

ONTEORA CENTRAL SCHOOL DISTRICT

Department of Athletics

Student Athlete & Parent Athletic Policy

Regulations

And Code of Conduct

Handbook

2019 - 2020



“Home of the Eagles”

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Where we educate
our students' minds
bodies and hearts

Onteora Central School District
Interscholastic Athletic Department
4166 Route 28, Boiceville, New York 12412

Victoria McLaren,
Superintendent of Schools
Kimberly Pilla,
Director of Athletics, Physical Education,
Health and Dean of Students

Dear Students, Parents and Guardians;

It is my pleasure to welcome you to the Onteora Interscholastic Athletic Program. The privilege you have earned to be a part of our sports program is one that comes with opportunities and responsibilities and is not to be taken lightly. We believe that our sports program is an extension of the academic classroom and we know the rewards and benefits will be as plentiful as they are in other areas of your school career.

You are stepping into an important role in this community as you represent the pride the community holds in our program. Congratulations, you are a leader! As a leader in the community your actions both on and off the playing field are being observed by many. You have a responsibility to act in a way that best represents your school, your family, and your community.

You are also a role model for all students and that's why good sportsmanship is so important to all of us. The lessons that you learn about your conduct will provide the foundation for success throughout your lifetime. You will be working as hard on choosing positive actions as you will work in your academic classes.

Parents and guardians, this is why we believe a strong partnership with you is so important. To quote Helen Keller, "Together we can do so much"! With your support in helping our students follow the code of conduct of both the school and in this handbook we can all reap the positive outcomes.

Student Athletes, Parents and Guardians, please take time to review our handbook and familiarize yourself with the expectations we hold. If you have any questions or need for more information, or would like to review our policies in their entirety, please feel free to contact me at Onteora High School, (845) 657-2373 Extension 2101.

Let's have a great season!

Kimberly Pilla, Director

Athletics, Physical Education, Health and Dean of Students

Onteora Central School District's Interscholastic Athletic Program Philosophy

The Onteora Central School District (OCSD) Athletic Program believes that a dynamic program of student activities is vital to the educational development of its' students. The OCSD will provide a variety of experiences to aid in the development of strong minds, bodies and hearts that will prepare them for adult life in their chosen career in a democratic society. The athletic program will function as an integral part of the total school curriculum. Athletics will offer opportunities to grow and develop strategic thinking, teamwork, problem solving, cooperation, good citizenship and other 21st century skills while enjoying the benefits of a healthy lifestyle and rigorous competition.

OCSD Interscholastic Program Objectives

The program shall be managed and teams coached in a manner which strives to achieve the following objectives:

1. Promote individual and team desire for excellence while emphasizing those interscholastic sports be kept in perspective, so that the first priority for all students is intellectual and emotional growth.
2. To educate the student body in the appreciation of sports and activities and the best way to enjoy them from the point of view of good sportsmanship.
3. To serve as a focal point for the morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm that is shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
5. To provide the opportunity for a student to learn to handle winning and losing and to make decisions that affect themselves and members of their team.
6. To learn to develop through hard work and dedication a feeling of self-confidence and self-esteem in all participants.

ONTEORA CENTRAL SCHOOL DISTRICT DEPARTMENT OF ATHLETICS

ADMINISTRATIVE TEAM MEMBERS

Superintendent of Schools: Victoria McLaren
High School Principal: Lance Edelman
High School Assistant Principal: Dieter Schimmelpfennig
Middle School Principal: Jennifer O'Connor
Director of Athletics: Kimberly Pilla

OCSD Athletic Program Sport Team Opportunities

OCSD Athletic Program offers a variety of opportunities for all of our students to participate in one or more seasons. From individual competitions to large team events our goal is to encourage each student to participate.

SPORTS AND SEASONS:

FALL

Boys Golf – Varsity
Boys and Girls Cross Country – Varsity and Modified
Boys Soccer – Varsity, Junior Varsity and Modified
Cheerleading Spirit Team – Varsity
Field Hockey – Varsity, Junior Varsity and Modified
Football – Varsity and Modified
Girls Soccer – Varsity, Junior Varsity and Modified
Girls Tennis – Varsity
Girls Volleyball – Varsity, Junior Varsity and Modified

WINTER

Boys Basketball – Varsity, Junior Varsity and Modified
Boys Indoor Track – Varsity
Boys and Girls Skiing – Varsity
Girls Basketball – Varsity, Junior Varsity and Modified
Girls Indoor Track – Varsity
Wrestling – Varsity, Junior Varsity and Modified
Cheerleading Spirit Team – Varsity

SPRING

Baseball – Varsity, Junior Varsity and Modified
Boys and Girls Track & Field – Varsity and Modified
Boys Tennis – Varsity
Girls Golf – Varsity
Softball – Varsity, Junior Varsity and Modified

Contact Information

Director of Athletics - Kimberly Pilla

Secretary to Director of Athletics – Leah Smith (845) 657-2373 Ext. 2101

High School Nurse – Sabrina Blakely

Middle School Nurse – Karen Hansen

District Medical Director - Suellen Elmendorf

SCHEDULES

Schedules can be found at the following address:

<http://ociaa.ouboces.org/sportspakonline>

Daily scheduling information can be obtained by calling the Athletic office.

TRAVEL DIRECTIONS

A directory of travel directions can be found at the following address:

<http://ociaa.ouboces.org/sportspakonline>

Communication Procedures

We believe that the communication is vital for our program's success. The first line of communication for student athletes, parents and guardians is always your sport team's coach.

A. *Parent/coach relationship:*

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

B. *Communication you should expect from your child's coach:*

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements
5. Discipline that results in the denial of your child's participation.

C. *Communication coaches expect from parents:*

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Onteora, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

D. *Appropriate concerns to discuss with the coaches:*

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

E. *Coach's Expertise*

1. OCS D hires coaches to lead our teams.
2. We expect coaches to make challenging decisions about playing time, team strategy, and play calling to name a few.
3. If there are situations that may require a conference between the coach and parent/guardian, they are best held after the sporting event in the school setting. These types of conferences are encouraged because both parties need an opportunity to "see" the other's point of view. When these conferences are necessary, please follow the communication procedure below.

OCSD Interscholastic Athletic Program Communication Protocol

1. Call the OCSD Athletic office at 845-657-2373 Ext. 2101 or E-mail specified coach.
2. Ask to speak with the coach to set up a meeting.
3. If the coach cannot be reached, call the Director of Athletics, Kimberly Pilla at the same phone number. She may assist in scheduling the meeting for you.
4. If you feel you did not receive a satisfactory resolution,
 - a. Call the OCSD Athletic Office at 845-657-2373 Ext. 2101.
 - b. Ask to set up a meeting with the Director of Athletics, Kimberly Pilla, to discuss the situation.
 - c. Appropriate next steps will be determined at this meeting.

Please follow this procedure so we can resolve any concerns you may have. Attempted conversations before, during or after practices or contests are not conducive to building or maintaining relationships nor problem solving.

ELIGIBILITY RULES

General Eligibility for Interscholastic Activities:

- A.** A boy/girl must be a bona fide student of the high school, taking at least four subjects and physical education.
- B.** Any student missing physical education class (whether due to a “cut” or non-participation or for medical reasons) will not be allowed to participate in a practice or contest, on the same day the student missed physical education or the day or days the medical excuse was written.
- C.** Students assigned any disciplinary suspension are not eligible to participate in weekend athletic events, including practices.
- D.** Eligibility for extra- and co-curricular activities, interscholastic sports shall be restricted for those students with excessive unexcused absences at the discretion of Administration.
- E.** Students must be in attendance for at least 5 periods in order to participate in after-school activities) unless prior approval is received from a school administrator).
- F.** Students leaving school due to illness may not participate in and/or attend extra-curricular activities and other school events unless specified otherwise by the school nurse.

ACADEMIC ELIGIBILITY FOR MIDDLE & HIGH SCHOOL EXTRA-CURRICULAR ACTIVITIES

Academic eligibility is designed to establish standards for school participation in athletics and club activities. It is intended to foster standards that elevate student effort and reward consistent performance.

Students in grades 7 – 12 who participate in the athletic program and/or extracurricular activities and clubs that meet at least 2 hours per week, must maintain academic eligibility.

Student grades will be reviewed every five weeks throughout the school year.

- Students who are failing two courses at the five-week mark will be deemed ineligible until one grade is raised to passing. Students can still practice with their team/attend club meetings, but cannot play/perform/compete until the improvement stated above is made. Students may only stay in this category for five weeks. If after five weeks they are still failing two, they will be removed from the team.
- Students who are failing three or more courses will be removed from their team/club and will be referred to appropriate school personnel for assistance. Students may return to their activity at either the five-week or quarter mark, provided they are failing two courses or less.
- Final course grades will be used to determine eligibility for fall extracurricular activities. (Summer school grades will be used to remove failures).

Appeals process:

1. A student, parent or coach/advisor may appeal the status of a participant to a committee composed of the guidance counselor of the student, two faculty members, the Director of Athletics, and the high school assistant principal. If the teacher on the committee has the student in class, he/she may be asked to disqualify him/herself. The principal will select the faculty members. The appeal must be made to the committee in writing no later than 48 hours after notification of ineligibility. Every effort will be made to hear the appeal within 24 hours. Determination of the appeal will be made by the majority vote of the committee.
2. A subsequent appeal may be lodged in writing to the principal.

New York State Athletic Association Eligibility Rules:

- A.** Age and Grade: According to the Commissioner of Education Regulations, a pupil shall be eligible for senior high school athletic competition in a sport during each of 4 consecutive seasons of such sport commencing with the pupil's entry into the 9th grade and prior to graduation, except as otherwise provided in the Selection/Classification Program. The Selection/Classification Program permits pupils in the 7th and 8th grades to compete in senior high school competition provided they meet the standards of this program.
- B.** A pupil approved through the Selection/Classification could conceivably be approved for frosh, JV, and /or Varsity competition beginning in 7th grade and continue through 12th grade. A pupil who attains the age of 19 years on or after July 1 may continue to participate during that school year in all sports as long as he/she has not graduated.
- C.** Amateur: A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the benefits derived from participation. An athlete forfeits amateur status in a sport by:
 - 1. Competing for money or other compensation (travel, meals and lodging are acceptable).
 - 2. Receiving an award or prize of monetary value, which has not been approved by the NYSPHSAA (only awards/prizes less than \$50 will be approved).
 - 3. Capitalizing on athletic fame by receiving money and gifts of monetary value (scholarships to higher institutions are exempted).
 - 4. Signing a professional playing contract in that sport.
- D.** Assumed Name: Participating under an assumed name in any athletic contest shall make the student/athlete ineligible in that sport for one year from the date of the violation.
- E.** College: A student is no longer eligible to represent the school in that sport in that season if he/she participates in practice or competition with or against any college athletic squad.
- F.** All-Star Contests: The only all-star contests that an athlete may participate in are the exceptional senior contests that are approved by the NYSPHSAA. Only seniors who have completed their eligibility may compete in the contests. Also, a contestant may compete in no more than one approved exceptional senior contest in the same sport during the same year.

- G. Transfer Rule:** This rule was established by the NYSPHSAA to control athletic recruitment and athletic shopping.
1. A student who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least 6 months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility, the student must enroll in the public school district of his/her parents' residency.
 2. A student who transfers without a corresponding change in residence of his parents is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one year if the student participated in that sport at the JV or Varsity level during the one-year period immediately preceding his/her transfer.
 3. Exemptions to the above include a student who is a ward of the court. Also, students who are from separated or divorced parents may move into a new district with one of the parents once every 6 months.

CODE OF CONDUCT RESPONSIBILITIES OF STUDENT ATHLETES

Consequences of Conduct:

- A.** Any team member who engages in the proscribed conduct as set forth in these regulations or in the District's policy on school conduct and discipline or who engages in conduct that would constitute a violation of state or federal law will be subject to disciplinary action including suspension from the team. The sanctions are those set forth in the District Code on student conduct and discipline and in these regulations. A team member's attitude as demonstrated by conduct should show cooperation, participation, respect, sportsmanship and involvement. Failure to behave in this manner may result in penalties up to and including suspension from the team. **Student-athletes must keep in mind that participation in interscholastic athletics is a privilege.** Upon request, a student and his or her parents will be provided with the opportunity to have an informal meeting with the coach and/or Director of Athletics to discuss the charges and to present their position before imposition of discipline pertaining to participation in athletics.
- B.** Being a member of an athletic team requires sacrifice and commitment on the part of our student-athletes and their parents. Students are expected to be at all practices and games unless unforeseen emergencies arise.
- C.** There must be a personal commitment to excellence as well as a commitment to the entire team.

RESPONSIBILITIES AND ACCOUNTABILITIES OF AN ONTEORA ATHLETE

Being a member of an Onteora athletic team is a privilege and honor. To many athletes, it is the fulfillment of an early ambition. As a member of an athletic squad at Onteora, you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but also those who have contributed so much to our school in the past.

Many of our athletes have and will go on to collegiate play. Many others have established league, section and state records. Because of this fine tradition, challenge has been established for you to work hard and to make sure that your actions reflect the standards that are set up by the athletic department.

As a member of the athletic team, you will be asked to make sacrifices that will benefit yourself, your team and your school. We will ask that you prioritize and commit yourself to excelling. As a student athlete at Onteora, making sacrifices and dedicating yourself to your team will demonstrate a high level of commitment which will not only help you, but will assist in supporting your team and school community.

Responsibilities to yourself:

The most important of these responsibilities is to take ownership of your actions and behaviors and develop strength and depth of character within yourself. You owe it to yourself to get the greatest possible benefit from your athletic experiences. Your studies, your participation in other school activities as well as athletics, assist in preparing you for your life as an adult.

Responsibilities to your school:

Another responsibility you assume as an athletic team member is to your school. Onteora is a high achieving school district with very high standards. By participating in athletics to the maximum of your ability, you are contributing to the positive reputation of our school district.

Responsibility to others:

You have a responsibility to your parents to always do the best you can. When participating in athletics, we sometimes feel we have failed if we have not won. By trying the best that you can and following all rules set up by your squad, you can feel proud of yourself no matter what the win-loss record of your team is. Younger students look up to you and it is your responsibility to set a good example for them in being a positive role model. Your younger peers and classmates need guidance and support.

BE KIND TO YOUR PEERS, CLASSMATES AND TEACHERS

ONTEORA STUDENT-ATHLETE RESOLVE

I recognize that being a member of the community carries with it responsibilities and rewards and, that as an athlete in the community; I must not only embrace those responsibilities, but also conduct myself both on and off the playing field in a way which exhibits respect for myself and for others. I therefore resolve to conduct myself with dignity as an athlete and as a citizen of the community, recognizing and accepting that I

- must accept responsibility for my behavior and its outcomes
- must honor my obligations and promises
- must exercise self-control
- must be willing to be fair with others in my dealings on and off the playing field
- must take pride in myself and my accomplishments, but never at the expense of demeaning another person or group
- must respect the efforts of others
- must respect authority
- must play by the spirit, not just the letter, of the rules of the game and the rules of life
- must strive to make my community – whether that be the team on which I play or the community in which I live – better because of my contributions as a member and a citizen

SPORTSMANSHIP AT ONTEORA

There has been growing concern nation-wide about the conduct of players, coaches and spectators at athletic events. In many instances, young athletes and their fans have emulated the models exhibited by professional athletes. This type of “in your face” behavior has eroded the foundations of amateur athletics in the United States. However, concerned athletic administrators, coaches and community members have initiated campaigns to revitalize proper conduct at athletic events. We at Onteora believe that athletic competition can operate in an arena where intense competition may exist in conjunction with civility. Our goal is to foster an environment where respect is paramount and where the positive benefits of athletic competition may flourish.

EXPECTATIONS FOR ONTEORA ATHLETES

We believe that:

- Our athletes must respect their opponents. Taunting will not be tolerated.
- Our athletes must respect the decisions of the referees.
- Our athletes must respect their teammates and coaches.
- Our athletes “play by the rules”.
- Our athletes must be under control and have appropriate behavior that includes appropriate language.
- We expect our student-athletes to display appropriate behavior and will work to reinforce positive sportsmanship.

NEW YORK PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
RULES FOR STUDENT CONDUCT

The NYSPHSAA has become concerned enough about sportsmanship that they have enacted legislation that requires:

- An athlete who is removed from a contest for unsportsmanlike behavior will not be allowed to participate in the next scheduled contest.
- On the second offense during a season, the athlete will not be allowed to participate in the next two contests.
- On the third offense, the athlete will be banned from participation for the season.
- These penalties carry into post-season play if they occur at the conclusion of the regular season.

EXPECTATIONS FOR SPECTATOR CONDUCT

We believe that:

- Spectators should cheer and applaud good plays by both teams.
- Spectators must refrain from making negative remarks about referees and other teams and their spectators.
- Spectators must always remember that the decisions of the officials must be respected.
- Positive remarks about our players and coaches are to be encouraged; negative remarks are to be discouraged.
- If spectators display unsportsmanlike behavior, district administration or event chaperones may remove them from the site of the contest.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

CODE OF ETHICS

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

Training Rules:

- A. The following carry a **penalty of indefinite suspension** from an athletic team regardless of where or when this conduct takes place during the sports season. This does not preclude police involvement.
1. Athletes shall not consume, possess, buy, sell or give away alcohol, tobacco, steroids, non-prescribed medications or any other substance, the consumption and possession of which is prohibited by New York and/or Federal Law.
 2. Student-athletes shall not be present at peer gatherings where alcohol and/or drugs are being illegally dispensed.
 3. If a violation of these training rules occurs during the school day, at a school function or school trip, the student will be suspended at a minimum for the duration of the athletic season.

Prior to any suspension taking effect, the athlete shall have an opportunity to meet with the coach or Director of Athletics to present his/her side of the story as part of a general discussion of the conduct under review.

- B. General rules pertaining to conduct and penalty:
1. Students will adhere to the District's Code of Conduct/Student Handbook.

- C. Sport specific rules:

There are different requirements for certain sports depending on their nature and rules. Some are outdoors, some are indoors; some are team oriented, others individual and some are both. The number of participants ranges widely on the different teams. Specific requirements such as the use of special equipment may also exist.

Therefore, coaches may have specific rules for a sport in addition to the general requirements of the NYSPHSAA, Section IX MHAL League and school rules. These rules should be clear to all team members and their parents. In addition, any disciplinary actions for infractions should be known beforehand.

Any athlete or parent who has questions or difficulties with the sport specific rules should communicate with the coach involved. It is hoped that in this manner Athletes, parents and coaches will work cooperatively toward the continued success of our athletic program.

Hazing:

Hazing of any kind, including initiations, is prohibited on any Oteora team.

Absences from Practices and/or Contests:

- A.** The following procedures are to be followed by each team for vacation periods:
 - 1. Team members and their families must be aware that there may be games and/or practices during certain vacation schedules and/or Saturdays.
 - 2. Students must meet with the coach to obtain approval if they are faced with the possibility of missing practices or contests during these times. This must be done well in advance of the absences, preferably before the season starts.
 - 3. When a request is made for an excused absence, the student must give the reason for the absence such as a family vacation that could not be scheduled at another time.
- B.** Reasons for other absences. Some examples of reasons beyond the student's control which will permit him/her to legitimately miss practices and/or contests are:
 - 1. Medical and/or dental work which must be scheduled at a particular time.
 - 2. Death in the family.
 - 3. Sudden personal or immediate family illness.
 - 4. Other specific unavoidable causes of conflict.
 - 5. Each case will be judged on its' own merits.
- C.** In the event that the coach approves the student's absence, the athlete should be aware that there is a strong possibility that he/she could miss games upon his/her return to the team. Reasons of safety as well as team continuity and the philosophy of a coach will govern the duration of suspension from active participation in games. Also, an extended absence may mean that the student will have to re-qualify by completing the number of practice dates stipulated by New York State in order to compete.

Changing Sports

Students may change from one sport to another provided that they have received permission from the coaches involved and the Director of Athletics. If he/she has been cut from one team, it is legitimate to try-out for another provided the coach permits the try-out. The athlete must understand that practices are sport specific and cannot count from one sport to another.

Conflicts with Other School Activities

An individual student who attempts to participate in too many activities will undoubtedly be in a position of a conflict of obligations. 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 times 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.

Students who wish to compete in 2 sports/athletic activities in a season may do so only if the following conditions are met:

- A. Both of the coaches must meet with the student athlete and his/her parents. The coaches must both agree that participation in the 2 sports/athletic activities will be allowed.
- B. The student-athlete and his/her parents must sign a form that indicates that the student-athlete will be participating in both sport/athletic activities, and also state which will be the primary one. If conflicts arise during the season that cannot be resolved by the coaches, the schedule for the primary sport must be followed.

Athletic Award System

Each student who participates on a Varsity team will earn a Varsity Letter. Athletes unable to complete a season due to injury, illness or other such circumstances may earn a letter if the coach feels it is justified. Athletes must finish the season, including post-season play, in order to be eligible for an award.

The following awards are available in the Ontario Athletic Program:

- A. Certificates: Participation certificates for modified, JV and non-letter athletes. Varsity certificate for varsity letter athletes.
- B. Letters: One varsity letter will be issued to an individual for his/her high school career in all sports.
- C. Inserts: Varsity student-athletes receive a pin the first year of participation and a service bar for subsequent years in each sport.

Athletic Placement Process

- A. Students who are in grades 7 or 8 may try-out for frosh, JV or varsity teams provided that they meet the strict guidelines that have been established by New York State. The program is intended for students who have exceptional athletic talents in their sports and are capable emotionally and socially of meeting the demands of competing at higher levels. The District makes every effort to be certain that students are placed in an appropriate level and will use the Athletic Placement Process for limited cases.
- B. The following steps must be taken in order to complete the Athletic Placement Process:
 - 1. Parents must obtain the Athletic Placement Process Form from the Athletic Office prior to the season, fill it out and return it.
 - 2. The coach must give his/her approval for the placement.
 - 3. A physical education teacher will administer a rigorous fitness test. New York State has established the test and 4 out of 5 components must be passed.
 - 4. The school Nurse Practitioner or primary care provider will do a maturity screening. This involves the determination of the onset of puberty in both males and females.
- C. If the above are completed successfully, the students will be given three days in all sports except football (5 days) to try-out. If at the conclusion of the try-out period they do not make the team, they may still compete on the modified (grade 7 and 8) level.

Medical Insurance:

- A. Parents and Athletes should understand that there is a risk of injury in any sport. In the event of an injury, Onteora subscribes to Pupil Benefits Plan, Inc., 101 Dutch Meadows Lane, Glenville, NY. 12302. Phone: (800) 393-3301. This policy is a secondary form of accident insurance, an excess coverage plan. Any claim must first be submitted to the student-athlete's health insurance carrier for basic and major medical coverage prior to the application to the school district for coverage under its program.
- B. Filing procedure for Parents:
 - 1. Make sure that the head coach has been notified (immediately) of the injury.
 - 2. The parents must file first using their own insurance.
 - 3. If the insurance of the parents does not cover the complete bill, they should contact the school Nurse Practitioner for the appropriate form to file with the school insurance carrier.

Policy for Bus Trips:

Students belonging to any athletic team when attending any function connected with school activities where the school provides the transportation must use the transportation afforded by the school to the event and must return the same way. However, permission may be obtained for: (1) parents who wish to transport their own children home from an event and (2) parents who would like another parent to transport his/her child home from an event. In both cases, a Transportation Permission Form must be obtained from the coach and completed prior to the event.

Equipment:

- A. Players are responsible for all equipment issued to them. They should not expect managers, coaches or others to assume that obligation.
- B. Equipment (school) issued to a player is to be used only for the purpose for which it was intended in practice or contests. No part of any uniform or equipment is to be used in physical education classes or in any way unless specific permission has been granted.
- C. Lost, stolen, or misused equipment will be charged to the individual responsible for it; the athlete will be required to make restitution. No award or further participation will be granted until restitution has been made.
- D. Any player found to be in possession of unauthorized equipment will be suspended from the team.

Physicals:

All student-athletes participating in interscholastic competition must have a sports physical conducted by the school physician before participating in his or her first organized team practice and/or tryout. One physical qualifies a student-athlete for the entire calendar year unless he or she is injured. Before the participation of each separate season (fall, winter, spring), the student-athlete must complete the Interval Health History Form and turn it into the nurse's office before the start of that season. Without this form, a student-athlete **WILL NOT** be eligible to participate in any tryouts, practices, or competitions. If a student elects to have a physical by his or her own physician, fee payment is the responsibility of the parent or guardian and must follow these steps:

1. Obtain a physical form and sports approval card from the health office.
2. Make an appointment with his/her private physician and have said physician complete the physical form and sign the approval card noting conditions, if any, which may disqualify a candidate for participation.
3. Return completed forms to the health office for review for final approval by the school physician.
4. If a student-athlete misses five (5) consecutive days of participation due to injury or illness, he/she must be re-evaluated and approved by the school nurse practitioner or arrange for another physical.

Parent Permission Forms:

- A. Each student must return a completed and signed parent permission form to the school Nurse Practitioner before starting practice. This form outlines the health history of the student and signifies consent by the parent for participation.
- B. Forms are available to download on the athletic website: www.onteorak12.ny.us.

Injury Procedure:

- A. All injuries must be reported to the head coach immediately.
- B. Any participant who misses a practice with a doctor's excuse may return to practice only with approval from the doctor. This requires the student to give this approval directly to the school Nurse Practitioner. The Nurse Practitioner will notify the coach that the student is approved to return to the team.
- C. Medical expenses resulting from an injury must first be submitted to your own insurance carrier. Any remaining balance can be submitted to the school's accident insurance carrier by processing a claim by form that can be obtained from the Nurse Practitioner.

Concussion Management:

Students and parents will be provided New York State approved information both in print as well as on the athletic webpage with regards to Concussion awareness and management. Students and parents are required to follow the district policy and procedures for concussion management as developed by the School's Chief Medical Officer and NYSPHSAA.

ATHLETE'S PLEDGE

Each athlete must make a commitment to the athletic program to ensure success. Please read the following and pledge your commitment to adhere to these standards.

1. **ELIGIBILITY:** I agree to meet all eligibility requirements, to honestly and accurately provide the necessary eligibility information, and to work to maintain my eligibility.
2. **ATTENDANCE:** I shall maintain a good attendance record and will adhere to all attendance requirements established by the school and coach.
3. **COMMITMENT:** I agree to make a firm commitment to my teammates, my coach, my school, and myself.
4. **CONDUCT:** I shall adhere to all the rules and responsibilities as outlined by the school and my coach.
5. **CARE OF UNIFORMS and EQUIPMENT:** I accept responsibility for all equipment that is issued to me by the school. Further, I agree to properly use all team equipment.
6. **TRANSPORTATION and AWAY CONTESTS:** I agree to follow the transportation policy established by the school. I will adhere to the additional requirements established by my coach and the athletic department.
7. **TRAINING:** I understand that proper training is essential to my performance. I agree to adhere to the training regimen established by the coaching staff.
8. **STUDENT HANDBOOK:** I shall adhere to all rules and responsibilities as outlined by the Student Handbook and Code of Conduct.

By signing below, the student athlete indicates that he or she has received, read and understood the Athletic Handbook. Furthermore, the athlete promises to abide by its provisions.

Athlete's Name (Please print)

Athlete's Signature & Date

Parent/Guardian's Name (Please Print)

Parent/Guardian's Signature & Date