

CO-CURRICULAR ATHLETIC HANDBOOK FOR ATHLETES AND PARENTS/GUARDIANS



Public Schools of the Tarrytowns



Public Schools of the Tarrytowns

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Dear Parents, Colleagues, and Student-Athletes:

Sleepy Hollow Middle/High School believes that co-curricular athletics are a significant part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.

We believe that the essential requirement for teamwork, the mental and physical challenges of training and competition, and the experience of winning and losing graciously and respectfully are important life lessons in every student's developmental experience. These lessons will serve students well in their future.

Developing good character habits requires time and effort. Coaches, parents and other stakeholders can help students develop such habits by continually discussing, modeling and reinforcing the desired attitudes and beliefs over time.

We also understand that participation on an athletic team or teams demands a commitment that involves both dedication and sacrifice. This is required of not only student athletes, but also of coaches and parents.

If you are considering becoming a member of an athletic team at Sleepy Hollow, it is important that you understand some basic district policies. This Athletic Handbook is designed to provide all participants with guidelines and procedures that are necessary to participate in a safe and competitive program. The information carefully outlines what is expected of you as a member of our Athletic Program, and should answer any questions you may have. I encourage you to carefully read this handbook and familiarize yourself with its content.

These policies and procedures are critical in order to maintain quality programs. Please feel free to contact me at marias@tufsd.org or on **914-631-3664** if you have any questions.

Good luck and have a wonderful experience.

Sincerely,

Michael Arias



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SLEEPY HOLLOW HIGH SCHOOL ATHLETIC PROGRAMS

Students are encouraged to tryout for and participate in the following athletic programs, which are offered to Sleepy Hollow High School students. **(One sport per season)**

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Cheerleading	Cheerleading	Baseball
Cross Country (boys)	Basketball (boys)	Golf (boys & girls)
Cross Country (girls)	Basketball (girls)	Lacrosse (boys)
Field Hockey (girls)	Ice Hockey	Lacrosse (girls)
Football	Pioneer League	Pioneer League
Pioneer League	Skiing	Track & Field (boys)
Soccer (boys)	Indoor Track (boys)	Track & Field (girls)
Soccer (girls)	Indoor Track (girls)	Softball
Swimming (girls)	Wrestling	Tennis (boys)
Tennis (girls)		
Volleyball		

SLEEPY HOLLOW MODIFIED ATHLETIC PROGRAMS

Students are encouraged to try out for and participate in the following athletic programs, which are offered to Sleepy Hollow Middle School students. **(One sport per season)**

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Cheerleading	Cheerleading	Baseball (boys)
Cross Country (boys)	Basketball (boys)	Lacrosse (boys)
Cross Country (girls)	Basketball (girls)	Lacrosse (girls)
Field Hockey	Wrestling	Softball (girls)
Football		Track & Field (boys)
Soccer (boys)		Track & Field (girls)
Soccer (girls)		
Volleyball		



Intramurals (6th, 7th, 8th) (No tryouts for Intramurals)	Intramurals (6th, 7th, 8th) (No tryouts for Intramurals)	Intramurals (6th, 7th, 8th) (No tryouts for Intramurals)
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PROGRAM PHILOSOPHY BY LEVEL

Modified Program - The modified program is available to all students in the seventh and eighth grades only. At this level, the focus is on rules, skill development, team play, and healthy competition.

At the modified level, team selections will be made when necessary. Roster sizes will be determined based on the number of students we feel is appropriate for the given program. Having fun and providing a meaningful experience is the main priority.

Coaches will do their best to provide equal opportunity to participate in both practices and games to develop the skills necessary for the sport. Equal participation is also contingent upon attendance, behavior, and effort during practice sessions and games.

Practices or contests are generally scheduled Monday through Friday. However, on occasion games/practices are occasionally scheduled for Saturdays.

Junior Varsity Program - At the junior varsity level, freshman and sophomores usually comprise the majority of the team roster. In certain situations, juniors who may not be varsity-ready, but are expected to make a contribution at the varsity level the subsequent year, will be considered for junior varsity participation.

In some cases, exceptional 7th or 8th graders may also make the team through the Advanced Placement Process.

Athletes are expected to commit themselves to the program. Increased emphasis is placed on physical conditioning, refinement of fundamental skills, and strategies of team play, in addition to socio-emotional development.

The junior varsity program works toward achieving a balance between continued team and player development and striving to win. The outcome of contests becomes a consideration at this level. The understanding that practice sessions are important is a premise that is vital to a successful junior varsity team and player.

A specified amount of playing time is never guaranteed. It's a 6 day per week commitment at this level. Practice sessions/games/contests are often scheduled during school vacation days/weeks. Because the goal of becoming a varsity athlete is clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

Varsity Program - Varsity competition is the culmination of each sport's program.

Squad size at the varsity level is generally limited. Individual desires are secondary in pursuit of the team's goals.



Dedication and commitment are key ingredients to a varsity program. Varsity teams require six days of practice each week. **Practices/games/contests often take place during vacation periods and students are expected as varsity team members to be present during these times.**

While contest participation over the course of the season is desirable, a specific amount of playing time is never guaranteed at this level.

The varsity coach is the leader of that sport's program and determines the system of instruction, skills and strategy for all levels.

EDUCATION BASED ATHLETIC PROGRAM

- Provide a fulfilling and positive experience for all students
- Foster the physical, social and emotional growth and development of each student
- Cultivate academic and athletic achievement through the development of attitudes and values that motivate students to pursue excellence
- Develop increased knowledge of skills needed to achieve individual and team success through consistency and hard work
- Develop respect for teammates, opponents, coaches and officials by championing sportsmanship and positive character
- Stress the importance of physical fitness, proper conditioning, health and safety



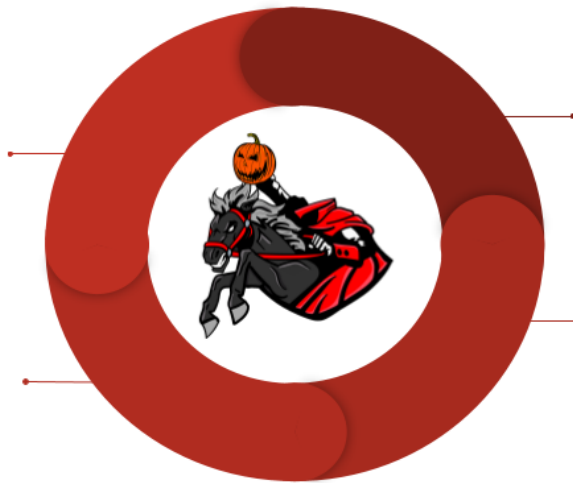
Four Pillars of Success

Rigor

- Practice conditions **MUST** be more **DEMANDING** than games
- Purposely create competitive conditions that push players both **MENTALLY** and **PHYSICALLY**.
- Practice at game speed.
- Everything is done with a purpose.

Communication

- Give players **HONEST** and **CONSISTENT** feedback
- Be **CLEAR** and **CONCISE** about expectations
- It's not about **ME**, it's about **US**!



Accountability

- All **COACHES, PLAYERS** and **STAFF** are held to the same standards.
- If you **MISS** practice, you will **MISS** game time!
- Be **CONSISTENT**, **STRUCTURE** matters
- Enforce **CONSEQUENCES**!
- Set **STANDARDS**, not **RULES**!

Development

- Know each players potential and **PUSH** them to reach it
- You are not always in charge of the **RESULT**, but you are in-charge of your **PERFORMANCE (Effort!)**
- **ALL** athletes should know their role within the team and how to **IMPROVE**
- Put emphasis on what **YOU** can **CONTROL**

ELIGIBILITY REQUIREMENTS

In order to participate on an interscholastic athletic team, a student **must** satisfy the following minimum eligibility rules. These standards are established by **the New York State Public High School Athletic Association.**

Bona Fide Student: An athlete must be a bona fide middle or senior high school student and must be taking at least five subjects and physical education. Students who have completed graduation requirements are not permitted to participate in an interscholastic athletic program.

Age: a student shall be eligible for interscholastic competition in grades 9, 10, 11, 12 until his/her 19th birthday. If the age of 19 is reached on or after July 1st, the student may continue to participate during that year in all sports.

Duration of Competition: A student shall be eligible for senior high athletic competition in each sport during four consecutive seasons of such sport after entry into the 9th grade and prior to graduation. An appeal for an extension of athletic eligibility can be made if the Chief School Officer can show that a student's failure to enter competition during one or more seasons of a sport was caused by illness, accident or other circumstances beyond the control of the student.



ACADEMIC ELIGIBILITY

It is the position of the school district that athletics provide a unique educational experience that supplements classroom learning. Academic achievement is, however, a student's top priority. Therefore a student must pass a minimum number of his/her courses to be eligible to participate in athletics. A detailed explanation of the district's academic eligibility policy may be found in the Student Handbook. All athletes are expected to give their full attention to their studies in an effort to reach their maximum potential as a student. All athletes should exhibit appropriate classroom behavior and turn in assignments in a timely manner. Please use this link for a detailed look and explanation - [Academic Eligibility Policy](#)

SPORT PHYSICAL & HEALTH HISTORY

A student who may engage in inter school competition must receive an adequate health examination and health history update when required, and **may not practice or participate without medical clearance**. A sport physical may be done by your private physician or by our school doctor during designated times.

Sport Physical by Private Physicians: The school district now accepts physicals by your private physician for participation in school sports. A copy of the health exam should be brought or sent electronically to the school nurse. The school's physician must review and accept the physical by your private physician prior to participation in school sports.

Sport Physical by School Doctor: Sport physicals are done on campus for free by our school physician. Sport physicals will be made available prior to each season. These dates/times will be communicated electronically to parents/guardians/student athletes in advance prior to each season.

NOTE: Athletic physicals are valid for one calendar year from the date in which they were administered. If a physical expires during the course of a season, the athlete will be permitted to complete the season, but will not be eligible to try-out for subsequent seasons until they complete a new physical.

Families have the option of uploading the signed "Sports Physical Certification Form" (preferred) to FamilyID, or dropping off a copy at the nurse's office.

FAMILYID REGISTRATION

FamilyID is our online athletic registration platform. In order to participate in athletics, students must be registered via FamilyID. All registrations must include all required medical information, guardian/student athlete acknowledgements, and all other required fields populated as prompted.

How to Register? For any questions regarding the registration process, please contact FamilyID directly (Arbitor-Sports) 1-800-311-4060 | support@arbitersports.com



Helpful Links for Navigating the FamilyID Registration Process

Registering For The First Time: [Registering For The First Time - FamilyID Knowledge Base](#)

Uploading Physical: [Upload a File \(such as a Physical\) to a Completed Registration](#)

Help Page for All Questions Regarding Registration Process: [FamilyID Knowledge Base](#)

FamiliID Registration Link - <https://www.familyid.com/public-schools-of-the-tarrytowns>

CHEMICAL HEALTH REGULATIONS

The Substance Use Regulations explain the district's policy regarding an athlete's use of alcoholic beverages, drugs, tobacco (chewing or smoking), and vaping. The regulations are designed to provide a method of assistance for the student-athlete who is found to be involved with these harmful substances. The regulations are to be read and signed by the athlete as well as a parent or guardian as part of the FamilyID registration process. This signed agreement is a contract by which the athlete must abide by. Failure to meet the terms of the contract will result in an intervention by school officials. Absolutely no student will be allowed to participate in any program without signing this agreement.

It is our responsibility to ensure the health and safety of each individual student-athlete. A student-athlete who is seen smoking/vaping, drinking alcoholic beverages or using drugs will be dealt with in the following manner: (*Note: this act must be observed by a coach, faculty member, administrator, or any school personnel.*) The observable result of this behavior (i.e. public intoxication) is also evidence.

STEPS:

1. Coach notifies the athletic director and parent.
2. Coach refers the athlete to the Student Assistance Counselor.
3. Coach and athlete will meet and review as well as implement a player contract.

PLAYER CONTRACT terms will consist of the following:

- A. Athlete will be suspended from the team for one week. The athlete must attend practices and games, but will not participate. Athletes will be available to complete team duties at the discretion of the head coach.
 1. Legal absences extend the contract one-for-one.
 2. Illegal absences break the contract (see item D).



- B. Athlete must contact the Student Assistance Counselor for possible placement into an Insight Group. Written evidence of his/her contact with the Student Assistance Counselor must be presented to the coach.
- C. Player Contract does not start until a student officially returns to school from any school suspension.
- D. If a player fails to complete any part of the contract, he/she will be dismissed from the team for the remainder of the season.
- E. A second violation during a sport season will result in immediate dismissal from the team.

NOTE: ALL STATEMENTS INVOLVING CHEMICALS WILL BE INVESTIGATED.

ATHLETIC PLACEMENT PROCESS

The Athletic Placement Process is a process for screening student-athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness, and skill. The intent of this program is to provide student-athletes in grades 7-8 to safely participate at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student-athlete's physical maturation, physical fitness, and skill, so the student-athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury, and greater personal satisfaction.

The head coach in each sport, in consultation with the student-athlete's physical education teacher, recommends individuals to take part in the Athletic Placement Process. In addition to the criteria mentioned, the maturity of each student-athlete is carefully assessed.

APP Information Link - [APP Information Packet](#)

RULES/REGULATIONS

We will abide by all the rules of the New York State Public High School Athletic Association. Additionally, rules imposed by Section I, the School, and each individual team will be followed.

SPORTSMANSHIP

All athletes and spectators are responsible for the reputation of their school. The below listed behavioral guidelines are paramount to good sportsmanship:

- Demonstrate the fundamentals of fair play, ethical behavior and integrity as a member of the team or audience.
- Respect the property of the schools, the authority of the school personnel, the judgment of the officials, and the opposing team.
- Demonstrate appropriate language and behavior at all times.



Because athletes are admired and respected, they exert a great deal of influence over the behavior of the spectators. Therefore, sportsmanship and citizenship are important aspects of the athletic program. Student-athletes should strive to perform to the best of their athletic and academic abilities both in and out of the season.

ATHLETIC PARENT/GUARDIAN PARTNERSHIP PLEDGE

As part of the athletic registration process, we ask that all parents/guardians sign our Athletic Parent/Guardian Pledge Agreement/Acknowledgment. We feel parents and guardians are a big part of our success and hope that each parent/guardian will help us create a culture of respect, civility, integrity, and exemplary sportsmanship. It is our expectation that we will set the standard for the entire section. We thank you for your help in advance.

As a parent/guardian I pledge that I will do the following:

- **Encourage my child to always try their best and to give their best effort in practice and in competition, regardless of their role on the team.**
- **Help my son or daughter use athletics as a learning tool for life. Always focus on the bigger picture and do not harp on the small mistakes made.**
- **Be positive with your Son/Daughter. Let them know they are accomplishing something special by being a part of a team.**
- **Help your son/daughter understand and realize that the team is always bigger than the individual.**
- **I will always set a positive example for my child by honoring the game, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self).**
- **I understand that game officials have VERY difficult responsibilities. I will ALWAYS respect the judgment of the officials and will not raise my voice or shout out inappropriately to dispute calls made during competition.**
- **I will cheer in a positive manner and will refrain from unsportsmanlike comments during competition.**
- **I will refrain from speaking poorly/negatively about my child's coach in my child's presence. I understand that this may negatively influence my child and their overall experience.**
- **If I have any issues or concerns during my child's respected season, I will first encourage and empower my son/daughter to have a conversation with their coach. If that does not produce a satisfactory result, I will follow the communication protocol as outlined in the Athletic Handbook.**
- **As a parent/guardian of a student athlete, I understand that I represent my son/daughter, school, and community. I pledge to be a positive role model and representative of the community while attending games/competitions.**



CLASS ATTENDANCE

All student-athletes are expected to maintain perfect daily class attendance. Students with unexcused absences from school/classes may not participate in athletics that day. Excused students that have been in attendance for four or more periods may participate on that day.

Absences, cutting class, and lateness to class can result in the student being dropped from the team.

ATHLETIC ATTENDANCE

Every player is expected to promptly attend all practices, meetings, and games. In the event you cannot attend or be punctual, the head coach should be notified giving the coach as much advance notice as possible. It should be understood that practice participation determines playing time and missing practices/contests **(without a legitimate excuse)** is detrimental to both the student athlete and the team.

Students who are involved in academic support services should make the coach aware that they will be late if missing any time from their respective practice sessions.

When student-athletes take vacations or trips during sport seasons, their absence affects the team and themselves. **Families please be aware that students should NOT schedule vacations during their respective sports season/s if that will cause them to miss practices/games.** Student-athletes who miss practices or competitions may have their position or playing time adjusted.

SCHOOL SUSPENSION

Students that are suspended from school are not eligible to participate in their sport during the suspended period. The period of ineligibility begins at 3:00 p.m. on the day that he/she is suspended. The athlete cannot participate again until the suspension concludes at 3:00 p.m. on the last day of the suspended period.

EQUIPMENT

Students are responsible for all equipment which is issued to them. For health and safety reasons, an athlete should always respect, inspect, and repair all equipment.

School uniforms or equipment are to be worn only when the participant is actively engaged in the sport for which it is issued.



All equipment issued for use during a sport season must be returned upon the conclusion of the season or termination of participation.

If team uniforms and equipment have been lost or stolen, it is the responsibility of the athlete to whom the items were issued to be financially accountable for its replacement. Students are required to reimburse the school district for the cost of new provisions. Students will not be able to sign up for another sport if they owe equipment.

PROTECTIVE EQUIPMENT

Proper protective equipment must be worn at all times when participating in an athletic activity. While specified protective equipment is optional in some sports, it may be mandatory in others.

EYE GLASSES

No student will be allowed to participate in interscholastic sports with eyeglasses unless the student has been approved by the school physician. Authorization must be indicated on a student health form. In all cases, glasses should be unbreakable and attached to the head in some manner, i.e. eyeglass strap.

STUDENT INJURY

Participation in sports involves a certain degree of risk of injury. Pre-season conditioning, skills and technique acquisition, and knowledge of rules and safety procedures will help an athlete have a healthy season.

However, any time a student-athlete sustains an injury, he/she should immediately notify the coach or activity supervisor. The severity of injury will be determined based on all available information. From that assessment, proper treatment will be administered or recommended. The coach/ATC will then complete an incident report.

Any injury regardless of its severity must be reported by the student-athlete to the school nurse. Contact with the nurse should be as soon as possible after the incident, but not later than the morning of the next school day.

In the event the student-athlete must seek outside medical assistance, he/she must present the school nurse with written notification clearing them to participate again after the injury. **Once this written clearance from the treating physician has been obtained and handed into the Nurses office and the student athlete has been cleared by our Nurses office, the student may rejoin their team for full participation.**

*****Clearance notes should not be handed/given to coaches or the Athletic Trainer. ONLY the school Nurse can clear a student for participation again.*****



CONCUSSION

Student diagnosed with concussion:

- 1) Student pulled from PE/Athletics. **Nurses office emails the AD, AD Administrative Assistant, ATC, PE Teacher, PE Chair, and Coach alerting them that the student is pulled from participation in PE/Athletics.**
- 2) Note must be sent to the HS/MS Nurses office clearing that student athlete to return to learn/play by the treating physician.
- 3) Once the note is verified by HS/MS Nurse, that student athlete can take the post impact test. **Nurses office will email the AD, & the ATC that the student athlete is cleared to take the post impact test.**
- 4) The Athletic Trainer, in conjunction with the School Medical Director, will interpret the results of the post impact baseline test. **If the student meets their baseline the school Medical Director will be charged with clearing the student for the next step in the progression.**
- 5) The Medical Director will clear the student athlete to begin the return to play progression or recommend that the student be reevaluated.
- 6) The Athletic Trainer will be charged with implementing and monitoring the return to play 6 Day progression as outlined below.

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 the 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.

Impact Testing: ImPACT has two primary uses: before the onset of an activity, a baseline test is conducted to measure the athlete's performance baseline. In the event of an injury, a post-injury test is administered and compared to the baseline and/or normative data scores.



INSURANCE

It should be noted that the individual's family insurance company is considered the primary source of insurance coverage. The school district's insurance provides supplemental coverage after the individual's family insurance coverage has been utilized. **Please note, the District policy only pays usual and customary charges, within the limits of the District's policy. Parents may be responsible for the unpaid balance.**

PRACTICE SESSION REQUIREMENT (SPORTS STANDARDS)

All athletes must have participated in the minimum number of practices required by the New York State Public High School Athletic Association before participating in any athletic contest.

Each sport and individual team has its own regulations concerning daily attendance at practices. However, a practice must consist of conditioning, skill development, and cognitive enhancement under the direct supervision of the coach. Practice sessions are mandatory for all students to attend daily in order to be eligible for participation. Students who have to miss a practice due to extenuating circumstances must communicate to the respective head coach of the team giving the coach as much advance notice as possible. **Failure to do so may lead to disciplinary consequences including but not limited to the inability to practice and play in subsequent days after a missed practice/contest has occurred for an unexcused absence or uncommunicated absence.** We understand that things come up during the course of the season which may impact a student athlete's ability to participate in a practice/game potentially due to extenuating circumstances. Families and student athletes should have access to the season calendar well in advance and should plan around that schedule accordingly to minimize any time missed during the season. Information regarding the season calendar can also be obtained by contacting the Athletic Office directly in advance. Every student athlete is equally important to the team and a student athlete's absence does not only affect that individual but the entire team collectively. We appreciate everyone being mindful of this during each season that the student athletes are participating in.

CHANGING SPORTS

It is very important that a student-athlete try to go out for the “appropriate” sport, particularly at the varsity and junior varsity levels. If an individual is not selected for a team, they may have the opportunity to try out for another team **if the window for tryouts in that sport has not closed. However, once a team is selected, an athlete may not change from one sport to another without permission of the athletic director.** Students who do change sports, must contact the athletic office so that their FamilyID registration can be changed over to the correct sport.



VARSITY AWARDS

All students that **complete** a season on the varsity level are eligible to receive a letter award. If a student quits or is dismissed from a team prior to the end of the season, he/she is not eligible to receive a varsity award. Listed below are the requirements regarding student participation:

Student athletes MUST be present/eligible and participate in all games/meets/contests/practices during the course of their sport season to be eligible to earn a varsity letter or a pin. The head varsity coach of each program will be charged with monitoring this requirement and will communicate to the athletic office which student athletes have earned a varsity letter or pin.

SUPPLEMENTARY AWARD INFORMATION

There are occasions when a varsity athlete does not satisfy the established award guidelines. Below is supplementary information regarding the qualifications for receiving an award letter.

Sickness/Injury – If an athlete is injured and unable to continue competition, he/she can earn a varsity letter by remaining an asset to the team. This includes but is not limited to being on the sideline or bench at all competitions and assisting the coach when needed (i.e. keeping score, statistics, etc.).

Managers - Non-playing student managers may be granted letters at the discretion of the coach.

An athlete will receive one chenille award letter per sport. Pins will designate additional program participation. Awards are as follows:

First year - Letter

2nd-4th Year - Pin

LOCKS

Only school issued locks are permitted on the lockers in the locker rooms. Unauthorized locks will be cut and replaced at the student's expense.

LOST OR STOLEN ITEMS

The Public School of The Tarrytowns are NOT responsible for any lost or stolen items from lockers, locker rooms, or any other location during practice/games/contests. Valuable and personal items should ALWAYS be locked up to prevent thefts from taking place.



TRANSPORTATION TO ATHLETIC CONTESTS

As many of you are aware, the State Legislature enacted a law governing transportation of students from school-sponsored field trips and extracurricular activities, effective July 1, 2001. All players must travel to and from an athletic contest on the team bus provided. However, an athlete may travel home with her/his own parents provided the following guidelines are followed:

- A *Request for Release from School Sponsored Transportation* form is completed and signed by the parent. (Available for download on Athletic Website) - [Transportation Waiver](#)
- The parent/guardian picks up the student in the presence of the coach.
- The parents/guardians are only allowed to pick up their own child.

It is a privilege to ride the school bus. Your behavior should never endanger your health and safety or that of others. To ensure this, it is the responsibility of all bus riders to be aware of and comply with the below established bus safety rules and procedures:

- Using digital devices for unauthorized audio or visual recordings of any kind (**TikTok, Snapchat, Etc**).
- Only team members/managers may ride on a team bus.
- Be on time for all bus departures.
- Only sneakers or non-cleated shoes should be worn on the bus.
- Once you board a bus, go directly to your seat, sit down, and remain seated until you arrive at your destination. For maximum protection, seat belts should be worn at all times.
- Cooperate with your coach and driver.
- Keep the noise level to a minimum.
- Everything is to be picked up from the floor prior to leaving the bus.
- Collect all belongings and athletic equipment before departing.
- Keep all parts of your body in the vehicle.
- Stay away from emergency exits or safety equipment unless instructed to do so.
- Nothing should be thrown or stuck out of the windows.
- Never yell out of the windows.
- Pick up and dispose of all litter.
- No food or drinks allowed on the bus.
- Treat the bus with respect and report all damage.

A student-athlete may be subject to disciplinary action if engaged in any “prohibited conduct.” Misconduct on a bus may result in both loss of transportation privileges and suspension from the team for an appropriate period of time determined by the athletic administration.

TRYOUT PROCESS

A committee of PE teachers and coaches have collectively created what we feel reflects best practices as it relates to the tryout process. Please click on the following link for detailed information and resources regarding the team selection process.

Team Selection Process/Tryouts: [Team Selection Process](#)



COMMUNICATION/SCHEDULES

Schedules/Schedule Galaxy

Schedule Galaxy is the online platform used to communicate athletic schedules. We encourage you to sign up for the platform to access important information. The following link explains in detail the registration process.

[Schedule Galaxy Sign Up Guide](#)

SPORTS YOU

SportsYou is an online platform that our district coaches will use to communicate information with our student athletes and families. Coaches will send all student athletes and parents/guardians a detailed PDF document that explains the registration process. Here is the link to the SportsYou platform - [SportsYou](#)

SportsYou Sign Up Codes By Season - [SportsYou Sign Up Codes by Season](#)

COMMUNICATING WITH COACH

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 benefits to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S *Coach*

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the team
- Locations and times of practices and contests
- Team requirements, i.e. special equipment and off-season conditioning/sessions
- Procedures should your child be injured during participation
- Discipline that may result in denial of your child's participation

COMMUNICATION COACHES EXPECT FROM *Parents*

- Notification of any schedule conflicts well in advance
- Ways to help your child improve
- Concerns about your child's behavior
- Notification of illness or injury as soon as possible
- It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be



the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those described in the next segment, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH *Coaches*

- Amount of playing time
- Team strategy
- Play calling
- Other student/athletes

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, PLEASE FOLLOW THIS *Procedure*

We always encourage our student athletes to discuss any and all issues and concerns they may have with their coach. **We also urge parents/guardians to encourage their son/daughter to have a conversation with their coach to address any concerns that come up during the course of the season. We believe this is a big part of the educational process for young student athletes.** If an issue cannot be resolved between player and coach, the following procedure should be followed.

- Email to set up an appointment with the coach. (All coaches have a school email that should be used for communication. All email addresses follow the convention of Firstinitial.lastname@tufsd.org.)
- If the coach cannot be reached, call the Director of Athletics
- **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.**

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY *Resolution*?

- Set up a meeting with the Director of Athletics
- At this meeting, further appropriate steps can be determined. Parents are encouraged to discuss issues and problems with the Director of Athletics. However, if a parent has specific complaints regarding a coach, then the coach must have the opportunity to be present to meet with the parent.

As a reminder, the following will not justify a meeting with the coach or the Director of Athletics.

- **Playing time**
- **Team strategy**
- **Play calling**
- **Other student athletes**



SUMMARY: It is to be expected that Sleepy Hollow student-athletes and managers are to behave in a respectful manner at all times, especially when at a visitor's site or traveling to and from athletic events. Let's not only be well known as fierce competitors, but also for being outstanding citizens who represent our community in the best possible light. You are a member of our athletic family and as such have a deep commitment to the educational goals of the athletic program and school community.

IMPORTANT PHONE NUMBERS

The following phone numbers should be kept available at all times:

Mr. Michael Arias, Director of Health, Physical Education & Athletics	914-631-3664
Ms. Deborah Brand, HS Principal	914-631-8838
Mr. Anthony Baxter, HS Assistant Principal	914-332-6203
Mr. Joshua Whitham, MS Principal	914-332-6276
Dr. Lawrence Goldstein	914-366-0633
Athletic Trainer -TBA	914-366-5807
HS/MS Nurses Office	914-631-6217
Phelps Memorial Hospital	914-336-3000
Sleepy Hollow Ambulance	914-631-0800
Tarrytown Ambulance	914-631-5544
Sleepy Hollow Police	914-631-0800
Tarrytown Police	914-631-5544