



## Athlete and Parent Handbook

# SAINTS

Home of the Saints!



## **Table of Contents**

	<b><u>Page</u></b>
Introduction .....	1
Vision of Athletics .....	1
District Mission Statement, Core Beliefs, and Goals.....	1-2
Sports/Levels Offered .....	3-4
Explanation of Levels .....	5-6
Participation Regulations .....	6-11
Title IX and Section 504 Statement .....	6
Joining a Team .....	7
Mixed Competition.....	7
Registration and Medical Recertification Procedures .....	7-8
Athletic Placement Process (APP) .....	8
Tryout Process and Roster Selection .....	9
Preseason Meetings .....	9
Academic Eligibility.....	10-11
Leaving a Team .....	11-12
Rules and Procedures.....	12-23
Bullying/Dignity for All Students .....	12
Hazing .....	12-13
Social Media .....	13
Cell Phone Usage .....	14
Drugs, Alcohol, Vaping, Tobacco, and other Products .....	14-16
Conduct .....	17-18
Attendance .....	18
Dress Code.....	18

Participation in PE .....	19
After School Study Hall .....	19
Uniform/Equipment Issue and Return .....	19
Transportation .....	20
Individual Team Rules .....	20
Chain of Communication .....	21
Sportsmanship .....	21-22
Additional Rules for Attending an Event.....	23
Safety, Injuries, and Risk Factor.....	23-24
Heat and Wind Chill Procedures.....	24
Concussion Management/Head Injuries.....	24
Booster Club and Fundraising .....	27
Scheduling .....	27
Awards.....	27-28
Disclaimer .....	28

## **Introduction**

Welcome to our athletic program! We are thrilled that you are interested in Churchville-Chili athletics and look forward to working with you. We are a member of the New York State Public High School Athletic Association, Section V, and the Monroe County Public School Athletic Association and offer a wide variety of athletic teams for students in grades 7-12.

This handbook and the contents within are to be used as a reference by our student-athletes and their parents/guardians in an effort to guide you through the process of joining and participating in our interscholastic athletics program.

## **Vision of Athletics**

Our athletic department will provide a challenging, first class, positive experience where everyone strives for excellence and learns lifelong lessons as a result of being involved in our program. This involves a collaborative effort where we foster a connection between students, coaches, families, administration and staff.

## **District Mission Statement**

The Churchville-Chili Central School District challenges all students to strive for excellence while developing their unique talents and becoming respectful, resourceful citizens and contributing members of an interconnected global society.

## **District Core Beliefs**

The Churchville-Chili Central School District, within its community to include our Board of Education, Superintendent, staff, families and students believe:

- In treating each other with mutual respect, dignity and honesty.
- In respecting and preserving all of our school resources.
- That respecting diversity affirms individual worth and benefits the community.

- That everyone deserves a welcoming and nurturing environment that fosters positive relationships.
- Everyone learns best when they are engaged in meaningful, active work.
- Everyone needs to take ownership for advancing the learning of themselves and others.
- In promoting and modeling local, national and global citizenship for the greater good.

### **District Goals**

The Churchville-Chili Central School District, within its community to include our Board of Education, Superintendent, staff, families and students will strive to:

- Engage all students in learner-centered instructional experiences based on state standards and rigorous district curriculum that leads to mastery on local, state, national assessments, graduation, and the transfer and application of learning into their lives.
- Develop civic-minded, responsible, well-rounded, goal-oriented graduates who strive to be life-long learners.
- Sustain a safe school environment that actively seeks to prevent and does not accept behavior that hurts self or others.
- Communicate effectively with stakeholders, emphasizing quality and service.
- Promote cost effectiveness; develop and manage a budget that provides a quality education in a fiscally responsible manner.
- Provide quality facilities that are well maintained.
- Integrate and utilize technological resources to enhance and improve learning, communication, and efficiency.

### **Sports/Levels Offered**

The following interscholastic sports are offered at Churchville-Chili Central School. The ability for our district to offer these sports may vary from year to year depending upon budgetary factors and student participation levels.

#### **Fall**

<b>Sport</b>	<b>Varsity</b>	<b>JV</b>	<b>Modified A</b>	<b>Modified B</b>
Cheerleading	X	X	X	
Cross Country - Boys	X			X
Cross Country - Girls	X			X
Football	X	X		X
Golf - Girls	X			
Soccer – Boys	X	X	X	X
Soccer – Girls	X	X	X	X
Swimming & Diving - Girls	X	X		X
Tennis - Girls	X		X	
Unified Bowling *Late Fall	X			
Volleyball - Boys	X	X		X
Volleyball - Girls	X	X		X

### Winter

<b>Sport</b>	<b>Varsity</b>	<b>JV</b>	<b>Modified A</b>	<b>Modified B</b>
Basketball - Boys	X	X	X	X
Basketball - Girls	X	X	X	X
Bowling - Boys	X			
Bowling - Girls	X			
Cheerleading	X	X	X	
Ice Hockey	X			
Indoor Track - Boys	X			
Indoor Track - Girls	X			
Wrestling	X	X		X
Swimming & Diving - Boys	X	X		X

### Spring

<b>Sport</b>	<b>Varsity</b>	<b>JV</b>	<b>Modified A</b>	<b>Modified B</b>
Baseball	X	X	X	X
Softball	X	X	X	X
Golf - Boys	X	X		
Lacrosse - Boys	X	X		X
Lacrosse - Girls	X	X		X
Tennis – Boys	X		X	
Track & Field – Boys	X			X
Track & Field - Girls	X			X
Unified Basketball	X			

## **Explanation of Levels**

**Modified B** – This is an introductory level of participation for students in grades 7 and 8 only. This level is recognized as being primarily a learning and improvement experience. Focus is on the fundamentals of the game, team play, training, rules, and basic skills. A smaller emphasis is placed on winning and maximum participation is desired. Playing time will be directly linked to league rules, practice time, attitude and effort. All team members should participate in all games, unless due to disciplinary actions.

**Modified A** – This level is for students in grades 7-9. The competition level and skill level expected is higher at this level than it is for Modified B. It is a faster pace than Modified B and the emphasis on winning increases slightly. It is still a level where fundamentals, team play, rules, and skills are still emphasized, but it is expected that all skills will be at a higher level than they are for Modified B. Playing time will be linked to league rules, practice time, attitude and effort, but also increased based upon skill level.

**Junior Varsity (JV)** – Students in grades 9-11 can participate at this level. Students in grades 7 and 8 may be eligible for JV if they successfully complete the Athletic Placement Process outlined on page 8 of this handbook. JV competition is a transition experience from the learning and improvement focus of modified athletics to the greater expectations and intensity of varsity competition. The junior varsity level of competition is a program where there is an even further increased emphasis placed on team play, physical conditioning, and the development of basic fundamental skills. Winning is definitely more emphasized at this level, but is not the main emphasis. At this level, it is recognized that athletes may not have equal playing time. Playing time is at the discretion of the coach.



**Varsity** – This level of competition is the culmination of the commitment to high school athletic programs. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are important aspects of competition at the varsity level. Athletes at this level participate in a highly competitive atmosphere. Furthermore, the number of roster positions is relative to the student-athlete's acceptance of their individual roles in pursuit of the team's goals. We expect our varsity teams to be competitive in performance and the team plays to win the contest within the spirit of the rules of the game and within our schools core beliefs. It is recognized that not all participants will play in every contest. Playing time is at the discretion of the coach or coaching staff and based upon their expertise and experience from working with the team on a daily basis. Students in grades 9-12 can try out for this level of competition. However, typically the majority of the participants at this level are in grades 11 and 12. Students in grades 7 and 8 may be eligible for varsity if they successfully complete the Athletic Placement Process outlined on page 8 of this handbook.

## **Participation Regulations**

### **Title IX and Section 504 Statement:**

Churchville-Chili Central School does not discriminate on the basis of sex, race, color, national origin, or handicapping condition in the educational programs or activities it operates and is in full compliance with Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973. The policy on non-discrimination includes the following: recruitment and appointment of employees, employment pay and benefits, counseling service for students, and access by students for athletic sport teams. The Title IX compliance officer in our district is the Assistant Superintendent for Human Resources.

### **Joining a Team:**

Ideally, students should express interest in joining a team to the coach prior to the season actually beginning. Unless a student moves into the district from another school, a student cannot join a team after the first week of the season has been completed. There may be exceptions to this rule based upon extenuating circumstances. In order to be granted an exception, a student must submit a letter to the coach requesting permission to join a team late and state specific reasons why they did not join on time. If the coach approves, he/she must gain final approval from the Athletic Director before that student will be allowed to participate.

### **Mixed Competition:**

The opportunity to try out for a team of the opposite gender is allowed in certain situations and under certain conditions that are set by the New York State Education Department. If a student desires to do this, their parent/guardian should contact the coach and the Athletic Director at least one month prior to the beginning of the season to allow enough time for the paperwork and other required procedures to be completed. All procedures must be completed prior to the try out period.

### **Registration and Medical Recertification Procedures:**

A student is required to have a sports physical performed by a physician prior to participating in an interscholastic athletic team. This physical will remain valid for one calendar year and is valid for any sport unless restrictions are noted. A doctor can use his/her own form as long as all the necessary information is included. A student may not participate in any athletic activities (practices or contests) if they do not have a valid physical on file with the school nurse.

To register for a team, students and parents must complete an online process which includes an interval health history prior to each season. Students will not be able to participate in practice

until this is completed and approved by our nurse. This process is performed online through FamilyID at <https://www.familyid.com/organizations/churchville-chili-saints-athletics> and there are also directions on how to complete this process at our website. This process also helps provide us with an emergency contact form, and also provides an acknowledgement that you have read and will abide by all the policies and procedures set forth in this handbook. Per New York regulations, this process must and can only be performed within 30 days prior to the start of each athletic season.

### **Athletic Placement Process (APP):**

This program offers students in grades 7 and 8 who demonstrate advanced maturation and advanced physical ability an opportunity to be eligible to try out for a JV or Varsity athletic team. This process is used in the case of exceptionally skilled student-athletes who have the ability to compete at a higher level of competition. It may also be used to allow students to play at lower levels of competition. Paperwork required to initiate this process is available on our website or from the Athletic Office and should be turned in well in advance. Successful completion of the APP process does not guarantee a student-athlete a roster spot on the team. The student-athlete must also go through the try-out process and be selected for the team as any other student-athlete would. More specific details can be found on the district website at <https://www.cccsd.org/AthleticPlacementProcessAPP.aspx>

Please plan ahead in starting the process well in advance of the season as there are several steps that need to be completed to ensure eligibility. There is a physical fitness component to this process. Student-athletes should train for this test in order to be physically prepared to succeed in this part of the process.

### **Tryout Process and Roster Selection:**

The first few days of a sport season are considered a tryout period. The duration of the tryout period is up to each coach. Depending upon the number of students who tryout for a team, the coach may choose to make cuts to the roster. Coaches will use a written evaluation tool for each student who tries out for a team. The format for this evaluation will be discussed with all students in advance. At the end of the tryout period, each coach will notify those students he/she is planning to cut from the roster. The explanation for this decision and the written evaluation for students who were cut will be made available to a student and/or parent upon request.

### **Preseason Meetings:**

Pre-season meetings will be held for parents and prospective student-athletes to learn more about our program and to meet the coach according to the following schedule.

Late August – one large meeting in the C-CPAC for anyone interested in JV and Varsity sports for the entire school year. Any parent and student from any season can attend this meeting. On this night, breakout meetings will also be held for each JV and Varsity fall team with their coach. Fall Modified teams will hold a parent meeting at a time and location set up by the coach.

Winter and Spring seasons – every team at every level will hold a parent meeting at a time and location set up by the coach.

May/June – one large meeting for parents and students in grade 6 to learn about Modified sports and information/expectations around the entire athletic program. This is an open meeting for any student or parent in grades 6 to attend. All coaches are welcome, but not required to attend this.

All students and parents are highly encouraged to attend these meetings each season. Important information may be missed for those that do not attend.

**Academic Eligibility:**

Students in grades 7-12 are eligible to participate on an athletic team or an extra-curricular club activity unless they are failing two or more subjects at the same time of a grade check. Grade checks will be made by administration minimally following each five-week grading period.

**Academic Probation** – Issued if a student is failing two courses at the time of grade check. That student must meet with their Assistant Principal/House Administrator and develop a plan for improvement. During this time, the student will have an opportunity to improve their performance in his/her classes, while continuing to participate in practice and contests, and/or club meetings and activities. Academic supports may include one or more of the following: before school, after school, team support, lunch detention, and Saturday detention.

The student will be required to maintain satisfactory progress within their individual plan in order to continue participation. They will need to continue the plan until such time that they are no longer failing two subjects.

Any student who does not follow their improvement plan will immediately be ineligible from attending and participating in all team/club related activities for one week. This includes all meetings, practices, performances, competitions, and contests. After this week, the student will return to academic probation and again must follow their plan.

If a student fails two or more subjects at the end of the school year, they will be required to begin the following school year on academic probation with an academic plan, and must follow that plan in order to maintain eligibility.

**Academic Ineligibility** - Issued if a student is failing three or more courses at the time of grade check. That student will be deemed immediately ineligible from attending and participating in all team/

club related activities and will not be allowed to attend or participate in team/club related activities until such time that they are only failing two or less courses. That student must also meet with their Assistant Principal/House Administrator and develop a plan for improvement. Ineligible students who demonstrate that they are only failing 2 subjects will move to academic probation until such time they are no longer failing 2 subjects.

If questions about your eligibility should occur, students should make an appointment to see their Assistant Principal/House Administrator, Athletic Coordinator, or the Athletic Director.

### **Leaving a Team:**

A student is fully considered a team member if they are placed on the official roster by the coach after the first week of the season has been completed. During the first week, a student can leave a team for any reason without consequences. Once the first week has been completed, each student is expected to remain with the team for the remainder of that season. If a student/athlete decides to leave a team after the first week of the season he/she needs to discuss the situation with the coach and return any school district issued items. Student-athletes that leave one sport team during a season will not be allowed to join another team or be a student manager of another team during that sport season. Possible exceptions can be made with Athletic Director and coach approval. Student-athletes that leave a sport team during the season to avoid team suspension or discipline penalties will have those penalties assessed during the next sport season they participate in.

Dismissal/Removal – A student may be removed from a team at any time by the coach, Athletic Director, or Principal. If a student is removed from a team for any reason, this student will not be eligible to participate in, be a manager of, or even compete exhibition in another sport during that same season.

A student who leaves a team or is removed from a team during a season must petition for reinstatement if they wish to participate in

that sport in any future school year. A formal letter must be written by the student and addressed to the team coach requesting that they be allowed to participate. This letter must be presented prior to the new season beginning and must state reasons as to why they feel they should be granted a roster spot. If the coach feels he/she may approve of this, the letter must be sent to the Athletic Director for approval. Before the student can actually return to that sport in any capacity, a meeting must be held with the student, a parent/guardian, and the coach. It is in that meeting that final approval will be granted or denied.

## **Rules and Procedures**

### **Bullying/Dignity for All Students:**

New York State's Dignity for All Students Act states that all students have the right to attend school in an environment free of discrimination and harassment, including but not limited to, conduct, verbal threats, intimidation or abuse on school property, on a school bus, or at school-sponsored events based on a person's actual or perceived: race, weight, national origin, ethnic group, religion, religious practice, mental or physical ability, sexual orientation, gender (including gender identity or expression), or sex. All Athletic teams are included into this act and behaviors of this nature will not be tolerated. Any reports of behaviors that may violate this act will be investigated and could result in dismissal from a team or other disciplinary consequences.

### **Hazing:**

Hazing is defined as intentionally or recklessly engaging in conduct during the course of another person's initiation into or affiliation with any organization, which creates a substantial risk of physical injury to such other person or a third person and thereby causes such injury. It is also considered hazing, even when physical injury does not occur, if a person intentionally or recklessly engaged in conduct during the course of another person's initiation into or affiliation with any organization, which created a substantial risk of

physical injury to such other person or a third person. Any type of action which forces a specific student or group of students to perform an action in order to be initiated or be affiliated with a team can be considered hazing. Typically, hazing is directed at underclassmen or “new” participants in a program. Any acts of hazing are strictly prohibited and could result in dismissal from a team or in some circumstances subject the perpetrator to arrest. It could also result in dismissal of a coach. Any reported or suspected form of hazing will be investigated.

### **Social Media:**

Student-Athletes who use cell phones, websites, email, or any other form of social media as a means of communication are expected to do so responsibly. Inappropriate social media postings can have a disruptive impact on the morale and success of a team. Any posting that contains any of the following items may result in disciplinary consequences:

1. is designed to harass or bully students and/or school personnel, or violates the Dignity for All Student’s Act
2. is a form of hazing
3. displays photos that display drug, alcohol, vaping or tobacco use
4. nude/sexually-oriented/indecent photos/images or altered pictures
5. contains sexually explicit, profane, lewd, indecent, or defamatory language
6. contains derogatory language regarding school personnel or other students
7. any other posting that may be disruptive or detrimental to the team

The philosophy we like to live by is, “Pause Before You Post.” Depending upon the severity of the situation, any irresponsible posting using social media may result in suspension or dismissal from a team.



### **Cell Phone Usage:**

Cell phone use during contests is strictly prohibited by student-athletes. The use of cell phones or electronic devices during other team-related activities is at the discretion of the coach. The use of electronic devices for the purpose of taking photos or videos in a locker room is strictly prohibited.

### **Drugs, Alcohol, Vaping, Tobacco, and other Products:**

In order to maintain proper conditioning and excel at all times, student-athletes must refrain from the use of and the association with drugs, alcohol, vaping, tobacco, and various other products. All rules set forth in this section are cumulative over the entire course of an athlete's career. The use or possession of tobacco products, illegal drugs, chemical substances, vaporizers or any form of vaping, e-cigarettes and pipes, alcoholic beverages, or any other product outlined as prohibited in the district Code of Conduct is prohibited. This includes any possession or use of such products on or off school property. The posting of any words or pictures that resemble or implies an admission of possession or use of tobacco, alcohol, vaping, illegal drugs, or other prohibited products by a student-athlete may be constituted as a violation no matter when the posting occurred. This includes, but is not limited to texts, tweets, postings on social networking sites such as Facebook and others.

Additionally, athletes must not attend any functions where tobacco, vaping or alcohol is being openly used by minors (those under age 21 for alcohol and 18 for tobacco and vaping) or where illegal drugs or prohibited products of any kind are being unlawfully used. The student-athlete must make a reasonable attempt to leave the site immediately upon the knowledge of tobacco, vaping or alcohol use by minors or unlawful use of illegal substances or drugs by anyone. Simply attending and remaining at a party or any situation in which these instances occur will be grounds for imposition of the penalties that are listed below.

Any alleged violations that take place during, or are discovered during a sports season will be investigated within 3 school days of the receipt of such information. Upon report of an alleged violation, the Principal, Assistant Principal, Athletic Director, or Coach will provide verbal notice to the student and to his/her parent/guardian that an investigation of an alleged incident is taking place. The reasons for the investigation and the possibility of suspension or removal from the sport will be included in the notice. The Administrator, Coach and/or the Athletic Director will meet with the student as soon as possible to determine the outcome or if further investigation is necessary. If a student-athlete is found to have violated this policy, consequences are as follows:

1<sup>st</sup> offense – Suspension for 25% of all interscholastic contests scheduled for the current season. For example, if the violation occurred in a sport with 20 contests scheduled, the suspension would be for 5 contests. If the violation occurred in a season with an odd number of contests, resulting in a suspension with a fraction of a contest (ex. 15 contests resulting in suspension for 3.75 contests) the length of the suspension will be rounded off to complete contests. If the suspension mathematically works out to a half contest (.5 or higher), the suspension would apply for the entire contest. If the suspension works out to less than half a contest (lower than .5), the suspension would be for the fewer number of complete contests. Before returning to any athletic team, the student is also required to take an online course titled, “Life of an Athlete” at [www.lifeofanathlete.com](http://www.lifeofanathlete.com). Proof of completion must be supplied to the Athletic Director.

2<sup>nd</sup> offense – Suspension for 50% of all interscholastic contests scheduled for the current season. The same principles for calculation that are listed under a 1<sup>st</sup> offense above will apply. Before returning to any athletic team, the student is also required to attend a consultation with a substance-abuse counselor paid for by the student. Proof of completion must be provided.

3<sup>rd</sup> offense and beyond – Immediate removal from the current team and/or suspension for one calendar year (365 days from the day found guilty) from all athletic participation. The athlete may try out for a team during the sport season in which the calendar year suspension terminates.

Additional Provisions for incidents involving drugs, alcohol, or tobacco:

- Violations are cumulative in effect throughout an athlete's career. The Athletic Director shall be responsible for documentation of all violations, suspensions, and counseling sessions. Thus, if an offense takes place in 9<sup>th</sup> grade and another offense takes place in 11<sup>th</sup> grade, the offense in 11<sup>th</sup> grade will be considered a 2<sup>nd</sup> offense.
- If an athlete experiences an injury that prevents playing or participation but will likely result in a return to play within a reasonable time, he/she will be considered a member of the given team and will be required to adhere to all training rules. Furthermore, the time period the student-athlete is not participating in contests due to an injury will not count toward loss of playing time that result from assigned discipline suspensions. The suspension will take effect only on days that the student was physically eligible to participate as noted by a doctor.
- Unless suspended from school, during a 1st and 2nd offense, the suspended student-athlete is required to attend and participate in all team practices and meetings. The suspended athlete will attend all contests and sit on the bench and/or be with his/her team. Depending on the sport, most times the student will wear their team uniform during these suspended contests.
- Should a season end before completion of the 25% or 50% suspension, the remaining time of the suspension will be applied to interscholastic competitions during the next season the athlete competes in. Example: An athlete begins serving a suspension during a 16 contest season with only two contests remaining. The remaining two contests of the suspension would apply to the students' next season of participation.

**Conduct:**

Student-athletes are expected to be good citizens on and off the playing surface. They should adhere to the District's Core Beliefs at all times. Any conduct which violates rules included in this handbook or the District's Code of Conduct will be subject to disciplinary consequences that may result in suspension or removal from athletic activities. This includes any acts that take place during the school day or off school property as well. Students who are assigned in-school suspension (ISS) or out-of-school suspension (OSS) for at least one half day or more are ineligible from attending and participating in extra-curricular activities on that day. This includes both home and away contests, meetings, and practices. Any student-athlete who receives ISS or OSS for at least one half of a day or more cannot participate in the next scheduled contest until the student has participated in at least one full regularly scheduled team practice after the suspension has ended.

Student-athletes who commit illegal acts either on or off school property, will be in jeopardy of losing their athletic eligibility. Depending upon the severity of the situation, the minimum consequence for any athlete who is found guilty of a misdemeanor or felony will be suspension for 50% of the games scheduled in the current season. This suspension will extend into the student-athlete's next season if necessary. If the violation takes place during a student's off-season the minimum consequence will be a suspension from 50% of the next season's contests. During the first half of this suspension (25%), the athlete is not allowed to attend team practices, meetings, or sit on the bench during athletic competitions. They may only show up to try-outs in an attempt to make a team if the suspension falls during this time period. During the second half of this suspension (25%), the athlete is expected to attend all team practices, meetings, and contests and must sit on the bench in uniform with the team at all times. The Athletic Director and coach will also assign a project for the athlete to complete prior to returning to eligibility status. The project may be an essay or community service as it relates to the infraction. Any violation of the law will subject the student to a possible athletic suspension of some kind. In all situations of legal

violations, the Athletic Director and the team coach will determine the percentage of suspension. Individuals who violate this policy for a second time in their athletic career will be subject to a 365-day suspension from all sports beginning on the date found guilty.

### **Attendance:**

Coaches will be monitoring student attendance at the end of each school day. Unless excused for a school-sponsored event, a student must attend their regular classes at school for a minimum of 50% of the day to be deemed eligible to participate in practices and events on that day. Students who do not meet this requirement will not be allowed to sit on the bench with their team that day. If they attend an event, they must sit in the spectator area. Any potential exceptions to this must be approved by both the Principal and Athletic Director.

All student-athletes are expected to be on time and in attendance at all athletic practices and contests. In addition, if a student athlete is absent the day/or practice before an athletic event, they will not be eligible to participate in that event, unless there is an emergency deemed acceptable by the coach. There may be practices and contests on weekends, holidays, and over school vacations. Any student who anticipates being tardy or cannot attend a team related event should notify the coach directly and provide as much advance notice as possible. Students should realize that arriving late or missing practice for any reason can result in consequences including loss of playing time, suspension, or removal from a team. If parents and student-athletes choose to take vacations during sports seasons, it must be understood that the time missed can affect personal conditioning, the learning of team concepts/ systems, and team chemistry.

### **Dress Code:**

Students are expected to abide by the school's Dress Code at all times during practices and contests. This can be found within the District's Code of Conduct. This section applies to both participants and spectators.

**Participation in PE:**

Due to the importance of physical education, all athletes are required to participate in physical education throughout the year. Athletes who are illegally absent or do not participate in physical education class will not be permitted to attend practices or games on the day of the absence/offense.

**After School Study Hall:**

All students who are not with a teacher, coach, or trainer after school are required to attend after school study hall each day school is in session. High school sports study hall is held in the high school cafeteria from 2-3:30 PM. Middle school sports study hall is held in the middle school cafeteria from 2:50-4:20 PM. The coach or other adult designee must pick the team up and walk all students to practice. Students who have other clubs and/or activities do not have to report but must be supervised by a teacher, coach or staff member after school.

**Uniform/Equipment Issue and Return:**

All student-athletes will be issued athletic uniforms and possibly pieces of equipment. All uniforms and equipment are the property of Churchville-Chili Central School and must be returned immediately to the coach upon completion of a season. Any student who damages or fails to turn in a uniform or equipment will be responsible to pay for replacement of these items. A student will not be allowed to receive another uniform or participate on any future athletic team if they owe school uniforms or equipment from a previous season. They must either return the item, or pay the district to replace it before they are considered eligible to receive a uniform in a future season and participate in a practice. Payments must be made either online or by check or money order. No cash will be accepted. Checks/Money orders must be given to the team coach or Athletic Director and made payable to Churchville-Chili Central School District.

**Transportation:**

Coaches are responsible for student-athletes until they are dismissed to their parent or legal guardian. Parents must be timely when picking students up from practices/contests.

Student-athletes will be expected to ride to and from away contests via district transportation. This is School Board Policy and is an attempt to ensure the safety of all students. A student-athlete may ride to or from an event with his/her own parent/guardian only if the parent/guardian has provided written notification and has signed the coach's sign out sheet prior to leaving the event.

Student-athletes will not be allowed to ride home with anyone other than their own parent/guardian. Coaches are not authorized to allow a student to ride home with anyone other than their own parent/legal guardian.

**Individual Team Rules:**

Each coach shall establish and administer specific guidelines for expectations he/she has for team members. These guidelines will be written, approved by the Athletic Director, and shared with parents and athletes in pre-season meetings and any other time necessary throughout a season. These rules can be somewhat different than the guidelines outlined in this handbook but can never be more lenient, or go against any school policy.

Enforcement of these guidelines will be the responsibility of the coach. Any violations and consequences will be reported, in writing if possible, to the Athletic Director. Parents will also be contacted by the coach when any disciplinary or attendance issues arise.

### **Chain of Communication:**

From time to time, parents/guardians and student-athletes may have questions and/or concerns they wish to address. In these situations, the following chain of communication must take place in this order:

1. The student-athlete should talk directly with the coach. This should always be the first step. The team coach is the best source of information for all questions.
2. After the student has spoken with the coach, if further clarification is needed, the parent/guardian should contact the coach directly to discuss the issue and/or arrange a meeting. However, the parent must follow the 24 hour rule before contacting the coach. Please do not contact a coach directly following a contest or event. Contact with the coach should only be made after a 24 hour period has elapsed from the time that the student athlete has met with the coach.
3. Athletic Coordinator or Director – If after speaking with the coach the issue has not been resolved, the student and/or parent/guardian should contact the Athletic Office. Depending upon the issue or availability, either the Athletic Coordinator or Athletic Director will discuss the issue. A meeting may also be scheduled if needed.

The following topics fall under a coach's prerogative and parents should avoid interfering with his/her decisions:

- Playing time at the varsity level
- Team strategy
- Position student is asked to play
- Play calling
- Other student-athletes

### **Sportsmanship:**

The Churchville-Chili Central School Athletic program is committed to promoting the proper ideals of sportsmanship, ethical conduct, and fair play at all sports activities. We are further committed to the belief that schools participating in interscholastic athletic



activities should be held responsible for the conduct of their players, coaches, faculty members, and spectators. Conduct which is detrimental to the educational value of athletic activities may be deemed just cause for school district officials to reprimand, issue probation, suspension from a particular sport, or suspension from interscholastic athletic activities. This applies to students, coaches, personnel, and spectators.

The New York State Public High School Athletic Association supports and encourages spectators to enjoy the competition between our student-athletes and cheer for their teams in a positive manner. Negative comments and behavior will be addressed by the appropriate site personnel. Spectators should “Be Loud, Be Proud, Be Positive” toward all players, coaches, officials and spectators. All individuals who are participating and/or are in attendance at an athletic event should follow the guidelines outlined here:

- Learn and understand the rules of your sport.
- Play hard, play to win, but play fairly within the rules.
- Do not allow your temper to distract you from displaying good sportsmanship.
- Maintain self-control.
- Respect your opponent.
- Never taunt.
- Congratulate the opposing team at the end of the contest.
- Acknowledge good play.
- Respect integrity and judgment of officials. Never question the decision of an official.
- Be an example for your school, teammates, and opponents.
- Cheer in a positive manner only – “Be Loud, Be Proud, Be Positive.”

Any player, coach, or spectator who is disqualified from a contest for unsportsmanlike behavior by an official, or is asked to leave a contest by a school official is prohibited from attending a minimum of the next regularly scheduled contest in that sport. This includes home and away events. Additional consequences may result depending upon the severity or frequency of unsportsmanlike offenses.

### **Additional Rules for Attending an Event:**

- Noise makers of any kind are not allowed at any indoor event within Section V. Those who refrain to abide by this rule will be asked to leave.
- Possession of alcoholic beverages, tobacco, e-cigarettes, illegal substances, or anyone who smells of or is acting as if they are under the influence of such substances will be grounds for removal from the event and school property.
- All food and beverages (except water) should be consumed in the hallway for inside events.
- Swearing and/or using profane language will be grounds for removal from an event.
- No objects may be thrown from the stands onto a playing surface.
- Any beverages brought to outside events may be searched and subject to removal by athletic staff.
- Any bags brought to events may be searched and contents are subject to removal by athletic staff.
- Only players, coaches, staff, and game day personnel are allowed on playing surfaces or in the playing or bench area.
- Students in Grades K-8 that attend an athletic event must have adult supervision with them. Students are expected to watch the event and remain in the general area.
- No pets are allowed at events in the stadium.

### **Safety, Injuries, and Risk Factor**

Participation in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity. Further, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his or her parents/guardians assume the risk for injuries to occur. Some injuries can be very severe and the risk of death is possible. Any injuries should be immediately reported to the coach. Medical expenses resulting from an injury must be submitted to your own insurance carrier.

Any student-athlete who suffers an injury requiring a physician's attention, must be issued a medical release (signed statement) by the physician who treated them or from their primary care physician in order to resume participation with their team. This release must be turned in to the school nurse. No student will be allowed to practice or compete if there is a question as to whether he/she is in adequate physical condition. Depending upon the injury, a conditioning period may be needed before returning to contests. The school nurse, school doctor, athletic trainer, team coach, and athletic director will work collaboratively as needed to assess each situation.

### **Heat and Wind Chill Procedures:**

The New York State Public High School Athletic Association has rules and procedures in place to address athletic participation in inclement temperatures. The athletic department and coaching staff will fully comply with these regulations at all times.

### **Concussion Management/Head Injuries**

The school district has a Board approved Policy #7522 that discuss how concussions and head injuries are handled. One of the most important things to realize is that in the event of a head injury the school district physician working with the district athletic trainer is the only person authorized to fully clear a student/athlete to return to play. A primary care physician may release students back into the Return to Play Protocol, but not to full participation. The following document (which appears on pages 25 & 26 of this handbook) is an informational sheet from the New York State Public High School Athletic Association on this topic. This Return to Play Protocol is also explained on this sheet.



# Concussions: The Invisible Injury

## Student and Parent Information Sheet

### CONCUSSION DEFINITION

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

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

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

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

### REQUIREMENTS OF SCHOOL DISTRICTS

#### *Education:*

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

#### *Information:*

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

#### *Removal from athletics:*

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

### SYMPTOMS

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

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

Symptoms include, but are not limited to:

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

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

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

## STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at [www.nysphsaa.org](http://www.nysphsaa.org). The policy should include:

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

## RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

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

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

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

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

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

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

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

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

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

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

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

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

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

## CONCUSSION MANAGEMENT TEAM

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

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

## OTHER RESOURCES

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

### **Booster Club and Fundraising**

The Saints Sports Booster Club is an active club comprised of representatives from all sports (team reps), community members, and an executive board. The goal of the club shall be to provide various forms of financial and volunteer support to the student-athletes of our school. The club shall provide a means for its members and others in the community to express their interest and to promote a sense of pride in the athletic program. The club shall operate in cooperation with the district Board of Education, Administration, Athletic Director, coaching staff, staff, faculty, and student body.

Athletic teams may choose to perform fundraisers for various reasons. All fundraisers must be approved by the Athletic Director and Superintendent in advance and all monies associated with such fundraisers will run through the Sports Booster Club. Proper paperwork and procedures are required to begin a fundraising activity.

### **Scheduling**

Scheduling athletic practices and contests are performed through the coaching staff and the athletic office. All schedules and questions about schedules should be directed to the team coach. In addition, the following website provides up to date scheduling information for all of our teams - <http://www.sectionvny.org>. This website offers a "Notify Me" section that you can subscribe to for any schedule updates.

### **Awards**

All student-athletes who successfully complete a varsity season will be allowed to receive a varsity letter one time and a pin for each varsity sport they successfully complete. Students must visit the athletic office in order to receive these once their season has been completed.

At the discretion of the coach, teams may have a mini banquet at the end of their sports season. If there is a team banquet, it is considered a school event regardless of the location. Thus, all school rules as outlined in the athletic handbook as well as the District Code of Conduct apply. For example, any student serving a suspension from school would be prohibited from attending any school event.

At the end of the school year, the Athletic Department holds a recognition ceremony to honor various JV and Varsity student-athletes who have achieved at higher levels. A member of each varsity team is awarded a team MVP and also a Most Improved Player award. A member of each program is awarded with the Most Promising Saint Award. Numerous other scholarships and awards are also presented.

### **Disclaimer**

From time to time, issues will arise that are not specifically outlined in this handbook. In situations of that nature, a coach and the Athletic Director have the right to act according to what they feel is the best solution to the particular situation. If necessary, the Principal and Superintendent may also be consulted.

Being part of the Churchville-Chili athletic program is considered a privilege, not a right, and one that you should take great pride in. With that privilege come expectations. All provisions of this handbook must be adhered to in order to be eligible to participate and/or attend athletic activities. If violations of the procedures set forth in this handbook occur, eligibility to participate and/or attend athletic activities will be in jeopardy. The students' coach, the Athletic Director, or any school administrator may impose the loss of this eligibility.



# C SAINTS

***View our website - <http://www.cccsd.org/athletics>***

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