

**Bay Shore Union Free School District  
Department of Health, Physical Education, and Athletics**

**Handbook for  
Student-Athletes and Parents**



**Claude Kasman, Director of HPEA  
Judy Cummings, Assistant Director of HPEA  
2009-2010**



Welcome to the Bay Shore School District's Interscholastic Athletic Program.

We encourage you to read the entire Athletic Handbook carefully because it contains information that will be important throughout each sport season. The handbook explains the philosophy and expectations of our interscholastic program, beginning with the modified middle school program and culminating with the varsity level experience.

This guide gives a complete listing of all programs offered, with four sport seasons at the middle school and three sport seasons at the high school.

For your convenience, please log onto the Section XI Web site, currently available to the public at [www.sectionXI.org](http://www.sectionXI.org). This Web site gives the athletic community access to high school and modified middle school scheduling, game times, and directions to contest sites. In addition, the Web site posts high school varsity league and division standings, tournament brackets, seeding information and other pertinent athletic information. It is an excellent resource for all those involved in interscholastic athletics.

The Web site for the Physical Education, Health and Athletic Department can be found at <http://www.bshsathletics.org>, which will serve as another source of information for you.

If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact my staff or myself at 968-1186.

Sincerely,

*Claude Kasman*

Director of Health, Physical Education, and Athletics

[www.bshsathletics.org](http://www.bshsathletics.org)

# Table of Contents

<b>BAY SHORE UNION FREE SCHOOL DISTRICT .....</b>	<b>1</b>
<b>DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND ATHLETICS .....</b>	<b>1</b>
<b>TABLE OF CONTENTS .....</b>	<b>3</b>
<b>ATHLETIC GOVERNING BODIES .....</b>	<b>5</b>
<b>PHILOSOPHY .....</b>	<b>6</b>
<b>VARSITY PROGRAM PHILOSOPHY .....</b>	<b>7</b>
<b>JUNIOR VARSITY PROGRAM PHILOSOPHY .....</b>	<b>8</b>
<b>MODIFIED PROGRAM PHILOSOPHY .....</b>	<b>9</b>
<b>HIGH SCHOOL ATHLETICS (JUNIOR VARSITY AND VARSITY) .....</b>	<b>10</b>
<b>MODIFIED ATHLETICS (MIDDLE SCHOOL) .....</b>	<b>12</b>
<b>MODIFIED ATHLETIC PROGRAM (MIDDLE SCHOOL).....</b>	<b>13</b>
<b>BAY SHORE ATHLETIC CODE OF CONDUCT .....</b>	<b>14</b>
HARASSMENT, HAZING, BULLYING .....	14
<b>SECTION XI SPECTATOR CODE OF CONDUCT .....</b>	<b>18</b>
<b>NYSPHSAA/SECTION XI MISCONDUCT RULE .....</b>	<b>19</b>
<b>SPORTSMANSHIP AND FAIR PLAY .....</b>	<b>20</b>
<b>BAY SHORE ELIGIBILITY POLICY .....</b>	<b>20</b>
<b>BAY SHORE ATTENDANCE POLICY .....</b>	<b>20</b>
COMMITMENT TO PRACTICE/GAMES .....	21
FAMILY VACATIONS.....	21
VARSITY ATHLETIC VACATION POLICY .....	22
POLICIES GOVERNING CONTESTS AND PRACTICE ON RELIGIOUS HOLIDAYS .....	22
SCHOOL-SANCTIONED ACTIVITIES AND FIELD TRIPS.....	23
POST-SEASON PLAY ELIGIBILITY.....	23
REOUINED MEDICAL CLEARANCE .....	24
TEAM TRYOUTS.....	24
<b>SELECTION/CLASSIFICATION PROGRAM.....</b>	<b>26</b>
<b>COACHING CERTIFICATIONS.....</b>	<b>28</b>
<b>THE ROLE OF THE HIGH SCHOOL TRAINER .....</b>	<b>28</b>
<b>EMERGENCY PLAN.....</b>	<b>28</b>

<b>STUDENT-ATHLETE ACCIDENT/INSURANCE CLAIMS .....</b>	<b>29</b>
<b>RETURN TO PLAY.....</b>	<b>29</b>
<b>HEAD INJURIES.....</b>	<b>29</b>
<b>SAFETY CONCERNS FOR MALE ATHLETES.....</b>	<b>30</b>
<b>NUTRITION.....</b>	<b>31</b>
<b>FOOD SUPPLEMENTS.....</b>	<b>32</b>
<b>SECTION XI HEAT ALERT POLICY .....</b>	<b>33</b>
<b>LOCKER ROOM SECURITY .....</b>	<b>34</b>
<b>TEAM UNIFORMS AND SCHOOL-ISSUED EQUIPMENT.....</b>	<b>34</b>
<b>ATHLETIC AWARDS .....</b>	<b>35</b>
<b>TRANSPORTATION .....</b>	<b>37</b>
<b>COLLEGE RECRUITMENT AND ATHLETIC ELIGIBILITY.....</b>	<b>38</b>
<b>ACADEMIC PREPARATION FOR THE COLLEGE-BOUND ATHLETE.....</b>	<b>39</b>
<b>PARENT-COACH-ATHLETE RELATIONSHIP .....</b>	<b>40</b>
<b>RULES FOR PARENTS.....</b>	<b>42</b>
<b>CREED FOR COMPETITORS .....</b>	<b>42</b>

## **ATHLETIC GOVERNING BODIES**

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, including the following: season start and end dates; Selection/Classification program (process for moving up); eligibility; schedules (dates of contests); placement (in which opponents are played); contest rules; safety policies; practice mandates, and post season tournament opportunities (league, division, county and state play-offs). Section XI is also responsible for the scheduling of all officials for all contests played in Suffolk County.

The Bay Shore 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 parallel policies that govern Suffolk County public school athletic programs.

## PHILOSOPHY

Interscholastic athletics in the Bay Shore School District are an outgrowth of our physical education and health program and therefore, 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 and values, which is achieved through the implementation of the Educational Framework for Interscholastic Athletic Programs of the New York State Education Department. The program promotes the four "Cs":

<b>Competence</b>
A student-athlete in a quality program is competent in terms of:
Skill Development, Knowledge of the Game/Strategies, Fitness/Conditioning/Healthy Behaviors
<b>Character</b>
A student-athlete in a quality program demonstrates:
Responsibility, Accountability, Dedication, Trustworthiness/Fair Play, Self Control
<b>Civility</b>
A student-athlete in a quality program demonstrates civility towards others, showing:
Respect, Caring, Fairness
<b>Civic Responsibility</b>
A student-athlete in a quality program demonstrates civic responsibility through actions showing evidence of:
Loyalty/Commitment, Teamwork, Role Modeling

The Bay Shore 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 7th and 8th 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.

## **VARSITY PROGRAM PHILOSOPHY**

Varsity competition provided for the elite athlete is the culminating experience for each sport's program and the most demanding and competitive of all programs. 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. Athletes must 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 varsity letter award.

It is vital that each athlete understands and accepts the role he/she plays in achieving team goals and success. 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.

A sound attitude and advanced level of skill are prerequisites for varsity play. Athletes will be expected to practice two to three hours per day, six days per week, with commitment often extended into vacation periods. 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 on the team must be involved in preparation for a demanding, competitive schedule.

While bearing in mind the "Four "Cs," one of the primary goals 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.

## **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 athletes in ninth and tenth grade. 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 (JV) squad.

Some sports have an additional JV squad (JV9). JV9 teams are comprised of only ninth graders and compete only against opposing JV9 teams.

At this point in the athlete's development, the level of expectation increases substantially. The practice sessions are longer and more intense, and the skill requirements for participation in contests are greater.

Athletes must be prepared for a competitive tryout situation and should not assume that they will automatically make the team because they were involved in the program at the modified level. **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 participate at the varsity level. At the high school level, athletes are expected to have visibly committed themselves to the program and continued self-development.

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 a position in the starting line-up.

The time commitment 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.** A high level of dedication and commitment is expected at the junior varsity level.

## **MODIFIED PROGRAM PHILOSOPHY**

Athletes are expected to attend five to six practices a week, lasting between one and one half to two hours. Practices or contests may be scheduled on Saturdays and vacation dates. Opportunities for contest participation for each team member will exist over the course of a season, providing that the athlete meets program expectations. Playing time will vary for each individual and will be determined by the coach. Athletes in all programs, regardless of level, are expected to be committed to attending practice sessions, maintaining a positive and cooperative attitude, and showing a willingness to play in a position or role that will benefit the team.

# HIGH SCHOOL (JUNIOR VARSITY AND VARSITY) ATHLETICS

<b>Fall</b>	<b>Varsity</b>	<b>JV</b>
Cheerleading	x	
Boys Cross Country	x	x
Girls Cross Country	x	x
Girls Field Hockey	x	x
Boys Football*	x	x
Boys Golf	x	x
Girls Gymnastics	x	
Girls Soccer	x	x
Girls Swimming	x	
Girls Tennis	x	x
Boys Volleyball	x	x
Girls Volleyball	x	x
<b>Winter</b>		
Boys Bowling	x	
Girls Bowling	x	
Cheerleading	x	
Boys Basketball*	x	x
Girls Basketball	x	x
Boys Track	x	x
Girls Track	x	x
Wrestling	x	x
<b>Spring</b>		
Boys Baseball	x	x
Girls Golf	x	x
Boys Lacrosse	x	x
Girls Lacrosse	x	x
Girls Softball	x	x
Boys Tennis	x	x
Boys Track	x	x
Girls Track	x	x

\* Also has a JV9 team

**Please note: Sport offerings may vary from year to year.**

**Approximate Start/End Dates for the Three Sport Seasons as per Section XI Handbook:**

**Fall** - No earlier than the Monday before Labor Day except for varsity, junior varsity and JV9 level football, which is no earlier than the Thursday before two Mondays prior to Labor Day.

**Winter** - No earlier than two Wednesdays before Thanksgiving.

**Spring** - No earlier than the Monday after the first Saturday in March for varsity and junior varsity. For JV9 level, no earlier than two weeks after varsity and junior varsity starting date.

**Dates are subject to change and are determined by the NYSPHSAA and Section XI. Contact the Athletic Office for exact dates or log on to SectionXI.org.**

*Please plan vacations accordingly. [Additionally, please see page 21.]*

## MODIFIED ATHLETICS (MIDDLE SCHOOL)

Fall 7 and 8	Early Winter 7 and 8
Girls Cross Country	Boys Basketball
Boys Cross Country	Cheerleading
Girls Field Hockey	Girls Volleyball
Boys Football	Wrestling (Combined)
Boys Soccer	Spring 7 and 8
Girls Soccer	Boys Baseball
Girls Tennis (Combined)	Boys Lacrosse (Combined)
Late Winter 7 and 8	Girls Lacrosse
Girls Basketball	Girls Softball
Boys Volleyball (Combined)	Boys Tennis (Combined)
Wrestling (Combined)	Girls Track
	Boys Track

**\*Please note that the season placement for middle school volleyball is different from the high school placement. [Note: Sport offerings may vary year to year.]**

Approximate Start and End Dates for the Four Sport Seasons:

Fall: First day of school through the first week in November.

Early Winter: Early November through late January

Late Winter: Late January through late March.

Spring: Late March through early June.

**Dates are subject to change and are determined by the NYSPHSAA and Section XI. Contact the Athletic Office for exact dates or log on to [SectionXI.org](http://SectionXI.org)**

*Please plan vacations accordingly. [Additionally, please see page 21.]*

The exact scheduled start dates for the modified program are determined in the spring of the previous school year. Contact the coach or the Athletic Office for specific dates at that time.

## **MODIFIED (MIDDLE SCHOOL) ATHLETIC PROGRAM**

The opportunity to participate on a Bay Shore School team is a privilege afforded to our students by the Bay Shore School District's Board of Education. With every privilege comes an inherent responsibility. The following code of conduct was developed for athletes with the intent to provide every athlete, parent, and coach a clear set of expectations and rules of behavior for a Bay Shore athlete. The Bay Shore School District is proud of the accomplishments of our athletes. Throughout the years, the district has taken great pride in the character, behavior, and civic responsibilities of the students who have worn the Bay Shore uniform. Every athlete and parent should aspire to continue this tradition of excellence. The following sportsmanship practices are of paramount importance and should be conducted at all times:

- Self-control and respect for teammates, opposing athletes, officials, and spectators. Foul language, game "trash talking," and insulting remarks are not acceptable behavior. Respect the integrity, safety and dignity of others and their property.
- Athletes and parents are expected to cooperate and follow the rules and protocol of their sport and should not intentionally violate the integrity of the sport.
- Follow the ideals of sportsmanship, ethical conduct, and fair play.
- Stress the values derived from playing a game fairly and to the best of ability.
- Establish positive relations with visiting teams and hosts.
- Respect the integrity and judgment of the game officials.
- Encourage leadership, use of initiative, and good judgment by teammates.
- Recognize that the purpose of athletics is to promote the physical, moral, social, and emotional well-being of the individual player.
- Remember that the athletic contest is only a game, not a matter of life or death for the athlete, coach, school, spectator, or community.

## **BAY SHORE ATHLETIC CODE OF CONDUCT**

An athlete may not use alcohol, tobacco, or illegal substances at any time. Disciplinary action will be taken, as stated in the District's Code of Conduct Policy.\* Additionally, consequences such as suspension from games and/or the team may be imposed.

Hazing is a form of harassment and will not be tolerated. Students found to have committed an act of harassment will be subject to disciplinary action. Team members are expected to notify their coach if such behavior occurs.

## **HARASSMENT, HAZING, BULLYING**

### **Bay Shore Union Free School District Anti-Hazing Policy**

The Board of Education is committed to providing a safe, productive, and positive learning environment within its schools. Hazing activities are demeaning, abusive, and/or illegal behaviors that harm victims. Hazing negatively impacts the school environment and goes against the educational goals of the Bay Shore School District. Hazing of a student by another student, or group of students, is strictly prohibited on school property, in school buildings, on school buses, and at school-sponsored events and/or activities on or off campus. Hazing of a student includes soliciting, encouraging, aiding, or engaging in "hazing" behavior as defined pursuant to District policy, regulation and/or law. The Board of Education requires the prohibition of hazing, along with the range of possible intervention activities and/or sanctions for such misconduct, to be included in the District Code of Conduct for all grade levels.

### **Definition of Hazing**

For purposes of this policy, the term "hazing" among students is defined as any conduct intended to have the effect of, or which should reasonably be expected to have the effect of humiliating, intimidating or demeaning a student or endangering the mental or physical health of a student in order for that student to join, participate in, or hold office in any organization affiliated with any school or program operated by the District, including but not limited to school sports, activities and clubs. Hazing behaviors include, but are not limited to, the following general categories:

1. Humiliation: conduct likely to cause embarrassment or social isolation of the intended victim.
2. Assault: Any conduct a reasonable person would believe likely to cause bodily injury.
3. Abuse: Any physical, verbal, emotional, and/or sexual conduct engaged in as part of initiation into or participation in a school-sponsored group, sport, or activity.

4. Substance abuse: abuse of tobacco, alcohol, prescription drugs, or prohibited substances.

Even if the hazing victim participates willingly in the activity, or there was no intent by the perpetrator to harm or injure another individual, hazing in any form is prohibited conduct and violates District policy and the District Code of Conduct and may be in violation of New York State Law.

Examples of hazing include, but are not limited to, the following:

- Any kind of physical brutality such as whipping, beating, striking, branding, electrical shocking, or placing a harmful substance on or in the body
- Any kind of physical activity such as sleep deprivation, exposure to elements, confinement in a small space, or other activity that creates an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student
- Any activity involving the consumption of food, liquid, alcoholic beverage, drug, or other substance that subjects a student to an unreasonable risk of harm
- Any activity that induces, causes, or requires a student to perform a duty or task that involves the commission of a crime or an act of hazing as defined herein

Hazing **does not** include any activity or conduct that furthers the legitimate curricular or extracurricular training program goals, provided that the goals are approved by the District and that the activity or conduct furthers those goals in a manner that is appropriate, contemplated by the District, and normal and customary for similar public school programs. An example of permitted conduct includes reasonable athletic training exercises associated with participation in sports.

### **Reporting**

Any student who believes he/she is being hazed or has been subjected to hazing, or any student who has knowledge of or has witnessed a possible occurrence of hazing, must report the incident to any staff member. If a student has witnessed hazing but does not report the incident, he/she will be subject to consequences as per the District Code of Conduct. All allegations of hazing shall be promptly investigated and will be treated as confidential and private to the extent possible under the circumstances. Investigations of hazing shall follow the procedures utilized for complaints of harassment within the school district.

### **Prohibition of Retaliation**

The Board of Education prohibits any retaliation against alleged victims, witnesses, and/or any other individuals who participate in the investigation of allegations of hazing. Follow-up inquiries and/or appropriate monitoring of the alleged perpetrator(s) and victim(s) shall be made to ensure that misconduct has

not resumed and that none involved in the investigation of allegations of hazing has suffered retaliation. Any act of retaliation is subject to appropriate disciplinary action by the District.

### **False Accusations**

It is a violation of the District Code of Conduct to make false accusations of hazing or any other misconduct. Any student who knowingly makes such a false accusation knowingly will be subject to disciplinary action.

### **District Responsibility**

Rules against hazing shall be publicized District-wide and shall be disseminated as appropriate to staff, students, and parents/guardians. Each coach and/or co- or extra-curricular activity advisor shall explain to student participants the District's prohibition of hazing together with the possible consequences for engaging in hazing. Disciplinary sanctions for violation of this policy shall be delineated in the District Code of Conduct and may also be incorporated in staff and student handbooks. In addition, allegations of conduct that constitutes hazing may result in referral to law enforcement officials pursuant to the restrictions imposed by the Family Education Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g).

New York State Penal Law Sections 120.16 and 120.17

Education Law Sections 1709-a, 2554-a and 2801

8 New York Code of Rules and Regulations (NYCRR)

Section 100.2(1)(2)

### **Bullying Definition**

Bullying consists of inappropriate persistent behavior including threats, or intimidation of others, treating others cruelly, terrorizing, coercing, or habitually putting down and/or badgering. Bullying, similar to all forms of harassment and hazing, are prohibited behaviors.

Common characteristics of bullying:

Physical – hitting, kicking, taking or damaging a victim's property

Verbal – using words to berate, hurt, or humiliate

Relational – spreading rumors, and/or actively excluding a person from the peer group to cause emotional harm

### **Reporting Complaints**

In order for the District to effectively enforce this policy and to take prompt corrective measures, it is essential that all victims of hazing or bullying, and persons with knowledge of hazing or bullying report the harassment immediately. The District will promptly investigate all complaints of hazing or

bullying, formal or informal, verbal or written. To the extent possible, all complaints will be treated in a confidential manner. Limited disclosure may be necessary to complete a thorough investigation.

**Investigation/Resolution**

If, after appropriate investigation, the District finds that a student, an employee, or a third party including parent/guardian is in violation, consequences as stated in the District's Code of Conduct will be imposed. Athletes who are directly or indirectly involved in such situations will incur additional team-related consequences.

## **SECTION XI SPECTATOR CODE OF CONDUCT**

### **Statement of Philosophy**

The attendance of students, parents, and interested members of the community at all athletic events is encouraged. We further encourage their active support of these programs by participating in those activities, which lend themselves to stimulating student achievement, good sportsmanship, and school spirit. These activities should be positive in nature and within the guidelines of the Section XI Code of Conduct. It is not our intent to reduce the involvement of spectators or the enjoyment of those who participate. Rather, it is our goal to create an atmosphere that is conducive to healthy athletic competition, is safe for those involved, and provides the ideals of sportsmanship and sound educational practices.

### **Spectator Code of Conduct**

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

Spectators shall respect officials, supervisors, coaches and players, and extend all courtesies to them at all times.

Wholesome cheering is encouraged.

Stamping of feet, taunting, foul and abusive language, inflammatory remarks, and disrespectful signs and behavior are not acceptable.

Faculty-supervised pep bands are permitted during "dead ball time." However, spectator noisemakers or sound devices are prohibited.

Spectators shall observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, use of lavatory facilities, and car parking.

New York State Law prohibits tobacco 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.

**Violators of any part of this Code will be evicted from the area.**

### **Spectator Card System**

A "Yellow Card" warning stating the following will be issued by school personnel for inappropriate behavior:

*"This yellow card has been given to you as a warning that your behavior is inappropriate for this educational setting. Please realize that your admittance to this event is a privilege. It is not a license by act or word to assault players, coaches or officials.*

*The student athletes participating in this contest wrote the following message for you:*

*"It is not your game; it is ours. We hope the spectators will watch, enjoy, encourage and be proud of us, WIN OR LOSE. We need your support and enthusiasm."*

*PLEASE CONDUCT YOURSELF WITH CHARACTER AND CLASS."*

If the behavior is overtly detrimental to the game, or if the first warning is not acknowledged, a "RED CARD" stating the following will be issued:

*"The Bay Shore School District personnel in charge of this athletic event requests that you leave the school district property immediately.*

*Failure to comply with this request will result in contact of law enforcement authorities.*

*Your privileges to attend this athletic event have been revoked."*

## **NYSPHSAA/SECTION XI MISCONDUCT RULE**

Any member of a squad removed from a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next scheduled contest or NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.

Any member of the squad who strikes, shoves, kicks, or makes other intentional physical contact to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. Note: Member of the squad includes coach, player, manager, scorekeepers, timers, and statisticians.

A player or coach who has been suspended from play may not be present on the school grounds where the contest is played. **There is no appeal to the NYSPHSAA/Section XI Misconduct Rule.** The official's ruling is final, and not subject to question.

Note: The Bay Shore School District reserves the right to impose an additional consequence which may result in school disciplinary action, a longer period of suspension from practice and contests, and/or dismissal from the team by the coach and/or administration.

## **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.

Visitors 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 serves as an important role in establishing the reputation of their school and that their actions can relate directly to the success of their team.

## **BAY SHORE ELIGIBILITY POLICY**

While the Board of Education supports and encourages student participation in extracurricular activities, it believes that raising academic standards must be the first priority. The Board also maintains that participation in extracurricular activities is a privilege reserved for those students who uphold the state laws, school rules (as exemplified by the Code of Conduct), and are in good health.

The Board of Education has established a policy for all students attending the middle school and high school who wish to participate in extracurricular activities. The policy is posted on the District's Web site: [www.Bayshoreschools.org](http://www.Bayshoreschools.org)

## **BAY SHORE ATTENDANCE POLICY**

A student has a right to educational opportunities that will enable him/her to develop his or her full potential. Attendance/tardiness policies are based on the principle that regular and punctual school attendance maximizes the student's interaction with his or her teachers and peers and is a major component of academic success. In addition, the establishment of acceptable attendance habits/patterns is critical if students are to be successful. In light of the relationship that exists between achievement and daily attendance, the following Attendance/Tardiness Code has been established by the Bay Shore School District for all Bay Shore students.

Frequent absence of pupils from classroom learning experiences disrupts the continuity of the instructional process. The myriad benefits of regular classroom instruction cannot be replaced, even by additional after-school instruction. It has been noticed that many pupils with high absentee rates only achieve mediocre grades in their academic programs. To maximize success for each individual

child, students must participate in well-planned instructional activities under the tutelage of a competent teacher.

The policy is posted on the District's Web site at: [www.bayshoreschools.org](http://www.bayshoreschools.org)

## **COMMITMENT TO PRACTICE/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, family illness, family emergencies, medical reasons, and religious observances. Timely communication between the coach, parent, and/or athlete in this situation is essential.

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. An athlete's first commitment must be to the school program. Coaches are not expected to excuse athletes from school practices and/or contests due to conflicts or commitments with outside community club or travel team practices, contests, and/or tournaments. Parents and athletes should not expect coaches to compromise their commitment expectations.

## **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, performance level of the individual, and the overall success of the team. Each and every individual on the team has a role, not just in the game, but in the practice climate, 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 coach and athlete, but on the part of the family as well. Attendance is mandatory during vacation periods. The modified middle school program will not schedule as many practices as at the high school level. Contact the coach prior to the season in order to review and understand team commitments and expectations.

## **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 Break (end of November); Winter Break (end of December); Mid-winter Break (mid-February), and Spring Break (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 two weeks prior to Labor Day. 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 coach.

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.

Student-athletes are expected to make a full commitment to the season and notify the coach of any potential commitment conflicts prior to tryouts. A problem with commitment may have an impact on 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 both are 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

Practices may be conducted on the days of Rosh Hashanah, Yom Kippur, Christmas Day, Holy Thursday, Good Friday, the first day of Passover, and Easter Sunday as an exception and on an **optional** basis. Contests can be scheduled the day after a holiday and coaches can have **optional** practices on certain holidays as part of the preparation process. These rare circumstances will be addressed, and athletes will be informed that the practice is optional, with no implication of any penalty for missing the practice.

When teams do practice on the eve of a religious holiday or those dates mentioned above with special permission, coaches and team members are expected to respect the religious commitments and personal obligations of the family.

## **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 may have an impact on team goals.

Coaches, parents, and student-athletes have a responsibility to each other. 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. If an athlete's personal commitments compromise team goals and 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 commitments to other personal goals.

## **POST-SEASON PLAY ELIGIBILITY**

To be eligible for post-season play (sectional, regional, intersectional or state competition), a team must have competed in six school-scheduled contests, which occurred on six 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 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, etc.) must have represented their school in six 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 because of 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.

Varsity coaches may promote JV players during the play-off run. The varsity and JV coach will collaborate on the selection process. JV players selected will have the opportunity to share in the experience of post season competition.

## **REQUIRED MEDICAL CLEARANCE**

The Commissioner's Regulations mandate that all athletes must be given a physical examination prior to their participation in interscholastic athletics.

Physical examinations must be performed after June 1<sup>st</sup> for the upcoming school calendar year. Physical forms to be completed by private physicians are available in the Health Office. The school's physician performs physicals for student-athletes in June and in August.

Parent permission forms must be filled out for each sport. The forms will only be accepted within 30 days prior to the sport season. Varsity and JV athletes must submit a signed photography consent form for sports clearance as well.

All forms are available in the Health Office and on the Bay Shore Athletic Web site. All completed forms must be returned to the Health 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 exceptions made for a student who does not meet the deadline for tryouts. Make note that a school nurse (under the auspices of the school physician) is the only person who can clear students.

## **TEAM TRYOUTS**

Athletes are expected to be present during the tryout period in order to qualify for selection on the team. Extenuating circumstances for missing any day of the tryouts must be brought to the attention of the coach immediately. A student within the first two weeks of the season may be added to the roster **only** if team cuts were not made.

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 . Each try-out 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.

A Note to 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 discuss expectations with all athletes, particularly seniors. If it is clear to the coach during tryouts that the role of the senior will be limited, that information will be communicated.

## **SELECTION/CLASSIFICATION PROGRAM**

### **Bay Shore UFSD Selection Classification Policy:**

The New York State Selection Classification Program allows a school district to permit students in seventh and eighth grade or higher to compete on interscholastic teams organized for senior high school students.

The Bay Shore Board of Education believes that the purpose of the High School Interscholastic Athletic Program is to support the educational needs and athletic interests primarily of high school students. In exceptional cases, the District recognizes that there may be circumstances when a seventh or eighth grader may be Selection Classified to try out for a high school team as stated below:

A seventh or eighth grade student can be Selection Classified for a varsity team only when he or she demonstrates superior skill far above that of his or her peers. Displacement of a high school student at the junior varsity level shall be a consideration when Selection Classifying middle school students.

All students classified must be in good academic and behavioral standing, as determined by the Academic Eligibility Policy and Selection Classification Committee.

### **Selection Classification Procedures:**

- A written recommendation must come from the head varsity coach of that sport. The head varsity coach will collaborate with the Director or Assistant Director of HPEA.
2. In order for a student to be recommended, he/she must be deemed athletically "exceptional" by the athlete's middle school coach(es), physical education teacher(s), and the head varsity coach. An athletically "exceptional" student refers to the following:
- The athlete has exceedingly superior skill that is well above age level.
  - The athlete will not have anyone of comparable skill to participate with, or against, on the modified level.
  - Safety concerns (on the modified program level) because of the skill level, strength, or size of the athlete
3. If an athlete is deemed "exceptional," he/she will be offered the Selection/Classification process at the discretion of the athletic director, in conjunction with the head varsity coach. The following programmatic factors will influence the decision:

- Cutting policy of that particular sport
  - Availability of the middle school team in that sport
  - Selection/Classification Guidelines
4. If the athlete is awarded the opportunity and passes the Selection/Classification process, the athlete is **eligible to try out**.

### **Standards of Performance and S.E.D. Fitness Testing**

If the student-athlete is approved to participate in the Selection/Classification program, the following procedures apply:

- a) The physician must administer a physical examination and determine the athlete's physical health and readiness through a state-mandated examination, and a physical maturity evaluation.
- b) An authorized physical education teacher, appointed by the Director of Athletics, or the Director/Assistant Director of HPEA will administer an Athletic Performance Test, as required by the State Education Department. The specific tests mandated and qualifying scores are sport specific. No one other than the designated district staff member may administer the required tests.

## **COACHING CERTIFICATIONS**

All Bay Shore 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, Bay Shore 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 are protected and fostered. The coach is responsible for teaching physical skills, values, sportsmanship, ethical conduct, and fair play, in accordance with school, Section XI and NYSPHSAA. All activity should always be conducted in an appropriate educational environment.

## **THE ROLE OF THE HIGH SCHOOL 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.

Bay Shore provides a certified athletic trainer at most varsity level home contests. The role of the trainer is 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 illnesses, 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 Bay Shore 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, a member of the coaching staff or school personnel will accompany the athlete in the ambulance, if a parent is not present. The coach shall notify the athletic director and school nurse as well as complete an accident report 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. Therefore, it is critical that coaches have emergency contact numbers in order to reach a parent, family member, or designee during practices and contests, in case a situation such as this arises. In these situations, contact will be made and a course of direction established to ensure appropriate treatment and care of the injured athlete.

## **STUDENT-ATHLETE ACCIDENT/INSURANCE CLAIMS**

Too often parents come to believe that medical bills not covered under their own insurance plan will be covered under the district's student accident insurance plan. Unfortunately, this is not the case. In addition to dollar limitations in coverage, certain expenses are not covered at all.

All claim forms must be submitted with a Statement of Benefits from your insurance company before they will consider the claim. The nurse will be very helpful in providing you with the necessary paperwork to submit a claim.

## **RETURN TO PLAY**

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. "A Clear to Return to Play" form is available in the health office and HPEA office.

## **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 bleeding in the brain, a subdermal 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 interscholastic athletic programs have increased in numbers as the level of competition has risen. Therefore, Bay Shore has taken special precautions to insure the safety of all athletes:

- The high school athletic director addresses the dangers of head injuries at seasonal coaches meetings.
- All coaches make certain that a head injury is reported to the athletic director.
- Head injury instructional guidelines are followed, with appropriate parental notification.

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.).

## **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, etc.), and for those sports defined as Limited Contact/Impact (basketball, baseball, etc.).

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 fuel and nourish the body properly. The following information is standard guidelines to help promote healthy eating habits for athletes. The athlete has to monitor food intake to replenish excessive energy sources needed for rigorous and sustained practices/competitions.

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 whole grain cereals, breads and pasta, as well as potatoes, 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. Proteins are foods like chicken, fish and beans. Eat more complex carbohydrates, not more protein!
3. **Eat fewer 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, fish and chicken (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.
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.
7. **Eating 200-400 carbohydrate calories within 1-2 hours of exercise is best.** 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 "performance-enhancers."**

Athletes should be able to fuel their bodies properly through a normal well-balanced diet that is especially rich in complex carbohydrates, while maintaining proper hydration levels. Nutritional supplements such as amino acids, protein, high doses of vitamins and minerals may actually be harmful.

Athletes have to monitor their food consumption. This is particularly important for female athletes. Menstruation irregularities and osteoporosis are concerns for female athletes that are not properly nourished.

Nutrition is an important aspect for leading a healthy lifestyle for everyone. We, as a society, are currently experiencing obesity and overeating in record proportions. We have to address our eating habits and develop a plan to ensure a healthy lifestyle for ourselves and guide our children to understand and prioritize these concepts. Parents should familiarize themselves with a sound dietary/nutritional program for themselves and for their athlete.

## **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, findings indicate that supplements can cause health problems that outweigh any benefit they claim to 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. Ephedrine is now a banned substance because its use has resulted in serious health problems and, in some instances, has caused death. Dietary supplements 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. 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, migraines, seizures, and atrial fibrillation.

Androstenedione, an androgen, 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.

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 Bay Shore School district supports the text of the committee's statements listed below:

- "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."

The Bay Shore School District does not support the use of dietary supplements to improve performance. We adhere to the application of meaningful training and good nutrition to accomplish athlete achievement.

## **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 warrant special precautions.

On those days when the Heat Index reaches 88 (or the Temperature/Humidity Index reaches 73), practice sessions and contest rules are modified to permit additional timeouts 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.

## **LOCKER ROOM SECURITY**

All athletes are provided with a locker for their personal use located in the team locker room. Since this area is used by numerous 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.

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

## **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 and uniforms in a locker that is locked securely during the course of a season. Please do not keep the team uniforms in the locker room 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 that is stolen or misplaced.

### **Care and Maintenance**

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. 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 Uniforms and Equipment**

It is the responsibility of the athlete to sign out and return all school issued equipment to their coach in person at the end of their season. All team uniforms and equipment are to be returned to the coach immediately after the last practice, contest, or scheduled meeting by the coach. The athlete is not responsible for the final 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 ensures that all items in the team inventory are available for pickup 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. 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.

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 return the inventory item than to pay for it. 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 coach or athletic office. 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. Seniors will not be issued diplomas and cap/gowns for graduation ceremony until all outstanding equipment/uniforms have been returned or monetarily reimbursed.

## **ATHLETIC 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. The requirements for the school awards vary with the nature of each sport and level and include the following:

<b>MS Teams</b>	Certificate
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<b>JV/JV2/JV9 Teams</b>	JV Shield
<b>Varsity Teams</b>	1st year: Varsity letter with sport insert
	2nd year: Second-Year Certificate
	3rd year: Third -Year Certificate
	4th year: Four-Year Plaque
	5th year: Five-Year Plaque
	6th year: Engraved plaque or statue

MVP \*Trophy or plaque provided by the Bay Shore Athletics Sponsors.

Each coach is responsible for choosing **one** Most Valuable Player for his/her sport.

**Presentation of Awards:**

MS Teams: At the conclusion of each season, an awards meeting will be held by each middle school coach. Coaches will distribute certificates to their athletes at this meeting.

JV/JV2/JV9 Teams: Individual coaches will meet with teams to distribute awards.

Varsity Teams: Individual coaches will meet with teams to distribute awards.

MVP Awards: The Athletics Sponsors Awards Dinner will be held in June; check your calendar for specific date. All Varsity coaches and their athletes are invited as guests. All Varsity coaches are expected to attend.

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

**Coaches' Association 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 independent bodies 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 associations 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 will not be permitted to participate.

In special cases, a parent may need permission to transport his/her child from a game site on a given date. In such cases, the request must be made to the coach in advance of the contest. These cases shall be considered only as the rare exception and should be reserved for emergency situations.

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. Under no circumstances will a parent be allowed to take any but his/her own child home, nor will a child be permitted to leave an away site with anyone but his or her parent. Failing to comply with our transportation and supervision policies at away contests may jeopardize an athlete's team eligibility.

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.

In almost all cases at the middle school level, athletes will be finished with practice in time to use school district transportation, if provided, to return home at the end of the school day.

### **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.

An athlete may travel home with his/her 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."

Often, the term "scholarship" 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 the following:

1. The type of financial package (if applicable) being discussed
2. The obligations, terms, conditions and longevity of such arrangements
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 college options are discussed during junior year, planning for collegiate participation begins much earlier.

## **ACADEMIC PREPARATION FOR THE COLLEGE-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 clearance for practice and competition prior to their college freshman year certified by the NCAA Initial-Eligibility Clearinghouse. Information brochures/forms have been made available to the guidance offices. The NCAA Clearinghouse reviews required core courses and high school transcripts for all prospective Division I and Division II student-athletes (not Division III).

### **COLLEGE RECRUITMENT AND ATHLETIC ELIGIBILITY**

An athlete must submit to the Clearinghouse a Student Release Form, along with his/her official high school transcript, ACT and/or SAT scores and a payment fee. After review, a preliminary certification report will be made available to the student-athlete and to 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 Office 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 and are occasionally modified. It is essential that parents and student-athletes consult with their counselors to discuss future goals, plan the academic portfolio and obtain the following:

- College 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 freshman year)

## **PARENT-COACH-ATHLETE RELATIONSHIP**

**Communication among coaches, parents and student-athletes is key to understanding each role, minimizing possible conflicts and maximizing an understanding of the expectations and goals that have been established for the student-athlete.**

### **What You Should Expect From the Coach:**

Expectations the coach has for the team:

- Location and times of all practices and contests
- Team requirements, i.e., special equipment, off-season conditioning responsibilities, etc.
- Procedures should your child be injured during participation
- Team rules and guidelines

### **What Coaches Should Expect From Athletes:**

- Notification of any schedule conflicts in advance
- Additional health concerns
- 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 urged to encourage their child to discuss issues/concerns with their coach. This step is an important aspect in confidence building, self-esteem, personal responsibility, and maturation.

### **Appropriate Concerns to Discuss With the Coach:**

Communication between parent and coach is extremely important. Choosing the appropriate time to have a discussion with the coach must be considered.

It is very difficult to accept your child's not having as much playing time as you would desire. Coaches make professional judgments and 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: team strategy, play calling, and/or other student-athletes on the team.

There are situations that may require a conference between the coach and the parent. 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.

### **Procedure to Discuss Concerns with the Coach:**

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic office to ask for assistance in setting up the meeting.
3. 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 an activity.

If meeting with the coach does not provide a satisfactory resolution of your concerns, call to set up an appointment with the athletic director to discuss the situation.

## **RULES FOR PARENTS**

The following is a suggested "code of conduct" for parents:

- Remain seated in spectator areas during competition.
- Do not shout instructions or criticisms to the athletes or students present.
- Do not make derogatory comments to players, other parents or fans, officials or administrators.
- Do not interfere with the coaches' instruction.
- Be willing to let the coach be responsible for your child during the duration of the contest.
- 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 to yourself, "I gave everything emotionally and physically. I played my heart out."

### **2. PLAY SMART**

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

### **3. PLAY FAIR**

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

### **4. PLAY TO WIN**

Never quit. Never give up or give in. Maintain your self-respect, as well as the respect for members of the opposing team and officials.

### **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, play your hardest. Although winning is exhilarating, it is not everything. Self-worth is not predicated on victory or defeat. What matters most is that you love the challenge of the game, savor the camaraderie of your teammates, earn the respect of your opponents, and most importantly, that you have tried your hardest in order to be true to yourself.