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

Student-Athlete Handbook

For Student-Athletes and Parents
Dear Parents and Student-Athletes,

Welcome to the Bay Shore School District Interscholastic Athletic Program.

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

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

For your convenience, please log on to the Section XI Website, currently available to the public at www.sectionxi.org. This website allows the athletic community access to high school and middle school (modified) schedules, game times, directions to contest sites. In addition, the website 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 website for the Physical Education, Health and Athletic Department is another source of information for you. The site location is: www.bayshoreschools.org/athletics

If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact us at 968-1186, ext. 5.

Sincerely,

Bob Panariello
Director of Health, Physical Education and Athletics

Ted Nagengast
Department Chair for Athletics

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

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

The Bay Shore School District, as a member of the NYSPHSAA and Section XI, is obligated to comply with state and section regulations. Therefore, our district policies must parallel policies that govern Suffolk County interscholastic athletic programs.
Bay Shore Interscholastic Athletic Program

Mission Statement

The mission of the Bay Shore School District Interscholastic Athletic Program, which is aligned with the Section XI and NYSPHSAA mission, is to:

Foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship.

Successful programs develop individual and team potential by promoting high standards of Competence, Character, Civility, and Citizenship, the 4 C’s from the NYSED Educational Frameworks for Athletics.

PHILOSOPHY

Interscholastic athletics in the Bay Shore School District is an outgrowth of our physical education and health programs, therefore, it is an integral part of the district’s total educational program. The interscholastic competitive environment provides an opportunity for our participants to learn positive life skills and values. This is accomplished through the implementation of the Educational Framework for Interscholastic Athletic Programs promoted through the New York State Education Department. The program promotes the four “C’s” as stated below:

Competence

A student athlete in a quality program is competent in terms of:

Skill Development, Knowledge of the Game/Strategies, Fitness/Conditioning/Healthy Behaviors

Character

A student in a quality program demonstrates:

Responsibility, Accountability, Dedication, Trustworthiness/Fair Play, Self Control

Civility

A student athlete in a quality program demonstrates civility towards others, showing:

Respect, Caring, Fairness

Citizenship

A student athlete in a quality program demonstrates citizenship 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 middle school (modified) four-sport season program, provided for middle school seventh and eighth grade students, progressing to a three-sport season high school program, which includes opportunities for participation in junior varsity programs and culminates with a varsity level experience for the accomplished student athlete.

**VARSITY PROGRAM PHILOSOPHY**

Varsity competition is the culminating experience for each sport’s program. It is an experience provided for the skilled and proficient student athlete and is the most demanding and competitive of all programs. Prior participation in the program, however, does not guarantee an athlete a spot on the roster, even if the athlete was a member of the varsity squad the preceding year.

It is vital that each athlete understand and accept 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.**

A sound attitude and advanced level of skill are prerequisites for varsity play. Athletes will be expected to practice 2 to 3 hours per day, six days per week, with **commitment often extended into vacation periods.** 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 role player. Every athlete involved on the team has a role in preparing the team for a demanding competitive schedule.

One of the primary goals of a varsity team is to win a league or division title, and/or qualify for post-season play, while bearing in mind the "Four "Cs".

**JUNIOR VARSITY PROGRAM PHILOSOPHY**

The junior varsity program is intended for those who display the potential for continued development in becoming varsity level athletes in the future. Teams are comprised of mostly ninth and tenth grade students. In certain situations, juniors, who in the future may be viewed as potential contributors at the varsity level, may be allowed to participate on a junior varsity squad.

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 than that of the middle school level.

Student-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 middle school 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 move up. At this level, athletes are expected to have 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 athlete. For all team members, meaningful contest participation will exist over the course of a season, providing the athlete meets program expectations. **A specified amount of playing time, however, is never guaranteed.** Athletes are expected to compete for a position, and earn their position in the starting line-up.

The time commitment 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.

**The student-athlete will be expected to make a full commitment to attend team practices during vacation periods.** A high level of dedication and commitment is expected at the junior varsity level.

**MIDDLE SCHOOL PROGRAM PHILOSOPHY**

Athletes are expected to attend five/six practices a week, lasting between one and one half to two hours in duration. Practices and/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 coach's expectations. Playing time will vary between individuals 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 show a willingness to play in a position or role that will benefit the team.
## HIGH SCHOOL (VARSITY AND JUNIOR VARSITY) ATHLETICS

### Fall

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<tr>
<th>Sport</th>
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<tr>
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<td>Girls Track</td>
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Please refer to the following websites for sport season start dates:

- [www.sectionxi.org](http://www.sectionxi.org)
- [NYSHPHSAA.org](http://www.NYSHPHSAA.org)
- [bayshoreschools.org/athletics](http://bayshoreschools.org/athletics)
MIDDLE SCHOOL ATHLETICS

Fall (Grades 7 & 8 Combined)
Cheerleading
Boys Cross Country
Girls Cross Country
Girls Field Hockey
Boys Football
Boys Soccer
Girls Soccer
Girls Tennis

Early Winter (Grades 7 & 8 Combined)
Boys Basketball
Girls Volleyball

Late Winter (Grades 7 & 8 Combined)
Girls Basketball
Boys Volleyball
Wrestling

Spring (Grades 7 & 8 Combined)
Boys Baseball
Boys Lacrosse
Girls Lacrosse
Girls Softball
Boys Tennis
Girls Track
Boys Track

*Please note the season placement for middle school volleyball, which is different than the high school.

Please refer to the following websites for sport season start dates:
www.sectionxi.org
NYSHPHSAA.org
bayshoreschools.org/athletics
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 student athlete, parent and coach a clear set of expectations and rules of behavior for a Bay Shore student-athlete. The Bay Shore School District is proud of the accomplishments of our student athletes. Throughout the years, however, the district has taken greater pride in the character, behavior and citizenship of the boys and girls who have worn the Bay Shore uniform. Every student-athlete and parent should aspire to continue this tradition of excellence.

- Demonstrating sportsmanship is paramount and should be practiced at all times by Bay Shore Student-Athletes
- Self-control and respect for teammates, opposing athletes, officials and spectators at all times. Foul language, game “trash talking” and insulting remarks are not acceptable behavior. Respect for the integrity, safety and dignity of others and their property is expected.
- Cooperation- Student-Athletes and parents are expected to 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 interscholastic athletics is to promote the physical, moral, social and emotional well-being of the student-athletes.
- 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

A student-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, it is illegal, and will not be tolerated. Students found to have committed an act of harassment will be subjected to disciplinary action as per the school district Code of Conduct and the Anti Hazing Policy. Team members are mandated, encouraged and expected to notify their coach if such behavior occurs.

THEFT:

A Student-Athlete who is disciplined by school administration for theft, shall be immediately removed from their interscholastic participation and suspended from participating in the next subsequent season.

School District Policies (Student-Athletes)

Please refer to School District website at www.bayshoreschools.org/athletics to review the following school district policies pertaining to student-athletes;

Click on Parent Info

- Anti-Hazing Policies
- Attendance/Tardiness Policy
- Code of Conduct
- Concussion Management Policy
- Eligibility Policy for Extracurricular Activities
- Sexual Harassment Policy
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 which is conducive to healthy athletic competition, is safe for those involved, and which 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 at all times respect officials, coaches and players and extend all courtesies to them.
Spectators shall refrain from coaching their child from the sideline
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 parking of cars.
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.
Spectators shall respect and obey all school officials, supervisors, and policies at all athletic contests.

Violators of any part of this Code will be evicted from the area.
NYSPHSAA/SECTION XI MISCONDUCT RULE (Player ejection 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 in 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 physical contact with the intent to do so, 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, and must be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give.

The visitors, in turn, are to act as invited guests, using the home school’s facilities with care, while respecting the rules and customs of the home school.

Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions must be respected.

Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their actions can relate directly to the success of their team.
COMMITMENT TO PRACTICE/GAMES

Student-athletes are expected to attend every practice and contest, unless excused by their coach. If a student-athlete is present in school, he or she is expected to attend 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, preferably a phone call, 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.

A student-athlete’s first commitment must be to the school program. Coaches are not expected to excuse student-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 student-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, and performance level of the individual and the overall success of the team. Regardless of how much playing time the student-athlete is experiencing, each and every individual on the team has a role, not just in the game, but in the practice climate as well. Commitment during the vacation periods involves self-sacrifice, not only on the part of the coach and student-athlete, but the family as well. Attendance is mandatory during vacation periods.

VARSIY ATHLETIC VACATION POLICY

In order to ensure that student-athletes recognize and understand their responsibility as a member of the varsity team, parents and student-athletes 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 (end of November), Winter (end of December), Mid-winter (mid February) and Spring (April). As a school district and members of the NYSPHSAA and Section XI, we are committed to the contest schedule during these non-school and vacation periods. In addition to these periods, the fall sports season usually commences on or about the Monday prior to Labor Day, with football commencing two weeks prior to Labor Day. Consequently, all varsity student-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 student-athletes should be expected to plan ahead and attend these practices and/or competitions, if they wish to, 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 impact the selection process.

Once selected for a team, a student 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.

**EXCEPTION:**

If the coaches of both teams involved make an appeal to the athletic director and are both in agreement that a change would be beneficial, the appeal will be considered.

A student-athlete **dismissed** from a team may not try out for another team during the same 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
- Yom Kippur
- Christmas Eve
- Christmas Day
- Holy Thursday
- Good Friday
- Easter
- First Day of Passover
Practices may be conducted on certain holidays. Contests can be scheduled the day after a holiday and coaches may conduct practices on certain holidays as part of the preparation process.

When teams do practice on the eve of a holiday, coaches 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 impact 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 a student-athlete's personal commitments compromise team goals, or present a conflict with respect to the standards and expectations defined for all involved in the program, the student-athlete should be prepared to make a choice between his/her continued relationship with the team and their commitment 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 (6) school-scheduled contests, which occurred on six (6) different dates, during the season. An individual is eligible to compete for the team if he or she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season.

For football, a student-athlete 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 (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be completed prior to the conclusion of the team's regular schedule.

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

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

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

Physical examinations must be performed after June 1st for the upcoming school calendar year.

*The school's physician performs physicals for student-athletes in June and in August of every year.*

Parent permission forms must be filled out for each sport. As per state regulation, these forms can only be accepted within 30 days prior to the beginning of the sport season.

All forms are available in the High School and Middle School Health Office and on the Bay Shore Athletic Website.

All completed forms must be returned to the Health Office prior to the start of the sport season.

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

Note: As per state regulations, The Chief School District Medical Officer is the only person who is authorized to clear student-athletes for interscholastic athletic participation.

TEAM TRY-OUTS

Student Athletes are expected to be present for all days of try-outs. Athletes who miss the try-out period will be denied the opportunity to participate in the sport unless all who tried out were kept on the team. In programs where cuts are made, the coaches are expected to make their final selections from those who are in attendance at tryouts.

As mentioned previously in this guide, commitment is vital to the success of all involved. There is undoubtedly a sacrifice to be made, not only on the part of the athlete, but on the family as well. Student 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 try-outs and the try-outs are open to all. Student-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 for seniors: One of the most difficult situations coaches face is the dilemma of the senior who has been in the program for years and now is viewed as a limited role player.

Seniors will not be accommodated with a junior varsity experience, as this is considered a developmental program.

At the varsity level, as long as program expectations are met, the best will play, regardless of age, Coaches are encouraged to discuss expectations with all student-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 to the student-athlete.

ATHLETIC PLACEMENT PROCESS (APP)

The New York State APP 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.

Please refer to APP information on the Bay Shore Athletic Website (bayshoreschools.org/athletics)

COACHING CERTIFICATIONS

All Bay Shore coaching personnel are required to be certified in accordance with NYSPHSAA and NYSED standards. As per state mandates, all coaches employed in the district are certified in AED, CPR, First Aid, DASA, Child Abuse, Violence Prevention Certification and Concussion Management Protocols.

In accordance with state mandates, Bay Shore recruits 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 fundamentals, strategies, sportsmanship, ethical conduct and fair play, in accordance with school, Section XI and New York State Public High School Athletic Association regulations and guidelines.
THE ROLE OF THE ATHLETIC TRAINER

Student-athletes and parents should recognize the risk of injury that may occur during any physical activity. Our staff is prepared to address injury needs and is trained to provide appropriate first aid in an emergency.

Bay Shore School District 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 student-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 student-athlete. It is vital for our student-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.

The Athletic Trainer is responsible for conducting and implementing the Bay Shore School District Concussion Management Policy; Return to Play Protocols

EMERGENCY PLAN

If an accident or injury occurs during a practice and/or contest, each interscholastic athletic team has a comprehensive emergency action plan that will be implemented.

If the injury or illness requires a high level of care, the EMS system will be activated and emergency services called. If the student-athlete is injured in a practice or game and is transported to a medical facility, and a parent is not present, a member of the coaching staff or school personnel will accompany the student-athlete in the ambulance. In the event of an away game, the coach will accompany the student-athlete in the ambulance, and the bus containing the team, will follow the ambulance to the hospital.

The coach shall notify the athletic director and school nurse of the injury or illness. An accident/injury report will be initiated within twenty-four (24) hours of the incident.

STUDENT-ATHLETE ACCIDENT/INSURANCE CLAIMS

You may access information at www.bayshoreschools.org/athletics
RETURN TO PLAY (Non-Head Injuries, Eligibility Policy Infractions)

If a student-athlete is out for an extended period of time, they must acquire a specific number of practices before returning to participation in a competition.

- Out 4-5 days = 1 day of practice
- Out 6-11 days = 2 days of practice
- Out 12-17 days = 3 days of practice
- Out 18 or more days = 5 days of practice

RETURN TO PLAY (Concussion/Head Injuries)

Please refer to the Bay Shore School District Concussion Management Protocols and Policies posted on school district website.

HEAD INJURIES

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

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

PARENTS AND STUDENT-ATHLETES SHOULD REFER TO THE BAY SHORE SCHOOL DISTRICT CONCUSSION MANAGEMENT PROTOCOLS AND POLICIES LOCATED ON THE ATHLETIC WEBSITE.
SAFETY CONCERNS FOR MALE ATHLETES

Although not required by the rules of all specific sports, it is recommended that all student-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 student-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 student-athlete has these personal items of protection with him and wears them at all practices and contests.

SECTION XI HEAT ALERT POLICY

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

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

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

The Section XI Safety Chairperson monitors heat and humidity conditions, and all public high schools are given notification of the Heat Alert 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 student-athletes are provided with a locker for their personal use located in the team locker room. Since this area is used by numerous student-athletes throughout the course of an afternoon and teams dismiss their student-athletes at varying times, it is impossible to make certain that the locker rooms are secured at all times.

If the student-athlete leaves their personal belongings unlocked or out in the locker room, they are inviting theft. All students are discouraged from bringing
valuable items to school. Excess cash, expensive jewelry and electronics should be left at home.

Please refer to THEFT Provision stated earlier in this handbook.

TEAM UNIFORMS AND SCHOOL ISSUED EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to secure all school issued equipment items and uniforms in a locker that is locked during the course of a season. Please do not keep the team uniforms in the locker room facility for long periods of time. They are best laundered and left at home until the day of a game. The expense of a uniform is significant and if the student-athlete forgets to lock his or her locker, the student-athlete will be expected to pay for the school issued athletic equipment and/or uniform.

Care and Maintenance

All student-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 due to neglect, the student-athlete will be expected to pay for the replacement item.

Return of Uniforms and Equipment

It is the responsibility of the student-athlete to personally sign out and return all school issued equipment to their coach at the end of their season. All team uniforms and equipment are to be returned to the coach immediately after the last practice, contest or scheduled meeting by the coach.

Turning in equipment and uniforms on time insures that all items in the team inventory are available for pick-up by the reconditioning company on the scheduled date set for the end of the season.

Student-athletes should never give their school issued equipment or uniform to any one else to return for them. Coaches keep accurate records of their inventory and if there are any items not returned at the end of the season, the athlete will be placed
Students are NOT permitted to keep their uniforms at the end of a season. In an interscholastic athletic program, “jerseys are never retired.” Uniforms are costly to replace in small quantity, and allowing student-athletes to keep their uniforms would be fiscally irresponsible. In addition, many of our uniforms are custom made and cannot be matched. All parents are asked to support our inventory policies, and make every effort to see to it that their child’s uniform and protective equipment are returned to the coach immediately following the last game of the season.

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

Student-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 student-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 Middle School, Junior Varsity or 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:

- **Middle School Teams:** Certificate
- **Junior Varsity Teams:** JV Shield
- **Varsity Teams:**
  - 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 Plaque:** Provided by the Bay Shore Athletics Sponsors. Each coach is responsible for choosing **ONE** Most Valuable Player for their team.
PRESENTATION OF AWARDS

Middle School Teams: At the conclusion of each season, an awards meeting will be held by each Middle School Coach. Coaches will distribute certificates to their student-athletes at this meeting.

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

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

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

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 an independent body, governed by their own by-laws and officers. Therefore, these post-season awards, presented by the coaches, may vary from sport to sport and year to year. The members of the associations determine the selection criteria for awards, pay for the awards and fund the banquet. Neither the school, nor Section XI, has any influence with regard to the selection of those individuals who receive these awards.

TRANSPORTATION

Student-athletes are expected to use transportation provided by the school “to” and “from” all athletic events. Student-athletes are expected to arrive for bus departures on time and may not drive to the site. If a student-athlete does not make the bus and arrives at the site without administrative approval in advance, the student-athlete will not be permitted to participate.

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

Student-athletes at away contests are expected to remain “on site” and under the direct supervision of the coach at all times. All student-athletes will be expected to
conduct themselves appropriately when traveling with the team. All student 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 child home from the game site unless it is the exception.

**Under no circumstances will a parent be allowed to take any other child home, but their own. Nor will a child be permitted to leave an away site with anyone other than 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 their child in a timely fashion after home games, or when the bus returns from an away contest. Parents and student-athletes should check with the coach for the estimated time of pick up.

**TRANSPORTATION TO POST SEASON CONTESTS**

Any student-athlete participating in a Regional, Intersectional, or State Championship event **MUST** travel to the event on the transportation provided by Section XI. Parents cannot transport their child to any post-season contest at the regional level or beyond. There is no appeal to this Section XI regulation.

A student-athlete may travel home with their parents provided that a written request is presented, in advance of the departure date to the Section XI Sports Chair Coordinator. If approval has not been given in advance, the student-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 student-athletes to play at the next level, athletic scholarships are limited and are available primarily for the "elite athlete."

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

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

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

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

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

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

**ACADEMIC PREPARATION FOR THE COLLEGE-BOUND STUDENT-ATHLETE**

The process is a long and selective one and the student-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. Student-athletes need to be aware of the academic requirements for collegiate eligibility when they enter the ninth grade. Communication with guidance counselors is essential, as core course requirements and standards for academic eligibility at the collegiate level must be met.

Student-athletes must have eligibility for practice and competition in their freshman year certified by the NCAA Initial-Eligibility Clearinghouse. Information brochures/forms have been made available to the 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).
A student-athlete must submit a “Student Release Form”, along with his/her official high school transcripts, ACT and/or SAT scores and a payment fee, to the Clearinghouse. After review, a preliminary certification report will be made available to the student-athlete and the colleges that he/she has selected to receive this information. After graduation, the Clearinghouse will review the final transcript and make a final certification decision. This process must be initiated, through the guidance counselor, at the beginning of the student-athlete’s senior year.

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

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

**NUTRITION**

In order to approach peak performance in athletics, student-athletes, parents, and coaches need accurate information on how to properly fuel and nourish the body. The following information is standard guidelines to help promote healthy eating habits for student-athletes. The student-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. Eat more complex carbohydrates, not more protein!

3. Eat less high-fat foods. Foods high in fats include fried foods, cookies, cakes, luncheon meats and whole milk dairy products. This does not mean avoid these foods totally. However, we must learn to choose low fat versions such as
skim milk, lean beef, 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. Eating 200-400 carbohydrate calories within 1-2 hours of exercise is best.

7. Eat an appropriate pre-competition meal three to four hours before practicing or playing a game, athletes need to ‘fuel’ their bodies with a high carbohydrate, medium sized meal composed of familiar food. However, within an hour of exercise, always avoid foods high in sugar such as candy bars.

8. Don’t be tempted by nutritional supplements or other “performance-enhancers”.

Athletes should be able to properly fuel their bodies 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 student-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, we find that some of the supplements can cause health problems that outweigh any benefit they may provide.

The problem with these performance-enhancing substances, such as creatine, androstenedione, ephedrine, etc., is that there is no requirement for testing for efficacy or for side effects because these are considered to be natural foods. Ephedrine has recently been banned due to causing health problems and death to some local and professional athletes. 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, migraine, seizures, and atrial fibrillation.

Androstenedione, an anogen, 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, including but not limited to: Red Bull, Jack 3 D and Energy Drinks, 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 achieve athlete achievement.

PARENT-COACH-ATHLETE RELATIONSHIP

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

COMMUNICATION

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 Student-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 not playing as much as you desire. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interests of the team and for all student-athletes 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.

**Procedures to Discuss Concerns with the Coach:**

Call the coach to set up an appointment.

- If the coach cannot be reached, call the athletic office to ask for assistance in setting up the meeting.

- Please do not attempt to confront a coach before or after a contest or practice. *(24 Hour rule)* 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 student-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 and set up an appointment with the Department Chair of Athletics and/or 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 yell instructions or criticisms to your child or other student-athletes.
- Do not make derogatory comments to players, other parents/fans, officials or administrators.
- Do not interfere with your child’s coach.
- Be willing to let the coach be responsible for your child during the duration of the contest.
- If necessary, remind those around you of the rules.
- Provide unconditional love, acceptance and emotional support, regardless of the game’s outcome.

CREED FOR COMPETITORS

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

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

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

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

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

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