Hendrick Hudson Sailors
Six Pillars of Character
-Trustworthiness
-Respect
-Responsibility
-Caring
-Fairness
-Citizenship

Welcome to Hendrick Hudson

Where sportsmanship is an expectation, so please let the players play, let the coaches coach, let the officials officiate, and let the spectators be positive. Sailor Pride!

Table of Contents:

1. Introductory Letter
2. Hendrick Hudson School District Mission Statement
3. Interscholastic Policy 5280
4. Athletic Department Mission Statement
5. BOCES Athletic Website- Schedules and Directions to Opposing Schools
6. Varsity Level Philosophy
7. Junior Varsity and Freshman Level Philosophy
8. Modified Level Philosophy
9. Playing Time
10. Sign Up Process for High School Sports
11. Sign Up Process for Modified Sports
12. Tryout Procedures
13. Athletic Offerings
14. New York State Public High School Athletic Association Sportsmanship and Code of Conduct
15. Coaches Responsibility
16. Athlete's Responsibility
17. Parent's Responsibility
18. Communication
19. Practices during vacation
20. Selection of Coaches
21. Summary of Coaching Regulations
22. Guidelines for use of Selection of Classification
23. Physical Education Requirement
24. Uniforms and Equipment Guidelines
25. Attendance in school
26. Non Eligibility Policy
27. Section 1 Ejection and Card Accumulation Policy
28. Section One Sportsmanship Standards
29. Athletic Trainer
30. Guidelines for Using Athletic Training Room
31. Sports Physicals
32. Injuries
33. Risk Factor in Sports
34. NCAA Clearinghouse
35. Hazing
36. Outside Participation in Sports
37. Heat Index Procedures
38. Concussion Management Programs
39. Weight Room Guidelines
40. Expectation of Conduct for Participation in Extracurricular Activities and Interscholastic Athletics
41. Procedures and Due Process for Athletic/Extracurricular Discipline
42. Student Discipline Policy
43. Student Rights and Responsibilities
44. Transportation Form
45. Acknowledgement Form by Athlete and Parent

Dear Parents and Student Athletes,

This guide is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in their education.

We, who are concerned with the educational development of students through athletics, feel that a properly controlled, well-organized sports program meets the students' needs for self-expression, mental alertness, and physical growth. It is our intent to maintain a program that is sound on purpose and will further each students' educational maturity.

When your son/daughter signs up for one of our sports programs, we feel that they and you have committed to certain responsibilities and obligations. This guide will acquaint you with some of the specific policies that are necessary for a well-organized program of athletics.

The athletic program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities.

Hendrick Hudson School District is a member of the New York State Athletic Association, competing in Section I.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the community. These rules rely on broad based community support that can only be achieved through communication with parents. It is our hope to accomplish this objective by providing you and your son/daughter with this athletic guide.

If there is anything I can do to make your participation a better learning experience, please feel free to contact my office at Hendrick Hudson High School, (914) 736-5279.

Sincerely,

Thomas Baker
Director of Physical Education, Health and Athletics

Mission Statement of the Hendrick Hudson School District

The Mission of Hendrick Hudson School District, recognized as a bold and innovative home for learning, is to ensure each student is a passionate learner who achieves his or her maximum potential and contributes to society. This is accomplished by a system characterized by: a culture of highest expectations for all, an exemplary staff, diverse instructive strategies that meet the individual interests and abilities of all students, optimal technology embedded in teaching and learning and a fully engaged, supportive community dedicated to common goals.

Board of Education Policy 5280

Mission Statement of the Hendrick Hudson Athletic Department

The Hendrick Hudson School District recognizes and supports the importance of a quality interscholastic athletic program. It is our mission to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Our programs will develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

Lessons learned through athletic participation in organized sports programs are the elements of the education process. It is the uniqueness of sports competition that provides completeness to the many virtues we aspire to in schooling our children.

Hard work, dedication, cooperation, respect, teamwork, and sportsmanship are words that embody the benefits and value of participating in sports programs. To reach high standards of excellence, it is essential to work together toward a common goal. Our goal is to ensure that the student athletes, families, schools and communities continue to experience quality, productive and enjoyable athletic opportunities.

BOCES ATHLETIC WEBSITE

The Section 1 BOCES Athletic Website can be a valuable tool for all members of our community. This website should be used to view current, and up to date, schedules of all of our teams. Directions to all of our opposing schools can be found on this website as well. The Hendrick Hudson Athletic Department encourages the use of this website as a means of providing up to date information to our community.

www.swboces.org/athletics

PHILOSOPHY BY SPORT LEVEL

Varsity

The varsity level of interscholastic athletic competition is the culmination of the high school athletic program. Normally, seniors and juniors make up the majority of the roster, however, gifted sophomores and sometimes freshman may be included. It is also possible for a 7th or 8th grader, who has met selection classification requirements to be included on a varsity roster. This occurs more in sports commonly classified as "individual" (track, swimming, golf, etc.) team play. Sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at this level, while contest participation over the course of the season is desirable, a specific amount of playing time is never guaranteed. It is vital that each team member have a role and know its importance. Preparing to win and striving for victory in each contest are worthy goals of a varsity level team. The varsity coach is the leader of his/her sport program and is responsible for communication and system development among each level.

Freshmen & Junior Varsity (JV)

This program is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshman occupy the majority of the roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for JV participation. Also 7th and 8th graders who have satisfied all selection classification requirements may be included. At this level, increased emphasis is placed upon elements and strategies of team play, physical conditioning, refinement of fundamental skills and socio-emotional development. The JV program works towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level. An attempt will be made to play all participants, however, equal playing time is never guaranteed nor is it required**.** With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity and freshman level.

Modified (Grade 7 &8)

We have a wide variety of programs for students in the 7th and 8th grades between the ages of 12 to 15. A student reaching age 16 during a sport season may complete that season and must play freshman, junior varsity or varsity the next sport season. Sport activities offered are determined by existence of leagues, student interest, and relationship to the high school program and board approval. At this level the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than what is found in intramural or recreation programs, but not as involved as those found in varsity or junior varsity interscholastic competition. An attempt will be made to give all members meaningful contest participation over the course of a season.

Playing Time

A student athlete who has enjoyed success in his/her sport in outside programs may experience difficulty accepting a team role that does not include large amounts of playing time. Playing time is based on several factors and is part of the coach's responsibility. Sulking, complaining or creating an uncomfortable environment for your teammates and coach is not the answer. If a student athlete is unhappy with the amount of playing time he/she is receiving it is recommended that the athlete request a private meeting with the coach to address the situation. In athletics, as well as in life, each individual has a role to play and each role is valuable.

Sign Up Process for High School Sports

Approximate starting dates for high school sports:

Fall Season- Third Week of August
Winter Season- Second Week of November
Spring Season- Second Week of March

All starting dates for high school sports are always on school calendar. The sign up process for each season begins 30 days prior to the starting date. Each student athlete must have the following:

1) An approved physical by either personal physician or school physician. Physicals are valid for one year.
2) Parent Pre-Participation form filled out and approved by high school nurse. This paperwork is returned to the high school nurse.

Sign Up Process for Middle School Sport

Approximate starting dates for middle school sport:

Fall Season- Football is first day of school; all other sports are first Monday school is open
Winter Season- Fourth Week of November
Spring Season- Fourth Week of March

All starting dates middle school sports are always on school calendar. The sign up process for each season begins 30 days prior to the starting date. Each student-athlete must have the following:

1) An approved physical by either personal physician or school physician. Physicals are valid for one year.
2) Parent Pre-Participation form filled out and approved by middle school nurse. This paperwork is returned to the middle school nurse.

Tryout Procedures for Athletic Teams

The athletic department is sensitive to the needs of the athletes during the tryout period. It is the school's desire to see that, as many student-athletes as possible are involved in the program during the athletic season.

Unfortunately, due to the facility space, time constraints, equipment and additional factors, limitations are placed on the sizes of teams for each individual sport.

The athletic department recognizes these concerns and is striving to maximize the options available for student athletes in the athletic arena as participants or supporters of the program.

1. Choosing the members of the various athletic teams is the responsibility of the coach.
2. Before tryouts begin, coaches will provide team information to all candidates. Such information shall include:
    a. Length of tryout period.
    b. Objectives used to select the members of the team.
    c. Number of positions that will be selected and criteria involved in selection- positions needed, etc.
    d. Distribution of practice and competition schedule. The coach will explain the commitment necessary to join the team.
    e. Clear notification that tryouts are based on the performance during the selection period. Tryouts are not based on summer participation or coaching camps the athletes participated in, previous to selections.
3. Lower level coaches will follow the criteria for selection that have been established for the particular sport.
4. When lowering the numbers on teams becomes a necessity, a coach will do the following:
    a. Not post rosters of team membership. Each coach will meet with each candidate individually to discuss strengths, weaknesses, and squad membership or reason for non-membership.
    b. Coach will discuss options or alternatives for those individuals who do not make the team. Such alternatives could include participation on a non-cut sport or a manager position on the team.

Athletic Offerings (As of Spring 2010)

Fall

Football	Varsity, JV, Modified
Boys' Soccer	Varsity, JV, Modified
Girls' Soccer	Varsity, JV, Modified
Field Hockey	Varsity, JV, Modified
Volleyball	Varsity, JV, and Modified
Cheerleading (football)	Varsity and JV
Boys/Girls Cross Country	Varsity and Modified
Girls Tennis	Varsity
Girls Swimming	Varsity Merged Team with Croton with Croton host school

Winter

Boys Basketball	Varsity, JV, Freshman and Modified
Girls Basketball	Varsity, JV, and Modified
Wrestling	Varsity, JV, and Modified
Boys/Girls Track	Varsity and Modified
Cheerleading (basketball)	Varsity and JV
Bowling - Boys/Girls	Varsity
Skiing- Boys/Girls	Varsity- Merged with Croton with Hen Hud host school

Spring

Baseball	Varsity, JV, Freshman, and Modified
Softball	Varsity, JV and Modified
Boys' Lacrosse	Varsity, JV and Modified
Girls' Lacrosse	Varsity, JV and Modified
Boys/Girls Track	Varsity and Modified
Boys Tennis	Varsity
Golf	Varsity

New York State Public High School (NYSPHSAA) Sportsmanship Philosophy and Code of Conduct

Philosophy

1. We believe that interscholastic athletics are an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests are part of an overall school's program and are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and a privilege that requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school and community is a fundamental

Coaches Responsibilities

The coaches' responsibilities extends beyond knowledge of athletics and reaches into the life of each of his or her players. It is one of the most important responsibilities in the school and involves the same level commitment that coaches expect of their players. Mutual respect and team membership are to be expected equally of player and coach and, for the coach, involve the following responsibilities:

- Holding regular practice sessions, including Saturdays and Vacation Days at JV and Varsity Level
- On time for games and practices
- Handling equipment
- Cooperation in the use of the facilities
- Supervision of personnel and facilities
- Following of Athletic Handbook
- Knowledge of rules
- Implementation of strategies
- Providing sound offensive and defensive principles
- Thorough understanding of opponents
- Attend Clinics
- Read articles and books in field
- Communicate with Athletic Office
- Understand the need of the individual
- Develop positive rapport with team
- Demonstrate proper motivational skills
- Proper ethics
- Communication amongst staff
- Organized Sequential Development of program
- College Recruiting when applicable
- Practice Organization
- Proper Game procedures
- Positive Community relationships

Athlete's Responsibility

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitments reflects their maturity as well as their dedication to family, friends, school, and team. The coach has made a similar commitment.

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels.
3. To attend every practice unless excused by the coach.
4. To understand that my future as a responsible adult relates more to my academic than my athletic activities.
5. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.

Parents Responsibility

Cooperation among coaches, athletes, parents and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such cooperation. As the parent, the responsibilities include:

1. To acknowledge the ultimate authority of the coach in determining player selection, team strategy, playing time and other team related functions.
2. To assure that my child will attend all scheduled practices and contests.
3. To require my child to abide by the athletic departments code of conduct.
4. To promote mature behavior from students and parents during athletic contests.
5. To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child.

Communication

To follow the appropriate process for communicating a concern regarding a particular team, the coach of the team should always be the first person we contact with our concerns.

1. Coach
2. Athletic Director
3. Principal
4. Asst. Superintendent
5. Superintendent

Please be advised that anonymous phone calls and letters will not be addressed. Concerns regarding student athletes, parents, or coaches need to be addressed in a professional manner.

Family Vacations

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

* Parents should be advised that fall high school sports start practice the 3rd week of August. Please communicate to the athletic office regarding the beginning dates for fall sports during the prior school year if you have questions.

Selection of Coaches

1. Fall sport positions are posted in January, while Winter and Spring positions are posted in April.
2. In reviewing applicants, the Athletic Director will:
    a. Give preference to bargaining unit members of the HHEA who meet the qualifications for coaching when positions are open.
    b. Continue bargaining unit member coaches of the HHEA who have received satisfactory coaching evaluations
    c. Non-unit bargaining members who hold coaching positions, and have received satisfactory evaluations, will retain their position.
    d. From May 15 to the start of school in the fall, the remaining openings are made available to non-unit bargaining members.
    e. Interviews will be conducted for all non-unit members, or if two or more bargaining members are going up for the same position.

Summary of Coaching Regulations

Regardless of the experience or teaching certificates a person may have, State Education Law, Article (6), Section 3001b, requires that a person appointed as a coach of an interschool athletic team must hold valid first aid skills and knowledge certification (minimum of 12 hours initial training, valid for 3 years); and adult CPR certification (minimum of 4 hours training, valid for 2 years). Training courses are conducted by the American Red Cross, American Heart Association, National Safety Council, and New York State Education Department approved agencies. First Aid and CPR certification must be approved prior to the first day of practice. The equivalent requirements such as sports medicine and athletic training courses are discussed later in these guidelines. In addition to the first aid certificate, all coaches of interschool teams must meet part or all of the course requirements in a pre-service and/or in-service program. Which requirements apply to the individual coach depend upon the nature of the sport to be coached and the coach's previous experience, training and basic teaching certificate.

Potential secondary school coaches may possess three different backgrounds:
(1) A certified physical education teacher;
(2) A teacher certified in an area other than physical education, e.g. English, Mathematics;
(3) Holds no teaching certificate and must qualify for a Temporary Coaching License.

Guidelines for use of Selection Classification

The intent of this process is to provide "safe" and suitable participation in an appropriate level of competition for pupils in grades 7-8. In order to participate in high school sports as a middle school student, you must successfully complete the selective classification process at Blue Mountain Middle School.

1. Only the exceptional athlete should be considered for advancement.
2. Selection Classification should not be used just to fill out the roster of a Varsity or a Junior Varsity team. The coach or physical education staff will recommend only the exceptional athlete.
3. At Hendrick Hudson, there is no Selection Classification process for freshman teams.

Procedure:

1. All students will be informed of the Selective Classification via announcements at BMMS one month prior to the beginning of the high school sports season.
2. Letters and permission slips to participate in the process will be distributed by the Athletic Department through the Nurse's Office at BMMS.
3. Only those students who return permission slips will be scheduled for physicals prior to the administration of the Selective Classification Test. The school nurse will coordinate physicals.
4. Students who have a successful physical examination can then participate in the Selective Classification test, which will be administered by the Athletic Director and Athletic Trainer. Students who do not pass all aspects of the Selective Classification test cannot participate in high school sports.
5. The Athletic Director will then notify those students who are eligible to try out for varsity teams.
6. Once an athlete passes the Selection Classification test, and makes the team on the high school level, he or she cannot go back to the modified team once the decision is made to participate on the high school team.

Selection Classification testing Dates

Fall Sports	-	Third week in August
Winter Sports	-	First week in November
Spring Sports	-	First week in March

Physical Education Requirement

Athletics is an outgrowth of the physical education program. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports and team sports. Because of the importance of physical education, all athletes will be required to participate in physical education throughout the year. There is no exemption from Physical Education because of participation in a Varsity sport.

Athletes who do not participate in physical education class will not be permitted to attend practices or games on the day of the absence.

Uniforms and Equipment Guidelines

Uniforms and equipment are essential parts of athletics. At the beginning of the season, you will be issued uniforms and equipment. You must provide any equipment required for your sport and not provided by the school. You must take care of your equipment issued to you. Any equipment that needs repair must be brought to the coaches' attention immediately.

- The cost of uniforms and athletic equipment increases each year. Our athletes are equipped with the best we can supply within the athletic budget. No one should keep any equipment after the season is concluded. The student athlete and his or her parents/guardian are financially responsible for all equipment issued. By your signature on the athletic contract you are guaranteeing that the district will be reimbursed for the replacement value of the equipment should the athlete fail to return an item issued.
- A student athlete who has not returned equipment from a previous season will not be allowed to participate in another sport until the items are returned.
- Team issued uniforms that are not paid for by the athlete are property of the Hendrick Hudson School District.
- The student athlete is expected to take pride in his/her appearance by keeping the uniform clean. Uniforms may not be altered without permission of the coach.
- The Hendrick Hudson School Districts understands that, at times, student-athletes choose to use their own equipment. This equipment is subject to safety inspections either by the coaches, Athletic Trainer, or an independent reconditioning company. Personal equipment that is used by the student-athlete is not the responsibility of the Hendrick Hudson School District if it is damaged.

Attendance in School

All athletes must be in school by 11:00 am in order to participate in that day's practice or game.

Non-Eligibility Policy

It is the district's policy to determine student eligibility to participate in all extracurricular and interscholastic programs. This will be done at the time of progress report/report cards. A list will be generated every five weeks that will indicate all students who are ineligible. In the case of semester courses, eligibility will be determined by the student's final average in that course.

I. Students that fail one (1) course are expected to meet with the teacher of that course to formulate a plan of improvement.

II. Failure in two (2) or more subjects on a progress report/ report card will result in the following:

a. Students will be ineligible to participate in events, games, scrimmages, contests, matches or major projects for a two – week period immediately following placement of his/her name on the list. The student will be able to attend practice, rehearsals and meetings during this two – week period.

b. In order for the students to be removed from the list, the student must meet with the teachers of just the subjects he or she is failing. The teacher will select a method of improvement that is reasonable.

c. The student is responsible for getting the appropriate form from the assistant principal and getting all teachers to sign off by the end of the two week period. The student must then return the form to the assistant principal to be cleared from the list. Students who are not cleared within the two-week eligibility period may submit a new form to the Assistant Principal before the next non- eligibility list is generated.

III. Summer School:

Student's eligibility for the start of the school year will be based on the final average and not the fourth quarter grades. Passing a class in summer school eliminates that class from the non-eligibility list.

IV. Appeal process:

Students with non-academic related issues may submit a written appeal to the Assistant Principal to be granted eligibility status. The Assistant Principal, with input from essential people, will make the decision within twenty-four hours regarding the eligibility status.

Section 1 Ejection and Card Accumulation Policy

1. When an athlete is ejected from a contest, the following action will be enforced:
    a. First ejection- that player cannot attend or participate in the next scheduled contest.
    b. Second ejection- that player cannot attend or participate in the next two scheduled games.
    c. Third ejection- that player cannot attend or participate in any remaining contests, including sectionals or any post- season games.

    Note: If an athlete is ejected in the final game of the season and participates in a sport during another season, he/she is ineligible to participate in the first scheduled contest. Example: A football player is ejected in his final game and also participates in baseball in the spring. He is ineligible for the first game of the baseball season.
2. Three yellow cards accumulated by a single player in the regular season will result in a one game suspension. The continued accumulation of yellow cards after his/her one game suspension will result in the following:
    a. The fourth accumulated yellow card will result in an additional one game suspension.
    b. The fifth accumulated yellow card will result in a two game suspension.
    c. The sixth accumulated yellow card will result in suspension for the remainder of the season including all sectional and post-season contests.

    *In the event that a player receives two yellow cards in the same game, resulting in a red card, the two yellow cards will still count towards the season total.
3. The accumulative card total is for regular season play only. This process will begin again for postseason play unless the athlete was removed from competition in the regular season due to an accumulation of six yellow cards. All suspensions must be served prior to participating in sectional play.
4. During the post-season, a one game suspension will be implemented after three yellow cards and a one game suspension for each additional yellow card received through Sectional, Regional, and State championship tournament.
5. The coach is to report all ejections and yellow cards to his/her Athletic Director and the Section 1 office for tabulation. Reporting may be by mail, fax or emailed for tabulation.
6. Refusing to report, or failing to report infractions, and allowing players to continue to play under these circumstances will result in the forfeiture of all games played by the individual.
7. If/when a team's card total (yellow or red) reach more than 10 cards the coach and the Athletic Director is responsible to inform the Section One Director and the Sportsmanship Committed Chairperson. If 10 cards are totaled during the season, the school will be considered in need of assistance with sportsmanship. League representatives, the Sportsmanship Committee or both will meet to determine what appropriate action might be taken to assist this school.

Section One
Sportsmanship and Ethics Committee
Sport Specific Standards of Behavior Exemplifying Sportsmanship

As requested by the Sportsmanship and Ethics Committee, the following sport specific guidelines or standards of behavior exemplifying sportsmanship are in effect for Section One Athletics.

Baseball and Softball

1. Players will not question an umpire's call with disrespectful comments or bad body language.
2. In sportsmanlike procedure, only the coach should speak with the umpire.
3. No throwing of equipment.
4. There should be no profanity used.
5. Refraining from "trash talk" between players.
6. Proper sportsmanship will be followed at all times.
7. Players should be respectful to their own teammates and opponents at all times.

Basketball

1. Have school coach or other representative greet visiting team upon arrival and escort to locker room area.
2. The conduct of the coach is as important to sportsmanship as any rule that may be written. He/she should understand this and therefore lead by setting good example.
3. Announcements regarding respect and good sportsmanship should be made prior to each game.
4. Players should accept official's decisions without visible or vocal display of emotion.
5. Team members and coaches should help quiet the crowd when officials indicate there is too much noise during a foul shot.
6. All players should refrain from trash talk during the game.
7. There should be no use of profanity.
8. Players should be encouraged to assist opponents to their feet when contact results in opponent falling to the floor.
9. Only Head Coaches should speak with officials during the contest.
10. Only officials should approach the scorer's table – any questions on fouls, time, etc. must be directed to officials.
11. Teams should shake hands, without incident, after contests.
12. Home schools should provide assistance for visiting teams to and from the locker room.
13. Visiting teams should be provided assistance from their locker room to the departing bus.

Cross Country (Boys' and Girls')

1. Congratulating opposing winners in completion of race whether win or lose.
2. Team staying during awards ceremony to honor and recognize opposing teams.
3. Help or acknowledge opponent who appears to be injured.
4. Avoid (do not) shoving, bumping, elbowing, cutting off, or breaking stride of opponents during competition.

Field Hockey

1. Home school coach or captain should greet visiting team upon arrival, indicates visitor's side of field, bathroom facilities, etc.
2. When foul occurs, offending player should not hit the ball.
3. Team plays tag game without negative verbal comments to opponents or officials.
4. During handshake, at conclusion of game, comments should be positive and high five "gentle."

Football

1. Helping opponent up after a tackle.
2. Shaking hands with opponents, without incident, after contests.
3. Quieting a loud crowd, to enable opponents to hear signal calls of their quarterback.
4. Refraining from "trash talk" between players.
5. Keeping scores from running up against weaker opponents.
6. Playing second and third string players when leading by 20 or more points.
7. Leaving games without incident or showmanship in victory, disgust and frustration in losing.
8. Using only captains to communicate with officials.
9. Professional and appropriate comments by PA announcers, no favoritism, or play by play commenting.

Golf

1. Wearing proper golf attire.
2. Showing respect for the golf course – replacing divots, repairing ball marks, raking sand traps.
3. Having knowledge of the rules of golf and a willingness to play by them – calling penalty on oneself when necessary.
4. Home team acts as proper host – gets scorecard, explains local rules, answers questions about golf course.
5. Being courteous throughout the match – even after hitting bad shots.
6. No use of profanity.
7. Acknowledging opponent's good shots.
8. Helping opponent look for possible lost ball.
9. Shaking hands with opponent at conclusion of match.
10. Congratulate the winning team.

Lacrosse (Boys and Girls)

1. Home school coach or captain should greet visiting team upon arrival, indicates visitor's side of field, bathroom facilities, etc.
2. Provide the visiting team with ample time and facilities for warm ups.
3. There should be no profanity used.
4. Refraining from "trash talk" between players.
5. Helping opponent up after a hit when play has concluded.
6. After scoring a goal, celebrations should be limited and respectful.
7. Using only captains to communicate with officials.
8. Handshakes after the game should be completed respectfully and with the helmets on.

Soccer

1. The conduct of the coach is as important to sportsmanship as any rule that may be written herein. He/she should understand this and therefore lead by setting a good example.
2. Teams should play hard without negative verbal comments to opponents or officials.
3. There should be no profanity used.
4. Teams should play 100% within the rules. Explanation: there should be no "extra-curricular activity" (no cheap shots unseen or away from the ball, no continual delay of game action, etc.)
5. Teams and coaches should exhibit a positive attitude towards the rules and all participants of the game, before, during and after the contest.

Swimming

1. Introduce and welcome the opponent for the meet.
2. Line up for team handshake at the end of the meet.
3. Individual handshake of swimmers at the end of each event.
4. Team cheer at the conclusion of the contest.
5. Clear, positive cheers during the competition.

Tennis

1. No distracting others from play with verbal outbursts.
2. No use of profanity.
3. It is important for players to know how to settle confusion in scoring.
4. Show proper gamesmanship.
5. Make proper line calls and foot faults.
6. No hand gestures, intimidation, or taunting of opponents.
7. No racket or ball abuse.
8. Proper returns of obvious service faults.

Track

1. The coach is the most influential person in promoting good sportsmanship. Coaches should permit only positive sportsmanship behavior to reflect upon themselves, their team and their school.
2. Coaches and athletes should display appreciation for good performance by congratulating opposing team members.
3. Coaches and athletes should refrain from verbally challenging an official's decision.
4. Track and field rules are explicit with regard to unsportsmanlike conduct.

Volleyball

1. Encourage communication among all participants of a volleyball match. On arrival of a visiting team, per match:
    a. Set up of net and count in a timely fashion.
    b. Home coach welcomes visiting coach and team on arrival.
    c. Written presentation of ground rules.
    d. Discussion of court time usage.
    e. Official's discussion of rules and warm-ups.
    f. Shaking of hands, all starters, at net just prior to first service.
2. Game play: During the actual play, including service, all vocal comments should be appropriate, positive, and ethical. All gestures and behavior that are considered derogatory, abusive or negative towards opponents or officials will not be tolerated.
3. Lines people are not to go under the net, officials will address lines people and all twelve players on keeping the ball moving.
4. Score table critical to have support personnel.
5. Encourage positive proper phrasing of questions by players to officials.
6. Game Conlusion:
    a. All coaches, players including "the bench" will shake hands.
    b. Coaches shake hands with officials.
7. Non-Playing Team: Because of back-to-back playing of varsity and junior varsity matches, the non-playing team must be supervised by the coach of the team, or sit with the playing team on or near the bench.

Wrestling

1. Leaving the mat area without incident, whether it is standup in victory, or frustration in defeat.
2. Accepting the call of the official.
3. Not throwing headgear.
4. Keeping single straps up and head gear on or in hand while in the mat area.
5. Helping the opponent up.
6. Compliance with the rulebook as it pertains to "Conduct of Contestants" and "Conduct of Coaches."

Athletic trainer

The athletic trainer provides emergency service for students/athletes and develops prevention strategies through appropriate training methods and physical conditioning program. To insure proper follow- up after an injury the trainer consults with parents, the school nurse and/or the school physician.

Any student/athlete under treatment by a private physician must have written permission from his/her parents in order to return to active status in the sports program. The chief school physician must be consulted in situations that warrant further review.

Guidelines for using Athletic Training Room

- Respect the Athletic Trainer, coaches, and fellow athletes. Treat others as you want to be treated.
- No one will be treated unless they are signed in.
- First come, first serve. Treatment will go according to sign in sheet. Athletes with away contests will be allowed to go first.
- No horseplay in the Training Room. This will not be tolerated.
- No foul language. Please use appropriate language in the training room.
- No loitering in the Training Room. Once treatment concludes, athletes must leave to allow for other athletes to participate in treatments.
- No equipment in Training Room. Please leave all equipment outside of door.
- Respect the Training Room. Do not take things without asking.

Sport Physicals

Sports physicals will be given and approved by our school doctor before a student is allowed to begin practice or participate in a game. The sports physical is in force for one calendar year; however, after 30 days a sport physical update form needs to be filled out by the parent and turned in to the nurse for each team you join.
All athletes who are seen by a doctor must be released by that doctor in order to resume participation with their team. This release must be filed with our school nurse.
Forms can be obtained through either the BMMS or HHHS nurse's office.

Injuries

It is extremely important to report any injury to your coach immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and then any remaining balance can be submitted to the school accident insurance carrier. Note: The school accident insurance provides only excess coverage according to a fee schedule.

Risk Factor in Sports

Participation in sports involves a certain degree of risk for injury. Before going out for a team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Preseason conditioning, learning the skills and techniques, and knowledge of rules and safety factors will help you have a healthy season.

NCAA Clearinghouse

The NCAA Initial Eligibility Clearinghouse must certify any senior athlete planning to enroll in college as a freshmen and who wants to participate in Division I or Division II athletics. Applications may be obtained in the guidance office.

Hazing

Hazing in any form, including initiation that is degrading, is strictly forbidden. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or another person.

Outside Participation

The New York Public High School Athletic Association (NYSPHSAA) allows outside participation in organizations such as; AAU, Travel Club, etc. It is imperative that all Hendrick Hudson student-athletes understand that the commitment to the school team comes first and outside participation should not be a detriment to an individual or the Hendrick Hudson team.

Heat Index Procedures

As per the New York State Public High School Athletic Association, Hendrick Hudson must follow the administration of the following Heat Index Procedures:

• Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
• The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
• If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

- RealFeel (Heat Index) under 79 degrees- Full Activity, no restrictions.
- Recommended if Heat Index is 80-85 degrees, the following actions be taken:
    - Provide ample water and multiple water breaks
    - Monitor athletes for heat illness
    - Consider reducing the amount of time for the practice session
- Recommended if the Heat Index is 86-90 degrees, the following actions be taken:
    - Provide ample water and multiple water breaks
    - Monitor athletes for heat illness
    - Consider postponing practice to a time when Heat Index is lower.
    - Consider reducing the amount of time for the practice session
    - 1 hour of recovery time for every hour of practice (ex. 2 hr practice = 2 hr recovery time)
- Recommended if Heat Index is 91-95 degrees, the following actions be taken:
    - Provide ample water and multiple water breaks
    - Monitor athletes for heat illness
    - Consider postponing practice to a time when Heat Index is lower.
    - Consider reducing the amount of time for the practice session
    - 1 hour of recovery time for every hour of practice (ex. 2 hr practice = 2 hr recovery time)
    - Light weight and loose fitting clothes should be worn
    - For Practices, only Football Helmets should be worn. No other protective equipment should be worn.
- Required if Heat Index is 96 degrees or higher, the following actions be taken:
    - No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Hendrick Hudson's Concussion Management Program

Hendrick Hudson School District
Concussion Management Program

The district's practice is to hold a student-athlete out of competition a minimum of seven (7) days starting the first day the student is symptom free. The student-athlete must also complete and pass the seven (7) stages of the Return to Play (RTP) Protocol. This policy was developed using information from the National Athletic Trainers' Association Position Statement on Management of Concussions, the Vienna, Prague, and Zurich Concussion Conferences, area high schools and colleges' policies, and the University of Pittsburg Medical Center's Sport Concussion Program called ImPACT

The district policy pertaining to suspected and/or diagnosed concussions for student-athletes participating in interscholastic athletics is as follows:

- Any positive signs and symptoms, the student-athlete is held out of competition and practice.
- No student-athlete will be allowed to return-to-play (RTP) on the same day they show signs or symptoms of a concussion regardless if signs and symptoms return to normal.
- A student-athlete who is suspected of a concussion must be evaluated by an allied health care professional and must show written documentation of the evaluation before starting the district's RTP protocol.
- A student-athlete will only RTP after they complete the seven stages of the district RTP protocol (see attached) supervised by the athletic trainer.
- Per New York State law, the Hendrick Hudson School District physician will have the final approval of all student-athletes RTP status.

The National Athletic Trainer's Association (NATA) and the American Orthopedic Society for Sports Medicine (AOSSM) define a Cerebral Concussion as a pathological process affecting the brain induced by a direct or indirect force. Concussion symptoms can involve **1** or more of the following conditions:

Headache-(most common sign/symptom), nausea, vomiting, dizziness, balance problems, feeling sluggish, fatigue, trouble sleeping, drowsiness, sensitivity to light and noise, Loss of Consciousness (LOC), blurred vision, difficulty remembering, or difficulty concentrating, irritability.

Concussions are graded on a severity scale of I-III by the American Academy of Neurological Concussion Grading (AANCG)

Grade I: (Mild) - No Loss of Consciousness (LOC), Symptoms and mental status abnormalities (Confusion etc.) resolve in less than15 min.

Grade II: (Moderate)- Transient Confusion; no LOC; symptoms and mental status abnormalities last greater than15 min.

Grade III: (Severe) - Any LOC, Symptoms lasting greater then7days.

- **It has been shown that longevity of symptoms is the greatest contributing factor to grading the severity of concussions.**

Complications of Concussion

1) **Convulsions:**
   - Convulsive movement within seconds of concussion
   - Usually benign
   - Athlete should be referred to Emergency Room (ER)

2) **Seizures**:
   - Can occur days or months after concussion
   - Athlete should be referred to family physician/Neurologist for treatment before being allowed to return to activity.

3) **Post Concussion Syndrome**:
   - Persistent post-concussion symptoms lasting months,
   - Indicator of severity, no return to play while symptoms persist.
   - Athlete with post concussive symptoms should be evaluated by a Neurologist before returning to activity.

4) **Second impact syndrome:**
   - Occurs within minutes of suffering a second concussion while still suffering from initial injury
   - Both injuries can occur in same sporting event
   - Vascular engorgement leads to massive intracranial pressure and brain herniation
   - May occur with subdural hematoma
   - **Can result in brain damage or death**
   - **Most cases in literature athletes were under 20 years old.**
   - These cases should be treated as medical emergencies.

Return to Play

The most controversial aspect of all concussion research and discussion is when to return an athlete to play, and when to have the athlete evaluated by a physician.

1) **Any Hendrick Hudson athlete who suffers a concussion or reports concussion symptoms should be evaluated by a physician (*and have a CT performed)* before being allowed to participate.**
2) Grade I concussion:
   - **Sideline Decision**- According to the AOSSM the safest course of action is to withhold the athlete from competition. The decision to return to play (RTP) will be made on a case by case basis by the Athletic Trainer and/or team physician.
   - **Advised 5- 7 day rest period**. The research shows that a 7 day rest period minimizes the risk of complications and recurrent injury. It has also been shown that same season repeat injuries occur with a 7-10 day time period.
   - **Pass Functional Test**- Athlete must be symptom free at rest. They must also pass neurological assessment or Standard Assessment of Concussion (SAC). Functional test consists of push-ups, sit-ups and a 50yard run. If symptoms return during this test then the athlete is put back on rest for 2-3 days and tested again. Once the athlete passes the physical test they may return to low impact sports specific activities. If they remain symptom free after 1-2 practices they may return to full contact.
3) Grade II Concussion:
   - **Mandatory 7 day rest period-** Athlete is to rest 7 days, no exceptions.
   - **Pass Functional Test**- Athlete must be symptom free at rest. They must also pass neurological assessment or SAC. Functional test consists of push-ups, sit-ups and a 50yard run. If symptoms return during this test then the athlete is put back on rest for 2-3 days and tested again. Once the athlete passes the physical test they may return to low impact sports

specific activities. If they remain symptom free after 1-2 practices they may return to full contact.

4) Grade III Concussion:
   - **On Field Management**- Medical Emergency. An unconscious athlete is spine boarded and transported to the Emergency Room by Emergency Medical Services (EMS).
   - **Mandatory 7 days symptom free period**- Athlete must be cleared by a neurologist and must be symptom free for 7days. This could translate into an extended period of rest.
   - **Pass Functional Test**- Athlete must be symptom free at rest. They must also pass neurological assessment or SAC. Functional test consists of push-ups, sit-ups and a 50 yard run. If symptoms return during this test then the athlete is put back on rest for 2-3 days and tested again. Once the athlete passes the physical test they may return to low impact sports specific activities. If they remain symptom free after 1-2 practices they may return to full contact.
5) Multiple Concussions:
   - **Second Concussion During a Season-** Athlete is withheld until he or she is symptom free for 7 days post concussion. This could translate into an extended period of rest. Depending on the severity of the injuries sustained then the athlete may be held out for the remainder of the season.
   - **Third Concussion-** Any athlete that suffers 3 concussions in a school year should be disqualified from participating in athletics. They should also be made aware that a 4th concussion could cause impairments for life and should be advised to not participate in contact athletics again. The district should consider barring these athletes from competing in contact sports.

<u>Return to Play Protocol</u>

Stage 1 – rest until symptom-free (asymptomatic)
- Once the student-athlete is symptom-free for a full 24 hour period they may move on to stage 2

Stage 2 – fast walking/stationary bike 15-20minutes under supervision
- Any S/S's stop for the day and start Stage 2 over again after symptoms are gone for 24 hours
- If symptomatic post exertion with in 24 hours, rest until asymptomatic and start Stage 2 over again
- When asymptomatic for 24 hours after clean completion of Stage 2, proceed to Stage 3

Stage 3 – jogging/ running 20 minutes
- Any return in S/S's stop
- When asymptomatic for 24 hours proceed to Stage 4
- If symptomatic post exertion with in 24 hours, rest until asymptomatic and start Stage 3 over again

Stage 4 – Non-Contact Sports Drills for 30-45 minutes
- Any return in S/S's stop
- Athlete is asymptomatic for 24 hours proceed to Stage 5

Stage 5 - Full Participation in practice without contact
- Any return in S/S's stop
- When asymptomatic for 24 hours proceed to Stage 6
- If symptomatic post exertion with in 24 hours, rest until asymptomatic start again with Stage 5

Stage 6 - Full Practice No Restrictions
- Any return in S/S's stop
- When asymptomatic for 24 hours proceed to Stage 7
- If symptomatic post exertion with in 24 hours, rest until asymptomatic start again with Stage 6

Stage 7 - Cleared for RTP No Restrictions for Competition by Neuropsychologist and/or primary care physician and AT

Weight Room Guidelines

The Hendrick Hudson School District's Athletic Department encourages the use of either of our Fitness Rooms, either at Hendrick Hudson High School or at Blue Mountain Middle School. Students are not to be utilizing the fitness rooms without a supervisor present. The supervisor of the fitness room is there to encourage and enhance the fitness the levels of our students. There are several guidelines that must be followed by the students as they are utilizing the fitness room:

- No students may enter Fitness Room without supervisor
- No horseplay at any time
- No food in Fitness Room
- Only water may be used in the weight room to hydrate
- Proper clothing must be worn
- Do not slam weights
- A spotter must be used at all free lifting stations
- Return all free weights to their correct rack
- Report any injuries to supervisor immediately

The Hendrick Hudson School District, as per the district's Wellness Policy, encourages the use of our Fitness Rooms by staff members. Staff may utilize the room at times designated by the district and after completion of proper paperwork.

Hendrick Hudson School District's Code of Conduct

Expectations of Conduct for Participation in Extracurricular Activities and Interscholastic Athletics

We believe that students who have the privilege of participating in extracurricular activities and interscholastic athletics should conduct themselves at all times as responsible representatives of the Hendrick Hudson School District. In order to ensure this conduct, coaches, advisors and administrators must enforce the HHSD Student Code of Conduct, issued to all students annually. Furthermore, participants who fail to abide by these Expectations of Conduct for Participation in Extracurricular Activities and Interscholastic Athletics are subject to disciplinary action. The Code of Conduct will apply throughout the calendar year.

This includes attending and/or remaining at any location, on or off school grounds, where the consumption of drugs or alcohol or other illegal activity or activity otherwise prohibited by the Code of Conduct is taking place. In this situation it is the responsibility of the student to remove himself/herself, beyond all reasonable doubt and proximity, from the situation. A student who makes a willful choice to remain at such an event is in violation of the Code of Conduct even when the student has not personally consumed any alcohol or drugs or engaged in any other illegal or prohibited activity at said location. The following sanctions will apply to any student in violation:

Ineligibility for participation in activities including, but not limited to:

- Interscholastic Athletics

- Extracurricular activities

Revocation of student attained privileges such as dances, trips, senior privileges, parking privileges, attendance at school sponsored events, Honor Society membership, etc.

The duration of such ineligibility or revocation of privileges shall be within the sole discretion of the appropriate principal and/or athletic director after an informal conference between the principal and/or athletic director and the student in question to discuss the conduct giving rise to the ineligibility/revocation of privileges.

Any student involved in an extracurricular activity or interscholastic athletics who is issued an out of school suspension ("OSS") for behavior which violates the Code of Conduct or Athletic Code of Conduct, including but not limited to the circumstances included above will lose eligibility, at a minimum, for the next scheduled game, competition or event. Further disciplinary action beyond the one game, competition or event suspension, up to and including permanent removal from participation in athletic, social, and extracurricular activities and/or revocation of student privileges, may be imposed, depending upon the circumstances of the incident. If the first OSS does not result in permanent removal, a student receiving two (2) OSS will be permanently removed from participation in an extracurricular activity and/or interscholastic athletics for the remainder of the season. In the event the particular activity/athletic season has fewer than three (3) games, competitions or events remaining, the student's removal may extend into the next school year.

Procedures and Due Process for Athletic/Extracurricular Discipline

1. Athletic, Extracurricular and Activity Discipline

   A student may be ineligible for athletic or extracurricular activities or disqualified from participation altogether if a student engages in behavior that violates the Code of Conduct. The building principal and/or athletic director may impose ineligibility or disqualification. This means the student is not allowed to participate in practices/activities/games/events for a period of time to be determined by the building principal and/or athletic director.

   Coaches/advisors have the discretion to require that a student sit out for the remainder of a particular game, competition or activity if the student engages in disruptive behavior or behavior that otherwise violates the Code**.** In addition**,** Coaches/advisors may recommend to the principal or athletic director that a student be considered for ineligibility or disqualification

   - The building principal and/or athletic director will inform the student of the deficiencies, how the student is to correct them and the number of days of ineligibility or loss of privileges
   - Parents will be contacted and a written explanation of the incident and consequences will be provided to them. The written notice must be provided by personal delivery, express mail delivery, or some other means that is reasonably calculated to assure receipt of the notice within 24 hours of the decision to propose ineligibility or loss of privileges. Where possible, notice should also be provided by telephone if the school has been provided with a telephone number(s) for the purpose of contacting the parents.
   - The notice shall provide a description of the charges against the student and of the incident for which ineligibility or loss of privileges is proposed and shall inform the parents of the right to request an immediate informal conference with the building principal and/or athletic director.

Upon completion of the period of ineligibility or loss of privileges, and if the deficiency is corrected, the student is removed from athletic/extracurricular ineligibility and or privileges are reinstated; if the deficiency is not corrected, the athletic/extracurricular ineligibility or loss of privileges period is extended or the student is recommended for disqualification from the team/club/activity.

2. Opportunity to Modify Ineligibility Status: Seeking Assistance
   A student who seeks and receives help for a problem shall be given the opportunity for assistance through a school approved public or private agency. All costs for such participation shall be the sole responsibility of the student/family, and will not be covered by the school or school district. In no instance shall participation in the school approved assistance program excuse a student from subsequent compliance with the Code of Conduct. However, successful utilization of such an opportunity by the student may allow him/her to have eligibility re-instated in their activity and or privileges restored after a minimum two week suspension from participation and pending a recommendation by the building principal and/or athletic director. **Students may not participate in extracurricular activities or interscholastic athletics during this period.**

STUDENT DISCIPLINE POLICY

The Board of Education (the "Board") believes that each student can reasonably be expected to be responsible for his or her own behavior. The Board expects that all students will conduct themselves properly at all times, as representatives of the Hendrick Hudson Central School District and as members of this community. The Board is committed to maintaining civility and public order on school property and during school-sponsored events whether conducted on or off District property. It is also committed to protecting learning, freedom of speech, a free exchange of ideas and peaceful assembly.

The district administration shall develop and disseminate rules of conduct, focusing on personal safety and respect for the rights and property of others, during school-sponsored events, and whether conducted on or off District property Students who fail to meet this expected degree of responsibility and violate the Code of Conduct may be subject to appropriate disciplinary action and more regulated supervision.

The school disciplinary code and all penalties shall apply to conduct off school grounds that may endanger the health or safety of pupils within the educational system or adversely affect the educative process. If the District receives notice that a student has engaged in such off campus misconduct, the student's building principal or his/her designee shall make an investigation of the incident to determine whether there has been a violation of the Code of Conduct and whether this alleged violation endangers the health or safety of pupils within the educational system or adversely affect the educative process. If so, the student may be subject to the discipline procedures set forth in the Code of Conduct and this Policy.

Any teacher, administrator, Board member, parent or community member has a right to / is encouraged to report any violation of the student disciplinary code to building administration. Indeed, students, and administrators have an affirmative obligation to report such violation when they occur on school property during school hours and during school-sponsored events whether conducted on or off District property. Building administration or other designated district official(s) will make an investigation of the charges. Such an investigation may include conferences with the complainant, student,

parents, teachers, other student service personnel, or others as is appropriate for the early identification and resolution of suspected discipline problems. They may then institute a disciplinary proceeding based on the outcome of the investigation.

Any student who participates in extra-curricular activities and whose behavior violates the Code of Conduct and/or the Athletic Code of Responsibility, whether such behavior occurs on or off of school property and at any time during the entire calendar year, may be disciplined pursuant to the procedures and consequences set forth in the Code and where applicable, the rules and or regulations governing such extra-curricular activity (i.e. the Athletic Code of Responsibility).

Discipline is most effective when it deals directly with the problem at the time and place it occurs, and in a way that is viewed as fair and impartial by the student. Therefore, before seeking outside assistance, teachers will first use all their resources to create a change of behavior in the classroom. When the teacher has made every effort to bring about positive behavioral change, and has been unsuccessful, the teacher will bring the matter to the attention of the building administration. Once done, the teacher and Building Principal will develop a strategy for dealing with the problem.

A student identified as having a disability shall not be disciplined until the procedures set forth in the Code of Conduct for disciplining such students have been followed. The same provision extends for students suspected of having a disability for discipline purposes in accordance with the Individuals with Disabilities Act. Any question relating to the discipline of such student(s) will be referred to the Committee on Special Education and the student's building principal.

The Board recognizes the importance of training in support of this policy and the Superintendent shall be responsible for implementing an appropriate in-service program developed in consultation with the administrators, teaching staff and parents.

Pupil service personnel, administrators, teachers, counselors and others will report students to the building principal when they believe a student presents a discipline problem. The principal or other designated individual (the "investigator") will conduct an investigation of the reports. Such investigations may include conferences with the complainant, student, parent, teachers, other pupil service personnel or others as the investigator deems appropriate for the early identification and resolution of the suspected problem. If the investigator suspects that the problem may be related to a disability (whether or not the student is currently classified), she or he will follow the necessary procedures relating to the discipline of students with disabilities and students presumed to have a disability for discipline purposes, as prescribed in the Code of Conduct. In the case of students suspected of having a disability who are not classified, the investigator shall also follow the necessary and proper procedures for making a referral to the Committee on Special Education. Disciplinary action, when necessary, will be firm, fair and consistent in order to be most effective in changing behavior.

Pursuant to Section 100.2 of the Commissioners' regulations, such action will be appropriate to the seriousness of the offense. Extreme penalties (e.g. a one-year suspension) will not be assigned without first reviewing the student's anecdotal record, disciplinary records and considering the circumstances which led to the improper behavior.

This policy, the Code of Conduct, and the Board's rules and regulations for the maintenance of public order on school property will be publicized and explained to all students and provided in writing to all parents on an annual basis.

STUDENT RIGHTS AND RESPONSIBILITIES

The Board of Education's goal is to provide an environment in which a student's rights and freedoms are respected. The Board therefore assures students that they shall have all the rights afforded them by federal and state constitutions, statutes and regulations. The Board also recognizes all federal, state and local laws in connection with these rights, and reminds students that certain responsibilities accompany these rights.

It shall be the right of each student:

1. to have a safe, healthy, orderly and courteous school environment; to take part in all district activities on an equal basis regardless of race, gender, national origin, or disability;
2. to attend school and participate in school programs unless suspended from instruction and participation;
3. to have school rules and conditions available for review and, whenever necessary, and have an explanation by school personnel;
4. to be safeguarded from any retaliatory behavior by other members of the school community;
5. in all disciplinary matters, to have the opportunity to present his/her version of the facts and circumstances prior to the imposition of disciplinary sanctions to the professional staff member imposing such sanction;
6. to be disciplined consistent with the District's established Code of Conduct
7. to be suspended from instruction only after his or her rights pursuant to Education Law Section 3214 and established District policy have been observed; and
8. to not submit to a survey, analysis, or evaluation that reveals information concerning:
    a. political affiliations;
    b. personal health problems potentially embarrassing to the student or his/her family;
    c. sexual behavior or attitudes;
    d. illegal or self-incrimination
    e. critical appraisals of other individuals with whom respondents have close family relationships;
    f. legally recognized privileged and comparable relationships, such as those of lawyers, physicians, and ministers; or
    g. income (other than that required by law to determine eligibility for participation in a program or for receiving financial assistance under such program); without the prior written consent of the student, if over 18 years of age, or without the prior written consent of the parent/guardian for those students under 18 years of age.

    However, such survey, analysis or evaluation may be conducted on a wholly voluntary basis, provided that the student and his/her parent/guardian have been notified of their rights and of their right to inspect all materials related to the above.

It shall be the responsibility of each student:

1. to contribute to the maintenance of an environment that is conducive to learning and to show due respect to other persons and to property;
2. to work to the best of his or her ability in all academic and extracurricular pursuits and strive toward the highest level of achievement possible;
3. to conduct himself or herself as a representative of the District and as such hold himself or herself to the highest standards of conduct, demeanor, and sportsmanship, and accept responsibility for his or her actions at all times;
4. to be familiar with and abide by all District policies, rules and regulations pertaining to student conduct;
5. to report any activity that may lead to a dangerous situation and/or disciplinary procedures;
6. to seek help in solving problems that may lead to a dangerous situation and/or disciplinary procedures;
7. to make constructive contributions to the school, and to report fairly the circumstances of school-related issues;
8. to be in regular attendance at school and in class;
9. to dress in accordance with standards promulgated by the Board and the Superintendent;
10. to abide by the District's established Code of Conduct
11. to abide by all Federal, State and local laws and regulations at all times.

TRANSPORTATION FORM

Student Athletes will be transported to away contests by school authorized vehicles only. There may be times when it becomes necessary for a parent to pick up an athlete after a game. This must be cleared with the coach. The parent should give the coach the transportation release form prior to the game. All squad members are expected to conduct themselves in a fashion that will ensure the safety of all passengers.

Transportation Procedure

Date of Contest _____ Athletic Site _____

Please check off which applies:

_____ I will be taking my child, _____, with me after today's contest.
(Name of your child)

_____ I hereby give my daughter/son _____ a
(Name of your child)
member of the _____ team, permission to leave with _____.
(Parent driving your child home)

I understand that the ability of the coach and other school personnel to properly control the students may be lessened when the students are not under their direct supervision. I agree that the coach and the school officers should not be held accountable when said authorized students utilize these alternatives means of transportation. I also understand that the coach and or Athletic Director reserve the right to refuse requests by players to leave their teams if, in the coaches' opinion, it serves the best interest of the individual or the program.

_____ _____
(Signature of parent or Guardian) (Date)

RETURN TO YOUR FALL COACH PRIOR TO FIRST CONTEST

Good sportsmanship is a top priority for the Hendrick Hudson Athletic Department. Displaying proper conduct is a concern that includes all participants, coaches, parents/guardians, spectators and administration. The guidelines listed below are expectations for appropriate behavior at all athletic contests:

a) **To be a good host by treating visitors as guests.**
b) **To treat opponents with respect. Remember, your opponents have also worked hard and want to win as much as you do.**
c) **To respect the judgment of the contest officials and coaches.**
d) **To avoid profane or abusive language.**
e) **To avoid taunting and other obnoxious behavior.**

Any individual who chooses to ignore these guidelines will be subject to removal from the contest. Please remember that these games are not a matter of life or death for anyone involved. Thank you.

I understand all of the topics above and I also agree to the terms stated in the athlete handbook, and will support the Athletic Department in assuring that my son or daughter adheres to all the rules within the handbook.

_____ _____

Signature of Parent Date

_____ _____

Signature of Athlete Date

RETURN TO YOUR WINTER COACH PRIOR TO FIRST CONTEST

Good sportsmanship is a top priority for the Hendrick Hudson Athletic Department. Displaying proper conduct is a concern that includes all participants, coaches, parents/guardians, spectators and administration. The guidelines listed below are expectations for appropriate behavior at all athletic contests:

a) **To be a good host by treating visitors as guests.**
b) **To treat opponents with respect. Remember, your opponents have also worked hard and want to win as much as you do.**
c) **To respect the judgment of the contest officials and coaches.**
d) **To avoid profane or abusive language.**
e) **To avoid taunting and other obnoxious behavior.**

Any individual who chooses to ignore these guidelines will be subject to removal from the contest. Please remember that these games are not a matter of life or death for anyone involved. Thank you.

I understand all of the topics above and I also agree to the terms stated in the athlete handbook, and will support the Athletic Department in assuring that my son or daughter adheres to all the rules within the handbook.

_____ _____

Signature of Parent Date

_____ _____

Signature of Athlete Date

RETURN TO YOUR SPRING COACH PRIOR TO FIRST CONTEST

Good sportsmanship is a top priority for the Hendrick Hudson Athletic Department. Displaying proper conduct is a concern that includes all participants, coaches, parents/guardians, spectators and administration. The guidelines listed below are expectations for appropriate behavior at all athletic contests:

a) **To be a good host by treating visitors as guests.**
b) **To treat opponents with respect. Remember, your opponents have also worked hard and want to win as much as you do.**
c) **To respect the judgment of the contest officials and coaches.**
d) **To avoid profane or abusive language.**
e) **To avoid taunting and other obnoxious behavior.**

Any individual who chooses to ignore these guidelines will be subject to removal from the contest. Please remember that these games are not a matter of life or death for anyone involved. Thank you.

I understand all of the topics above and I also agree to the terms stated in the athlete handbook, and will support the Athletic Department in assuring that my son or daughter adheres to all the rules within the handbook.

_____ _____

Signature of Parent Date

_____ _____

Signature of Athlete Date