

# MADRID-WADDINGTON CENTRAL SCHOOL

## ATHLETIC HANDBOOK



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## **ATHLETIC HANDBOOK**

### **FOREWORD**

This handbook is presented to you and your parents because you have expressed a desire to participate in interscholastic athletics at MWCS. You and your families' interest in this phase of our school program is gratifying. We believe that participation in athletics provides the opportunity for developing lifetime skills, which will help the students in becoming well-rounded individuals capable of making decisions and handling problems that will enable them to lead a happy and prosperous life.

### **ATHLETIC GOALS AND OBJECTIVES**

Our Goal — The experience of participation in athletic games and activities should reflect the total educational goals of our District.

#### Our Specific Objectives

1. To develop an understanding and appreciation of the place which interscholastic sports and activities occupy in the American culture and by developing sound educational attitudes toward them.
2. To educate the student body in the appreciation of sports and activities and the best way to enjoy them from the point of view of good sportsmanship.
3. To serve as a focal point for the morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm which is shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
5. To provide the opportunity for a student to learn to handle winning and losing and to make decisions that affect themselves and members of their team.
6. To learn to develop through hard work and dedication, a feeling of self-confidence and self-esteem in all participants.
7. To support and enhance the primary function of the school: academic excellence.

## **RESPONSIBILITIES OF A MWCS HIGH SCHOOL ATHLETE**

### **Responsibilities to Yourself**

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your studies, your participation in other extracurricular activities, as well as in athletics, prepare you for your life as an adult.

### **Responsibilities to Your School**

Another responsibility you assume as a squad member is to your school. MWCS cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

### **Responsibilities to Others**

You have a responsibility to your parents to always do the best that you can. When participating on an athletic team we sometimes feel that we have failed if we have not won. By trying the best that you can, and following all rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-lose record dictates.

Younger students look up to you, and it is your responsibility to set a good example for them. They will copy a lot of the things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

## **REQUIREMENTS FOR PARTICIPATION - N.Y.S.P.H.A.A. ELIGIBILITY RULES**

The **STATE REQUIREMENTS FOR PARTICIPATION ARE TO BE READ, UNDERSTOOD, AND SIGNED BY THE PARENT AND THE ATHLETE.** These rules will be strictly enforced by all members of the athletic staff. They are provided to protect you and provide fair and equal competition.

### **YOU ARE ELIGIBLE IF:**

1. If you are a high school student in regular attendance in grades 7, 8, 9, 10, 11 or 12.
2. Between entry into seventh grade and your 19th birthday falls on or after July 1 of the final year of eligibility.
3. If your parents and the school physician approve.
4. If you enrolled during the first 15 days of this semester.
5. For six (6) consecutive sports seasons beginning with season in which you entered grade 7.
6. For five consecutive sport seasons beginning with the season in which you entered grade 8.
7. For four consecutive sport seasons beginning with the season in which you entered grade 9.
8. If you have not violated the all-star game rule.

9. If you have not played or practiced with a college team.
10. If you are an amateur, having never used your athletic skill for gain, and if you have never competed under an assumed name.
11. If you are familiar with the rules of the game and the standards of sportsmanship.

## RULES FOR PHYSICALS

Each student must complete the following:

1. Turn in a permission slip for each sport at the beginning of each sport season. A (blue) update slip must accompany the permission slip, unless it is the first sport the student is going out for; then only a permission slip is needed.
2. Successfully complete the examination given by the School Physician; or a physician's examination which would be approved by the School Physician . School sports physicals are given at school on scheduled days—students will be notified in advance on the day of physicals and should be present in school on those days.
3. If, during a sports season, a student is injured, and he or she must go to an emergency room or family doctor, they **must** get a written release from the emergency room or family doctor; they **must** get a written release from the emergency room or family doctor stating the date the athlete may return to sports or gym participation. If during a sports season, a student is injured, they must see the School Nurse to file an accident report—preferably on the same day, or definitely the next day following the accident.
4. The (blue) update slip which indicates medical history is to be completed by the student the day of the physical exam, so parents should review these questions with their children ahead of time.

## CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of life. Your conduct is a reflection of the total educational institution that you represent. It is important that your behavior be above reproach in all the following areas:

- **On the field .....** in the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.
- **In the classroom....** In the academic area, a good athlete becomes a good student. A person cannot be a classroom laggard and think he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or floor, and never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

- **In School / Community....** The way we act and look in school and in the community is of great importance. Athletes should be leaders and fellow students should respect and follow them. Athletes are also representatives of their community, as well as their schools. Their behavior in public should be above reproach.

## **TRAINING RULES AND REGULATIONS**

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules which include restrictions on tobacco, alcohol or drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol and any type of mod modifying substances product harmful effects on the human organism.

The coaches of the Madrid-Waddington Central School system, concerned with the health habits of the student athletes of this community, are convinced that athletics and the use of these substances are not compatible. It is also fact that when students have a strong interest to participate in athletics, their desire to use the substances is greatly reduced. The following is a list of the training rules and regulations that govern the eligibility of our athletes. They are to be read, understood and signed by the parent and the athlete. These rules will be strictly enforced by all members of the athletic staff.

## **INTERSCHOLASTIC SPORTS ELIGIBILITY / TRAINING RULES**

### **Preamble:**

These rules of eligibility have been established for the benefit of our Varsity, Junior Varsity and Modified Sports squads. If our school is to excel in interscholastic competition, we must first discipline our conduct and behavior as individuals; then as a team; and then as a school.

If an interpretation or a ruling is required, the line of responsibility is the immediate coach, then the head coach; and if necessary, the Athletic Director, the High School Principal and finally, the Superintendent of Schools, will review the situation.

## **GENERAL RULES**

1. **Attendance:** an athlete must be in school the day of the contest.
  - a.) If an athlete is absent the last school day of the week and the competition is on a non-school day, the athlete must bring to the coach a signed statement from the parent or guardian that permission is given to participate. It is recommended that the coach call the parent regarding the absence.
  - b.) If an athlete is illegally absent, truant, suspended in or out of school, or excused from any part of the school day due to illness, he/she may not participate in sport activity that day—whether practice or game.

- c.) Athletes are expected to be in school on time the day of and the day following athletic events. If a pattern of absence or tardiness in connection with athletic events occurs, the Athletic Director will take appropriate disciplinary action. That action may range from a warning to suspension from participation for a period of time.
- d.) If a player becomes ill during the day and cannot practice, it is his/her responsibility to notify the coach involved.

## 2. **Behavior and Conduct of Athletes:**

- a.) Good sportsmanship and citizenship are required of all athletes. Good school citizenship involves regular attendance and good conduct while in school. (Physical altercations are considered poor school citizenship and reflects poor conduct.) Athletes referred to the office for poor conduct may be subject to disciplinary action from the sport's coach. That action may range from a warning to suspension, to dismissal from the team.
- b.) Any athlete caught stealing or in possession of stolen items will be suspended or dismissed from the squad.
- c.) Any athlete who vandalizes school property will be suspended from participation or dismissed from the squad.
- d.) Any athlete in possession of any school athletic equipment or uniform will not be permitted to participate in another interscholastic athletic activity until all equipment or uniforms have been returned.
- e.) Insubordination in school, during any practice or game, will be subject to disciplinary action by the team coach. That action may range from a warning, to suspension, to dismissal from the team.
- f.) The use, possession or trafficking or attendance to an event where drugs, alcohol or tobacco are present will not be tolerated. The penalty for violation may range from suspension to dismissal from the team.

**First Offense:** Possible suspension from the team for a maximum of four (4) contests (not to exceed 25% of the regular season). The player must continue to attend all practices and dress for all contests.

**Second Offense:** Dismissal from the team with enrollment into a mandatory school-sponsored counseling program.

**Third Offense:** Dismissal from any extracurricular athletics for 120 academic school days.

### 3. Academic Eligibility

- a.) Any student that fails one or more subjects at the conclusion of the previous marking period (including the final marking period of the previous school year) will be required to attend after-school tutoring for the entire marking period.
- b.) Any students who receive 3 or more failing grades in the previous marking period will be allowed to practice with the team, but be ineligible to play in games. When they are failing two (2) or less subjects, they will be on a probationary periods for two (2) weeks, but there will be no impact on eligibility. During this probationary period, the student must achieve a passing grade in one of the two remaining subjects to remain eligible to play in games.
- c.) Any student receiving three (3) or more “unsatisfactory” reports on their update sheet will be dismissed from the team and that athlete’s status will be re-evaluated after grades are issued.
- d.) Any athlete dismissed from a team forfeits all points, awards, etc., associated with that team.

### GAMES AND PRACTICE SESSIONS

1. Team members must be present and on time for all scheduled practice sessions and games. Any athlete who is present at school, but absent or late to the athletic event without prior permission from coach will be subject to appropriate disciplinary action. That action ranges from a warning, to suspension, to dismissal from the squad. The time for practice sessions will be announced at the beginning of each sports season.
2. To be eligible to participate on an athletic team, an athlete must attend all practices or pre-cutting sessions established by the head coach. Exceptions are limited to:
  - a. Sickness
  - b. Emergency appointments (doctor, court appearance)
  - c. Funeral
  - d. Special examinations, tests or overlapping seasons
  - e. Family vacations or other unusual situation will be given consideration by the Athletic Director who must be made aware of the situation prior to the season.
  - f. Transfers from another district, meeting NYSPHSAA regulations.
3. A player who misses practice during the season for more than a period of five (5) consecutive days must have a minimum of two (2) days practice for reconditioning purposes prior to participation in a game or scrimmage. If an athlete misses 3 or 4 consecutive days of

practice, one (1) day of reconditioning must take place before participating in a game or game. Excuses from practice for an extended period of time during a season will be limited to:

- a.) college visitations
  - b.) family vacations where the athlete must attend at parents' request
  - c.) emergency situations
  - d.) religious obligations
  - e.) sickness or injury (if medical attention is required, a written physician's approval to return to practice/games must be submitted to the coach prior to participation).
4. All players will sit with their own team during the entire athletic event.
  5. A player who misses a scheduled bus for an away athletic activity will not be permitted to participate in that activity. A player must use school transportation to and from athletic events except when the athlete has secured prior written permission from the High School Principal or the athlete's parent is present.
  6. Conduct of players while riding school transportation will be subject to regulations for regular bus students.

### **VIOLATIONS AND APPEAL PROCEDURES**

The importance of enforcement of all regulations should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of regulations. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. It is our intent to preserve rules that reasonably pertain to the healthy and safety of the individual and to the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to insure absolute uniformity. The welfare of the student is our major consideration. What happens to them is of primary importance.

In the event an athlete is found in violation of these necessary standards, a written conduct report will be initiated by the coach. A copy will be forwarded to the Athletic director. It will be the responsibility of the coach to inform the parent of the violation. Violations will range from suspension to dismissal from the squad as listed in the general rules of conduct.

### **APPEAL OF VIOLATIONS BY ATHLETE AND PARENT**

- Upon notification of a violation, the athlete may appeal the ruling.
- Appeals may be made through the office of the Director of Athletics.
- Further appeals would include:
  - a.) High School Principal
  - b.) Superintendent
  - c.) Board of Education
  - d.) Commissioner of Education

## ATHLETIC DEPARTMENT INFORMATION AND PROCEDURE

1. **Dropping or Transferring Sport** - Once a student's name is placed on the eligibility list for a sport, that student is not eligible to try out for, practice, or participate in any other interscholastic athletic activity until the end of the sports season covered by the original eligibility list. An athlete who wishes review of his/her eligibility must contact the Athletic Director.

If an athlete is cut from one sport and wishes to try out for another sport, this may be done if:

- a) The second sport has had no formal cuts to determine their squad.
  - b) That the coaches of the second sport are receptive to this procedure.
2. **Physical Exams** - It is required that all students have a physical examination prior to participating in the sports program.
    - a) Students will be scheduled for a physical with the School Physician prior to the beginning of a sport season.
    - b) The physical is good for one school year providing the student has not been injured or missed five consecutive school days due to illness. If either of these occur, the student must have a physician's approval in order to participate.
    - c) A student enrolled in school who does not have a physical prior to his/her first day of practice will not be eligible to participate on that team for that sport season.
    - d) Students changing dates on physical or medical excuses will be subject to discipline action by the coach. This will range from suspension to expulsion from the squad.
  3. **Insurance - Student Accident Insurance Claim Filing** - This insurance will cover medical expenses which are not already covered by another other insurance coverage that you may have on your child. Your child is covered:
    - while attending school during school hours;
    - while traveling directly to and from school for regular school classes in a school vehicle.
    - while attending school-sponsored and school-supervised activities.
    - while attending and traveling to and from religious services and religious education classes.

Before submitting a claim, you must have proof of payment or notice of denial from your own insurance company.

In the event of an accident, please see the School Nurse to complete the necessary accident insurance claim form.

#### **4. General Appearance and Conduct**

- a.) All athletes of the Madrid-Waddington Central School are expected to act in a manner which will not bring discredit upon either the individual or their school. Athletes are representatives of the school and should act accordingly in or out of school.
- b.) An athlete's personal appearance should reflect cleanliness and concern for his/her well-being, as well as concern for those with whom he/she is associated.
- c.) Athletes are expected to set a positive example to the total student body conducting themselves always a lady and gentleman and endeavoring to be leaders regarding all school policies governing student behavior.

#### **5. Conflicts in Extracurricular Activities:**

An individual student who attempts to participate in too many extracurricular activities will undoubtedly be in a position of a conflict of obligations. The athletic Department recognizes in that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner so as to minimize conflict.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors involved immediately when a conflict arises, not the day of the conflict. When conflicts do arise, the sponsors will get together and work out a solution so the student does not feel caught in the middle. If a solution cannot be found, then the student will have to make the decision based on the following:

- a.) the relative importance of each event
- b.) the importance of each event to the group involved
- c.) the relative contribution the student can make
- d.) how long each event has been scheduled
- e.) make a decision in cooperation with parents.

- 6. **Conflicts with academics** - Every effort will be made to avoid evening athletic contests before mid-term or final exams.
- 7. **Equipment** - School equipment checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation. Failure to replace, to return the items, will result in the student being ineligible for any future athletic participation or awards.