this program.

Normally, a student is eligible for high school athletic competition in a sport during each of four consecutive seasons, commencing with the youngster's entry into the ninth grade. However, by satisfying the requirements of the Advanced Placement Program, a student may receive extended eligibility to permit:

- a) Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or

- b) Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

Implementation of the NYS Athletic Advancement Process

The Harborfields School District participates in the ATHLETIC ADVANCEMENT PROCESS and provides an opportunity for middle school athletes to move up in all sports, **with the exception of Football and Winter Track. However, it is a rarity for student athletes to be considered for the Advanced Placement Program due to their age and the physical, emotional, and maturity issues associated with bypassing a level of competition. Only middle school students who are deemed exceptional/elite athletes and pass all of the requirements and testing for the Advanced Placement Process may be considered for the VARSITY level only.**

In Football, a high contact sport, all athletes will compete on level, for reasons of safety and physical maturity. A huge difference in physical maturity exists between a seventh or eighth grade middle school athlete and the boys that participate at the junior varsity level. This mismatch in size, speed and strength could potentially endanger the safety and well-being of the athlete.

In Winter Track, even though the middle school girls and boys are not provided with an opportunity to participate in a modified program, they are not permitted to participate in our high school winter track program. The competitive climate at the high school in winter track presents too many concerns with respect to academics and supervision. The contest schedule for indoor track involves late evening competition during the week, and an extensive travel schedule, which results in student-athletes returning back to school at very late hours. In addition, the competitive environment also presents major concerns with respect to supervision, at both practice sessions and competitive events. Opportunities are provided however, for qualified boys and girls at the middle school level to participate in the Advanced Placement Process and become involved in our spring outdoor high school track program.

Moving Up and Bypassing a Modified Program

For those sports where a seventh or eighth grader is presented with an opportunity to participate in a modified program at the middle school level (basketball, soccer, cross country, field hockey, baseball, softball, spring track, volleyball, wrestling and lacrosse), the **Advanced Placement Process applies to only those students who are considered to be “elite” athletes.** In order to bypass a middle school experience, the particular athlete must be a very gifted individual, someone who would be viewed by our coaching staff to be a “blue chip” athlete. In most cases, this evaluation would be based upon the athlete’s performance level in our middle school program as a seventh grader. This athlete would be expected to potentially play a major role at the varsity level as an eighth grader, and would be viewed as a youngster that would potentially qualify for post season play as a competitor in an individual sport. Please be advised that it is **rare** that an athlete is approved to skip the seventh or eighth grade middle school experience to play in a high school program. The athlete should demonstrate exceptional skills that would be on par with those of a varsity athlete.

The **head coach** in the particular sport initiates the process based upon their visual assessment of the athletes in addition to consultation with the athlete’s middle school coach and physical education teacher. Parents are notified by the head coach that their child may be a candidate for the Advanced Placement Process. **In addition to the criteria mentioned above, the social and emotional maturity of each athlete is carefully assessed, along with the student’s academic profile.**

Once an athlete meets or exceeds the ‘exceptional’ criteria to become a candidate for consideration of the NYS Advanced Placement Process, a mandatory meeting will take place with the candidate, parents, head varsity coach of that program and athletic director. The athletic director will explain the process in detail and parents will be asked to sign several permission forms as required by New York State Regulations in order for to initiate the process. In addition, parents will be instructed to have their own physician conduct a maturation screening for their child as required before the process can move forward.

Once all paperwork has been received by the athletic director, a committee of coaches, administrators, school nurse and the school district physician will meet to determine whether the student athlete meets the various criteria for this process (Oldfield Middle School Advanced Placement Process Review Committee). It is expected that those athletes recommended for participation in the Advanced Placement Process demonstrate a commitment to academic achievement. The competitive demands of a high school program are greater than those at the middle school level, and participation at a higher level will present a challenge with respect to time management skills and a student’s commitment to academic achievement. In addition, any behavioral issues at the middle school level may negate the child from being considered for advancement in the process.

Most practice sessions at the high school level begin at 2:35 p.m., presenting an immediate dilemma with respect to the later dismissal time of the middle school student, and the required daily travel time from the middle school to the high school. Furthermore, the travel schedule at the JV and Varsity level presents additional concerns as many of the bus departure times for contests are scheduled before the end of the middle school academic day. **** It is the responsibility of the parent, not the school district to provide transportation each day from the middle school to high school. Students at OMS will NOT have schedules and classes altered to accommodate early release time, or will be permitted to leave school early to attend to practices and/or contests at the high school level. Parents must transport their child to away contests, as the high school bus will not wait for the student at OMS to arrive. The athletic director will explain and review this information with the parents of the child being considered for this process at the initial meeting. The process will not begin until the parent and child have signed a form that they understand the policy and procedures /guidelines approve of the selective classification process.**

Standards of Performance and Fitness Testing

If the athlete candidate is approved to participate in the Advanced Placement Process, the following procedures apply:

- a) The child’s own physician must administer a physical examination/tanner scale reading which will determine the athlete’s physical health and readiness through a state-mandated examination and a physical maturity evaluation. If the child’s physician does not approve the New York State Advanced Placement Process Tanner Scale Screening for the specific sport and level required, the process may be considered to be over and will not proceed any further. However, the school district medical physician has the authorization to take into various factors in allowing the candidate to continue with the process (height, weight, bone density, strength compared to student’s their age) If the scale rating complies with the standard, parents will be instructed to return this form completed and signed by their physician to the Athletic Director’s office. The school district physician is required to review and sign off on this maturation screening conducted by the child’s private physician.

- b) An authorized physical education teacher, appointed by the Director of Athletics, must administer the Presidential Physical Fitness Exam, as required by the State Education Department. No one else other than the designated district staff member may administer the required tests. **The athlete must pass 4 out of the 5 elements to the physical test.**
- c) Once medical clearance has been evaluated and approved, and the physical performance standards are met, and the Advanced Placement Review Committee gives authorization, the athlete will be permitted to participate in tryouts for a three-day period (possibly longer for those trying out for golf or tennis). At the end of the tryout period, the high school head coach must give a final evaluation to the Director of Athletics.
- d) The athlete will be contacted with the final decision immediately after the three-day tryout period. If the athlete is denied the opportunity to participate in the high school program, he or she will still be eligible to participate in that sport, if offered at the modified level. (Note: There is an exception with boys' basketball due to the conflict in start dates for the modified program and high school program). **Once an athlete is selected on the high school team roster, that individual is no longer eligible to participate in that sport at the modified level.** In addition, once the athlete becomes involved with the high school program, he/she cannot reverse the process, change his/her mind, and return to the modified program in that sport once the tryout period (three days) has elapsed, and the selection has been made.

Note: An athlete who has already been selected on a middle school team is not eligible to try out for a high school sport if that season overlaps their current middle school playing season. (For example, an athlete playing on the middle school girls' basketball team or wrestling in the late winter season may not quit that team to try out for high school girls' tennis or a middle school wrestler may not quit to try out for the boys' lacrosse team). A practice cannot count at the high school level if the athlete is still 'in season' at the middle school.

Timeline for Completion of Advanced Placement Process:

Since the Advanced Placement Process takes a considerable amount of time, evaluation must begin early enough for the athlete to complete all testing before the first day of scheduled high school tryouts. Communication with the high school varsity coach is essential in helping to determine program demands and requirements before such a decision is made.

*****The high school fall sports season begins before school starts, and it is imperative that the Advanced Placement Process be completed before the first week in June. (**There will be no consideration for requests over the summer months since the process is time consuming and quite involved necessitating personnel who are not available over the summer months). For high winter sports, the deadline for the selective process to begin will be no later than the first week of October. And finally, for high school spring sports, the deadline is no later than the first week of January.**

WELLNESS AND SAFETY

Coaching Certification

All Harborfields coaching personnel are certified in accordance with NYSPHSAA standards. As per state mandates, all coaches employed in our district are certified in CPR, First Aid and AED. In accordance with state mandates, Harborfields will always look to find qualified, certified educators to fill coaching assignments. If such a qualified educator is not available, the district may appoint a non-certified teacher as a coach.

Each coach is responsible for guiding his/her student-athletes through practices, scrimmages, and games appropriate for their age and level of play. These activities are conducted so that the physical welfare, health, and safety of the participants is protected and fostered. The coach is responsible for teaching physical skills, moral values, sportsmanship, ethical conduct and fair play, in accordance with school philosophy. All activity should always be conducted in an appropriate educational environment.

The Role of the High School Athletic Trainer

Athletes and parents must recognize the risk of injury that may occur during physical activity. Our staff is prepared to address injury needs, and is trained to provide appropriate first aid in an emergency.

Harborfields provides a certified athletic trainer at the high school level, to provide emergency medical services for injured and rehabilitating athletes. This professional is qualified to develop prevention strategies through appropriate training methods and physical conditioning programs. The athletic trainer insures proper follow-up care after an injury, and consults with the parents, school nurse, coach, and the school district physician when such communication is beneficial to the well-being of the athlete. It is vital for our athletes and/or parents to bring illness, medical problems or injuries to the attention of the athletic trainer, school nurse and coach as soon as possible.

Emergency Plan

Please be advised that the Harborfields School District has a comprehensive emergency medical plan in place, in the event of an accident or injury that occurs during practices or games. If the injury or illness requires a high level of care, the EMS system will be activated and emergency services called. If the athlete is injured in a practice or game on the home site, and transported to a medical facility, the athletic trainer, a member of the coaching staff, or school personnel will accompany the athlete in the ambulance, wherever possible. The coach shall notify the school nurse, and an accident report will be initiated within twenty-four (24) hours of the incident.

When an emergency occurs at an away contest, and there is only one coach, the decision made must protect the interests of all the athletes involved. In these circumstances, if the parent or guardian is not present, it is appropriate to send the coach or other school personnel with the injured player to the hospital. Therefore, it is critical that coaches have emergency contact numbers where a parent, family member, or designee can be reached during practices and contests.

Student-athlete Accident/Insurance Claims

The Harborfields School District provides **reasonable and customary coverage for claims in excess of a parent's underlying health insurance coverage.**

Coaches will direct athletes and parents to use their family HMO, PPO, etc. program as required, in order to be eligible for reimbursement of benefits payable under our excess coverage medical plan. In some cases, total costs for medical expenses will not be reimbursed, as the plan is based upon reasonable and customary coverage.

Parents and athletes should communicate with the school nurse to insure full compliance with district procedures.

Return To Play After Injury

Any student-athlete under treatment by a private physician must have written permission from his/her physician in order to return to active status in the sports program. If an athlete misses five (5) days of practice due to illness or injury, he or she must be given clearance by a private and/or school physician before returning to play. In addition, if a student athlete injures themselves which necessitates a visit to the hospital and/or personal physician, **a clearance note MUST accompany** that athlete before approval is issued for them to return to competition. The school physician has the final authority to determine the physical capability of a student to participate in a sport.

Head Injuries

It is well known that participating in sports can be a highly rewarding experience. However, there are certain risks an athlete must face while involved in competitive athletic situations. One of these risks is the potential for injury. While most injuries are minor and heal over time, one cannot overlook the seriousness of head injuries.

Head injuries may occur in a number of ways: contact with another player, contact with the ground or other equipment, or a sudden movement or rotation of the head without a force. A mild brain injury may produce various signs and symptoms, which include dizziness, headache, nausea, and blurry vision. A more serious trauma to the head may result in loss of memory and/or brain function. Other types of head injuries can cause small tears and result in bleeding in the brain, a sub dermal hematoma. If a player returns to competition too soon, he or she may also be in danger of second impact syndrome, in which a mild head injury can become potentially fatal.

Head injuries in school interscholastic athletic programs have increased in numbers as the level of competition has risen. Therefore, Harborfields has taken special precautions to insure the safety of all athletes:

- 1) The pre-participation examination health questionnaire screens all athletes for a history of their head injuries. Please give as much information as possible about any head injury that may have occurred in the past.
- 2) The high school athletic trainer addresses each coach and team about the dangers of head injuries and monitors all athletes who sustain any head injuries during the season.
- 3) Student athletes at the high school level are pre-screened by the athletic trainer prior to their entry as a ninth grader by taking a concussion management test on a computer. The data is collected and

stored on a computer network for the duration of the student athlete's high school athletic career. If a head injury occurs, the student athlete will be administered a post-concussion exam to compare pre and post test data. This data will be shared with experts in concussion management, along with private and school district physicians.

- 4) All coaches make certain that an athlete who has experienced a head injury is immediately brought to the attention of the athletic trainer. Head injury instructional guidelines are followed, with appropriate parental notification.
- 5) Any athlete, at any level, who suffers a head injury, is required to see a primary care physician and obtain medical clearance before returning to play. The school physician reserves the right to determine the capability of an athlete to return to a sport, and may, in certain instances, require clearance from a specialist (neurologist, etc.).

Concussion Management Law (effective July 1, 2012)

Effective July 1, 2012, new legislation went into effect that mandates certain procedures and protocols that school districts must follow when any student or student athlete suffers a concussion. The below information highlights the Board of Education approved policy, as well as protocols and procedures as mandated by the New York State Education Department:

Policy: (adopted, September 2012):

The Harborfields Central School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed properly. Therefore, the District adopts the following policy and to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury that occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and overexertion until fully recovered are the cornerstones of proper concussion management.

While District staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses and other appropriate staff will receive training to recognize the signs, symptoms or behaviors consistent with a concussion. Faculty education will be provided at an annual presentation at faculty meetings. The education of parents/guardians and students will be accomplished through preseason meetings for sports teams, information sheets included in the pre-season medical clearance packet or information provided on the Harborfields School District and/or the NYS Department of Education web sites.

Any student exhibiting those signs, symptoms or behaviors while participating in a school-sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by a licensed physician. The certified athletic trainer, coach, school nurse, or other District employee in charge of or supervising the activity will notify the student's parents or guardians and recommend appropriate monitoring to them.

A Concussion Management Team will be established consisting of the chief medical officer, certified athletic trainer, school nurse, coach of an interscholastic team, director of physical education health and athletics and member of the support staff, to assist and guide the implementation of this policy and regulations.

In the event of any concussion, regardless of where it was sustained, the student shall not return to school or activity until authorized to do so by a licensed physician. The school's chief medical officer will review all physician clearances and make the final decision on return to activity including physical education class and after-school sports.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity the District expects the parent/legal guardian to report the condition to the school nurse so that the District can support the appropriate management of the condition.

A student may not return to physical activity (i.e. physical education class, recess, and interscholastic activities) until they are medically cleared by the chief medical officer and has passed a gradual progressive return to play protocol.

Students recovering from concussion can experience significant academic difficulties due to impaired cognitive abilities. Accordingly, academic accommodations will be available to the student recovering from concussion both to ensure academic progress and to set the conditions for optimal medical recovery.

The Superintendent, in consultation with appropriate district staff, including the chief school medical officer, will develop regulations and protocols to guide this policy.

Concussion Management Procedures:

Protecting students from head injuries is one of the most important ways to prevent a concussion. The District will ensure that education, proper equipment, and supervision are provided to school staff, students, and parents/guardians to minimize the risk. Instruction will be mandatory for all physical education teachers, coaches, assistant coaches, volunteer coaches, nurses and certified athletic trainers that regularly work with student-athletes. Training will include, but not limited to:

- the definition of a mild traumatic brain injury
- the signs and symptoms of mild traumatic brain injuries
- how mild traumatic brain injuries may occur
- practices regarding prevention
- information on post-concussion and second impact syndromes
- guidelines for the return to school and school activities of a pupil who has suffered a mild traumatic brain injury, regardless of whether such injury occurred outside of school
- the emergency protocols & procedures school staff should follow when a concussion occurs
- information on available area resources for concussion management and treatment

Particular emphasis will be placed on the fact that **no** athlete will be allowed to return to play the day of injury and also that **all** athletes will obtain appropriate medical clearance prior to returning to play or school. The training for coaches and physical education teachers will be satisfied by completing the NYS Department of Education approved online training course:

www.nfhslearn.com

Nurses and certified athletic trainers will satisfy the requirement by completing the NYS Department of Education approved online training course:

www.preventingconcussions.org

At the completion of each course the registrant will obtain a certificate of completion that will be placed in their permanent file. The certification will be renewed biennially. Also, a review of the Harborfields Concussion Management Policy (HCMP) will be included in the biennial CPR/AED re-certification course.

Faculty education will be provided in an annual presentation at a faculty meeting. The emphasis of the program will be the significant academic difficulties students recovering from concussion can experience due to impaired cognitive abilities. The program will foster the understanding that academic accommodations should be available to the student recovering from concussion both to ensure academic progress and to set the conditions for optimal medical recovery.

The education of parents/guardians and students will be accomplished through preseason meetings for sports teams, information sheets included in the pre-season medical clearance packet or information provided on the Harborfields School District or the NYS Department of Education web sites. The information will include, but not be limited to the:

- importance of not initiating contact with another player with their head or to the head of another player during physical education classes or interscholastic athletics
- instruction and encouragement to play with their head up and be totally aware of what is going on around them
- definition of a concussion
- signs and symptoms of a concussion and how they occur
- management of concussion
- protocol for return to school and return to activity or interscholastic athletics
- importance of students informing their parent/guardian and/or appropriate school staff when they or a fellow student have sustained a concussion
- importance of a medical evaluation should a concussion occur and the guideline for return to school and activities

The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school-sponsored activity. Parents will be made aware of the school district's policy and how these injuries will ultimately be managed by school officials. A signed consent form by the parents will attest to their understanding of the HCMP and will be a requirement for a pupil's participation in interscholastic sports.

A thorough concussion history will be part of the pre-participation questionnaire. The history should include dates of previous concussions, length of incapacitation and medical clearance. This information will be shared with the certified athletic trainer (ATC), the athlete's prospective coach and physical education instructors so they are aware of the past medical history.

Interscholastic athletics, extramural & intramural activities, physical education classes and recess present a higher than average risk for concussions. To reduce the potential risk

- the physical layout of the facilities and their emergency safety plans
- all playground equipment will be in good repair and all play surfaces will be composed of child safety approved materials
- the physical education program will promote safety practices and equipment will be used safely and correctly
- the interscholastic coaches will give proper instruction on the rules of the sport, defining unsportsmanlike conduct, and enforcing penalties for deliberate violations
- all helmets (lacrosse, baseball, and softball) will meet standards set by the National Operating Committee on Standards for Athletic Equipment (NOCSAE) and will be re-conditioned and certified according to manufacturers and NOCSAE specifications
- the coach will carry their team's emergency contact information, their past concussion history and the Harborfields medical emergency card to all practices and games

- a concussion symptom checklist and a blank Sideline Assessment form will be kept in the team's first aid kit

Baseline Assessments

The goal of preseason baseline testing is to develop an individual baseline of neuro-cognitive ability. The tests, Sports Concussion Assessment Tool 2 (SCAT2) and Immediate Post-concussion Assessment & Cognitive Testing (ImpACT) are designed to establish baselines in order to provide potentially useful information by which to compare and interpret post-injury test data. The data will help the staff determine the neuro-cognitive function following concussion and assist in evaluating an athlete's ability to return to play after suffering a concussion.

The SCAT2 tool represents a standardized method of evaluating injured athletes for concussion. The Chief Medical Officer (CMO), ATC or nurse immediately following a concussive event, will use it as an assessment tool.

The ImpACT test evaluates concussions through computer-based neuro-psychological testing. It measures multiple aspects of cognitive functioning in athletes.

Baseline scores using ImpACT will be obtained biennially.

As stated in the Zurich Consensus Statement on Concussion in Sport (McCrory et al, 2009), the application of neuropsychological testing in concussion has been shown to be of clinical value and contributes significant information in concussion evaluation. At the same time, the District recognizes that neuropsychological assessment should not be the sole basis of concussion management decisions, nor should it be conducted or used in isolation from appropriate professional consultation and supervision, such as that which can be provided by a physician trained and experienced in the neurocognitive assessment of concussion. Moreover, it is also understood that the assessment and management of concussion continues to be an evolving practice and science, and there are currently various approaches to the role and application of neuropsychological testing in concussion.

Identification of a Concussion

Any student who is observed to, or is suspected of, suffering significant blow to the head, has fallen from any height, or collides hard with another person or object may have sustained a concussion. The staff member who observes or learns of the possible concussion must immediately remove the student from athletic activity and/or physical activities and institute the Emergency Action Plan. The student should be observed for the symptoms of concussion until an evaluation can be completed by a medical provider. Symptoms of a concussion include but are not limited to:

- Headache or head pressure
- Confusion or dazed appearance
- Amnesia – retrograde (can't remember events before blow) / antegrade (can't remember events after blow)
- Balance difficulties or dizziness
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea and/or vomiting
- Irritability, sadness or change in personality
- Feeling sluggish or lightheaded
- Concentration or focusing problems
- Slowed reaction time
- Fatigue and/or sleep issue

- Loss of consciousness

Students who develop any of the following signs, or if signs or symptoms worsen must be seen and evaluated immediately at the nearest hospital emergency room:

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened – loss of consciousness
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbness in extremities; facial drooping
- Unsteady gait
- Change of pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Blood draining from the ears and/or nose

Any student, who is suspected of having a concussion, should be removed from Athletic activity and/or physical activities (e.g., recess and physical education class) and observed until an evaluation can be completed by a medical provider. At no time should a student diagnosed with a concussion be returned to athletic activities until at least 24 hours have passed without symptoms and the student has been assessed and cleared by a medical provider to begin graduated return to activities. Students removed from athletic activities at school for a suspected concussion must be evaluated by and receive written and signed authorization from a physician in order to return to athletic activities in school. All authorizations will be reviewed and approved by the Chief Medical Officer.

Students, whose symptoms worsen or generally show no reduction after 7-14 days, should be recommended to see a neurologist or other medical specialist in traumatic brain injury in consultation.

Initial Sideline Assessment

When an athlete shows any signs or symptoms of a concussion:

- The player will not be allowed to return to play in the current game or practice.
- The player will be assessed at the time of the injury by a member of the District's medical staff (chief medical officer, nurse or certified athletic trainer) using the SCAT2.
- If the District's medical or athletic training staff is not available, the coach is responsible for immediately removing the athlete from play and either contacting the medical staff for further instructions or if off-campus asking the local medical staff or certified athletic trainer for assistance.
- Any athlete sustaining any loss of consciousness will be immediately transported by ambulance to the nearest medical facility. Either a Harborfields school district employee or the athlete's parent will accompany the athlete to the medical facility.
- It is the responsibility of the ATC to contact the athlete's parents in the event of a head injury. Parents are to refer to the Head Injury Home Care Instructions given to each athlete at the beginning of the season. If parents have further questions they may contact the district's ATC or the school nurse.

Return to Play

Return to play (RTP) following a concussion will involve a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These return to play recommendations are based on the most recent international expert opinion (*Consensus Statement on Concussion in Sport – The 3rd International Conference on Concussion in Sport, Zurich, and November 2008*) and will remain in effect until new medically recognized guidelines have been established. The Return to Play Protocol (RTPP) are as follows:

- No student will be allowed to return to play without clearance from a medical professional and is cleared by the Chief Medical Officer.
- Beginning day two after concussion, the athletic trainer will administer the symptom checklist every other day until symptoms resolve. Once baseline values return for the symptom checklist, the ATC will administer the SCAT2 test. Once the SCAT2 values return to baseline, the ImPACT neurocognitive computer-based test will be administered. Once the ImPACT test returns to 90% of baseline, the athlete will complete a graded return to play protocol under the supervision of the certified athletic trainer.
- The athlete must have a signed release by the treating clinician before she/he may begin the return to play progression (RTPP) (provided there are no other mitigating circumstances).
- A medical clearance by the treating clinician will occur before full practice or contact.
- If any symptoms return during the RTPP, the athlete will stop the protocol, wait until the symptoms subside and return to the previous level. The Athletic Trainer and/or School Nurse along with the Chief Medical Officer will be notified if the student develops symptoms during the RTPP.
- The Athletic Trainer and/or School Nurse along with the Chief Medical Officer will be notified when the student successfully completes the RTPP.
- The return to play steps are as follows:
 - **Level I** - Low-impact aerobic activities (i.e. stationary bike, elliptical machine)
 - **Level II** - Moderate aerobic activity fundamental to the specific sport.
 - **Level III** – Sub-maximal aerobic activity fundamental to the specific sport.
 - **Level IV** - Begin non-contact skill drills specific to the sport.
 - **Level V** - Full contact in a practice setting.
 - **Level VI** – Return to game situation

Post-Concussion / Ongoing Assessment

- While the athlete is symptomatic, he or she should be medically excused from physical education classes, recess and other recreational activities until the athletic training staff clears the athlete to participate.
- The Athletic Trainer and/or School Nurse along with the Chief Medical Officer will be notified when the student successfully completes the RTPP.
 - The District will ensure that no athlete sustaining a concussion will be academically penalized as a result of poor cognitive ability. The CMT will consult with teachers or give the student a medical note to be excused from any homework and/or exams if they experience increased symptoms with mental exertion (reading, working on a computer, test taking, etc).
 - Students with a concussion require Cognitive rest. Cognitive rest requires that a student avoid participation in and/or limit activities requiring concentration or mental stimulation including but not limited to: Computer Games, Television viewing, Texting, Reading, Writing,

Studying, Test taking, Loud music, and Bright lights. The duration and quantity of Cognitive rest varies depending on the severity of the concussion and will be determined on an individual basis.

- Any loss of consciousness, signs/symptoms lasting 7 days or longer or repeat concussions will require a minimum 7 day asymptomatic period and medical clearance before beginning the RTPP and will be managed on an individual basis as approved by the CMO. The asymptomatic period for any concussion may be extended at the discretion of the CMO.
- A 504 plan should be developed for students whose concussion symptoms are significant or last longer than 6 months.
- Physician clearance notes inconsistent with the District's concussion management policy may not be accepted and such matters will be referred to the CMO.

Safety Concerns for Male Athletes

Although not required by the rules of all specific sports, it is recommended that all athletes consider wearing an athletic supporter and protective cup for all sports defined by the State Education Department as Contact/Collision (football, lacrosse, soccer and wrestling), and for those sports defined as Limited Contact/Impact (basketball, basketball, diving, gymnastics, and volleyball).

While coaches will advise their players to wear an athletic supporter and protective cup, they will not physically check to see that the athlete is, in fact, wearing one. Since there is potential for serious injury without wearing this protection, *it is imperative that all parents reinforce this safety concern*, and make certain that the athlete has these personal items of protection with him, and wears them at all practices and contests.

Nutrition

In order to approach peak performance in athletics, student-athletes, parents, and coaches need accurate information on how to properly fuel and nourish the body. Karen Sossin, M.S., certified nutritionist who specializes in sports nutrition, recommends the following dietary guidelines, which are emphasized by the coaching staff and trainers on an on-going basis:

- 1) Eat **more** complex carbohydrates. By ingesting carbohydrates, athletes maximize glycogen storage. Glycogen is the primary source of energy for muscles. Recommended sources of carbohydrates are grains, cereals, breads, potatoes, pasta, vegetables, and fruits. As an added bonus, most carbohydrate sources are also high in vitamins and minerals.
- 2) Eat **moderate** amounts of protein. Athletes must understand that eating excess protein is not beneficial. While athletes have a slightly increased protein requirement, the normal athletic diet is composed of more than adequate amounts of protein. Eat more complex carbohydrates, not more protein!
- 3) Eat **less** high-fat foods. Foods high in fats include fried foods, cookies, cakes, luncheon meats and whole milk dairy products. This **does not** mean avoid these foods totally. However, we must learn to choose **low fat** versions such as skim milk, lean beef, chicken and fish (minus the skin), and **low fat** snacks, such as pretzels.
- 4) Stay **hydrated**, especially in hot weather. Studies clearly show that performance suffers in a dehydrated athlete. Drink before, during and after exercise. Plain cold water is usually the best.

However, sports drinks may provide an edge if you exercise continuously over one hour. Thirst is not a good measure of when to drink fluids. A thirsty athlete is already in early stages of dehydration. Stay away from sport drinks that include heavy doses of caffeine and/or sugars which may be more counterproductive than returning the body to proper levels of hydration.

- 5) Maintain a **healthy body composition**. Avoid quick weight loss. Within reasonable guidelines, a leaner athlete is a more efficient athlete. A normal range of percent body fat for males is 7-18%, while a healthy range for females is 15-25%. Your body fat is determined by heredity, and of course, diet and exercise.
- 6) **Replace carbohydrates used for energy during training and competition**. In order to refuel your body to prepare for the next practice or game, carbohydrate rich foods need to be ingested soon after exercise. Eating 200-400 carbohydrate calories with 1-2 hours of exercise is best.
- 7) Eat an **appropriate pre-competition meal**. Three to four hours before practicing or playing a game, athletes need to 'fuel' their bodies with a high carbohydrate, medium sized meal composed of familiar food. However, within an hour of exercise, always avoid foods high in sugar such as candy bars.
- 8) **Don't be tempted by nutritional supplements or other supposed 'performance- enhancers'**. Athletes should be able to properly fuel their bodies through a normal well-balanced diet that is especially rich in complex carbohydrates. Nutritional supplements such as amino acids, protein and high doses of vitamins and minerals may actually be harmful.

Female Athlete Triad

The level of participation by women of all ages in competitive and recreational sport has increased dramatically over the past 20 years. In most cases these athletes have experienced significant health benefits and enhanced their state of mental and physical well-being. Under certain circumstances, some active females and athletes experience the detrimental effects of a condition known as the **Female Athlete Triad**. The triad acknowledges the interrelated nature of *disordered eating, amenorrhea, and osteoporosis*, which is being increasingly recognized by the medical community. Although the prevalence of the triad is uncertain, various studies have found amenorrhea in athletes to be as high as 40%, and most clinical reviews cite the prevalence of disordered eating among female athletes to be between 15 and 62%. Decreased estrogen appears to cause skeletal demineralization in amenorrhea athletes. We need to give serious consideration to the triad, for it can lead to a number of illnesses, from minor problems to life threatening medical conditions.

Disordered eating refers to the spectrum of abnormal patterns of eating, including bingeing, and/or purging; food restriction; prolonged fasting; misuse of diet pills, diuretics, or laxatives; and other abnormal eating behaviors. Preoccupation with food, dissatisfaction with one's body, fear of becoming fat, and a distorted body image play an important role in these conditions. At the extreme end of the spectrum are the eating disorders, including anorexia or bulimia. While many athletes do not meet the "strict" medical definitions for anorexia or bulimia, a number of these female athletes may still have disordered eating patterns and may be at risk for the **Female Athlete Triad**.

The female athlete can experience **menstrual irregularities**. These include primary amenorrhea (the absence of menstruation by age 16 in a girl with secondary sex characteristics), secondary amenorrhea (the absence of three or more consecutive menstrual cycles after menarche) or oligomenorrhea (3-6

menstrual cycles per year at intervals greater than 36 days). By the age of 20, a woman has acquired 60-70% of her peak bone mass. The loss of estrogen resulting from amenorrhea or oligomenorrhea will affect the body's ability to absorb and utilize calcium. This may lead to premature bone loss, which can be irreversible and result in osteoporosis.

The American College of Sports Medicine believes the **Female Athlete Triad** exists not only in elite athletes, but also in physically active girls and women who participate in a wide range of sports and other physical activities. An important risk factor known to trigger disordered eating is dieting at a young age, sometimes as a result of a comment or suggestion made by a parent, coach, teammate or peer, about body image and/or weight. Other risk factors include frequent weight fluctuations, a sudden increase in training volume, and emotional circumstances such as injury or loss. Females who are found to have one component of the triad should be screened for the other two. For example, if an irregular menstrual cycle is present, the athlete should be questioned about her eating patterns, weight loss history, and stress fractures. On the other hand, if this athlete has repeated stress fractures, she should be questioned if there are irregularities in her eating pattern and menstrual cycle. Although the **Female Athlete Triad** may begin with a pattern of disordered eating, this may be difficult to identify initially. If this pattern of eating is allowed to progress, it may result in hormonal imbalances and may lead to cessation of regular menstrual periods and loss of bone density. Amenorrhea is not a natural consequence of athletic training. When symptoms of the triad exist, a multidisciplinary approach to treatment is necessary. In addition to the female athlete, parents, coaches, physicians, nutritionists, athletic trainers, school nurses, and mental health professionals are all potential participants in the treatment process.

Please be advised that Harborfields takes the **Female Athlete Triad** issue seriously. Our school physicians, nurses, athletic trainers, and coaches of female athletes participate in on-going training. The district has a comprehensive awareness and prevention program. Our pre-participation physical examination questionnaire, interval health history form, and required physical examination address this issue. Staff members involved in the training of our female athletes are trained and prepared to guide athletes appropriately when it comes to the impact of nutrition on peak performance.

If, during the physical examination process, or during the course of the season, our physicians, nurses, or coaches have cause for concern with respect to any one of the triad symptoms, our staff members have instructions to follow established district protocols. Parents are encouraged to communicate with our nurses, athletic trainers, and coaches, if there is any prior history of triad symptoms.

Food Supplements

In the past several years, a variety of performance-enhancing substances and medications have become available without prescription in the form of dietary supplements. As their use increases, we find that some of the supplements can cause health problems that outweigh any benefit they may provide.

The problem with these performance-enhancing substances, such as creatine, androstenedione, ephedrine, etc., is that there is no requirement for testing for efficacy or for side effects because these are considered to be natural foods. They are not regulated by the FDA, which places a substance under extreme scrutiny over several years before allowing the product to become available. Dietary supplements have not been tested in clinical trials to determine if they actually do what they claim to do. Furthermore, there is no guarantee that the actual product contains the contents stated on the label.

The long-term effects of creatine supplementation are not known at this time. If we are to err, especially with high school athletes, we must err on the side of safety. While creatine may modestly improve

athletic performance in high-intensity activity of short duration, creatine supplements have no recognized formula or standards to follow, and there is little known at this time about the potential long-term effects. In addition, there is no recommended dosage for the substance. Reported adverse effects from taking creatine supplements include vomiting, nervousness, migraine, seizures, and atrial fibrillation.

Androstenedione, an anrogen, can increase blood testosterone, but any effect on muscle mass is not clearly established, and once again, this substance is not regulated or tested. Known adverse effects are documented and include early closing of growth plates and a resulting height limitation in teenage users. Other adverse effects are similar to those of anabolic steroids, which include acne, fits of rage, baldness, hormonal imbalance, and the development of breasts in men. No one clearly knows, at this time, the effects of androstenedione on the liver or cardiovascular system.

Other problem supplements include those where the active ingredients are ephedrine and caffeine. Ephedrine is a close relation to adrenalin and causes elevated blood pressure, stimulating the heart and increasing its pumping action. Knowing that adrenalin will enhance performance, and that ephedrine (called Ma Huang) is one of the naturally occurring relatives of adrenalin, student-athletes look to this substance to improve athletic performance. The negative effects of ephedrine are well described. They include abnormal heartbeats, hypertension, stroke, and heart attack, due to constriction of coronary arteries. Ephedrine has been associated with heart muscle damage in several medical case reports, likely due to the over stimulation of the heart muscle cells. Ephedrine is frequently found teamed with caffeine in over the counter performance-enhancing supplements, and this combination of uncontrolled substances can be life threatening.

In response to the recent focus on the use of food supplements, specifically creatine, the National Federation of State High School Associations has issued a position statement on the use of drugs, medicine and food supplements in interscholastic sports. The Harborfields school policy supports the text of the committee's statements listed below:

- **“School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school or school district.**
- **“Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.”**
- **“In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes.”**

STERIODS AND OTHER PERFORMANCE ENHANCING DRUGS

THE USE OF PERFORMANCE-ENHANCING DRUGS SUCH AS STEROIDS IS ILLEGAL. STEROIDS MAY ONLY BE USED WHEN PRESCRIBED BY A PHYSICIAN FOR MEDICAL

CARE. THE HARBORFIELDS CENTRAL SCHOOL DISTRICT AND HARBORFIELDS ATHLETIC DEPARTMENT DO NOT CONDONE THE USE OF STEROIDS. THOSE WHO VIOLATE THIS POLICY WILL BE SUBJECT TO STRICT DISCIPLINARY CONSEQUENCES AS PER THE ATHLETIC CODE OF CONDUCT.

WHAT ARE ANABOLIC STEROIDS?

Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone. Both males and females have testosterone produced in their bodies: males in the testes, and females in the ovaries and other tissues. The full name for this class of drugs is **androgenic** (promoting masculine characteristics) **anabolic** (tissue building) **steroids** (the class of drugs). Some of the most abused steroids include Deca-Durabolin® , Durabolin ® , Equipoise® , and Winstrol® . The common street (slang) names for anabolic steroids include arnolds, gym candy, pumpers, roids, stackers, weight trainers, and juice.

The two major effects of testosterone are an androgenic effect and an anabolic effect. The term androgenic refers to the physical changes experienced by a male during puberty, in the course of development to manhood. Androgenic effects would be similarly experienced in a female. This property is responsible for the majority of the side effects of steroid use. The term anabolic refers to promoting of anabolism, the actual building of tissues, mainly muscle, accomplished by the promotion of protein synthesis

WHY ARE STEROIDS ABUSED?

Anabolic steroids are primarily used by bodybuilders, athletes, and fitness "buffs" who claim steroids give them a competitive advantage and/or improve their physical performance. Also, individuals in occupations requiring enhanced physical strength (body guards, construction workers, and law enforcement officers) are known to take these drugs. Steroids are purported to increase lean body mass, strength and aggressiveness. Steroids are also believed to reduce recovery time between workouts, which makes it possible to train harder and thereby further improve strength and endurance. Some people who are not athletes also take steroids to increase their endurance, muscle size and strength, and reduce body fat which they believe improves personal appearance.

HOW ARE STEROIDS TAKEN?

Anabolic steroids dispensed for legitimate medical purposes are administered several ways including intramuscular or subcutaneous injection, by mouth, pellet implantation under the skin and by application to the skin (e.g. gels or patches). These same routes are used for purposes of abusing steroids, with injection and oral administration being the most common. People abusing steroids may take anywhere from 1 to upwards of a 100 times normal therapeutic doses of anabolic steroids. This often includes taking two or more steroids concurrently, a practice called "stacking." Abusers will often alternate periods (6 to 16 weeks in length) of high dose use of steroids with periods of low dose use or no drug at all. This practice is called "cycling." Another mode of steroid use is called "pyramiding." With this method users slowly escalate steroid use (increasing the number of drugs used at one time and/or the dose and frequency of one or more steroids), reach a peak amount at mid-cycle and gradually taper the dose toward the end of the cycle.

Doses of anabolic steroids used will depend on the particular objectives of the steroid user. Athletes (middle or high school, college, professional, and Olympic) usually take steroids for a limited period of

time to achieve a particular goal. Others such as bodybuilders, law enforcement officers, fitness buffs, and body guards usually take steroids for extended periods of time. The length of time that steroids stay in the body varies from a couple of days to more than 12 months.

PHYSICAL & PSYCHOLOGICAL DANGERS

There is increasing concern regarding possible serious health problems that are associated with the abuse of steroids, including both short-term and long-term side effects (see Appendix B). The short-term adverse physical effects of anabolic steroid abuse are fairly well known. Short-term side effects may include sexual and reproductive disorders, fluid retention, and severe acne. The short-term side effects in men are reversible with discontinuation of steroid use. Masculinizing effects seen in women, such as deepening of the voice, body and facial hair growth, and baldness are not reversible. The long-term adverse physical effects of anabolic steroid abuse in men and in women, other than masculinizing effects, have not been studied, and as such, are not known. However, it is speculated that possible long-term effects may include adverse cardiovascular effects such as heart damage and stroke.

POSSIBLE PHYSICAL SIDE EFFECTS INCLUDE THE FOLLOWING:

- High blood cholesterol levels - high blood cholesterol levels may lead to cardiovascular problems
- Severe acne
- Thinning of hair and baldness
- Fluid retention
- High blood pressure
- Liver disorders (liver damage and jaundice)
- Steroids can affect fetal development during pregnancy
- Risk of contracting HIV and other blood-borne diseases from sharing infected needles
- Sexual & reproductive disorders:

Males	Females
<ul style="list-style-type: none"> • Atrophy (wasting away of tissues or organs) of the testicles • Loss of sexual drive • Diminished or decreased sperm production • Breast and prostate enlargement • Decreased hormone levels • Sterility 	<ul style="list-style-type: none"> • Menstrual irregularities • Infertility • Masculinizing effects such as facial hair, diminished breast size, and permanently deepened voice.

POSSIBLE PSYCHOLOGICAL DISTURBANCES INCLUDE THE FOLLOWING:

- Mood swings (including manic-like symptoms leading to violence)
- Impaired judgment (stemming from feelings of invincibility)
- Depression
- Nervousness
- Extreme irritability
- Delusions
- Hostility and aggression

Section XI Heat Alert Policy

Section XI, in an effort to protect the safety and well-being of the athletes, has a Heat Alert Policy in place for those days where the temperature and humidity index warrants special precautions.

On those days when the Heat Index reaches 88 (or the Temperature/Humidity Index reaches 73), practice sessions are modified, and contests rules are modified to permit additional time outs for rest and forced water breaks.

On those days when the Heat Index reaches 95 (or the Temperature/Humidity Index reaches 78), no physical activity is permitted (swimming excluded). Team meetings are permitted.

The Section XI Safety Chairperson monitors heat and humidity conditions, and all public high schools are given notification of the alert on a daily basis when weather conditions are hot and/or extremely humid. All Section XI schools are mandated to comply with the Heat Alert Policy.

STUDENT-ATHLETE POSSESSIONS

All athletes are provided with a locker for their personal use located in the physical education locker room or team room facility. Since this area is used by numbers of students throughout the course of an afternoon, and teams dismiss their athletes at varying times, it is impossible to make certain that the locker room facility is secured at all times.

Therefore, it is essential that each athlete purchases their own combination lock and assumes the responsibility for locking up and securing their books, clothing, and personal possessions prior to leaving the facility for practice and contests each day. The school district is not responsible for lost/stolen property

If the athletes leave their personal possessions and belongings unlocked, or out on the team bench in the locker room facility, they are inviting theft.

Athletes are to be discouraged from bringing valuable personal items to school, where they will be left in the locker room facility. Excess cash, expensive jewelry and electronics should be left at home!

Coaches will attempt to provide adequate supervision within the facility, but athletes are expected to do their part as well. More often than not, when personal belongings are taken, the athlete has not assumed his/her responsibility to secure them in an appropriate manner. Despite our best efforts at supervision, thefts sometimes occur.

TEAM UNIFORMS AND SCHOOL ISSUED EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to secure all school issued equipment items and uniforms in a **locker that is locked** during the course of a season. Please do not keep the team uniforms in the locker room facility for long periods of time. They are best laundered and left at home until the day of a game. The expense of a uniform is significant, and if the athlete forgets to lock his or her locker, the athlete will be expected to pay for the school issued athletic equipment and/or uniform. **PLEASE NOTE: School uniforms and equipment WILL NOT be issued to any student athlete for their use in participation of outside of the school setting camps, clinics, or travel/AAU programs.**

Care and Maintenance of Uniforms and Equipment

All athletes and parents are responsible for the cleaning and maintaining of all uniforms and equipment issued to them during the course of a season. Some of our most costly items may shrink, fade, or bleed color if washed in hot water. In addition, our logos, numbers, and screens may crack and peel off if temperature settings for washing and drying are too hot. Therefore, **do not wash uniforms in hot water and avoid drying on hot temperature settings.** Please wash uniforms in cold water and hang to dry! Be sure to read the tags on the cloth for washing and drying instructions, and when in doubt, speak to the coach before laundering uniforms. If the uniform needs to be replaced, the athlete will be expected to pay for the replacement item.

Return of School Issued Uniforms and Equipment

It is the responsibility of the athlete to personally return all school issued equipment to their coach at the end of their season. All team uniforms and equipment are to be returned to the coach immediately after the last practice or contest where the item is needed. The athlete is not responsible for the cleaning or washing of uniforms, as all items in our inventory are sent out to a professional reconditioning and cleaning service. Turning in equipment and uniforms “on time” insures that all items in the team inventory are available for pick-up by the reconditioning company on the scheduled date set for the end of the season.

Athletes should never give their school issued equipment or uniform to anyone else to return for them. Coaches keep accurate records of school issued inventory, and if there are any items not returned at the end of the season, the athlete will be placed on an indebted list.

Indebted Policy

Once coaches have signed off with the Director of Athletics at the end of their season, they can no longer accept the return of equipment or uniforms from an athlete. At this time, to clear indebtedness, an athlete will have to return his/her inventory items to the Athletic Director at Central Office. In order to insure full accountability on the part of all, no one at building level is authorized to take a returned uniform from an indebted athlete, as inventory records must be updated when items are returned or paid for. If an athlete or parent leaves the uniform with someone else at building level, the student will not be cleared from the indebted list.

Athletes are not permitted to keep their uniforms at the end of a season. In an interscholastic athletic program, “jerseys are never retired”. Uniforms are costly to replace in small quantity, and allowing student-athletes to keep their uniforms would be fiscally irresponsible. In addition, many of our uniforms are custom made, and cannot be matched. All parents are asked to support our inventory policies, and make every effort to see to it that their child’s uniform and protective equipment are returned to the coach immediately following the last game of the season.

Please be advised that it is more beneficial to have the inventory item returned than to have the item paid for. Family cooperation is essential. Please make all attempts to locate and return all school issued athletic inventory at the end of the season.

Athletes who are indebted will not be issued any other school uniform or protective equipment for another sport season until they clear their indebtedness with the Director of Athletics. If the uniform is lost, or ruined, the athlete will be held responsible. Coaches will also be instructed to withhold the presentation of athletic awards until the missing items of inventory have been returned or paid for. Building Administrators may take additional action with regard to the athlete’s indebtedness as well. Underclassmen may be prevented from participating on an athletic team in subsequent seasons/years if they have not satisfied the indebted policy.

ATHLETIC AWARDS

School Awards

All student-athletes who participate and complete the Modified (middle school), Junior varsity, and Varsity season shall be eligible for a school athletic award, providing that they have returned all issued uniforms and equipment. Awards certificates to middle school athletes are presented to athletes by their coaches, in a team meeting or gathering at the end of their season. High school awards are presented at our evening fall, winter and spring sports recognition award programs. The requirements for the school awards vary with the nature of each sport and level, and include the following:

Modified Program Certificate of Achievement

Junior Varsity Program 5” JV Letter and Sport Pin
Varsity Program One of the following listed below:
 8” Major Varsity Letter and Sport Pin

Members of the athletic teams are eligible for awards based on their participation and achievement. Specifically, coaches will consider the fulfillment of the following requirements in recommending a student for an award:

1. Attendance and punctuality at practices. Some coaches require student athletes in attendance for a certain percentage of time throughout the season in order to achieve a varsity letter. If an athlete does not meet that standard, the coach may issue a “certificate of participation” in lieu of a varsity letter.
2. Observance of training rules
3. Participation and achievement
4. Cooperation in upholding group regulations and decisions
5. Amenability toward receiving instruction
6. Attitude
7. Leadership and Initiative
8. Integrity and ethical conduct

Coaches Awards and Most Valuable Player Awards (for varsity players only) are presented to those athletes deemed worthy by the Head Varsity Coach. The number of presentations made by the Head Coach with respect to these two awards may vary from year to year. Please be advised that the coach may choose not to present a Coaches Award or Team MVP Award at the end of a given season if he/she feel the team does not have a worthy candidate who fits the criteria for the award.

The Booster Club will also present at our sports programs, championship plaques to members of those varsity teams who win *County* and/or *Long Island/State Championships*.

County and State Championship Awards are presented to team members at the Section XI or State Finals, or at the Coaches Association Dinner. They are not purchased or presented by the school.

Coaches Associations and County Awards

Many of the sports in Suffolk County have organized Coaches Associations that raise funds for various awards, which are presented at County Banquets. Such awards may include Honorable Mention, All-League, All-Conference, All-Division, and All-County Awards. Coaches Associations have no affiliation with the school district or Section XI. They are an independent body, governed by their own by-laws and officers. Therefore, these post-season awards, presented by the coaches, may vary from sport to sport, and year to year. The members of the County Coaches Association determine the selection criteria for awards, pay for the awards, and fund the banquet. Neither the school, nor the Section, has any influence with regard to the selection of those individuals who receive these awards.

TRANSPORTATION

Athletes are expected to use transportation provided by the school “to” and “from” all athletic contests. Student-athletes are expected to arrive for bus departures on time, and may not drive to the site. If a student does not make the bus, and arrives at the site without administrative approval in advance, the athlete should not expect to participate. Transportation to and from an athletic contest is a part of a team commitment which ultimately builds teamwork, camaraderie and cohesiveness.

In special cases, a parent may need permission to transport their child from a game site on a given date. In such cases, the request must be made directly to the COACH; in writing AT LEAST THREE DAYS in advance of the contest (EMAIL REQUESTS ARE NOT ACCEPTABLE). NO request will be granted on the day of an athletic contest! These requests shall be considered only as the “rare exception” and should be reserved for emergency situations.

A parent may provide transportation FROM an athletic contest for another student athlete other than their own child provided the COACH receives a letter from both the parent driving that child and the parent allowing the this parent to drive their child. These requests must come in writing when issued to the coach.

Athletes at away contests are expected to remain “on site” and *under the direct supervision of the coach* at all times. All students will be expected to conduct themselves appropriately when traveling with the team. All athletes are expected to return to school **with the team** after contests as a continuation of the team experience. **Parents should not expect to take their athlete home from the game site unless it is the exception.** In this case, written permission from the Director of Athletics is necessary.

Parents are expected to pick up athletes in a timely fashion after home games, or when the athlete returns from an away contest. Athletes should check with the coach for the estimated time of pick up.

Transportation to Post-Season Contests

Any athlete participating in a Regional, Intersectional, or State Championship Event **must travel to the event on the transportation provided by Section XI.** Parents cannot transport their child to any post-season contest at the regional level or beyond. There is no appeal to this Section XI regulation. A child or team that participates in a regional or state level championship falls under the auspices of Section XI. Therefore, they are required to be supervised at all times under the coach in charge and cannot deviate from the set itinerary of the trip. Therefore, parents in attendance cannot take their child to “dinner” or allow them to leave a hotel under any circumstances. Violation of this Section XI policy can result in the team and/or individual athlete being disqualified from further competition.

An athlete may travel home with their parents provided that a written request is presented, in advance of the departure date, to the Section XI Sports Chair Coordinator. If approval has not been given in advance, the athlete will be expected to return home from the contest with the Section XI team.

COLLEGE RECRUITMENT AND ATHLETIC ELIGIBILITY

Many of our student-athletes express an interest in continuing their athletic participation at the collegiate level. While there are many opportunities for our athletes to play at the next level, athletic scholarships are limited, and are available primarily for the “elite athlete”.

The term “scholarship” very often has been used in an all-inclusive way. It should be noted that the term “scholarship” is referred to in different ways throughout varied sources. It could include any one or combination of other terms, such as financial aid, grants, loans, work study program, and aid from private or government sources. Very often the amount and method of scholarship is dependent on the level or division of play at which a particular college competes. It is important for the student-athlete and parents to understand:

1. The type of financial package (if applicable) being discussed; and,
2. The obligations, terms, conditions and longevity of such arrangements; and,
3. How the financial package compares to the actual cost of attending the institution.

The following associations govern the conduct of collegiate athletics, the eligibility of the student-athlete, and the availability of athletic scholarships:

The National Collegiate Athletic Association (NCAA)
The National Association of Intercollegiate Athletics (NAIA)
The National Junior College Athletic Association (NJCAA)

There are other associations of colleges and conferences that may or may not affiliate with larger associations and abide by their rules. It is important to inquire about the school’s affiliation, to insure that eligibility standards are met, and that appropriate recruitment guidelines are followed.

Athletes, who aspire to participate at the collegiate level, and their parents, should discuss potential collegiate opportunities for play with the head varsity coach and guidance counselor, in order to determine the “best fit” with respect to schools that match a student-athlete’s academic and athletic potential. Although the appropriate time to discuss college options should be at the end of the athlete’s junior year, planning for collegiate participation begins much earlier.

Academic Preparation for the Collegiate Bound Athlete

The process is a long and selective one, and the athlete must be fully prepared for the expectations and demands of participation at the collegiate level. Academic eligibility must be planned for well in advance. Athletes need to be aware of the academic requirements for collegiate eligibility when they enter the ninth grade. Communication with guidance counselors is essential, as core course requirements and standards for academic eligibility at the collegiate level must be met.

Student-athletes must have eligibility for practice and competition in their freshman year certified by the NCAA Initial-Eligibility Clearinghouse. Information brochures/forms have been made available to the

high school and can found in the guidance office. The NCAA Clearinghouse reviews required core courses and high school transcripts for all prospective Division I and Division II student-athletes (not Division III). An athlete must submit a “Student Release Form”, along with his/her official high school transcripts, ACT and/or SAT scores, and a payment fee, to the Clearinghouse. After review, a preliminary certification report will be made available to the student-athlete and the colleges that he or she has selected to receive this information. After graduation, the Clearinghouse will review the final transcript and make a final certification decision. This process must be initiated, through the Guidance Counselor, at the beginning of the student-athlete’s senior year.

The standards established for NCAA eligibility by the Clearinghouse are different for Division I and Division II.

DIVISION I-A/ DIVISION 1-AA --- 16 core Courses

4 years of English

3 years of Math (Algebra 1 or higher)

2 years of Natural or Physical Sciences with lab

1 extra year of English, Math or Science

2 years of Social Studies

4 years of extra core courses (these include, Math

English, Science, Social Studies, Foreign Language, non-doctrinal religion or philosophy)Division 1:

The GPA for 16 core courses, as defined by the NCAA core-course definition, is used in a sliding scale format with corresponding ACT or SAT total scores.

DIVISION II --- 14 Core Courses

3 English

2 Math credits (Algebra 1 or higher)

2 Science Credits

Additional Credit - English, Math, or Science

2 Social Studies Credits

3 Additional Credits from any area above, Foreign

Language, or non-doctrinal religion/ philosophy

For the most current information on these and other NCAA Clearinghouse requirements, please see the NCAA website for initial-eligibility requirements.

In Division II there is NO Sliding scale.

The minimum core GPA is 2.000

The minimum SAT score is a 820 (Verbal + Math) or

The minimum ACT score is a 68 (English + Reading + Math + Science)

It is essential that parents and student-athletes meet with their counselors to discuss future goals, plan the academic portfolio, and obtain the following:

- Freshman-Eligibility Standards for NCAA institutions
- A copy of the “Guide For College-Bound Student-Athletes and Their Parents”
- NCAA Guide for the College Bound Student-Athlete (beginning of their senior year)

Athletic Participation for the Collegiate Bound Athlete

Playing at the collegiate level requires an intense commitment to a sport. “Scholarships” only come to those that are considered to be “elite” athletes with outstanding accomplishments. Some of the things that athletes can do to increase their potential as a collegiate recruit are as follows:

- Participate on other interscholastic teams year-round if possible. This gives the student-athlete a wider overall perspective and a more impressive resume.
- Participate in summer sport camps.
- Try out for all-star or select teams, such as the Empire State Games Teams, etc., to gain added exposure and visibility.
- Have your current skills evaluated on an on-going basis.
- Participate in outside community and recreational teams.
- Participate in effective strength and conditioning programs year-round to insure peak performance.
- Maintain peak performance standards with a commitment to appropriate nutrition.

When athletes begin play at the varsity level, they should begin to develop a sports resume that includes a listing of their athletic achievements, awards, and media coverage, etc., in addition to their academic accomplishments. This resume should be updated periodically.

More specific information about the recruiting process, eligibility guidelines, the athletic profile, campus visitations, and planning for the college-bound athlete is available in “The Guide For College-Bound Student-Athletes and Their Parents” which can be obtained from high school guidance counselors.

PARENT-COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each role, we are better able to accept the actions of others and provide greater benefit to the students. As parents, when your children become involved in a school’s sports programs, you have the right to understand what expectations are placed on your child. This begins with clear communication between coach, parent and student-athlete.

Communication You Should Expect From Your Child’s Coach

- Expectations the coach has for your child as well as the players on the squad.
- Location and times of all practices and contests.
- Team requirements, i.e., special equipment, off-season conditioning responsibilities, etc.
- Procedure should your child be injured during participation.
- Team rules and guidelines and lettering requirements.
- Effective communication through email, phone chains, etc...

Communication Coaches Expect From Athletes

- Notification of any schedule conflicts in advance.
- Special concerns in regard to the coach’s philosophy and/or expectations.
- Prompt reporting of injuries

As your children become involved in an athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way that your child wishes. At these times, discussion with the coach is of paramount importance. Parents are encouraged to have their child approach the coach first to discuss items such as play time and other matters before calling the coach themselves.

Parent expectation involving the player-coach:

- Do not confront the coach before, during and after the game/contests when you have an issue to discuss. This is not an appropriate time since disagreements can often lead to improper behavior in front of the athletes.

Appropriate Concerns To Discuss With The Coach

- The treatment of your child – mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you desire. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interests of the team and for all students involved. Certain things can and should be discussed with your child's coach. Other things, such as the following, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With the Coach

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

Procedures To Follow To Discuss Concerns With The Coach

- **We encourage the student athlete to meet with the coach first.** This teaches them skills in communicating their feelings and concerns in a face to face manner with the coach. If there is no resolution to the issue or problem,
- **Call or email the coach to set up an appointment.** Coaches will ask that your child be present at the meeting so face to face discussion and resolution can take place with all parties communicating and working together.
- If no resolution with the coach and athlete, call the Athletic Director to ask for assistance in setting up the meeting.
- **Please do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for the parent and the coach. Meetings of this nature do not promote resolution. Please take into consideration the coach's responsibilities at this time, as the coach is responsible for the supervision and safety of all athletes involved in the program, before, during and after activity.
- **If a meeting is warranted with the athletic director, the coach, parent and child is expected to attend the meeting.**

SOME RULES FOR PARENTS

The following is a suggested “code of conduct” for parents:

- Remain seated in spectator areas during competition.
- Do not yell instructions or criticisms to the children.
- Make no derogatory comments to players, other parents or fans, officials or administrators.
- Do not interfere with your child’s coach.
- Be willing to let the coach be responsible for your child during the duration of the contest.
- If necessary, remind those around you of the rules.
- Provide unconditional love, acceptance and emotional support, regardless of the game’s outcome.

CREED FOR COMPETITORS

1. PLAY HARD

After the contest is over, you can say, “I gave everything I’ve got physically. I fought my heart out”.

2. PLAY SMART

Keep your poise. Be intent. Stay focused. Concentrate only on the game.

3. PLAY FAIR

Fight clean. Obey both the letter and the spirit of the rules. No hedging, no cheating.

4. PLAY TO WIN

Never concede. Never quit. Never give up or give in. Maintain your self-respect, and respect your opponents by giving an all-out effort.

5. HAVE FUN

Don’t shrink from the fear of defeat or let the bitter taste of defeat destroy your love of the game.

6. KEEP PERSPECTIVE

When the game is on, it is important that you win. After it is over, it makes no ethical difference whether you won or lost. Self-worth is not predicated on the vagaries of victory or defeat. What does matter most is that you love the challenge of the game, savor the camaraderie of your teammates, and earn the respect of your opponents; namely, that you have been true to your best self.