

Romulus Athletic Handbook



**ROMULUS ATHLETIC HANDBOOK
PARENT-STUDENT**

TABLE OF CONTENTS

CHAPTER 1: General Information

- I. List of Teams
- II. Vision and Goals
- III. Role of Student Athletes
- IV. Role of Parents
- V. Parent/Coach Communication- Chain of Command
- VI. Spectator Code of Conduct

CHAPTER 2: Sports Program Philosophy

CHAPTER 3: Eligibility Policy / Student-Athlete Code of Conduct

CHAPTER 4: Medical Treatment/ Training Rules

CHAPTER 5: Transportation

CHAPTER 6: Driving Directions, Misc.

Romulus Athletic
Handbook
Chapter 1



List of possible Teams

Fall Sports:

Varsity Golf

JV Golf

*Varsity Boys Soccer

JV Boys Soccer

*Modified Boys Soccer (7th, 8th, & 9th grades)

Varsity Girls Soccer

Modified Girls Soccer (7th, 8th, & 9th grades)

*Varsity Volleyball

* JV Volleyball

**Varsity Football

**Modified Football (7th, 8th, & 9th grades)

Winter Sports:

Boys Varsity Basketball

JV Boys Basketball

Modified Boys Basketball 7th/8th

Girls Varsity Basketball

JV Girls Basketball

Modified Girls Basketball 7th/8th

Varsity Cheerleading

JV Cheerleading

Winter Track (Modified/JV/ Varsity Levels)

Varsity Bowling (Girls/Boys)

*Wrestling

Spring Sports:

*Varsity Baseball

* JV Baseball

Modified Baseball

Varsity Softball

Modified Softball

Spring Track (Modified/JV/Varsity Levels)

*** Girls JV Lacrosse

*** Girls Varsity Lacrosse

*Combined programs with South Seneca

** Combined programs with South Seneca and Trumansburg

*** Combined programs with Mynderse Academy

**** Combined with Geneva and Waterloo

- All Sports listed are subject to change due to participation

THE ROLE OF A ROMULUS ATHLETE

Over the years, Romulus has developed a great athletic tradition through the hard work of many people. Being a member of a Romulus athletic team is a privilege and honor that carries with it certain traditions and responsibilities that must be fulfilled. Your actions reflect not only on those with whom you are now associated, but also on those who have contributed so much to our school in the past and those who are yet to follow you. Many of our athletes have established league, sectional and state records and others have gone on to participate collegiately. Romulus' rich athletic tradition sets a challenge for you to work hard and make sure your actions reflect the standards and expectations that are set up by the Athletic Department.

One of the most important responsibilities of a Romulus Athlete is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities as well as athletics, prepare you for life as an adult. Another responsibility you assume as a team member is to your school. Romulus cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of our school.

In addition to your responsibilities to yourself and your school, you also have a responsibility to your parents, to always do the best you can. When participating in athletics we sometimes feel that we have failed if we have not won. By trying the best, you can and following all the rules set by your squad, you can feel proud of yourself no matter what the win-loss record dictates. Younger students will look up to you and it is your responsibility to set a good example for them. They will imitate many things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

THE ROLE OF PARENTS IN ATHLETICS

The Romulus School District recognizes that parents can be positive and powerful role models for their children. Parents' support of their children in athletic experiences will help to assure that student-athletes have a fulfilling experience that contributes to their life-long personal growth.

- In an effort to promote a positive environment for student-athletes, the Romulus Athletic Department recommends that parents:
- Support the concept of "student-athlete" and not compromise academics for athletes.
- Understand the rules and regulations that your student-athlete has committed to by becoming a team member.
- Hold your student-athlete accountable for their actions. Help guide them to make good choices and help them learn from choices that could have been better.
- Be a knowledgeable spectator. Know the rules of the game and be a positive role model for sportsmanship. Encourage efforts, cheer success, respect opponents and understand our defeats.
- Address your questions, concerns, and suggestions regarding the team or program with the coach. If further clarification or assistance regarding an issue is needed, the parent can contact the Athletic Director.
- Be supportive and adhere to NYS Laws prohibiting smoking in school buildings and on all school grounds.

PARENT / COACH COMMUNICATIONS

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

Please do not attempt to confront a coach before or after a contest. These can be emotional times for both a parent and the coach. Please ask to set up a meeting with the coach. What can a parent do if the meeting with the coach did not provide satisfactory resolution?

1. Call and set up an appointment with the Athletic Director. The parent/guardian, coach and AD will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

The following is 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 all the players on the team.
3. Locations and times of all practices and contests.
4. Team requirements (i.e., rules and special equipment)
5. Procedures should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

Communication coaches expect from parents:

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

As your children become involved in the Romulus Athletic Program, 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 your child wishes. At these times, discussion with the coach is encouraged.

PARENT / COACH COMMUNICATIONS (Con't.)

Appropriate concerns to discuss with the coach:

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

It is very difficult to accept when your child may not be playing as much as you think is appropriate or deserved. Coaches are professionals. They make judgment decisions based on what they believe to be best for all the students involved. As you have seen from the above list, certain things should be discussed with your child's coach. The following is a list of issues that must be left to the discretion of the coach.

Issues not appropriate to discuss with the coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

SPORTSMANSHIP & SPECTATOR CODE OF CONDUCT

Visiting team members, student and adult spectators are guests to be accorded the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

- Officials are the proper authorities to make decisions regarding rules and their interpretations; these decisions should be accepted.
- Spectators and student-athletes must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

The athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students. Therefore, we ask that all spectators become active participants by:

- Demonstrating a high degree of sportsmanship by modeling appropriate behaviors and also by monitoring the behavior of our crowd.
- Showing team support by making only positive comments and by using appropriate language.
- Acknowledging that fields, courts, bench area, and equipment are the players' domain during a contest. Spectators should remain within the designated area.
- Monitoring the safety of children at all times.

The Romulus Athletic Department thanks you in advance for your knowledge and adherence to the issues mentioned thus far in the handbook. The following sections will include samples of forms that you and your child will receive from their respective coaches. Please don't hesitate to contact our department with any questions on the completion of any of these forms.

Romulus Athletic
Handbook
Chapter 2



Romulus Central School
Interscholastic Sports Program Philosophy

Modified Program

Sports conducted at the 7th and 8th grade level focus on acquiring basic skills, fundamentals of team play, learning game rules, and required behavior patterns, especially good sportsmanship. Some programs will be Modified A (grades 7, 8, & 9). This philosophy allows our student athletes to participate at the most age appropriate and developmental level. All participants will receive a substantial amount of playing time in all contests. Reasonable amount of playing time based on skill level, attendance and adherence to team guidelines. Experiences and outcomes should not be lost in pursuit of winning competitions at this level. Cutting will be allowed only if the number of participants is deemed to be unmanageable.

Junior Varsity Program

The predominantly 9th and 10th grade level helps to prepare athletes for the Varsity level of competition. Exceptional 7th and 8th grade students may compete at this level if the Selective Classification requirements are fulfilled. The outcome of each contest is slightly more important than at the Modified Level; however, striving for victory while allowing all team members adequate playing time during the season is considered important. More emphasis on physical conditioning, refinement of basic skills, and development of team play requires an increase time commitment at this level. Good sportsmanship will be continually stressed at all levels. It is vital for each team member to have a role and be informed of its importance.

Varsity Program

This level is in the culmination of all other levels. Juniors and Seniors combine for the majority of roster positions, along with any Sophomore and infrequently, a freshman that has developed physically and skill wise at an advanced rate. A sound attitude coupled with an advanced level of skill are pre-requisites for a position on a varsity team. Even though all team members may not play equally, this has no reflection on the individual's importance in helping to attain the team's goals. Good sportsmanship will be continually stressed. It is vital for each team member to have a role and be informed of its importance. Winning at this level is not an end in itself, but a by-product of striving to reach the individual's and team's maximum potential. In order to earn a varsity letter, a player must complete the entire season.

VARSITY LETTER REQUIREMENTS

- An athlete who would have earned a varsity letter but was injured and could not complete the season may be awarded a varsity letter at the coach's discretion.
- An athlete must complete the season in good standing in order to be eligible for varsity letters.

ATHLETE DROPPING OFF A TEAM

Once an athlete has made the final team roster, they are expected to complete the season in good standing. This teaches the student-athlete the value of commitment. There are several circumstances that, however, can arise that prohibit their commitment. Listed below is the policy and procedure in these cases:

- A. If an athlete quits a team prior to the first scheduled contest, they may try-out for another team in that current season or teams in subsequent seasons, without going to the Athletic Review Board if the following requirements are met:
 - The Athlete meets with the coach and discusses the reasons for their decision.
 - All equipment issued is returned.
- B. If an athlete quits a team after the first scheduled contest in order to go out for any other sport in that season, or subsequent seasons, they must meet the following requirements:
 - Return all equipment issued.
 - Meet with the Coach to discuss the decision.
 - Appear in front of the Athletic Review Board to discuss the action. The Board will render a decision as to the future status of the athlete's participation in the Athletic Program.

Romulus Athletic
Handbook
Chapter 3



ACADEMIC ELIGIBILITY - GRADES 7-12

POLICY

Eligibility for participation in after school activities and extra-curricular events has been set up in two steps or phases: Limited Participation and Ineligibility for students with course grades below 65%. Students with course grades between 65-69% may be issued a warning notice indicating the need for improvement.

Evaluation will take place periodically according to a calendar schedule for eligibility periods developed yearly by the guidance counselor and 7-12 Principal. A list will be compiled indicating those students who fall into either of the two phases. The list will be distributed to all teachers, coaches, and club advisors.

ACADEMIC DEFICIENCY LEVELS

INELIGIBILITY: A student that is below 65% in three or more subjects will be ineligible to participate in any athletic contests or non-grade bearing performances. Participation in practice or rehearsals for students in this phase will not be allowed. This will remain in effect for the entire reporting period.

NOTIFICATION AND DISSEMINATION OF ACADEMIC ELIGIBILITY POLICY

Students will be informed of the provisions of the Academic Eligibility Policy, including but not limited to school meetings, athletic team meetings, extra-curricular activities meetings and "Meet the Coaches Night" Informational Meeting.

Academic Eligibility Policy will be included in the Athletic Handbook and any other outlets deemed appropriate for effective distribution. Copies of the policy are available by request from the secondary school principal's office as well as the athletic office.

In addition to forms going out in class to students, parents will be notified by mail if a student is placed on the warning or ineligibility list.

In an effort to keep current and to make our school a more successful educational institution, changes are made each year. Whether you are a seventh grader or a senior, the information contained within this guide is extremely important for you to know.

Questions or concerns regarding any of this information should be directed to the administration or faculty. It is our hope that each of you will use the information in this handbook to attain the school's goal of growth for every student.

NOTIFICATION AND DISSEMINATION OF ACADEMIC ELIGIBILITY POLICY (Con't.)

ACADEMIC ELIGIBILITY

All students are encouraged to take part in all extracurricular and athletic activities. They are also expected to study, complete assignments on time, and learn great things. Individual coaches and advisors may set specific expectations for the students taking part in extracurricular and athletic activities. These will be explained in and included with the training rules and introductory materials provided to students and parents by the Athletic Department.

Teachers may require that students report for extra help from 2:30 pm to 3:15 pm each day. The additional 45 minutes is part of the regular school day. Students who make the effort to get additional instruction regularly will be more successful.

Students who have athletic practices at another site after school are still required to attend after school help if assigned by a teacher. Coaches will not assign consequences to students who are late for practice due to attending extra help at school.

Eligibility for Attendance at athletic games and/or extra-curricular activities

A. Students who are suspended from school on a day of an athletic game or practice session, party, school dance, or other school affair scheduled after regular school hours are not eligible for participation or attendance at such events.

B. Students are expected to attend all scheduled classes to be present for extracurricular events that evening. This includes participants and spectators. If a student is tardy to school for three days in a month they will not be allowed to participate in ANY extra-curricular activity the day of their third tardy and any subsequent days that they are tardy that month. This includes games, practices, dances, theatrical performances, or other extra-curricular activities. This does not include band/chorus concerts as these are a graded part of the curriculum. If a student is tardy to school two days in a month they will not be allowed to participate in open gym for the rest of the quarter. A student is considered tardy if they arrive to school late. The only exceptions to this will be a doctor's note, a funeral, or a previously cleared college visit/job shadow. The days reset at the beginning of each month.

ELIGIBILITY FOR PARTICIPATION

All students in grades 7-12 will receive progress reports at 3 weeks, 5 weeks, and 7 weeks. At each pre-selected date, teachers will have students log into their SchoolTool account to check their grades. Teachers will communicate with students that if they are failing they will need to meet the obligations set forth below. The office will mail home mid-term report cards at the 5 week mark.

At 3 weeks:

Students who are failing a subject (64% or below) will be removed from unstructured study hall and placed in a structured study hall during the school day. They will also be required to stay after school. The number of nights they need to stay after school is equal to the number of courses that they are failing. This will occur Monday through Thursday. If a student doesn't stay after school the required nights, they will be given a detention to be served in addition to their required nights the next week. Administration may decide to have a student serve ISS, if no effort was made to stay after school. A student who is failing a course will remain on the eligibility list and will need to comply with all requirements of being on said list until a new list comes out; even if their grades are brought up to passing.

At 5 weeks:

The 5 week report will determine extra-curricular eligibility. Students who are failing a subject (64% or below) will be removed from unstructured study hall and placed in a structured study hall during the school day. They will also be required to stay after school. The number of nights they need to stay after school is equal to the number of courses that they are failing. This will occur Monday through Thursday. If a student doesn't stay after school the required nights, they will be given a detention to be served in addition to their required nights the next week. Administration may decide to have a student serve ISS, if no effort was made to stay after school. Students who are failing 2 or less subjects will be allowed to fully participate in after school activities. A student who is failing a course will remain on the eligibility list and will need to comply with all requirements of being on said list until a new list comes out; even if their grades are brought up to passing.

Students who are failing 3 or more subjects (64% or below) will have to meet the same criterion above, however, they will NOT be allowed to participate in after school activities for at least 2 weeks until the 7 week reports come out. If a student who was failing 3 or more subjects (64% or below) brings one of their subjects up to passing when a new list is generated will be allowed to participate under the same conditions as those students who were failing 2 or less subjects (64% or below). If a student who was failing 2 subjects or less (64% or below) ends up failing a third subject when a new list is generated, they will not be able to participate for the final few weeks of the season.

ELIGIBILITY FOR PARTICIPATION (con't.)

At 7 weeks:

Students who are failing a subject (64% or below) will be removed from unstructured study hall and placed in a structured study hall during the school day. They will also be required to stay after school. The number of nights they need to stay after school is equal to the number of courses that they are failing. This will occur Monday through Thursday. If a student doesn't stay after school the required nights, they will be given a detention to be served in addition to their required nights the next week. Administration may decide to have a student serve ISS, if no effort was made to stay after school. A student who is failing a course will remain on the eligibility list and will need to comply with all requirements of being on said list until a new list comes out; even if their grades are brought up to passing.

Students in 7th and 8th grade who are participating in a JV or Varsity level activity, or who are taking high school level courses in middle school, will also be held to these standards. Those participating in a modified sport will not be held to these standards. If they are failing subjects their participation will be at the discretion of the coach and principal. 9th grade students who are playing on a modified team will be subjected to the ineligibility policy.

Romulus Athletic
Handbook
Chapter 4



CLEARANCE PROCEDURE TO PARTICIPATE IN INTERSCHOLASTIC SPORTS

In order to ensure that all prospective student-athletes are eligible for participation on an interscholastic athletic team, the following procedures are required.

A. Sign- ups:

Student-athletes will have the opportunity to sign-up for an interscholastic team on Family ID for the Fall, Winter, and Spring season.

B. Physical/ Medical Approval:

1. Physicals will be done at an announced time for students in grades 7-12.
2. If a physical is dated later than 30 days from the start of the sports season, the parent must fill out an Interval Health History for Sports Participation Form.
3. If a 7th and 8th grade student receive a physical for a modified sport, then is asked to move up to a Junior Varsity Sport, they will have to be examined by a physician under selective/classification guidelines.
4. Medical eligibility sheets will be filled out by the nurse and then forwarded to the Athletic Director's office who will make sure the Coach receives the sheets before the first practice. **No student will participate in a sport without being on the Nurse's medical eligibility List.**
5. The Director of Athletics will provide a double check to see if student's have received a physical by submitting squad eligibility sheets of all teams to the respective building nurse.
6. If a student wishes to go to their own physician, they must have the physician submit a copy of the form to the nurse's office before the first day of practice.

C. Permission/ Insurance Eligibility:

The Authorization to Consent to Medical Treatment/Interscholastic Athletic Contract/Consent Form must be signed by the student and parent within the first week of participation, then return completed form to the coach.

D. Injuries:

1. It is the student athlete's responsibility to immediately report any injury to their coach as soon as possible. The Coach will then complete an accident report. If a student athlete has been removed from a practice or contest because of an injury requiring medical attention, the student athlete cannot return to practice or competition without a physician's release.

CLEARANCE PROCEDURE TO PARTICIPATE IN INTERSCHOLASTIC SPORTS (con't.)

2. A copy of the doctor's release form will be given to the school nurse who will, in turn, send a copy to the Athletic Director. The Athletic Director is responsible for getting a copy of the release to the appropriate coach.

INSURANCE

Medical expenses resulting from an athletic injury must first be submitted to the parents' insurance carrier. Any remaining balance may then be submitted to the school district's insurance carrier, which supplements the parents' coverage in **limited** ways. Contact the health office for more information.

IN SEASON MEETING/MEET THE COACHES NIGHT

One of the most important ingredients for a successful sport season is effective, open, and appropriate communication between the coach, parents and student-athletes. In order to ensure that this communication takes place, in season meetings are scheduled by the athletic department and coaches. Topics of these meetings include Athletic Department policies, individual team expectations and rules, the health and safety of the student-athlete and a variety of other subjects. Student athletes and parents are required to attend these meetings. Dates for these meetings will be August, November, and March. Athletes will be notified at the start of their season on specific dates.

ATHLETIC DEPARTMENT POLICIES

EQUIPMENT

School equipment checked out by the student athlete is their responsibility. They are expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation. Failure to replace or return the items will result in the student being placed on the stop list, and the student will be ineligible for any future athletic participation or awards until the equipment is returned or the athlete has made compensation for the lost items.

TRAINING RULES AND POLICIES FOR ATHLETES

Participation in Romulus' Athletic program is a privilege, not a right that is earned by proper, expected behaviors. It demands our student athletes be responsible and make commitments which imply sacrifices and dedication to physical fitness and a healthy lifestyle as well as sportsmanship and academics.

Athletes at Romulus are required to abide by training rules. Use and abuse of chemical substances will prevent athletes from being in top physical condition, decrease commitment to sport performance, and delay the development of skills. In addition, this behavior causes a change in attitude, develops tension and distrust between teammates and prevents the attainment of individual and team goals.

Student athletes on interscholastic teams at Romulus Central School will refrain from the use or possession of alcohol, tobacco products, and other illegal non-prescription drugs as well as substances being misused as a drug (an example but not exclusive: inhalants). The following sanctions will be invoked when the Athletic Director is informed by faculty member, administrator, or police. Law enforcement officials will be involved if any laws are violated.

First Offense:

- Phone call and letter from Athletic Director and coach to parent.
- The student-athlete will be suspended from competition for the equivalent of 20% of the scheduled contests for that season. Any suspension not completed by season's end will be carried over to the start of the next season during which the student participates. The number of contests the student-athlete will miss during the next season will be based on the portion of the suspension not yet completed.

Second Offense:

- Conference with Athletic Director and coach; phone call and letter to parents.
- The student-athlete will be suspended from competition for the equivalent of 50% of the scheduled contests for that season. Any suspension not completed by season's end will be carried over to the start of the next season during which the student participates. The number of contests the student-athlete will miss during the next season will be based on the portion of the suspension not yet completed. The student-athlete will be strongly encouraged to

TRAINING RULES AND POLICIES FOR ATHLETES (con't.)

seek substance counseling. The district will guide the student-athlete in securing these services.

- Forfeiture of letter or end of the season rewards.

Third Offense:

Forfeiture of the right to participate on athletic teams at Romulus Central School for the remainder of the student's tenure at the school. The superintendent will be consulted before the consequence is imposed. The consequence recommended by the Athletic Director may be adjusted by the superintendent, based upon a review of the evidence and circumstances associated with the conduct of the student-athlete.

Absent From or Tardy to Practice Sessions:

If an athlete is absent from a practice session, the penalty for such a violation will be left up to the discretion of the head coach.

If an athlete is tardy for a practice session without the coach's prior knowledge, the penalty for such violation will be left to the discretion of the head coach.

Stipulations on Attending Practices:

A person suspended from a team for breaking rules or resigning after uniforms are issued, is ineligible to participate in intramurals and interscholastic sports during the season.

A person suspended from school may not participate in extra-curricular activities from the point the suspension is assigned through the last suspension day.

Students must attend all scheduled classes to be present for extra-curricular events that evening. This includes participants and spectators. The exception to this requirement is evidence of a scheduled appointment (medical doctor, dentist, therapist, etc.) during the school day. In this case, students are expected to miss only the portion of the school day needed for the appointment and travel time. Evidence of such an appointment may include a confirmation form or a signed excuse from a parent or guardian. Students arriving late to school are expected no later than 45 minutes beyond the start of the school day. **This includes participants and spectators.**

Stipulations on Attending Practices (*con't*):

If a student is tardy to school for three days in a month, they will not be allowed to participate in ANY extra-curricular activity the day of their third tardy and any subsequent days that they are tardy that month. This includes games, practices, dances, theatrical performances, or other extra-curricular activities. If a student is tardy to school three days in a month they will not be allowed to participate in open gym for the rest of the quarter. A student is considered tardy if they arrive late to school. The only exceptions to this will be a doctor's note, funeral, or a previously cleared college visit/ job shadow. The days reset at the beginning of each month.

CONCUSSION AND HEAD INJURIES

Any student who participates in contact sports is at a risk of sustaining a concussion. We take this risk very serious along with the risk of second concussion syndrome and trust that you do as well. A second concussion which occurs soon after the first can lead to serious and permanent damage. The information provided below is designed to help you understand some key concepts of a concussion. We here at Romulus have developed a program that is meant to protect your child from potentially serious and permanent brain injury. We appreciate your cooperation.

The Romulus School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed. Therefore, all competitive sport activities in the district will be identified by the administration.

Consistent with the New York State Public High School Athletic Association (NYSPHSAA) the district will utilize the guidelines for management of head trauma in sports by adopting the IMPACT testing module and follow the mandatory graduated return to full activity program. Coaches, youth athletes and their parents and/or guardians will receive pertinent information and forms to inform and educate of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district's athletic director will distribute a head injury and concussion information sheet to all parents and guardians of the student participants in competitive sport activities. The parent/guardian and student must return the signed acknowledgement indicating that they have reviewed

CONCUSSION AND HEAD INJURIES (con't.)

and understand the information provided before the student participates in any covered activity. Until acknowledgement form is returned and on file with the district's athletic director and coach, the student may not practice or compete.

All students will be mandated to complete the IMPACT testing module. Appointments will be arranged through the school nurse. This data will serve as a baseline neurologic evaluation on each student that is involved in competitive sports.

All district coaches, including volunteers, will complete yearly training as required through the coaches meeting with the district's athletic director and school nurse. Additionally, all coaches of competitive sport activities will comply with the NYSPHSAA guidelines for management of head trauma in sports.

Dear Parent/Guardian:

We are proud to introduce our school's involvement in the IMPACT concussion management program. A concussion is a type of brain injury following head trauma. Usually, the student totally recovers. However, second concussions which occur soon after the first can lead to serious and permanent damage. The most common factor involved is returning to sports or activity too soon.

To help prevent second concussion syndrome, the NYSPHSAA State Association has recommended that all middle/high schools develop a concussion management program. They presently endorse the IMPACT program which is well respected nationwide. In partnership with the school Physician, the district's athletic director, Michael Pane and registered nurse, Babette Bennett, we will be instituting the following:

1. The IMPACT program has a pretesting neurologic baseline that is completed by a computer program. Each student in grades 9-12 will be tested in the school's computer room per appointment. The testing will take approximately 30 minutes.
2. If the student sustains a concussion at any time, she/he will be immediately removed from sports activity. There will be no return to the present event. You as parents will be asked to have your child medically evaluated. You may use the physician of your choice. When deemed fit to return to activity, the student will be retested to assure that he/she has returned to pre-participation neuro testing levels by repeating the IMPACT

CONCUSSION AND HEAD INJURIES (con't.)

testing. When the student has no symptoms and their testing is normal or returning to baseline, a decision will then be made.

3. There will be a mandatory 7-day gradual return to full sports activity program started and monitored by the health team. If no symptoms recur, the student athlete will then be allowed to return to full participation.

CONCUSSION MANAGEMENT PROTOCOL

A concussion is defined as —

1. Mild traumatic brain injury
2. A disruption in normal brain function due to a blow or jolt to the head
3. A trauma induced alteration in mental status that may or may not involve loss of consciousness

Symptoms of a concussion:

- Dazed or confused
- Lack of coordination
- Slurred speech
- Visual problems
- Severe headache
- Headache with nausea or vomiting
- Lethargy
- Confusion or agitation
- Loss of consciousness
- Seizure activity

****The student may have only a few symptoms or progress to have worsening of symptoms****

CONCUSSION AND HEAD INJURIES (con't).

The diagnosis of a concussion is a clinical one. Evaluation of the student to declare a concussion may include:

1. Witnessed blow to the head
2. Loss of consciousness
3. Post traumatic amnesia
4. Dazed or confused state is present
5. Focal neurological deficit
6. Lack of coordination
7. Slurred speech
8. Presence of headache and/or nausea
9. Impairment of memory and/or cognitive function

If the student is deemed to have suffered a concussion by the presiding coach, athletic director, school personnel, referee, teacher, trainer, or other school designee in command, the student should be removed from that activity immediately. There be no return to activity until a complete medical evaluation is completed

The student should be evaluated by the school personnel on hand using the above guidelines. The parents will be notified. The student must be referred for medical evaluation by the physician of choice of the parents.

Emergency room referral should be recommended when there is:

1. Loss of consciousness
2. Severe headache
3. Headache with nausea/vomiting
4. Lethargy
5. Visual problems
6. Confusion or agitation
7. Worsening symptoms
8. "Something is just not right"

Ambulance transport should occur when there is:

1. Loss of consciousness
2. A focal neurological deficit
3. Seizure activity
4. Worsening status or unstable vital signs

**** Precautions for a possible neck injury should be used ****

CONCUSSION AND HEAD INJURIES (con't.)

After notification, the parents will be responsible to arrange for a medical evaluation by a physician of their choice, unless emergency transport to ER. Once the student is symptom free at rest and after physical or mental exertion, and the physician of record deems that the student may return to activity, the student will be placed on a gradual return to play.

The student athlete will be retested of the "IMPACT" neurologic status and a physical examination.

If "symptom free" for 24 hours and the IMPACT baseline is achieved, there will be a mandatory graduated return to full activity program initiated as followed:

1. Physical and mental rest until no symptoms
2. Light aerobic exercise
3. Sport specific exercise
4. Non-contact training drills
5. Repeat medical evaluation to allow full contact
6. Full contact training
7. Return to normal activity

Any return of symptoms may require that the program be suspended until further medical evaluation. The graduated return to activity program will be under the supervision of the coach, school nurse, or a suitable designee if the school has no trainer. It is anticipated that the time from injury to return to play would be a minimum of 10 days.

**** There will be no exceptions to the above policy****

Parent Signature/ Date

Student Signature/ Date

Please return this form back to Mrs. Bennett, School Nurse

Romulus Athletic
Handbook
Chapter 5



Athletic Training Rules & Permission to Play Agreement

Something to think about for the student-athlete and their parent(s)/guardians(s).

It is a tough decision when a coach finds it necessary to suspend a student athlete because he or she has violated one of the rules relating to alcohol, tobacco, or drugs. OR IS IT?

The truth is the student athlete is the one who must make the tough decision. The student athlete knows the rules and knows the penalties for violation of the rules. Therefore, when a student athlete decides to violate the rules, they have already agreed they are willing to accept the penalty attached. It is at this moment that the tough decision is made. The decision to violate the rules, and not respect their own signature, is the tough decision.

In signing this permission to participate, I recognized the potential hazard of participating in this sport and that injuries may occur as a result of such participation. I affirmatively state that my child is also aware of the potential for injuries. I have read and understand the attached training rules. I will accept my responsibilities to them.

PARENT AND STUDENT ATHLETE MUST SIGN BELOW:

_____has permission to participate in
(Student athlete's name)

_____during the 202 - 202 school year.
(Sport)

(Signature of parent/guardian)

(Signature of student-athlete)

(Date)

Romulus Central School

Athlete Health History

Parents/Guardians,

Please complete the health history on your child. Upon completion both you and your child MUST sign and date this form. It should be returned to your child's coach.

Does your child have any of the following? Please check all that apply.

Allergies (meds, bees, food): _____

Asthma, if yes, please list inhaler: _____

Bleeding problems: _____

Braces: _____

Diabetes: _____

Any know heart condition: _____

High blood pressure: _____

Previous fracture(s): _____

Previous knee injuries: _____

Previous head injuries: _____

Recent surgery: _____

Takes medication on a daily basis: _____

Wears contacts/glasses: _____

Does your child require any special equipment? _____

Are there any changes in your child's health that will impact your child's ability to participate in this sport? _____

Parent/Guardian Signature & Date

Student-Athlete Signature & Date

ROMULUS CENTRAL SCHOOL ATHLETIC DEPARTMENT

"All athletes should travel to and from away contests on the bus. On occasion it may be necessary or desirable for parents to take their child home after away contests. The athlete will pick-up a permission slip in the Athletic Director's office or from the website. This slip will be signed by the parent and given to the coach prior to the contest. Coaches will carry extra forms in the event a student did not submit a timely request. In an extreme emergency, the coach may accept a request from a parent over the phone and allow an athlete to travel home with another adult. Should there be any doubt that the coach is not talking to the parent and the emergency is less than critical, then it is the coach's responsibility to deny the request.

**TRANSPORTATION REQUEST TO RIDE HOME WITH
PARENT/GUARDIAN**

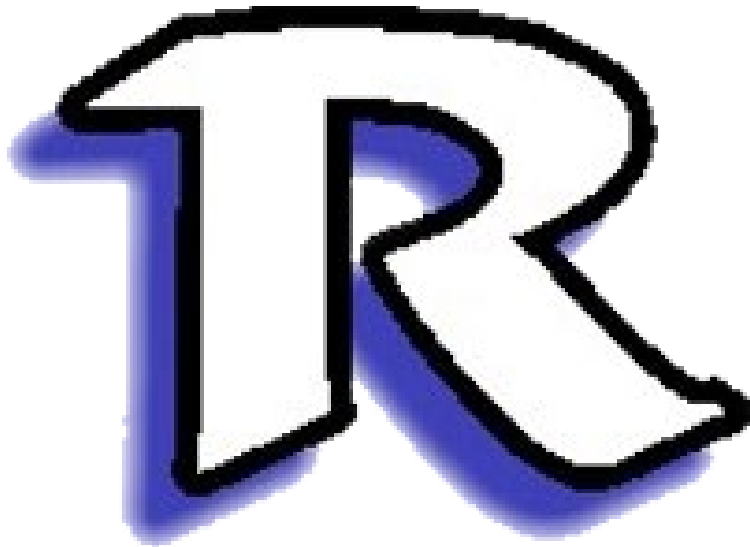
To: Respective Coach

_____ is riding home from the game with
(Student athlete's name)

parent/guardian _____
(Parent's/Guardian's Signature)

(Date)

Romulus Athletic
Handbook
Chapter 6



Directions to the following schools:

Aquinas- 1127 Dewey Avenue, Rochester, NY
(63.3 Miles Approx. 1 Hour and 11 minutes)

Leaving RCS& turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head west toward Buffalo. At exit 45 take ramp for 1490 toward Rochester. At exit 21, take ramp right and follow signs for Route 590 North. At exit IOA, take ramp right and follow signs for Route 104 West, bear left onto Ridgeway Avenue, turn left onto Lake Avenue, turn right onto Alameda Street, turn right onto Dewey Avenue, the school will be on your right.

Avoca High School- 17 Oliver Street, Avoca, NY
(70.3 Miles Approx. 1 hour and 36 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva, turn left on Post Road which keeps straight into Route 14A. (Liberty Street), turn right onto Lake Street (Route 54) follow that to the end of Keuka Lake and into Bath, turn right on Route 54/Route415/W. Washington St., Take ramp for Route 17 West/186 West toward Jamestown, keep left onto Interstate 390N, At exit 1, take ramp right toward Avoca, turn left onto Michigan Hollow Road, turn right onto Route 415, turn right onto S. Main St., turn right onto Chase St, turn left onto Chase St, turn left onto Oliver St, the school will be on your right.

Binghamton High School- 31 Main Street, Binghamton, NY
(79.8 miles Approx. 1 hour and 46 minutes)

Leaving RCS- turn left onto Route 96S, into Ithaca. turn right onto Route 13S/Route 34S/ Route 96S/S. Fulton St, turn Left onto Route 79E (W. Green St), Bear right onto Route 79 (E. State St.), keep straight onto US 11/Route 79. Turn right onto Route 26. Take ramp left for Interstate 81 South toward Binghamton. At exit 5, take ramp right for US 11 toward Broome County Community College. Turn left onto US 11 (Front Street). The school is on the right.

Bloomfield High School- 21 Oakmount Avenue, Bloomfield, NY
(39.9 Miles Approx. 53 Minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva and Canandaigua. At the intersection continue straight following Routes 5 and 20 West. Turn right onto Oakmount Avenue (at the top of the hill) the High School will be on your left.

Bloomfield Elementary School- 45 Maple Avenue, Bloomfield, NY
(39.7 Miles Approx. 52 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn Left onto Routes 5&20 through Geneva and Canandaigua. At the intersection continue straight following Routes 5 and 20 West. Turn right on Route 20C/Route 444. The Elementary School will be on your left.

Canandaigua Academy- 435 East Street, Canandaigua, NY
(33.8 Miles Approx. 50 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva and Canandaigua. At Intersection turn right on to Route 21N/Route 332N/South Main Street, keep straight on Route 332N, turn right onto Chapel Street, turn left onto East St. The school will be on your left.

Clyde-Savannah- 215 Glasgow Street, Clyde, NY 14433
(25.4 Miles Approx. 34 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., at light, turn right on to Routes 5 and 20, at intersection turn left onto Route 414N. Follow Route 414 into the town of Clyde, Glasgow Street. The school will be on your right.

Cohocton Soccer/ Football Athletic Fields- 30 Park Avenue, Cohocton, NY
(57.3 Miles Approx. 1 hour and 18 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva, turn left on Route 247, merge right with Route 245, bear left following Route 245, turn right following Route 245. Once in Naples, turn left on to Route 21, stay on Route 21 to Route 371 bear left Cohocton Street, keep straight on Route 415, turn right on Park Avenue.

Dundee- 55 Water Street, Dundee
(40.8 Miles Approx. 53 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 in Geneva take ramp to Route 14 South toward Watkins Glen, turn right on Plum Point Road (CR36), turn left onto Lakemont-Himrod Road (CRI), turn right onto Dundee-Himrod Road (CR5), the school will be on your left.

East Rochester- 200 Woodbine Avenue, East Rochester
(52.1 Miles Approx. 59 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head west toward Buffalo. At exit 45 take ramp for Interstate 490 toward Rochester. At exit 25 take ramp to Route 31F toward Fairport Road, turn left on to Main Street, turn left onto Woodbine Avenue, the school will be on your right.

Gananda- 1500 Dayspring Road, Walworth, NY
(46.5 Miles Approx. 1 Hour and 3 Minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96, in the town of Manchester, turn right onto Route 21 North towards

Newark/Palmyra. Straight onto Church Street (CR210), left onto Macedon Center Road (CR209), right onto Scott Road, bear right onto Route 350 (Ontario Center Rd), turn Left onto Eddy Road, turn right onto Wiedrick Road, turn left onto Waterford Road, and then immediately turn right onto Dayspring Road. The school will be on your left.

Geneva High School-101 Carter Road, Geneva, NY 14456
(16.7 Miles Approx. 25 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20. Turn right on Castle Street, at light turn right onto North Main Street, turn left onto West North Street (past the hospital), turn right onto Carter Road, High School will be on your right.

HAC Allens Creek Road- 519 Allens Creek Road, Rochester, NY
(54.0 Miles Approx. 1 Hour and 1 minute)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 45 take ramp for Interstate 490 toward Rochester. At exit 23, take ramp for Route 441 toward Penfield, turn left onto Elmwood Ave/CR87, turn left onto Route 96(East Ave), turn right on to Allens Creek Road, the school will be on your left.

HAC Harley School- 1981 Clover Street, Rochester, NY
(54.4 Miles Approx. 1 Hour and 1 minute)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 45 take ramp for Interstate 490 toward Rochester. At exit 23, take ramp for Route 441 toward Penfield, turn left onto Elmwood Ave/CR87, straight through traffic light at Route 96, turn left onto Route 65/Clover Street the school will be on your right.

Hammondsport Elementary School- 8272 Main Street Ext., Hammondsport, NY
(56 Miles Approx. 1 Hour and 15 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva, turn left on Post Road which keeps straight into Route 14A. (Liberty Street) turn right onto Lake Street (Route 54) follow that to the end of Keuka Lake, turn right on Main Street Ext. The school will be on your right.

Hobart and William College- (Bristol Gym/ Fieldhouse) Hamilton Street-
Routes 5&20
(16.2 Miles Approx. 23 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20. Across from ArbVs in Geneva. The Athletic fields will be on your left.

Honeoye- 8528 Main Street, Honeoye, NY
(49.6 Miles Approx. 1 Hour and 4 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva and Canandaigua. At the intersection continue straight following Routes 5 and 20 West. Turn left on to Route 20A, turn right on to Allens Hill Road, the school will be on your left.

Lyons High School- 10 Clyde Road, Lyons, NY
(26.5 Miles Approx.36 Minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North into Lyons, bear right onto Clyde Road, school will be on your left.

Lyons Community Center- 4 Manhattan Street, Lyons, NY
(2 minutes from High school)

Past the High School- remain on Clyde Road to Manhattan Street, turn left and the Community Center will be on your right.

Marcus Whitman- 4100 Baldwin Road, Rushville, NY
(36 Miles approx. 49 minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva, turn left on Route 247, merge right with Route 245, turn right onto Baldwin Road, the school is at the top of the hill.

Marion High School- 4034 Warner Road, Marion, NY
(48 Miles Approx. 1 hour and 2 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., straight on Route 96, in the town of Manchester, turn right onto Route 21 North towards

Newark/Palmyra. Turn Right onto Route 21/Route31/East Main Street. Turn left onto Route 21, turn left onto Warner Road, the school will be on your left.

Midlakes- 1554 State Route 488, Clifton Springs, NY 14432
(24.9 Miles Approx. 36 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn left on to Route 488. The school will be on your right. (If you have reached Griffith Road- you have gone too far.)

Mynderse Academy- 105 Troy Street, Seneca Falls, NY
(14.7 Miles Approx. 22 minutes)

Leaving RCS- Turn right onto Route 96, turn right onto Cayuga Street to end. Turn left onto Route 414 heading north. Go across the canal straight onto Route 5 and 20, bear left on Cayuga Street (CRIOI) turn left on Tyre Ave, turn right onto Troy Ave, School will be on your right.

Naples High School- 136 North Main Street, Naples, NY
(50.1 Miles Approx. 1 Hour and 7 Minutes)

Leaving RCS- turn right and stay on Route 96, turn left on to Route 336, turn right onto Route 96A North, turn left onto Routes 5&20 through Geneva, turn left on Route 247, merge right with Route 245, bear left following Route 245, turn right following Route 245. Once in Naples, turn left on to Route 21, turn right on Academy Street, the HS School is the older building on your left, the Elementary is further up the road on your right. (JV/Varsity Basketball is played at the Elementary School)

Naples Community Park- Soccer games

Prior to reaching Route 21 as you enter the town of Naples, the Community Soccer Park is located on your left.

Newark High School- 625 Pierson Avenue, Newark, NY
(29 Miles Approx. 44 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., straight on Route 96N, in the town of Phelps, turn right onto Route 88 (N. Newark Street), turn left onto Pelis Road, turn right onto Clark Road, turn Left onto Budd Road (name changes to Peirson Avenue) the school will be on the left.

North Rose Wolcott High School- 11631 Salter-Colvin Road, Wolcott, NY
(34.1 Miles Approx. 47 Minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., at light, turn right on to Routes 5 and 20, at intersection turn left onto Route 414N. Turn right onto Wolcott Road (CR255), keep straight onto Galen Road, turn left on to Salter-Colvin Road, the school will be on your right.

North Star Christian Academy- 332 Spencerport Rd, Rochester, NY
(62.9 Miles Approx. 1 Hour and 10 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 45 take ramp for Interstate 490 toward Rochester. At exit 21- take ramp right and follow signs for Route 31. Turn left on to Route 31-Lyell Ave., stay on Route 31 which turns into Spencerport Road. The school will be on your right.

NY Chiropractic College- 2360 State Route 89, Seneca Falls, NY
(16.7 Miles Approx. 21 minutes)

Leaving RCS- turn right onto Route 96, turn right on Yellow Tavern Road, crossing Route 414 head straight on Canoga Road (CR 121), turn left on Route 89, the college will be on the left. Follow the signs to the athletic field house.

Palmyra-Macedon High School- 151 Hyde Parkway, Palmyra, NY
(39.1 miles approx. 51 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., straight on Route 96, in the town of Manchester, turn right onto Route 21 North towards Newark/Palmyra. Turn left onto W. Foster Street (road name changes to Hyde Parkway). The school will be on your left.

Penn Yan- 515 Liberty Street, Penn Yan, NY 14527
(34 Miles Approx. 46 minutes)

Leaving RCS- turn right and stay on Route 96, turn Left on to Route 336, turn right onto Route 96A North, turn Left onto Routes 5&20 through Geneva, turn left on Post Road which keeps straight into Route 14A. As you reach the middle of town, the school will be on your right.

Port Byron High School- 30 Maple Avenue, Port Byron, NY
(28.2 Miles Approx. 41 minutes)

Leaving RCS- Turn right onto Route 96, turn right onto Cayuga Street to end. Turn left onto Route 414 heading north. Go across the canal straight onto Route 5 and 20, turn left on Route 90, turn left to stay on Route 90 (CR-3B), turn right on to Route 31, keep straight onto Route 31/Route 38/Rochester Street, keep straight onto Route 31/Utica Street, bear left onto Maple Avenue, the school will be on your left.

Red Creek High School- 6574 South Street, Red Creek, NY
(47.4 Miles Approx. 1 Hour and 4 Minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., at light, turn right on to Routes 5 and 20, at intersection turn left onto Route 414N. Follow Route 414 to Route 104. Turn right on Route 104, turn left onto South Street, the school will be on your right.

Red Jacket- 1506 State Route 21, Shortsville, NY
(33.8 Miles Approx. 43 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., straight on Route 96, in the town of Manchester, turn left onto Route 21 South. The school will be on your right.

RIT University- One Lomb Memorial Drive, Rochester, NY
(60.8 Miles Approx. 1 Hour and 11 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 46 ramp to Interstate 390 North. At Exit 13, take ramp right and follow signs for Hylan Drive, turn left onto Hylan Drive (CR263), turn left onto Route 252 (Jefferson Road), keep straight onto Route 252W, turn left onto Lomb Memorial Drive at roundabout, take the 2nd exit, follow the signs to the Athletic Complex.

South Seneca- 7263 Main Street, Ovid, NY
(5.6 Miles Approx. 7 minutes)

Leaving RCS- turn left onto Route 96S, at the 4 corners in Ovid, continue straight through flashing red light on Route 414 South, the school will be located on your left.

Victor High School- 953 High Street, Victor, NY
(43.3 Miles Approx. 54 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 44 take ramp right for Route 332 toward Victor/Canandaigua. Turn right on Gateway Drive, turn right on Plaster Mill Road, bear right onto Route 96, Bear right onto High Street South, keep straight on High Street, the school will be on your right.

University of Rochester- 500 Joseph C. Wilson Blvd., Rochester, NY
(59.5 Miles Approx. 1 Hour and 10 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 45 take ramp for 1490 toward Rochester. At Exit 17, take ramp right for Goodman Street toward Inner Loop, turn left onto South Goodman Street, turn right on Elmwood Avenue, turn right onto Wilson Blvd, follow signs to the Athletic Complex.

Waterloo High School- 96 Stark Street, Waterloo, NY 13165
(12 miles Approx. 19 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., turn left onto Routes 5 and 20, turn right onto Memorial Day Place, turn left onto W. Williams Street, and then immediately bear right onto Stark Street. The school will be on your right.

Wayne Central- 6200 Ontario Center Road, Ontario Center, NY
(54.3 Miles Approx. 1 Hour and 10 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North to the intersection on Route 104. Turn left on Route 104 West, turn left on to Route 350-Ontario Center Road.

Webster Christian School- 675 Holt Road, Webster, NY 14580
(64.9 Miles Approx. 1 Hour and 11 Minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 45 take ramp for Interstate 490 toward Rochester. At exit 21 take ramp and follow signs for Route 590 North. At exit 10B, take ramp right for Route 104 east toward Webster. Take ramp right for Route 104 towards Holt Road. Turn left onto Holt Road-CR 10. The school will be on your left.

Wheatland-Chili- 940 North Road, Scottsville, NY
(63.1 Miles Approx. 1 Hour and 14 minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96N, turn right on to ramp for Route 14 North, turn left onto the NYS Thruway and head West toward Buffalo. At exit 46 ramp to Interstate 390 North toward Lehigh Station Road, turn left on Route 253 (Lehigh Station Rd), turn left on Route 15/Rt253/West Henrietta Road, turn right onto Route 253 (Thruway Park Drive), this road changes name to North Road (CR139). The school will be on your left.

Williamson High School- 5891 State Route 21, Williamson, NY
(50.6 Miles Approx. 1 Hour and 4 Minutes)

Leaving RCS- turn right and stay on Route 96 to West River St., turn left onto Washington St., keep straight on Route 96, in the town of Manchester, turn right onto Route 21 North towards Newark/Palmyra. Turn right onto Route 21/Route31/East Main Street. Turn left onto Route 21, the school will be on your right.