

**HOOSIC VALLEY
CENTRAL SCHOOL DISTRICT**



**INTERSCHOLASTIC
ATHLETICS
HANDBOOK**

2019-2020

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HOOSIC VALLEY INTERSCHOLASTIC ATHLETICS HANDBOOK

Dear Parents/Guardians and Student-Athletes:

Welcome to the Hoosic Valley Interscholastic Athletic/Extra-Curricular programs. This handbook has been prepared to be used as a reference by our student-athletes, extra-curricular students, and their parents/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the guidelines for participation in our interscholastic athletic/extra-curricular programs.

Nationwide studies have shown that students involved in extra-curricular programs, such as interscholastic sports, achieve better grades, manage their time more effectively, have less discipline problems, and stay in school.

When a student chooses to participate in our athletic program, he/she has committed him/herself to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies/rules that are necessary for a well-organized program of interscholastic athletics.

The Hoosic Valley interscholastic athletic program is governed by the regulations of the New York State Commissioner of Education's basic code for extra-class athletic activities. In addition, Hoosic Valley is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section II, and competes in the WASAREN League.

Please feel free to contact me if you have any questions or concerns regarding the Hoosic Valley athletic program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide.

Sincerely,

Ms. Paula Lanoue
Athletic Director
Hoosic Valley Central School (518)753-4458 ext. #2512

HOOSIC VALLEY CENTRAL SCHOOL DISTRICT
INTERSCHOLASTIC ATHLETICS HANDBOOK
2019-2020

HOOSIC VALLEY INDIANS

CODE OF CONDUCT FOR STUDENT ATHLETES INTERSCHOLASTIC ATHLETICS

Participation on a Hoosic Valley athletic team is a privilege which should ignite great pride in both the student athlete and his/her family. It is also an acceptance which requires an extra commitment from those who wear our school colors and represent their teammates, coaches, school and community. Standards of behavior are necessarily high and a willingness to meet these standards is a condition of being a member of one of our teams.

DISTRIBUTION OF POLICY

The coach of each sport will review this policy with all potential candidates prior to the first official practice. All participants are subject to all school and athletic policies and conditions under this code from July 1 through June 30. All team members and parent(s)/guardian(s) will be required to sign return the acknowledgement portion of this code to their respective coach. The signed acknowledgement will be kept on file by the Athletic Director and is in effect for any sport in which a student participates in any academic year. No team member will be permitted to practice until the policy is signed and returned.

TO THE ATHLETE

Being a member of a Hoosic Valley athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at Hoosic Valley, you have inherited a wonderful tradition, which you are challenged to uphold. Like anything of value, it comes with a price tag. That price tag is a commitment from you to follow established rules. By participating in athletics to the greatest extent of your ability, you are contributing to the reputation of your school. We base our success on two separate venues, #1 the process, (what you can learn through athletics that can be used throughout life) and #2 the product of the win/loss records of our teams. We field teams to compete and our goal is to achieve and to compete at our best possible level, in every contest. It is our deepest goal, that there is always a balance between these two areas.

Our tradition has been to win with honor, to develop young people of character, that our community has pride in, on and off the field. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned.

Again, you as a student athlete must understand that this athletic code is not designed to be a punishment but a deterrent to your becoming involved in the risky and dangerous behaviors that are associated with the use and abuse of the drugs, alcohol and tobacco. It is also to insure that you have the best opportunities to succeed in your sport and to learn the valuable lessons that athletics can teach. Because your mental and physical well-being is essential to your success, both as a student and as an athlete, we want you to reach your full potential. This can only be fully realized if you remain drug-free. We are asking for your help and cooperation in achieving a totally drug free athletic program. We are committed to providing such an atmosphere for our student athletes. Therefore, we are asking you to become an active part of the solution, not to become part of the problem. Your active participation in remaining drug-free throughout your athletic career at Hoosic Valley is greatly appreciated. The benefit will be the experience you will have taken with you for a lifetime.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of royal and white, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying

accomplishment to you and your family and our community. Whether right or wrong, society holds athletes in esteem and your behavior at all times is under scrutiny.

You are also expected to share in the responsibility for such an opportunity that is provided, that shall include:

- **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. To live a healthy lifestyle and to respect your health both physically and mentally at all times.
- **Responsibility to Your Academic Studies:** Your academic studies, and your participation in other extracurricular and co-curricular activities as well as sports, prepare you for your life as an adult. Athletics, while very important to many young people, is only a small part of life. Realize also how few athletes make it to the collegiate level and beyond.
- **Responsibilities to Your School:** Another responsibility you assume as a squad member is to your school. The Hoosic Valley Central School cannot maintain its position as having outstanding schools unless you do your best in the activity in which you engage.
- **Responsibility to Your Community:** The community and school tax monies make this athletic experience possible. For that reason, we must remember that we hold a clear and paramount responsibility to our community. You assume a leadership role when you are on the athletic squad. The student body, the community and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Our desire is that our student athletes are a class act, not for the fact that we win rather that we are known as a program of character and excellence. Make Hoosic Valley proud of you, and make your community proud of your school by your consistent demonstration of these ideals.
- **Responsibility to Others:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to that ideal. When you know in your heart that you have lived up to all the training rules, that you have practiced to the best of your ability every day and that you have played the game “all out”, you can keep your self-respect and your family can be proud of you, win or lose.
- **Responsibility to Younger Athletes:** The younger students in Hoosic Valley athletics are watching you. They know who you are and what you do. The older upper-class athletes are role models for young athletes that will come after you. Make them proud. Be an example. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

TO THE PARENT

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal development. It should be recognized that involvement in interscholastic athletics is a privilege. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and commitment. These are the reasons we place conditions on involvement, as the health, safety, and welfare of athletes must be our first priority. Good training habits and lifestyle are necessary for us to insure this experience. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and commitment is tempered by our responsibility to recognize the rights of the individual within the objectives of the team and the interscholastic program.

There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. This decision is not ours alone but that of the Supreme Court of the United States, as there have been challenges to athletic codes on five occasions and the Supreme Court has ruled in favor of

such codes on each occasion under the premise that athletes' safety and health must be insured.

Challenges to the athletic code shall be considered, but no consideration shall be given to any party or stakeholder who will not agree to such provisions.

It is the role of the department of athletics to establish and maintain rules that govern the spirit of training and competition for the school district. These are the clear and consistent boundaries that insure the success of our young people. These rules need a broad basis of community support, which is achieved only through communication to the parent, the coaches, the student athletes and fans. It is our hope to accomplish this objective through this athletic publication for students and parents.

TO THE SPECTATOR

- Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
- Spectators should, at all times, respect officials, visiting coaches, players and cheerleaders as guests in the community and extend all courtesies to them.
- Enthusiastic cheering for one's own team is encouraged.
- Booming, whistling, stamping of the feet and disrespectful remarks shall be avoided.
- There will be no ringing of bells, sounding of horns or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
- Pep bands or school bands, under the supervision of school personnel, may play during time-outs, between periods or at halftime. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.
- The throwing of debris, confetti or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
- During a free throw in basketball, all courtesies should be extended.
- Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school authorities.
- Spectators will observe the rules of the local school concerning smoking, food and drinking consumption, littering, and parking procedures.
- Spectators will respect and obey all school officials and supervisors at athletic contests.

PHILOSOPHY BY SPORT LEVEL

Modified (Grades 7 & 8)

This program is available to students in grades 7-9 between the ages of 12 and 15. A student reaching the age of 16 at any time prior to or during a sport season must play junior varsity or varsity.

Sport activities offered are determined by existence of leagues, student interest, and relationship to the high school program and board approval. At this level the focus is on learning athletic skills and "game rules", fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition. At this level there may be limitations on the number of students on one team. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than what is found in intramural or recreation programs, but not as involved as those found on JV or regular varsity teams. An attempt will be made to give all team members meaningful contest participation over the course of a season.

Junior Varsity (JV)

This program is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshman occupy the majority of the roster positions. Juniors may be eligible for the junior varsity program in certain instances. Also, 8th graders who have satisfied all the selection classification requirements may be included. At this level there may be limitations as to the number of athletes on the team. At this level, increased emphasis is placed upon elements and strategies of team play, physical conditioning, refinement of fundamental skills, and “socio-emotional” development. The JV program works towards achieving a balance between continued team and player development and glorious victory. The outcome of the contest becomes a “consideration” at this level. An *attempt* will be made to play all participants, however equal playing time is neither required nor expected. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

Varsity

The varsity level of interscholastic sports is the culmination of the high school athletic program. Normally, seniors and juniors make up the majority of the roster; however, gifted sophomores and freshmen may be considered. It is also possible for an 8th grader who has met the selection requirements to be included on a varsity roster if that sport does not have a JV team. This occurs more in sports commonly considered “individual” (track, cross country, tennis, etc.). At this level there may be limitations as to the number of students on the team. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are all very important aspects of competition at this level. While contest participation over the course of the season is desirable, a specified amount of playing time is not guaranteed. It is vital that each team member has a role and knows its importance. Preparing to win and striving for victory in each contest are worthy goals of a varsity level team. The varsity coach is the leader of his/her sport program and is responsible for communication and system development among each level.

RISK FACTOR IN SPORTS

Participation by a student in an interscholastic sport involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a “contact” or “non-contact” sport. Furthermore, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardians assume the risks for injuries to occur.

ATHLETIC PLACEMENT PROCESS

1. Replaces what was formerly known as Selective Classification.
2. The purpose of APP is to give an opportunity to a seventh or eighth grade student that has demonstrated an exceptional skill level within their age group who could potentially play at a JV or Varsity level.
3. A recommendation to be tested must first come from the Hoosic Valley coach of that sport.
4. Upon parental approval, students must then be seen by their physician to test for physical maturity. Afterward the Athletic Director will arrange a time with the student and physical education teacher to administer the physical fitness test.

NYSPHSAA, INC. CODE OF ETHICS AND SPORTSMANSHIP POLICY

ETHICS:

It is the duty of all concerned with middle/high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitor and host.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, fan, or community.

SPORTSMANSHIP:

It is the duty of all concerned with middle/high school athletics:

1. Learn and understand the rules of your sport. Play hard, play to win, but play fairly within the rules.
2. Maintain self-control. Do not allow your emotions to distract you from the fundamentals of good sportsmanship.
3. Respect your opponent. Never taunt. Congratulate him or her at game's end. Show cordial courtesy to visiting teams and officials.
4. Acknowledge good play.
5. Respect the integrity and judgment of officials. Never question the decision of an official.
6. Be an example for your school, teammates, and opponents.
7. A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest.
8. A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident in which a player strikes, bumps, or otherwise physically or verbally intimidates an official prior to, during, or after an athletic contest.

ELIGIBILITY FOR PARTICIPATION

According to NYSPHSAA Regulations, in order for a student to be eligible for interscholastic competition they must meet the following criteria:

- a. Be a registered student in school,
- b. Enrolled in a minimum of four subjects including physical education.

Duration of competition (High School level). Students are eligible to compete for:

- a. Four consecutive years upon entry into 9th grade.
- b. Four years in one sport unless advanced by selective classification. Students reaching the age of 19 prior to July 1 may not participate during the school year.

ELIGIBILITY FOR TEAM MEMBERSHIP

Student-athletes are expected to commit themselves to team membership, attendance at school, and at practices/contests for the duration of the season. When this commitment is not fulfilled, the athlete's membership and position on the team shall be reviewed by the coach with the athlete and a recommendation of action will be made by the coach to the Athletic Director for review. Conditions for team membership are as follows:

1. As a member of an interscholastic team, it is expected that your top athletic priority is to your team during the entire season of play (an entire season includes the regular season, sectional play, regional play and state championship play). A student athlete who does not finish the entire season will not be eligible for any awards or privileges awarded to the team. Participation on non-school related athletic teams in the same season of interscholastic participation is permissible as long as such participation does not conflict with fulfilling your responsibilities to the interscholastic team or violate team rules.
2. Student-athletes are expected to attend all practices and contests unless excused by the coach. It is the athlete's responsibility to notify the coach in advance, of any circumstances which would prohibit attendance at practice(s) or contest(s) other than absence from school. Failure to comply may result in disciplinary action ranging from a verbal warning to dismissal from the team dependent upon the nature and/or frequency of the offense.
3. A student who is absent from school will not be eligible for participation in any athletic event or practice session on the day he or she is absent. The Athletic Director may permit participation when, in his/her judgment, the absence is unavoidable and supporting documentation signed by a parent or guardian is provided. Students are therefore advised to make requests for absence(s) in advance.
4. Students who are members of an interscholastic athletic team are expected to be in school on time on a daily basis. All student athletes will be subject to the HV policy on tardiness which states "a student must attend classes at least one-half day on the day of any activity to be eligible for participation."
5. The coach will establish team rules for practice/game attendance and participation. All team members will be given a written copy of the team rules and the coach will review the rules with the team members. All team members are expected to comply with and abide by the rules established for their team.
6. A student's absence(s) from practice(s) and or contests(s) due to mandatory participation in family activities will not jeopardize the student's team membership status. However, it is important to note that upon his or her return to the team the position previously held by the student may be held by another team member. It is the returning student's responsibility to regain his or her position through individual effort and team play as determined by the coach.
7. The use, sale and/or possession of any controlled substance(s) alcohol, tobacco products, illegal drugs or drug paraphernalia other than those prescribed by a physician is strictly prohibited.
8. As a member of an athletic team, students should be mindful that they represent their team, school, family and community. Team members are expected to have an obligation to conduct themselves as good citizens both in and out of school and the community. Students are expected to refrain from exhibiting any behavior(s) which violates the principles of good citizenship. In other words, never do anything which might bring embarrassment or an unfavorable view to you, your teammates, coaches, family, school or community.
9. An athlete who participates in activities resulting in his/her arrest or formal charges being filed in a court of law may face additional penalties under this Code. If the school district has adequate and competent evidence that the student participated in the offense for which he or she is charged, a penalty may be imposed pursuant to this Code prior to completion of

the criminal proceeding. If the school district does not have such evidence and the student is convicted of a crime (misdemeanor or felony), the penalty pursuant to this code will be imposed upon conviction. In the latter case, the athlete may continue to participate in his/her sport until resolution of the matter by the judicial system.

10. Students may be suspended from interscholastic athletic activities for a period not exceeding seven (7) days by the coach for violations of team training rules. Students who feel unjustly suspended may ask for a review of the case by a committee consisting of the coach, the principal, and the Athletic Director. Nothing herein shall be deemed to limit a coach in determining the extent of participation in any game or practice. Permanent suspensions may not take place until a meeting has been held between the student involved, the parent/guardian, the coach, the high school principal, and the Athletic Director. The high school principal or his/her designee will make the final decision regarding permanent suspension. Permanent suspension shall occur only after a finding of persistent violation of team training rules. Any appeal of a permanent suspension is to be made first to the Superintendent of Schools.
- 11. When a sports season ends before a suspension is satisfied, the suspension will carry over into the next athletic season and will be based on the equitable percentage of games for that sport.**

ACADEMIC ELIGIBILITY

All students who participate on an interscholastic athletic team will have their academic progress monitored every 5 (five) weeks during the season(s) of their participation. Any athlete who is failing two or more subjects at the time of the academic review will be subject to the academic eligibility policy.

The following process will be implemented:

- Students must maintain an overall average of 65 or above to participate on a team, club or extra-curricular activity.
- Any student who fails two (2) or more subjects will be placed on academic probation.
- A student on academic probation will be required to go to two (2) “study sessions” (period 13) per week for duration of marking period, with one of the teachers of the failed subjects.
- Student will be given a “green sheet”. The student must have the “green sheet” signed by the teacher each study session. The responsibility to have the “green sheet” signed lies with the student.
- The “green sheet” should be submitted to the Athletic Director by those students playing sports and to the Assistant Principal by those students participating in other extra-curricular activities. The “green sheets” should be submitted no later than 12:00 noon of Friday.
- If a student fails to attend two (2) “study sessions”, he/she will be suspended from participating for one week. The suspension will run from Friday to Friday. In order to become eligible, the student must make up the missed “study sessions” as well as attend the two (2) required sessions the following week. If a student misses two (2) “study sessions” and becomes ineligible, then the following week he/she needs to do four (4) “study sessions” – two (2) that they missed and two (2) that are required. If a student misses one (1) “study session” then they must do three (3) “study sessions” the following week – one (1) make up and the two (2) that are required. If a student fails to do the make-up sessions and the required sessions, they will be suspended from the team, club or any extra-curricular activity for the remainder of the marking period.
- If a student fails the same two (2) subjects the next marking period, he/she will be suspended from the team, club or extra-curricular activity. At the end of the third week of the next marking period, if the student has completed all required work (tests, quizzes, homework, projects or presentations) according to the teacher, he/she may be reinstated. If the student wishes to be

reinstated, they must have attended the “study sessions” while on suspension and must continue to attend those sessions until they get off probation.

- Any student who fails one (1) of the same subjects must attend the “study sessions” until he/she passes that subject.
- A student who fails two (2) subjects at the end of the year, will be on probation the following September and must attend “study sessions” determined by his/her Guidance Counselor and the Assistant Principal.
- Any students failing three (3) or more subjects will be suspended from the team, club or extra-curricular activity.
- If a student fails three (3) or more subjects at the end of the school year, he/she will be ineligible to participate on a team, club or extra-curricular activity for the following September. The student must attend summer school and pass at least one (1) subject in order to participate. The student would still be on probation in September since he/she failed two (2) subjects. If the student passes two (2) subjects in summer school, then they can participate and is not on probation.
- If a student is suspended from a team, club or extra-curricular activity and try outs for that team, club or extra-curricular activity are taking place, the student may try out but cannot participate until he/she becomes eligible.
- If a teacher of a subject other than a teacher of the two (2) failed subjects requests that the student report to them, that would be considered one (1) “study session”. The student should have the teacher sign the “green sheet”. This must only occur if the teacher requests such a session. If the student feels that they need extra help in a subject that he/she did not fail, the student must clear it through the Athletic Director or Assistant Principal. Again, the “green sheet” must be signed by the teacher.

APPEAL PROCESS

- A student has a right to appeal:
 - His/her academic probation
 - His/her academic ineligibility
 - His/her dismissal from the team for failure to fulfill the requirement to attend two (2) study sessions per week.
- The student must present his/her case to the Academic Appeals Committee. This committee will consist of:
 - Principal (designee)
 - Athletic Director or a Club Advisor
 - Teacher (of a failed subject)
 - Support Staff (a non-teacher)
 - Student
 - Community Member
- The student has to file his/her appeal five (5) days from the time he/she is put on probation, declared ineligible or dismissed from the team. The appeal must be in writing and presented to the Athletic Director.
- The appeal committee renders a decision within five (5) days of reaching the appeal.

APPLICATION OF THE CODE

The Code of Conduct will apply to each student athlete for the entire school year (July 1 to June 30) (including summer) and will be in effect at all times, in all locations, including non-school activities. Violation of the Code will result in penalties, which are consistent with those identified within the code as determined by the coach and/or Athletic Director. Each coach also has the prerogative to establish and implement additional guidelines/penalties specific to his/her particular team. All violations of the Code

will be cumulative beginning with a student's initial participation on a junior varsity, or varsity team. Note: Modified level participants found to be in violation of the code will be subject to the penalties described in this document. However, violations of the code occurring while participating at the modified level will not carry any punitive ramifications which follow the athlete into his/her high school athletic career. Once a student enters the Junior Varsity and Varsity levels of play all provisions of the code will go into effect. Middle School students who are selectively classified will be categorized in this area.

EXAMPLES OF BEHAVIORS WHICH VIOLATE THE CODE

(Not intended to be all-inclusive)

- **Possession and/or Use of Drugs** – The possession and/or use of illegal drugs and/or paraphernalia or the possession and/or use of drugs or medications without prescription are strictly prohibited.
- **Possession and/or Use of Alcohol and Tobacco Products** – The possession and/or use of alcohol and tobacco products are strictly prohibited.
- **Hosting of Drinking or Drug Parties** – Student athletes are prohibited from hosting and/or attending a party that involves alcohol, drugs, marijuana or illegal substances.
- **Hosting and Attending** – There shall be a greater consequence for an athlete if it is determined they were involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs are available or use has occurred.
- **Hoosic Valley School Student Code of Conduct Violations** – Any violation of the HV Student Code of Conduct, resulting in an out-of-school suspension, will result in an athlete being deemed ineligible to participate in Interscholastic Athletics throughout the duration of this suspension.
- **Hazing/Initiation Ceremony** – HV interscholastic coaches will not permit, nor will HV student athletes stage any type of “initiation ceremony” or hazing for athletes at any time and on any level. Hazing is defined as an often ritualistic test and a task, which may constitute harassment, abuse or humiliation with requirements to perform random, often meaningless tasks, sometimes as a way of initiation in a team.
- **Poor Sportsmanship** – Student athletes, whether participants or spectators, will observe courteous behavior during all sporting events. Booing, whistling, name calling, obscene gestures, fighting or arguing with the referee etc. will not be tolerated.
- **Stealing** – Stealing of any kind, including athletic clothing belonging to HV Central School or our opponent will not be tolerated.
- **Reckless driving on or nearby school property** – Vehicles are very serious responsibilities and are not toys. They should be driven responsibly at all times.
- **Multiple Discipline Referrals** – Student athletes are expected to display exemplary behavior at all times. Athletes receiving multiple discipline referrals will be subject to game suspensions. First referral – Warning; 2nd referral – One (1) game suspension; 3rd referral – Three (3) games suspension; 4th referral – Suspension from team.
- **Unexcused absences from class/school** – Our first commitment is to the education of our student athletes. They are to be in class and to be on time. If a student athlete is determined to have skipped school, a class, left campus inappropriately, or reported to class unexcused they will be subject to game suspensions. 1st referral – One (1) game suspension; 2nd referral – Three (3) games suspension; 3rd referral – Suspension from team.
- **Vandalism of Property Destruction** – Vandalism or property destruction offenses may result internal or external suspension and appropriate penalties for violation of the Athletic Code.
- **Verbal and/or Physical Abuse** directed at teachers, coaches, students, opponents, officials, etc. will not be tolerated at any time.
- **Violent Behavior** of any manner shall be grounds for Immediate Dismissal.
- **Cyber Image Policy** – Any identifiable image, photo or video which implicates a student athlete to have been in possession or presence of drugs, alcohol or tobacco or portrays actual use, or out of

character behavior or crime, shall be deemed a violation of the code. It shall be a responsibility that the student athlete must assume. This is our rationale for demanding that our athletes not place themselves in such environments.

- **Any behaviors resulting in suspension from school**
- **Any violation/conviction of a New York State Law**

PENALTIES FOR CODE VIOLATIONS

Penalties resulting from the violation of the Code will be imposed by the Athletic Director and enforced by the coach of the team of which the student is a member, unless otherwise stated in the Code. In determining appropriate penalties, the Athletic Director and coach shall be guided as outlined below. For infractions that do not fit into a specific category, the Athletic Director upon consultation with the Principal has complete authority to determine the level of offense based on the nature and/or circumstances of the infraction.

Level 1 Infraction Penalty Guide

Level 1 infractions include but are not limited to the following: Excessive tardies (3), unexcused absences, truancy, skipping detention, inappropriate language and classroom disruptions. (see Pg. 14 unexcused absences)

Number of Regular Season Scheduled Contests	Contest Penalty First Offense	Contest Penalty Second Offense
7-11	warning/probation	1
12-15	warning/probation	1
16-19	warning/probation	2
20-24	warning/probation	3

Level 2 Infraction Penalty Guide

Level 2 infractions include but are not limited to the following: Refusal to obey teacher/administrator directive (insubordination), bullying/harassment, vandalism, stealing, disruptive behavior, reckless driving on or near school property & truancy.

Number of Regular Season Scheduled Contests	Contest Penalty First Offense	Contest Penalty Second Offense
7-11	1	3
12-15	2	4
16-19	3	5
20-24	4	6

Level 3 Infraction Penalty Guide

Level 3 infractions include but are not limited to the following, Fighting, threat to school personnel, sexual harassment, cheating, hazing, bullying, harassment, menacing, stealing and is found smoking or in possession of tobacco, nicotine products, vaporizer pens, e-cigarettes*.

Number of Regular Season Scheduled Contests	Contest Penalty First Offense	Contest Penalty Second Offense
7-11	3	5
12-15	5	7
16-19	7	9
20-24	9	11

***SMOKING: (cigarettes, tobacco/nicotine products, vaporizers, e-cigarettes) Any student caught smoking or use/possession of other related products for the 1st time will be suspended in accordance with the penalty stated for a Level III infraction. Any student caught smoking for the 2nd time will result in suspension for the remainder of the season (Level 4 Penalty).**

Level 4 Infraction Penalty Guide

Level 4 infractions will include but are not limited to the following: Any student found in possession of or under the influence of alcohol or a controlled substance, is found smoking* or in possession of tobacco, nicotine products, vaporizer pens, e-cigarettes, found in possession of a weapon, hosting or attending** a party where drugs or alcohol are present, and/or any violation of NYS Criminal Law.

Number of Regular Season Scheduled Contests	Contest Penalty First Offense	Contest Penalty Second Offense
7-11	Season suspension	1-year athletic suspension
12-15	Season suspension	1-year athletic suspension
16-19	Season suspension	1-year athletic suspension
20-24	Season suspension	1-year athletic suspension

**If a student attends a party where alcohol or drugs are being illegally dispensed, the student must leave the party (as soon as a safe exit can be made) and report their attendance to a coach or administrator and parent/guardian before the end of the next day (leaving a detailed voice mail, text or e-mail is considered a report). A detailed report would include the following; party date/time, amount of time student was present, AND confirmation that parent of student was also notified by the student of their attendance. Following these procedures exactly exonerates the student assuming that the student is not frequently involved in these types of events and there is no corroborative information to indicate otherwise. However, a student failing to report attendance will be judged to have been in possession or guilty by presence. LEAVING MEANS LEAVING IMMEDIATELY AS SOON AS A SAFE EXIT CAN BE MADE.

Regardless of the level of a previous offense, any athlete who commits a second offense at any level will receive the consequence for the second offense in the level of the infraction that has been committed as outlined above.

DUE PROCESS

Students accused of violation of this policy will have the right to a meeting within three (3) days of the allegation between the student, their parents/guardians, the high school principal, the Athletic Director, coach, and any other pertinent persons immediately following the allegation that a violation of the policy has taken place. The final determination will be made by the high school principal or his/her designee after such meeting. Appeals to the determination are to be made to the Superintendent of Schools.

ONE SPORT

A student may participate in no more than two sports during a season. Students will only be allowed to participate in two sports when an agreement has been drawn up and agreed to by the coaches, athletic director, student athlete, parent/guardian, and administration.

WITHDRAWAL

A student who wishes to resign from one team and become a candidate for another team must follow the procedure listed below:

1. This decision must be made prior to the first interscholastic contest in the sport to be withdrawn from.
2. The student involved must personally communicate his/her intention to the coach, and is not allowed to stop attending practice until this has been done. Failing to follow this procedure results in suspension from further sports during that season.
3. After informing the original coach, the student must request a review of the case through a form obtained from the Athletic Director indicating reasons for withdrawing and a request to try out for another team.
4. The case will be reviewed by the coaches involved, the student, and the Athletic Director within two days of the request.
5. Students allowed to switch sports must first return all equipment issued to the original coach before he/she may begin practice with the new team.
6. A student wishing to reconsider and rejoin the team must notify the head coach within 48 hours or forfeit the chance.

ATTENDANCE

A student-athlete shall be in attendance within the **first 40 minutes** of the beginning of the school day in order to practice or participate in an athletic contest. Students who have a written legal excuse are exempt from this policy. (Examples: doctors/physicians visits, sickness/death in the family, educational visits, religious observance, or any others listed in the student handbook.) Habitual absences and/or tardiness will affect eligibility as determined by the coach and/or athletic director. If you are healthy, get to school on time! If you are to be excused, be sure the excuse is for a valid and acceptable reason.

Communication with your coach and the attendance office is imperative. Attendance on the day before, the day of and day after contests is considered to be especially important.

PHYSICAL EDUCATION REQUIREMENT

Athletics is an outgrowth of the Physical Education Program. Those students demonstrating outstanding skills, attitude, and effort are those encouraged to participate in athletics. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports, and team sports. Because of the importance of physical education, all athletes will be required to change for and participate in physical education throughout the school year. Athletes who are illegally absent from or do

not participate in physical education classes will not be permitted to attend practices or games on the day of absence. **The NYSPHSAA regulations state that a student must be enrolled in physical education to participate in athletics.**

TRANSPORTATION TO AND FROM AWAY CONTEST

All players, cheerleaders, and team personnel will ride to all athletic contests on transportation approved and provided by the school district. If a parent/guardian needs to bring their student home from an away contest a parent or guardian must sign out their athlete with the coach. The parent/guardian must sign the transportation release form provided by the coach. Permission for a student-athlete to leave with any other individual will not be given unless the parent/guardian has provided the coach with written permission ahead of time. In extenuating circumstances, parents/guardians may request a special situation exception. The athletic director must approve this extenuating circumstance.

CHANGING SPORTS

It is important that the student-athlete try to go out for the right sport, particularly at the varsity and JV levels. A student-athlete may not change from one sport to another once a team has been selected, without permission from the athletic director. If he/she has been cut from one team, it is legitimate to try out for another sport, provided that team's roster is not finalized.

CONFLICTS

An individual student who attempts to participate in too many activities will undoubtedly be in a position of a conflict of obligation. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflict. The athletes and parents/guardians must realize that many time schedules cannot be changed because of league or section regulations or facility usage. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the coaches involved immediately when a conflict arises, not the day of the conflict.

EQUIPMENT

All athletic equipment must be returned at the end of the sport season to the coach. This includes uniforms, medical braces, and/or other equipment, which was given to you by the coach. A student-athlete will not be given a uniform for another sport until all equipment is returned. The student-athlete will be financially responsible for any unreturned equipment.

CHAIN OF COMMUNICATION

From time to time during the course of an athletic career parents/guardians and other student-athletes may have questions or concerns that need to be addressed. The team coach is the best source of information. The student-athlete should address concerns directly with his/her team coach. If, after speaking with the coach you are not satisfied, the parent/guardian should speak to the coach. The next step would be for the parent/guardian and/or student-athlete to communicate with the athletic director. The final step would be to meet with the school principal.

Appropriate concerns to discuss with coaches:

- The treatment of your child mentally and physically
- Ways the parent can help the child to improve
- Concerns about your child's behavior
- Scheduling conflicts
- Special needs for your student
- Medical History

Issues not appropriate to discuss with coaches:

- Team strategy
- Play calling
- Personal Information Coaches experience Playing time
- Other student athletes

Protocol for registering concerns:

- Contact the coach first. If you cannot reach him/her, call the athletic director's office and a meeting will be set up for you.
- If the meeting does not provide satisfactory resolution, call to set up an appointment with the athletic director.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals and they make judgment decisions based on what they believe to be the best for all the student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other issues, such as those listed, must be left to discretion of the coach.

Please do not attempt to confront a coach before or after a practice or contest. These can be emotional times for both parties. Meetings of this nature usually do not promote resolution and set both parties up for failure.

FAMILY VACATIONS

When parents/guardians and student-athletes choose to take their family vacation during sport seasons, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Student-athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents/guardians and student athletes of the season's schedule as far in advance as possible.

PHYSICAL EXAMINATIONS

All students in grades 7-12 who desire to participate in interscholastic athletics must receive an approved physical examination and a medical history update. The physical examination must be approved by the school physician. No student will be allowed to tryout, practice, or participate with any team without a required physical examination. There are no exceptions. Physical examinations will be provided by the school district at various times during the school year and athletes should see the school nurse to set up an appointment. As a parent/guardian, you may have your son/daughter examined by your family physician if you so desire. The district medical form must be completed and returned directly to the school health office. Failure to provide proof of a physical examination and proper health forms will prevent an athlete from participating at any level. Physical examinations are valid for one calendar year. All injured athletes who have been seen by a physician must be released (signed statement of release) by the examining physician in order to resume participation with their team. This release must be filed with the school nurse prior to resuming practice or competition. In cases of a long term or severe injury, clearance by the school physician may also be necessary prior to the return of the athlete. Note: Parental consent forms as

well as medical history update forms must be completed and returned to the school prior to the first practice. Also, if a student misses 7 or more calendar days of participation, he/she will be required to participate in ½ of the required number of practice necessary for their original participation in that sport.

OUTSIDE PARTICIPATION

The NYSPHSAA allows outside participation (AAU, travel club, etc.). Hoosic Valley athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Hoosic Valley team. There will be many circumstances where a student should not participate in an outside activity due to the possible effect on the team. Always check with your coach and/or athletic director.

DRESS AND GROOMING

A member of an athletic team is expected to be well groomed. “You look good – You feel good – You play good.” Appearance, expression and actions always influence people’s opinions of athletes, the team, and the school. HV team members are expected to dress presentable at all times. Sloppy dress and sloppy grooming leads to sloppy attitudes, which leads to sloppy play. Only uniforms approved by the athletic department should be worn for contests.

SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible, we encourage coaches to keep as many athletes as they can without compromising the integrity of their sport. Therefore “cutting” of students is a possibility on all levels. The final decision on squad size will be left up to the coaches.

NCAA INFORMATION

If a student-athlete is planning to enroll in college as a freshman and wants to participate in intercollegiate athletics at the Division I or Division II level, the NCAA Initial-Eligibility Clearinghouse must certify him/her. Applications may be obtained in the high school guidance office. For more information, contact the athletic director or call the NCAA Hotline at 1-800-638-3731 or visit their website at www.ncaa.org.

PRESEASON SIGN-UPS

The athletic director will provide adequate notice and opportunity for potential athletes to sign up for the next sports season. Sign-ups for Hoosic Valley school sports will be posted in the high school gymnasium. (See your physical education teacher). Parents and coaches should encourage prospective participants to sign up and complete necessary paperwork and athletic physicals on time so that they will be ready for the first practice session. Section II and the WASAREN representatives determine sports seasons and follow the guidelines below:

Fall Season – mid August to late November (sign up in the spring of previous school year)

Winter Season – early November to late March (sign up in early October of current school year)

Spring Season – early March to mid-June (sign up in mid-January of current school year)

POSTSEASON INFORMATION

In the past and hopefully into the future, our teams here at Hoosic Valley have had their seasons extended into the postseason. Postseason being sectionals, state qualifiers, and state competition. We ask parents and students to take this into account when planning vacations and trips. Postseason extends beyond the regular season. These contests and games can go weeks and perhaps a month beyond the end of the regular season schedule. We ask the athlete and their families to plan accordingly.

We hope the information provided will help make you and your child's experience with Hoosic Valley's Athletic Program enjoyable and rewarding. Good luck!

HOOSIC VALLEY MIDDLE AND HIGH SCHOOL
GUIDELINES FOR ATHLETIC PARTICIPATION AUTHORIZATION FORM

Student-Athlete Name (Please Print)

Grade

Athletic Team & Level (Please Print)

Parent/Guardian Authorization

By signing below, you indicate that you have read the Interscholastic Athletic Handbook for student-athletes and parents/guardians. You are aware of the risk factor in sports and the guidelines for athletic participation in the athletic program in the Hoosic Valley Central School District. Also, you agree to conduct yourself in accordance with them.

Parent/Guardian Signature

Date

Phone #: _____

Student-Athlete Authorization

By signing below, you indicate that you have read the Interscholastic Athletic Handbook for student-athletes and parents/guardians. You are aware of the risk factor in sports and the guidelines for athletic participation in the athletic program in the Hoosic Valley Central School District. Also, you agree to conduct yourself in accordance with them.

Student-Athlete Signature

Date

Phone #: _____

Grade _____

This form must be signed and returned to the respective coach in order to be allowed to participate in scrimmages and games.