

SACHEM ATHLETICS

Athletic Information Guide

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WELCOME

- Goals of Athletics Programs
- Tryout Documents
 - Medicals & Impact Testing
 - Start of Season Information
- Section XI Guidelines
 - Spectator & Athlete Behavior Expectations
- Communication with Coaches
- Sachem Athletics Code of Conduct Waiver

Sachem Athletics: Goals, Beliefs and Expectations

- Students are our highest priority.
- The Sachem Athletic Program is an integral part of the Sachem community and fosters school pride.
- Open communication and mutual respect among coaches, parents and athletes provide the foundation of a successful athletic program.

Tryouts

- All students must be cleared by the school nurse **PRIOR** to trying out for an athletic team. No Exceptions!
 - All student must be registered and cleared through Final Forms
 - Located at Athletic Website Homepage (<https://sachem-ny.finalforms.com/>)
 - Medical Clearance Forms
 - Located at Athletic Website Homepage (<https://www.sachem.edu/departments/athletics>)
 - Concussion-Impact Testing (Football, Soccer, Lacrosse)
- Parents/spectators are **NOT** permitted at tryouts or practices.
- APP- Athletic Placement Process
 - Completing requirements for APP **DOES NOT** guarantee placement on Junior Varsity or Varsity team

Transfer Students

- Transfer Student-Athletic Interest Profile Form
MUST be completed by:
 - Any student at the high school level who is NEW to the district
 - Any student that has left the district and returning from either another public, private or catholic school
 - Coach MUST contact Athletics' immediately to complete transfer paperwork for eligibility.

The ImPACT Test is:

- A computerized neurocognitive evaluation system specifically designed for detecting the effects of sports concussion, measuring the severity of the injury and gauging recovery
- A tool to help communicate post-concussion status to athletes, coaches, parents, and clinicians.
- A tool that helps health care professionals and educators make decisions about academic needs following concussion

Health & Safety Concussion Awareness



Concussions: The Invisible Injury Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information:

- Provide concussion management information and sign off with any parental permission form. **The NYSPhSAA will provide a pamphlet to member schools on the concussion management information for parents.**
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - Such authorization must be kept in the pupil's permanent health record.
 - Schools shall follow directives issued by the pupil's treating physician.

SYMPOTMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigued and/or sleep issues – sleeping more or less than usual

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

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbness in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPhSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
- New York State Department of Health http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association www.nysphsaa.org/safety/
- Center for Disease Control and Prevention <http://cdc.gov/concussions>
- National Federation of High Schools www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health http://www.health.ny.gov/health_care/medicaid/lsss/htm
- Brain Injury Association of New York State <http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom <http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom <http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion <http://espn.go.com/video/clip?id=7525526&categoryid=5595394>
- SportsConcussions.org <http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons <http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich <http://sportconcussions.com/html/Zurich%20Statement.pdf>

Start Dates for All Seasons

- Click the link below for a list of Head Coaches by Sport: on our website:
[Sachem Athletics](#)

2024-2025 Athletic Start Dates

High School

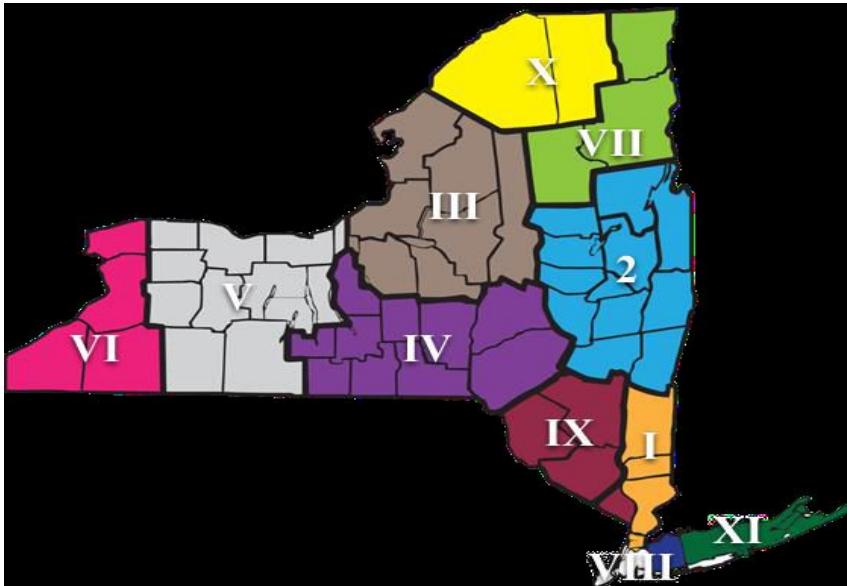
- Football- August 19th
- Fall- August 26th
 - Arrowettes, Game Day Cheer, Field Hockey, Football, Boys Golf, Girls Gymnastics, Girls Swimming & Diving, B/G Soccer, Girls Tennis, B/G XC; B/G Volleyball
- Winter- November 18th
 - B/G Basketball, B/G Bowling, Competition Cheer, Boys Swimming & Diving, B/G Winter Track, Wrestling
- Spring- March 17th
 - Baseball, Softball, Girl Flag FB, Girls Golf, Boys Tennis, B/G Lacrosse, B/G Track
- Unified Sports
 - Bowling- February 24th
 - Basketball- April 21st

Middle School

- Fall- September 6th
 - Arrowettes, Cheer, Field Hockey, Football, B/G XC, Girls Tennis
- Early Winter- November 4th
 - Cheer, Boys Basketball, Girls Volleyball
- Late Winter- January 13th
 - Girls Basketball, Boys Volleyball, Wrestling
- Spring- March 24th
 - Baseball, Softball, B/G Lacrosse, B/G Swimming & Diving, B/G Track, Boys Tennis

**Final Forms Registration will open one month prior to the start of a season.*

Governance Suffolk Boces- Section XI



All Suffolk County
Public Schools
governed by



- NYSPHSAA
(<http://www.nysphsaa.org/>)
- Section XI
(<http://www.sectionxi.org/home.asp>)

Section XI- Guidelines for Athlete Behavior Expectations

THE ATHLETE is expected to:

1. Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.
2. Conduct themselves as ladies and gentlemen at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotions can be self-defeating.
4. Not use crude or abusive language or gestures in dealing with opponents, officials or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
7. Be well-groomed, both on and off the field, as a representative of the school. Improper behavior while in uniform reflects badly upon yourself, your school, and your community.
8. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
9. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
10. Remember that participation in athletics is a privilege that should not be abused.
11. Refrain from shouting disapproval of calls made by officials.
Shouting disapproval of calls made by officials may result in misconduct.

Section XI- Guidelines for Spectator Behavior Expectations

THE SPECTATORS are expected to:

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches, and players and extend all courtesies to them.
3. Taunting, foul and abuse language, noisemakers, inflammatory remarks and disrespectful signs and behavior are not acceptable. Violations during a free throw attempt will be penalized by repeating the free throw, if missed. The officials will make this decision. (Rev. 3/7/12)
4. Obey the regulations of the site authorities. Those who do not conform should be brought to the attention of the supervisors.
5. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.
6. Refrain from shouting disapproval of calls make by officials.

Concerns to discuss with Coaches

APPROPRIATE

- Ways to help your child improve
 - Earn playing time
- Treatment of you/your child mentally and physically
- Making an appointment to discuss concerns about your/your child's behavior
 - Academic issues
 - Personal issues

INAPPROPRIATE

- Team strategy or calling plays
- Comparing playing time with other student athletes
- Approaching a coach before, during and/or after a competition and/ or practice

Sachem Sports Agreement & Spectator code of Conduct

Signed off by Students and Parents on Final Forms



Sachem Central School District

Sachem Athletic Office • 51 School Street • Lake Ronkonkoma, New York 11779

Sachem Central School District Sports Agreement

General Guidelines for Players, Coaches, Parents/Guardians and Spectators

- Those in attendance at Sachem Central School District athletic events (home or away) are expected to demonstrate positive enthusiasm without causing harm, danger or embarrassment to others or to the school.
- everyone is expected to demonstrate common sense—respect opponents, players, coaches and officials and maintain self-control in their actions.
- All in attendance are to be in compliance with Sachem Central School District's Code of Conduct, academic eligibility policy, the athletic departments return to play policies as well as follow team regulations and procedures.
- Smoking, consuming alcohol, and/or using illegal substances is strictly prohibited.
- Game officials, school administrators, coaches, teacher chaperones and/or security can have unruly fans removed from a contest facility.
- All in attendance should be aware that the school can (and will) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Overall Behavior Expectations for Players, Parents/Guardians and Spectators

- Proper language is to be used. No swearing or language which is offensive to others will be tolerated. High school events are a family activity. Individual and group vulgarity is unacceptable, as is verbal harassment of players, coaches and officials.
- Do not "coach" or instruct from the stands. Please respect the entire coaching staff's judgement and leadership of their team.
- Respect the officials' judgment and interpretation of the rules.
- Support your team and their teammates with positive, upbeat, and encouraging words.
- Everyone is expected to demonstrate respect and pride for the school. Cheer for your team, not against your opponents. Do not personalize your comments towards players, coaches and officials.
- Hazing of any kind is strictly prohibited which includes but not limited to harassment/bullying & cyberbullying/social media harassment.
- Respect is the key to good sportsmanship. Respect both players and fans from the opposing team. Opposing players are not enemies, but teenagers who happen to attend other schools.
- Applaud and print plays by both teams.
- Accept victory and defeat with pride and compassion.
- Those in attendance are not at an event to intimidate or ridicule, but to support and enjoy the competition.

Parent/Guardian, Player, Coach Communication Expectations

Appropriate concerns to discuss with Coaches	Inappropriate concerns to discuss with Coaches
> Treatment of you/your child mentally and physically	> Playing time
> Ways to help you/your child improve	> Team Strategies or calling plays
> Concerns about you/your child's behavior	> Other student athletes

SPECTATOR AGREEMENT - PLEASE READ BEFORE SIGNING AND RETURN BOTTOM PORTION TO COACH***

I have read the Sachem Spectator Agreement, and understand by signing, I am agreeing to uphold the Sachem Central School District Code of Conduct and team rules and regulations. I also agree that I am responsible for any guest that I bring to Sachem events and that they are also subject to the Sachem Central School District Code of Conduct and team rules and regulations.

(Guardian Print Name)

(Guardian's Signature)

(Date)

(Athlete Print Name)

(Athlete's Signature)

(Date)



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Spectator Expectation Statement

Officials, just like student athletes and coaches, are critical to interscholastic sports programs. Without officials, NYSPHSAA and Section XI member schools would not be able to provide interscholastic sports in the manner that is desired and expected by student athletes, coaches, and parents.

Spectators are expected to "Be Loud, Be Proud, and Be Positive"

Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current and future interscholastic contests based on their behavior.

Spectator Regulation

Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school or visiting school representative in the following non-sequential order depending on the comments or behavior:

- First warning** – Directing the spectator or group of spectators to refrain from any negative comments or actions.
- Second warning** – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal of the game or event, will be utilized if the behavior continues.
- Removal from the contest** – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

Penalty for being removed from a game or event:

Any spectator removed from a game or event will have a minimum penalty of completing the [NFHS Parent Credential](#) course or a one game suspension before they are allowed to attend any interscholastic event. Once the course is completed the spectator will provide a certificate of completion to the Sachem athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

* Depending on the severity of the behavior/comments or future disqualifications by the offending spectator, NYSPHSAA and Section XI may get directly involved in the situation.

Student Athlete Name: _____ Sport/Level of Play: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

SACHEM ATHLETICS

I WILL:

- Respect opponents, players, coaches & officials.
- Respect the officials' judgment & interpretations of the rules.
- Support my child and their teammates with positive actions & encouragement.
- Accept victory and defeat with pride & compassion.

I WILL NOT:

- Enter the playing surface at any time.
- "Coach" or instruct from the stands.
- Personalize your comments towards players, coaches and officials.

I UNDERSTAND:

- Game officials, school administrators, coaches, teacher chaperones and/or security can have unruly fans removed from a contest facility
- Smoking, consuming alcohol, and/or using illegal substances is strictly prohibited



THANK YOU!

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Athletic Office

631-471-1335

