



# Caledonia-Mumford Central School



2023-2024

## Parent/Student Interscholastic Athletic Guide



# Caledonia-Mumford Central School District

2023-2024

## Parent/Student-Athlete Handbook for Policies and Procedures

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Dan Dickens-Softball	Josh Shelton -Cross Country
Michelle Carson-Fall Cheerleading	Dave Veltre -Boys' Soccer
Michelle Carson-Winter Cheerleading	Mike Reed -Girls' Basketball
Mike Reed-Golf	Josh Shelton – Boys' Track
Amy Harmon-Volleyball	TBD - Baseball

## Foreword

To Parents of Student/Athletes:

The Athlete and Parent Handbook is presented to you because your son or daughter has indicated a desire to participate in the Caledonia-Mumford Athletic Program at the high school and/or middle school level. We believe that participation in Athletics provides a wealth of opportunities, developing life skills that will help students lead a happy and prosperous life and assist students in their education.

Maintaining a high-quality athletic program at CMCS is important to our students, school, and community. However, it should be understood that athletics at CMCS are a privilege and not a right. Students who participate should realize they have an obligation to themselves, their co-participants, and the school community to strive for excellence. Participation in these activities demands a commitment involving sacrifice and dedication. Therefore, in order to best foster the desirable qualities of pride, self-discipline, citizenship, academic excellence, and team spirit, a Code of Behavior shall apply to all students who participate in athletics at CMCS. We also feel that the student/athlete's family has committed to certain responsibilities and obligations. The handbook will make you aware of the specific policies and rules that are necessary for a well-organized Athletic program.

The Athletic Program is governed by the regulations established by the Commissioner of Education's basic code for extra class athletic activities. In addition, district, league, and school procedures have been established to protect and guide students.

Caledonia-Mumford is a member of the New York State Public High School Athletic association, competing as a Class C school in Section V. The league affiliation is with the Livingston County Public School Athletic Association.

Working toward a common goal involves maximum performance and consistent effort for a "successful experience". Each level of our athletic program develops specific outcomes for each participant.

If there is anything that can be done to make your participation in the athletic program a better learning experience, please contact the Athletic Office at the Senior High School, 538-3411

GO RAIDERS!

Yours in Athletics,

Michael Reed

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## Caledonia-Mumford-Parent Athletic Code Philosophy

### I. INTRODUCTION

Athletic participation is a privilege granted to **all students** who **voluntarily accept** the rules and regulations outlined hereunder.

### II. PHILOSOPHY

The athletic program is an **integral part of the total middle school and high school education process**. As such, it provides opportunities and emphasizes definite goals that are difficult to duplicate or achieve in other high school activities or in later life. It is desired that athletics be an enriching and healthful experience in which **physical, mental, and social growth** can be stimulated through inter-scholastic competition. It is also desired that the athletic program will develop individuals who project self-confidence, exhibit improved skills, and **practice good sportsmanship**. A genuine understanding of the athletic requirements, realized through a student-parent conference in which the rules of the Athletic Code are read and discussed, will help to bring about a greater understanding of the aims and objectives of the school athletic program. In accordance with New York State Public High School Athletic Association regulations, enforcement of the athletic code is the responsibility of the school and parents and athletes.

### ACADEMICS

Our student-athletes are just that: students first, athletes second. While no formal academic policy exists, it is the expectation of administrators, teachers, coaches, and parents that academics are the priority. If the academic performance of a student-athlete is not acceptable, all of the stakeholders will work together to ensure the student-athlete is doing everything possible to be successful. This could be, but is not limited to, extra study time and/or removal from game competition. This determination would be made by the building principal, director of athletics, and school counselor with input from the teacher, parents, and coach.

# CALEDONIA-MUMFORD CENTRAL SCHOOL

## RAIDER ATHLETICS

### Cal-Mum Interscholastic Athletic Opportunities Grades 7-12

	VARSITY	JV	MODIFIED A (Grades 7-8-9)	MODIFIED B (Grades 7-8)
<b><u>FALL</u></b>				
Cheerleading	X			
Boys Cross Country	X			X
Girls Cross Country	X			X
Football	X	X		X
Boys Soccer	X	X		X
Girls Soccer	X	X		X
Girls Volleyball	X	X		X
<b><u>WINTER</u></b>				
Boys Basketball	X	X		X
Boys Indoor Track	X			
Girls Indoor Track	X			
Girls Basketball	X	X		X
Cheerleading	X	X		X
Wrestling	X			X
<b><u>SPRING</u></b>				
Baseball	X	X		X
Boys Golf	X			
Girls Softball	X	X		X
Boys Tennis	X		X	
Boys Track & Field	X			X
Girls Track & Field	X			X
Unified Basketball	X			

## **Developmental Levels of Athletic Performance**

### **Modified Program**

The 7<sup>th</sup> and 8<sup>th</sup>-grade interscholastic program is the first formal competitive opportunity for students. Participation is the priority as these student/athletes will begin to practice with a purpose and develop skills of teamwork, sportsmanship, and discipline. These safe and supervised activities require an athletic code of responsibilities and its ensuing appropriate behavior to facilitate role models in our schools.

### **Junior Varsity**

As development continues for the athlete, he/she will become more familiar with the system used at the varsity level. Learning how to compete, becoming a member of a team, and understanding how the individual fits in a team role are emphasized. Winning and success become more focused. Each individual will be given the opportunity to play during the season at the discretion of the coach.

### **Varsity**

Varsity athletics is the culmination of continuous commitment and dedication to a particular sport. Athletes in these sports participate in a highly competitive atmosphere at the interscholastic level. The athlete will be involved in the league and possibly sectional and state competition. Playing time is at the discretion of the coach.

NOTE: The above mentioned competitive situations are limited in size and space. As a result, at all levels, athletes may have to try out for a position on the team. Each individual will be given an equal opportunity to compete for a roster spot.

## **Code of Ethics**

It is the duty of all concerned with school athletics:

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

## **Principles of the Interscholastic Program**

We believe interscholastic athletics serve as a miniature model of life; they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, citizenship, loyalty, and tolerance. Winning games has often been considered a measure of success. However, we feel that this is not so. This is not to say that the will to win is not important. It is very much a part of the total development of the athlete. However, of considerable greater importance, is the development of the person, and the affording of each student the opportunity to fulfill his or her potential. Thus, the athletic program, which is centered on the welfare of the student, is a vital part of the total Caledonia-Mumford Central School District Curriculum.

To use fully the potential of athletics for educational enrichment, the interscholastic athletic programs:

- A. Are regarded as an integral part of the total educational program and are conducted so that it is worthy of such regard.
- B. Supplements rather than serves as a substitute for basic physical education programs and intramural programs.
- C. Are subject to the same administrative control as the total educational program.
- D. Are conducted by persons with adequate training either in physical education or through coaching certification programs.
- E. Are conducted so that the physical welfare and safety of participants is protected and fostered.
- F. Are conducted in accordance with the letter and spirit of the rules and regulations of the league, state, and national athletic associations.

### **New York State Education Department - Character definition**

The following definition of character is from the New York State Education department's education framework for athletics (EFA). Character, one of the educational goals of a quality interscholastic athletic program, is defined as a student-athlete who demonstrates:

- 1. Responsibility
- 2. Accountability
- 3. Dedication
- 4. Trustworthiness/Fair Play
- 5. Self-Control

# **Code of Behavior and Ethics**

## **Parent/Spectators Code of Behavior/Ethics**

### **It is the responsibility of the parent/spectator to:**

1. Spectators are an important part of the game and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. Spectators should at all times act respectfully towards officials, coaches, players, cheerleaders, and other spectators.
3. Enthusiastic cheering for one's own team is encouraged. Cheering against the other team is disapproved of. Booing, whistling, stamping of feet, and disrespectful remarks shall be avoided. Avoid actions that would be offensive to visiting teams or individual players. All courtesies should be extended during a free throw in basketball. Anyone who does not abide by this rule will be asked to leave the premises.
4. Pep bands or school bands under the supervision of school personnel may play during time outs, between periods, or at half-time. Bands must coordinate their play so as to not interfere with a cheerleading squad on the floor or field.
5. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises. A forfeiture may be declared by the officials.
6. Spectators should encourage each other to observe courteous behavior. Swearing and/or derogatory remarks or signs will not be tolerated. Improper behavior should be reported to the school officials.
7. All posters for display at an activity shall reflect good taste and acceptable language. The supervisor at the home school shall determine their acceptability.
8. Spectators will observe the rules of the local school concerning food and drink consumption, littering, and parking procedures. The refreshment area will be open only before the game, during halftime and between games for indoor contests.
9. Spectators will remain in their seats except for halftime and between games at indoor contests. Spectators will refrain from walking on the court or field before, during, and after the game.
10. Elementary school students must be accompanied by an adult when attending interscholastic contests.
11. Spectators will maintain a respectful attitude during the flag ceremonies and the national anthem.
12. Spectators will not bring alcoholic beverages or other controlled substances onto school grounds, the smell of or acting as if under the influence of alcohol, tobacco products or other controlled substances.
13. Spectators who leave the building before the contest is over will not be readmitted.
14. Students should have rides waiting for them at the school when the contest is over.
15. Spectators will respect and obey all school officials and supervisors at athletic contests.
16. Accept the judgment of coaches and officials. Encourage other spectators to participate in the spirit of good sportsmanship.

Fans at athletic contests should realize that there is a difference between sportsmanship and rowdiness. Spectators are encouraged to support our teams and help bring about the type of school spirit we can be proud of.

## **Student-Athlete Code of Behavior/Ethics**

It is the responsibility of the student-athlete to:

1. Demonstrate self-control and respect for others at all times be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform reflects poorly upon yourself, your family, your school, and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity.
8. Remember that the use, abuse and resulting negative influence of drugs, including alcohol and tobacco are detrimental to the game and its participants.

## **Coaches Code of Behavior/Ethics**

It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example while coaching your athletes.
2. Respect the integrity and judgment of the officials.
3. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
4. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators.
6. Instruct the players in the elements of good sportsmanship, and remove players from competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents, or spectators.
8. Avoid or eliminate negative comments on the radio, TV, and newspaper reporters.
9. Avoid the use, misuse, and negative impact of drugs, including alcohol, tobacco, and supplements on the players, spectators, and the game.

## **No Smoking Policy**

To comply with Federal and State law and to acknowledge the dangers of smoking, particularly in an environment where children are present, the Caledonia-Mumford Board of Education prohibits the use of tobacco in all school facilities, on all school grounds, and in any vehicle on school grounds.

Ref: New York State Health Law 1399-n; 1399-o 108 STAT 124, P.L/103-277 Section 1042. This policy became effective on December 29, 1994.

## **Elements of Good Sportsmanship Livingston County Sportsmanship Code**

In an effort to promote GOOD SPORTSMANSHIP at athletic contests, spectators should be aware of the following expectations while attending contests in our school or as visitors in another school. Fans should be aware that the cheerleaders, players, coaches, and the crowd are being judged at each event. The County Athletic League provides a sportsmanship award to the schools that display the best sportsmanship over the course of the season.

### **Section V Sportsmanship Policy**

Learn and understand the rules of your sport. Play hard, play to win, but play fairly within the rules. Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control. Respect your opponent. Never taunt. Congratulate him or her at a game's end. Acknowledge good play. Respect the integrity and judgment of officials. Never question the decision of an official. Be an example for your school, teammates, and opponents. A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest. A player who strikes or otherwise physically assaults an official will be subject to suspension from athletic competition. A physical confrontation with an official is any incident in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during, or after a contest or game.

### **Key Elements of Good Sportsmanship**

#### **Role Models:**

- Positive role-modeling by coaches
- Proper role-models
- Positive parental support

#### **Perspective:**

- Remember, it is a game
- Remember, they are kids

#### **Courtesy:**

- Mutual respect
- Opponents shaking hands
- Common courtesy
- Respect for opponent
- Fair Play
- Positive acknowledgment of skill and talent
- Met at site by opponent

**Follow Rules:**

- Listen to coach
- Follow directions
- Know rules
- Understand rules

**Positive Environment:**

- Life environment
- No violence
- Use of proper language
- Positive family support
- Cheer for good play by both sides
- Positive recognition of sportsmanship
- Welcome signs/cheers
- No "Hot dogging"
- positive pre-game PA announcements
- Positive PA announcers

**Respect for Authority:**

- Officials introduced in the locker rooms to both teams
- Refer to officials/coaches as sir or madam
- Respect for officials' cars
- Appreciation for one another
- Coaches meet pre-game
- Support decisions of coaches, official, players

**ANY INAPPROPRIATE SPECTATOR BEHAVIOR DIRECTED AT THE COACHES, PLAYERS, SPECTATORS, AND OFFICIALS, COULD RESULT IN DISCIPLINARY ACTION INCLUDING PERMANENT SUSPENSION FROM ATHLETIC EVENTS.**

## **Top Ten Reasons to be a Designated Good Sport**

1. Because taunting, trash-talking and intimidating behavior have no place in high school sports or any level of sports.
2. Your admission is to watch the performances of highly impressionable 12-18 year old students is not a license to abuse coaches, officials, players, and other spectators.
3. You want others to treat you the way you want to be treated, and how many of us want to be treated with disrespect?
4. We need more positive role models for our kids.
5. People do not always remember the final score, but they always remember the fan in Row Three who made a fool of himself or herself.
6. Because the coaches and officials are also teachers. Would you harass them in their classroom?
7. A National survey indicates that kids who play high school sports have fun, not to be #1.
8. It is how you play the game that counts.
9. It is simply the right thing to do.
10. Because good sportsmanship begins with you.

GOOD SPORTS ARE WINNERS

National Federation News/MARCH 1995

## **The Athletic Season**

An athletic season will commence on the first day of preseason tryouts and/or practice. The last day of a season will be after the final contest in which any athlete participates during that season.

### **Eligibility**

- Any student-athlete who has reported to the main office after 7:45 a.m. may not participate in practice or an athletic event/contest.
- Students serving in school or out of school suspension are not eligible to participate in practices or athletic events/contests.
- A limited number of times based on the season, a student-athlete can become eligible to participate in practice or an athletic event/contest with a Participation Pass. If a student who is not in school by 7:45 am but arrives by 9:15 am with a parent note for an unexcused absence (a parent note for sickness, car issues, running late, etc. is unexcused) will be granted a participation pass for that day. Students that attend the BOCES program in the morning who miss the bus, need to report to school by 9:15 am in order to be able to use a participation pass. If the student does not have the note, but one can be sent to the appropriate office by 2:30 pm the pass can be granted. Unlike last year the student does not have the option of using or not using a pass, if they meet the criteria they will be awarded a pass.
- A participation pass may be granted by the building principal or his/her designee for an extraordinary situation that arises beyond the control of the student. The student must make a request in writing to the building principal that explains what other options have been considered and attempted prior to the request to leave school. In order to utilize this feature the student must be in good academic and behavioral standing. The request could only allow the student to miss time during a study hall or time where the student would not miss instruction. This option may be utilized once during the school year and counts against the total number of passes used in a season.
- The limits on the Participation Pass for students on high school sports teams are as follows, Fall Season 3 passes, Winter Season 4 passes, Spring Season 3 passes. Students on modified sports teams get 2 passes for each of the modified seasons. The participation passes do not carry over from season to season or from year to year.
- Student-athletes that arrive at school after 7:45 am may participate in practice or an athletic event/contest provided they have a verified legal excuse.
- A student-athlete who has an approved early dismissal or late arrival must make every attempt to return to school immediately after their appointment. Upon return to school, the athlete must present verification of attendance at the appointment to their building principal to become eligible. If their return is after the school day has ended and they wish to participate, they must present the verification to the coach.

Any student-athlete who participates while ineligible will have consequences assigned which could include but is not limited to being ineligible the following day practice or next event/contest. The determination of consequences will be made by the Building Administrator and/or Director of Athletics.

- Any student-athlete in legal attendance before 7:45 am, but leaves school due to an illness must have a doctor's note of fitness to play to be eligible for practice or to play in an athletic event/contest the same day.

**Practices** - The purpose of practice is to help our student-athletes prepare mentally and physically to safely participate in live gameplay. To prepare the team, of which they are a part, for live gameplay. Student-athletes that miss a practice or remove themselves from portions of practice may create a situation that is unsafe for them and/or other members of the team. As a consequence, they may not be eligible for live gameplay. In addition, all student-athletes are expected to participate in a complete sports season. If they do not, they forfeit all awards. They must make all practices and athletic contests. There may be practices and contests on Saturdays, holidays, and school vacations.

**Family Vacations** - When parents and student-athletes choose to take their vacations during the sports season, it must be understood that the time missed can affect personal conditioning and team chemistry. Student-athletes who miss practice or competition for any reason may have their position or playing time adjusted.

**Outside Participation** – The NYSPHSAA allows outside participation. Caledonia-Mumford student-athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Cal-Mum team. There will be many circumstances where a student-athlete should not participate in an outside activity due to the possible effect on themselves or the team. Do not participate until you check with the individual coach involved. Student-athletes who miss practice(s) or contest(s)/game(s) for other outside participation may have their position or playing time adjusted.

**Conflicts** - Advisors/coaches should make every effort to coordinate schedules annually, and/or seasonally, to minimize scheduling conflicts. Student-athletes are to make their coach/advisor aware of any conflicts as far in advance as possible. When a conflict occurs between scheduled events, the student-athlete may choose either activity after consulting with the adult advisors/coach in a timely manner. If a serious difference of opinion arises, the conflict will be resolved jointly by the student-athlete and the adult advisors/coach.

## **Awards and Banquets**

### **A. General Information:**

1. All student-athletes will receive an award certificate indicating participation on a sport team if they have completed a season in good standing.
2. The varsity athlete shall be awarded only one (1) letter per sport season during his/her career. A certificate of participation will be awarded for additional letter winning years.

### **B. Varsity Letter Qualifications**

The awarding of a varsity letter is not the right of each individual on a team, but rather an honor that must be earned by the individual athlete.

1. The coach will determine who will receive a letter.
2. Each individual coach will set forth specific criteria for earning a varsity letter in his/her sport. The criteria set forth will give meaning to the recipient of the letter award.
3. The award is not given for participation and attendance alone. Athletes unable to complete a season due to injury, illness, or other circumstances may earn a letter if the coach feels it is justified.

### **C. Tri-Athlete Award**

1. This award is to be presented to a student athlete that has earned a varsity letter in three sports during the academic year.
  - a. This award notice of achievement will be presented to student-athletes at the end of the year during the school awards assembly.
  - b. The focus of this award would be to motivate more students to participate in three sports during the course of the academic year.
  - c. This award is for both girls and boys.
2. Level I – Student athletes that lettered in three varsity sports in one academic year regardless of grade-level will receive a Tri-Athlete Patch.
3. Level II – Any student-athlete that has lettered in three varsity sports for two years regardless of grade-level will receive a Cal-Mum Sports Blanket.
4. Seniors that have lettered in three varsity sports in three or more years will receive a plaque. This student-athlete will already have completed Level I and II requirements.
5. Each student-athlete will only be recognized once at each level.
6. Recognition and awards will be handed out by the Director of Athletics or his designee at the Academic Awards Banquet.

#### **D. Individual Team Awards**

Any **special award** a varsity coach would like to present his/her team members may be requested to the Director of Athletics. i.e. MVP, MIP, etc.

#### **E. League, Section V, and State Awards**

1. Individual medals and certificates are awarded to league champions and certificates are awarded by the league when the coach's group elects them.
2. Individual and team awards are presented to sectional champions and for individual performance in sectional and state play.

#### **F. Sports Banquets**

1. It is up to the discretion of the individual sports team's booster organizations to sponsor a banquet at the conclusion of the fall, winter, and spring sports seasons.
2. The Caledonia Hook and Ladder and Big Springs Pumper Co. and Auxiliary have sponsored a football banquet for more than sixty years. They will continue to do so at their discretion.

## **Athletic Rules and Expectations**

To be a member of a Caledonia-Mumford team is a privilege and each student/athlete should strive to perform to the best of his/her athletic and academic potential. Therefore, all student-athletes must adhere to the athletic rules and regulations stated in both the Caledonia-Mumford Central School Code of Conduct and Parent/Student Interscholastic Athletic Guides. Any violation of the Caledonia-Mumford School Code of Conduct, Athletic Guide, and/or training rules may have consequences assigned by the coach, athletic director, and/or building principal.

### **Training Rules:**

1. Each student/athlete will conform to the specific training rules of his or her sport.
2. Each student/athlete will conform to the specific rules and regulations of the School.
3. The student/athlete will attend classes and will be on time for school.
4. The student/athlete will follow the field trip guidelines regarding the administration of medicine for school activities.
5. The student/athlete will be courteous and respect the rights of others and will exhibit a high degree of self-discipline.
6. The student/athlete will not berate coaches, teammates, or fans.
7. The student/athlete will not engage in disruptive behavior, including angry outbursts and fighting.
8. Once in uniform, the player shall remain with the team at all times. No mingling with the fans is allowed.
9. Students are expected to wear a clean, pre-assigned uniform to all games. Any deviations in the uniform must be approved by the coach.
10. The use of obscenities is inappropriate for players on the bench or field.
11. Should a player disagree with the decision of a referee, the player will make his or her feelings known only to the coach or team captain.
12. Instigating a fight with players or fans will be classified as a most serious offense.
13. Verbal harassment between teams, team members, or fans before, during, or after a game is inappropriate.
14. Disagreements with the coach will not be conducted in public, in front of fans, or in front of team members.
15. All players are expected to ride to and from all contests on the team bus and appropriate behavior is expected at all times.
16. Student/athlete dress for away games must meet the requirements of the Athletic Department and the approval of the coach.
17. Attend all practices and contests unless excused by the coach
18. Never engage in any activity or behavior which may cause criticism of his/her team or school.
19. Follow specific rules set by the coach.
20. Student/athletes are representing Caledonia-Mumford Central School District and therefore, must set a good example by using appropriate behavior on all away trips

## **Athletic Rules and Expectations (Continued)**

### **II. Training Rules in regards to alcohol, drugs, tobacco, and electronic cigarettes in and out of school:**

The Caledonia-Mumford Central School District believes that all student-athletes should conduct themselves in a manner that reflects positively upon their school and promotes good health.

- No student-athlete will possess, sell, or use tobacco products (including electronic cigarettes/vapor) at any time during the sports season.
- No student-athlete will possess or consume alcoholic beverages (alcohol in any form) at any time or place during the sports season.
- No student-athlete will possess, sell, or use illegal drugs (including synthetic drugs) at any time during the sports season.
- No student-athlete will use prescription drugs without the consent of a physician and/or parent at any time during the sports season.
- No student-athlete will be allowed to remain in the unauthorized presence of any form of alcohol and/or other illegal drugs (controlled substances).

Therefore, student-athletes that attend and/or remain at underage parties whether they consume and/or use any form of alcohol, drugs, and tobacco, the student-athlete will be subject to the same penalty offenses listed below.

#### **Administrative Procedures:**

Any student suspected of being in violation of the code will be afforded the following due process procedures:

#### Investigation Phase –

1. During the investigation, the student-athlete will be allowed to continue to participate in full practice and scheduled contests while school personnel determine if a violation has occurred.
2. The building administrator and/or athletic director will set up a meeting with the student, parents, and coach/advisor to review the situation and explain the course of action.
3. If it is determined that no violation has occurred, the student will continue full participation in practice and contests.
4. If a violation of the code of conduct has occurred, the following penalties will be instituted. (Please note, student-athletes who are asked in the initial investigation phase if they violated any of the aforementioned rules and the student-athlete says “no, they did not violate the athletic rules,” and the investigation process proves otherwise, additional consequences will be added to the first and second offenses.
5. A formal hearing, to involve the Superintendent of Schools, may be requested as part of the appeals process. At this point, the student-athlete will be suspended from practice and contests throughout the appeals process until a decision is rendered.

6. A final appeal can be made to the Board of Education. The student-athlete will remain suspended from practice and contests throughout the appeals process until a decision is rendered.

**Penalties for student-athletes who violate the Athletic Code of Conduct:**

Violations will accumulate separately for grades 7<sup>th</sup> and 8<sup>th</sup> and 9<sup>th</sup> – 12<sup>th</sup>. (Any violation that occurs in grades 7<sup>th</sup> and 8<sup>th</sup> will be cumulative. Violation(s) of the Code for grades 9 – 12 will be cumulative with no carryover from middle school.)

**First Offense:**

- A student-athlete will be ineligible to participate in contests for 25% of the scheduled season, inclusive of individual contests (counties) and the postseason (counties, sectionals). If the 25% results in less than a whole number we will round down from .49 and up from .5 to a whole contest.
- During the suspension, the student-athlete should participate in practice and sit on the bench during games, but they may not dress in uniform for games. Any games missed, unless excused by the high school principal or athletic director do not count toward the number of games they are suspended for.
- In order to return to game competition, the athlete must meet with a school counselor and complete a chemical use assessment. They must follow through completely with all recommendations in order to return to game competition. If the recommendations extend beyond the suspension they must meet weekly with the counselor or principal to verify they are actively completing the recommendations. If the student-athlete does not follow through with all recommendations then they will be removed from game competition until they do.
- If the suspension falls at the end of any sports season with a carryover of suspended contest/game (fall, winter, and spring), the student-athlete can continue the suspension next season or eliminate the carryover suspension by completing ten (10) hours of approved school supervised community service. The ten (10) hours of approved school supervised community service must be completed by the student athlete's first game/contest in the next season. The community service and the reduction of the suspension are only for the end of a sports season when carryover of suspended contest/game time occurs.
- If a student-athlete quits or is asked to leave his/her respective sport during a suspension, the suspension will carry to the next sports season in which the student-athlete would participate.
- Lastly, if the student-athlete lied during the initial investigation about violating the before mentioned rules, an additional two contest/game suspension will be instituted with no carryover opportunity offered between seasons.

**The following chart is for first offense violators. What you see is an example for a sport we do not offer. The Director of Athletics will complete the chart for each sport we offer, prior to the start of each athletic season and post on the athletics page on the school website. The suspension is based on the number of contests scheduled. No contests may be added later in the season in order to reduce the impact of a suspension. The number of contests includes individual events in each sport (counties) and postseason events (counties, sectionals).**

<u>Scheduled Contests</u>	<u>Sport</u>	<u>Suspended Contests</u>
12	Water Polo	3

Second Offense

- Suspension for a second violation of the code is suspension from ALL athletic participation for one (1) calendar year from the date when the violation occurred.
- This includes, but is not limited to, not practicing with the team, no involvement during games, and no participation at post-season banquets or award ceremonies.
- However, the student-athlete can reduce the suspension for the next sports season they participate in, by entering into a written contract.
- If the second offense occurs at a time that causes them to lose at least 20% of game competition in the current season the reduction would be 25% of the game competition for the next season they participate in.
- If they lose less than 20% of game competition in the current season they would only be able to reduce the suspension to 40% of the game competition for the next sports season they participate in.
- The contract would include, but is not limited to, proof of a school approved counseling/evaluation program, continued clean record of no violations, a community service project, and a meeting with the building principal, athletic director, school counselor, coach, and parent.
- While the student-athlete is completing the terms of the contract, they may practice with the team (in the next season they participate in) and they must attend games, but they may not dress in uniform for games. Any games missed, unless excused by the high school principal or athletic director, do not count toward the number of games they are suspended for.
- Scrimmages are considered practices and not games so the athlete may participate, but they do not count toward the game total with regards to the suspension.
- The student-athlete must complete the season in good standing in order for the suspension reduction. If they quit or are kicked off the team for any reason (other than a third violation of the code) then the suspension reverts to one (1) calendar year.
- If a third violation of the code occurs then the penalty for a third offense is used.
- A student-athlete may use this reduction one (1) time in their athletic career.
- Lastly, if the student-athlete lied during the initial investigation about violating the before mentioned rules, an additional two contest/game suspension will be instituted with no carryover opportunity offered between seasons.

Third Offense: If it is determined that a student-athlete violates the code a third time, the student will be suspended from athletic contests and practices for the remainder of his/her academic career

## Hazing

Hazing in any form, including initiation, which is degrading, is strictly forbidden by NYS law. 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 other person. It is understood that hazing of any kind is not allowed on this campus or in athletics. It is further understood that we have a duty to report any acts of hazing that we see or know of to a coach or administrator and participation in or failure to report any hazing acts will result in a disciplinary review and possible suspension and dismissal from the athletic program.

## Behavior

Good sportsmanship and citizenship are required of all student-athletes. A student-athlete's conduct is to be guided by the following principles:

- to have respect for the rights and feelings of others
- to behave in a manner that reflects favorably on yourself, your family, teammates, school, and community.

Off the Field: Student-athletes are expected to conduct themselves at all times in a manner, which will reflect positively on our school athletic team and themselves. Inappropriate behavior as defined by the Caledonia-Mumford Code of Conduct and any involvement with police including accusations and/or arrests any time during the school year or out of school will result in a disciplinary review and may be subject to disciplinary action, up to and including possible suspension and/or dismissal from the athletic program upon administrative review.

On the Field: In the area of athletic competition, a real student-athlete does not use profanity or illegal tactics: learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in defeat or victory. Game officials will always be treated with respect and a sense of understanding of the critical role that they play.

In the Classroom: In the academic area, a good athlete becomes a good student. A person cannot be lazy in the classroom and think that he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or court and never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to ensure acceptable grades. Plan ahead and be organized. In addition, to maintain a good scholarship, an athlete should give respectable attention to classroom activities and show respect for other students and faculty at all times. Horseplay and disrespect are not approved habits of behavior, set a good example. Be a positive role model.

## **Profanity, Abusive Language and/or Actions**

The conduct of a student-athlete is closely observed in many areas of life. Your conduct is a reflection of the total education institution you represent. It is important that your behavior be above reproach in all the following areas. The use of profane or abusive language/action is not acceptable and will not be tolerated. Furthermore, if profanity, abusive language, or action is directed toward a person (coach, official, etc.) the participant will be removed from the situation for a cooling-off period. This may result in a period of suspension from the squad determined by the coach.

## **Expectation of Privacy/Recording**

Using (or attempting to use) any electronic, communication, or recording devices (including but not limited to cameras, video cameras, tape recorders, cell phones, iPods, smartphones (i.e. iPhones and/or Android devices), web-enabled devices of any kind, tablets (i.e. iPads and similar devices), or other mobile computing devices) to capture, record, and/or transmit the words or sounds (i.e. audio) and/or images (i.e. pictures or video) of any student, staff member, or other person, is prohibited unless expressly approved by a school administrator or other authorized school official. Regardless of authorization, it is never permissible to use such devices in lavatories, locker rooms, shower facilities, changing areas, or any other area where there is a reasonable expectation of privacy. Authorized possession of an electronic or communications device at school or during the course of any school-related activity is a privilege that may be forfeited, relinquished, or rescinded if the student fails to comply with the provision of this Code of Conduct.

## **Practices/Team Commitment**

Every athlete is expected to participate for a complete sports season, make all practices and athletic contests. All teams need a full squad for practice. There may be practices and contests on Saturdays, holidays, and over school vacations. If an athlete elects to leave one sport during a season to start another, the move must first be approved by the Director of Athletics, and both coaches involved. Practices only count for a specific sport.

## **Issuing of School Equipment**

Athletes may be issued school equipment specific to each sport. Athletic equipment issued to the student/athlete is that individual's responsibility and must be returned immediately to the coach upon completion of the season. A student/athlete will not be eligible to participate in a second sport until all equipment is returned. Any item that is altered or not returned by the athlete must be paid for at its replacement cost.

## **MANDATORY MEETING**

Prior to or at the very start of each athletic season, there will be a MANDATORY parent/athlete/coach meeting to bring all participating parties up to date on any changes or new regulations regarding the student-athlete's participation on one of that season's

athletic teams. Parent and athlete attendance is mandatory. The dates for those meetings will be posted on the school athletics calendar. Those not able to attend the meeting must contact the Director of Athletics to set up a way to view a recorded version of the meeting. The meeting will consist of two (2) parts:

1. A general overview of the athletics program, any revisions to the athletic code, any portions of the athletic code that need either emphasis or clarification, and any current topics that a guest speaker may have information on.
2. A meeting with the parent(s), athlete, and the coaches of the sport they are playing. The coach will review expectations for the season, how the information will be communicated, and how the process works in the event that any issues arise during the season.

## **Physicals, Injury Reporting, and Insurance**

### **Sports Physicals**

Sports physicals will be given and approved by our school doctor before a student is allowed to practice or participate in a game. A student may choose to receive a physical from their own family physician at their own expense. The sports physical is in force for one calendar year; however, a student whose physical expires during the season of competition will be asked to get a physical prior to the start of the next sports season. In addition, parents must fill out a health history review and return it to the school nurse prior to each season. All injured athletes who have been seen by a doctor must be released (signed statement) by that doctor in order to resume participation with their team. This release must be filed with our school nurse. In cases of a long term or severe injury, clearance by the school physician may also be necessary prior to the return of an athlete.

### **Medical Re-Certification**

New York State guidelines for sports physicals state, "Students shall have a health history interview prior to the start of practice sessions. Students will not be able to participate in practice until this form is completed and turned in. This form is part of the online registration.

### **The Risk Factor in Sports**

Participation in sports involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity and vary in nature, be it a "contact" or a "non-contact" sport. Further, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his or her parents/guardians assume the risk for injuries to occur. Athletic injuries can run from minor injuries to the more serious. It is extremely important to report any injury an athlete suffers immediately to their respective coach.

## **Sports-Related Injuries and Reporting Procedure**

1. Report any injury, no matter how small it may seem at the time, to your coach immediately.
2. An accident report will be filled out by the coach as soon as possible and turned into the nurse's office.

### **Returning to an Athletic Team after an Injury or Illness**

Any athlete who is seen by a doctor must be released (signed statement) by the doctor who treated the child in order to resume participation with their team. If you have to go to the emergency room for care, please obtain the written release before leaving the hospital because many times the attending physician will not be there the next time you visit. This release may be filed with our school nurse. It is the athlete's responsibility to get the release to the school nurse. Do not leave this responsibility to some other person (coach, teacher, friend, etc.). Remember, prior to returning to contests/games, a conditioning period will take place.

### **Medicine**

Students are not allowed to carry over the counter or prescription medicine with them to practices or contests/events unless they have a written note from the doctor and the parent has given permission to the nurse.

### **Medical Insurance**

The district does have an insurance policy that could cover students injured while participating in school sponsored athletics. The process begins with making sure that the student athlete reports the injury to the coach. The coach will complete the school injury report and turn in to the nurse. School district personnel will then contact the parent/guardian to determine if the school insurance will be used.

### **Transportation**

If the District provides transportation for student-athletes participating in interscholastic competition and students attending District sponsored educational field trips, students will not be authorized to use any other means of transportation when participating in these events, unless the principal or his/her designee authorized such alternate transportation. The principal shall require a written application prior to approval. As an exception to this policy, a coach may release a student to the parent/guardian for transportation from an interscholastic event upon the receipt of a written request from the parent/guardian. When children are transported to a function sponsored by the school, an adult acting as supervisor and chaperone must accompany the children on the bus and at the function. The adult should be an employee of the District and in most cases that adult should be the children's teacher. Any deviation from this procedure must be approved by the administration. (Policy #5730)

## **Duration of Competition**

Regulation of the Commissioner of Education: A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation, except as otherwise specified by the Commissioner Regulations. A pupil enters the competition in a given year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest.

## **Athletic Placement**

As of July 1, 2015 students in 7<sup>th</sup> & 8<sup>th</sup> grade who are exceptional athletes are provided an opportunity to try out for junior varsity and varsity teams. These exceptional athletes must follow the Commissioner of Education and Caledonia-Mumford Central School guidelines pertaining to the athletic placement. Students must have the following documentation and meet the proper physical and athletic criteria to be able to try out.

### **Athletic Placement Development Screening:**

The school physician/designee must provide a "Tanner Level" reading and a physical comparison analysis for students. If a student has obtained a physical from their own physician, a Tanner level reading must be provided or the school doctor will provide the exam. The school nurse may provide athletic placement development screening for female athletes. If a student does not meet the minimum recommended to participate, the testing does not continue.

The fitness performance test consists of five physical components and will be administered prior to each season. The test will be given by a physical education certified instructor. It may not be given by a coach in the sport that the athlete wishes to participate in. If a student does not meet the threshold required to pass the test they will be given the opportunity to retest at the discretion of the tester and Director of Athletics.

To be eligible to take the test, a student must have the following:

1. parental permission
2. administrative approval based on projected playing time at the level requested, academic performance at or above grade level, and emotional readiness
3. medical examination and approval by the school physician with the development or maturity level determined by the school physician in accordance with established guidelines for the level of a particular sport
4. the individual's prior experience and skill level is judged on the demands of the sport and the level of play at which the student is endeavoring to qualify. (the gymnastics test will be administered to cheerleading)

Note: see the Director of Athletics for physical fitness criteria

Any student who is not able to attend the testing or who does not pass the Commissioner's criteria are ineligible to participate on teams other than modified or Middle school teams.

The state guidance on the APP can be found [here](#).

## **MIXED COMPETITION**

### **15. MIXED COMPETITION:**

Male and female pupils on interschool athletic teams. See Commissioner Regulation.

- a. Equal opportunity to participate in interschool competition either on separate teams or in mixed competition on the same team shall be provided to male and female students, except as hereinafter provided. In schools that do not provide separate competition for male and female students in a specific sport, no student shall be excluded from such competition solely by reason of sex except in accordance with the provision of sub clauses (b) and (d) of this clause. For the purpose of this clause, baseball and softball shall be considered to constitute a single sport.
- b. In the sports of baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power volleyball where the height of the net is set at less than eight feet, and wrestling, the fitness of a given student to participate in mixed competition shall be determined by a review panel consisting of the school physician, a physical education teacher designated by the principal of the school and if requested by the parents of the pupil, a physician selected by such parents. Such panel shall make its determination by majority vote of the members, and in accordance with standards and criteria issued by the department.
- c. Where a school provides separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, may permit a female or females to participate on a team organized for males. However, where separate competition is provided, males may not participate on teams organized for females.
- d. Where a school does not provide separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, or the section may decline to permit a male or males to participate on a team organized for females upon a finding that such participation would have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport

The NYSED mixed competition guideline can be found [here](#)

The [NYS PHSAA handbook](#) addresses Mixed Competition on page 36.

## NYSPPHSAA Transfer Rule

This rule was established by the NYSPHSAA to control athletic recruitment and athletic shopping. The transfer rule has changed twice in the past 5 years. The most updated rule can be found in the NYSPHSAA Handbook. A link is [here](#).

**Student Transfer to Caledonia-Mumford:** Any student-athlete currently serving an athletic suspension in their previous district and the student-athlete transfers to Caledonia-Mumford School:

1. The student-athlete will be held accountable to the penalties listed in the Caledonia-Mumford Central School Parent/Student Athletic Guide.
2. If the student-athlete has already served the suspended time in his/her previous district in accordance with the Caledonia-Mumford School Parent/Athletic Guide, the student-athlete will be eligible to participate in practice and play in games/contests immediately. For the transferring student-athlete, this will not count as a first, second, or third offense as listed on page 18.
3. If the student-athlete has not already served the suspended time in his/her previous district in accordance with the Caledonia-Mumford School Parent/Athletic Guide, the student-athlete must complete the remainder of the suspension (as listed on page 18) in order to become eligible. For the transferring student-athlete, this will count as a first, second, or third offense as listed on page 18.

### For Parents Only

Both parenting and coaching are time-consuming, extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. As your child becomes involved in the athletic programs they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times discussion with the coach is encouraged.

1. Parents must understand that there is no inherent rights to play interscholastic sports and that the coach alone will determine who plays and how much.
2. Parents must understand they are entrusting the coach with their child and that the coach will act in the best interests of all the children on the team.
3. Parents must understand that it is inappropriate to confront a coach at any time and such behavior will not be tolerated. A meeting with a coach may be set up by a parent after an incident of concern.
4. Parents must understand that the following are not acceptable and will not be tolerated:

- Making derogatory comments about coaches, officials, players, or others.
- Swearing
- Attending an athletic event while intoxicated
- Being offensive in any manner

## ACTIONS THE SCHOOL MAY TAKE AGAINST A PARENT WHO VIOLATES THIS CODE

In order of severity:

1. A written or verbal warning
2. Removal from the premises
3. The prohibition of contact with the team
4. Banishment from school activities
5. Legal proceedings

### **Communication You Should Expect from Your Child's Coach**

1. Philosophy of the coach and the district.
2. Expectations the coach has for your child, as well as the entire team. This includes practices, games, travel, early notification of conflicts, etc.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. special equipment, off-season expectations, personal equipment, etc.
5. Procedure should your child be injured during participation.
6. Disciplinary action(s) that may result in the denial of your child's participation in both short and long term.

### **Communication Coaches Expect From Parents**

1. Concerns expressed directly to the coach only after the student-athlete has talked with 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 programs at Caledonia-Mumford High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you and your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns To Discuss With Coaches**

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 your child's not playing as much as you hope. Coaches are professionals and they make judgment decisions based on what they believe to be best for all the students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those on the following page, must be left to the discretion of the coach.

## **Issues Not Appropriate To Discuss With Coaches**

While we stress at Cal-Mum that coaches should take the time to answer questions parents might have, we have these important exceptions:

1. Playing time.
2. Team strategy and line-ups.
3. Playcalling
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **Communication Protocol/Procedure**

The ladder of communication stresses that there is a protocol for complaints and that discussion should start on the ground floor.

1. Communication between player and coach.
2. Communication between parent, player, and coach
3. Communication between parent, player, and Director of Athletics
4. Communication between parent, player, and Principal
5. Communication between parent, player and District Superintendent

### **Procedure To Follow To Discuss A Concern With A Coach**

1. Student-Athlete to contact the coach in an attempt to resolve the situation. Call and set up an appointment with the coach.
2. If a resolution is not reached, the parent is to contact the Athletic Office to set up an appointment to meet with the coach and the player.
3. If the coach can not be reached, call the Athletic Office @ 538-6811 x3411 to arrange a meeting.

Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

## The Next Step

What To Do When The Coach Did Not Provide a Satisfactory Resolution?

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

**We hope that the information provided will help make you and your child's experience with the Caledonia-Mumford's Athletic Program less stressful, more enjoyable, as well as rewarding.**

**Sideline Suggestions**  
**(10 THINGS KIDS SAY THEY DON'T**  
**WANT THEIR PARENTS TO DO)**

1. Don't yell out instructions. During the game, I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. Don't put down the officials. This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.
3. Don't yell at me in public. It will just make things worse because I'll be upset, embarrassed, or worried that you're going to tell at me the next time I do something "wrong."
4. Don't yell at the coach. When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. Don't put down my teammates. Don't make put-down remarks about any of my teammates who make mistakes. It takes away from the team spirit.
6. Don't put down the other team. When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."
7. Don't lose your cool. I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. Don't lecture me about mistakes after the game. Those rides home in the car after the game are not a good time for lectures about how I messed up-I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!
9. Don't forget how to laugh and have fun. Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. Don't forget that it's just a game! Odds are I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

## A Coach's Letter to Parents

By Darrell J. Burnett, Ph.D.

Dear Parents:

Here are some hints on how to make this a fun season, with lots of positive memories for your kids and your family.

- Make sure your kids know that, win or lose, you love them. Be the person in their life they can always look to for support.
- Try to be completely honest with yourself about your kid's athletic capability, their competitive attitude, their sportsmanship, and their level of skills.
- Be helpful, but don't coach your kids on the way to the game or at the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks, and criticism.
- Teach your kids to enjoy the thrill of competition, to be out there trying, and to be constantly working to improve their skills. Don't tell them that winning doesn't count because it does, and they know it. Instead, help them develop a healthy competitive attitude, a "feel for the competing, for trying hard, and for having a good time."
- Try not to live your life through your kids. Sure they're an extension of you, but don't assume they feel the same way you did, want the same things or have the same attitude.
- Don't push them in the direction that gives you the most satisfaction.
- Don't compete with your kid's coaches. Try to help them understand the necessity for discipline, rules, and regulations.
- Don't compare your kids with other players on their team- at least not within their hearing- don't lie to them about their capabilities as a player.
- Get to know your kid's coaches. Make sure you approve of each coach's attitude and ethics. Coaches can be influential, and you should know the values of each coach so that you can decide whether or not you want them passed on to your kids.
- Teach your kids the meaning of courage. Courage isn't the absence of fear. Courage is learning to perform in spite of fear. Courage isn't getting rid of fear. It's overcoming it.
- Winning is an important goal. Winning at all costs is stupidity.
- Remember that officials are necessary. Don't overreact to their calls. They have rules and guidelines to follow representing authority during the game. Teach your kids to respect authority and to play by the rules.
- Finally, remember if the kids aren't having fun we're missing the whole point of youth sports.

(Dr. Darrell Burnett is a clinical psychologist, a certified sports psychologist specializing in youth sports, a parent, a national speaker, an author, a consultant, and a volunteer youth league coach.)

## College Information

The coach is responsible for:

- Writing recommendations for students when requested to do so
- Assisting students in obtaining video of games (if available)
- Supplying students with stats (if available)
- Advising students on the college level of play (coach's opinion)

The student and parents are responsible for:

- Look into the NCAA – become familiar with the rules. Log on to [www.ncaa.com](http://www.ncaa.com)
- Reviewing your courses against the school's approved list and with the guidance counselor.
- Special needs students should confer with the guidance counselor no later than the sophomore year to plan for course work and special clearinghouse requirements
- Complete the NCAA Clearinghouse form online in a timely fashion. The best time is the spring of the junior year. If it is done in the senior year, complete the form by October so spring courses can be adjusted if necessary. After filing online, print two copies of your application and submit them to the guidance office. Transcripts will not be sent to the NCAA Clearinghouse unless your application is on file.
- Make contact with college coaches. Names of coaches and addresses can be obtained on-line from the college website or from their athletic office.
- Make a resume to send to college coaches (share it with your coach to assist in recommendations)
- Make a video to send to college coaches
- Ask your coach(s) to write and send recommendations to college coaches. Provide the coach with your resume and the name and address of the college coach.
- Look into financial aid and learn how it works. Do not expect your school or the college to “find money” for you.
- Fill out college applications and financial applications. College applications should be sent out by the first of the year and financial aid forms as soon as W4 forms are received and your taxes are completed (the earlier the better)
- Requesting transcripts from all high schools attended to be sent to the NCAA Clearinghouse. ([www.clearinghouse.com](http://www.clearinghouse.com))

# NCAA CLEARINGHOUSE REGISTRATION

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**STEP 1:** Register with the NCAA Clearinghouse at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

**STEP 2:** Send your ACT or SAT score to NCAA Clearinghouse.

Option 1: For those students who have already taken the ACT or SAT but have not had a test score sent to the Clearinghouse the following links will bring you to the sending score reports page for the testing centers. All test scores must come directly from the testing center.

ACT: <http://www.actstudent.org/scores/send/index.html>

SAT: <http://www.collegeboard.com/student/testing/sat/scores/sending.html>

Option 2: If you have not taken the ACT or SAT already when you are filling out where to have the test scores sent mark 9999 in the code section and they will automatically send a copy of your scores to the NCAA Clearinghouse.

**STEP 3:** Contact the Counseling Office and have an official copy of your transcript sent or uploaded to the Clearinghouse at:

NCAA Eligibility Center  
Certification Processing  
BOX 7136  
Indianapolis, IN 46207-7136

**STEP 4:** As soon as you graduate from High School, contact your school again and have them send a final copy of your official High School transcript with proof of graduation on the transcript to the NCAA Clearinghouse.

**STEP 5:** Fill out the Amateurism section of the NCAA Clearinghouse.

Once you are logged into the clearinghouse site click on Enter/Update Amateur Questionnaire on the left side of the screen. Next, answer section I by filling in the term and year on when you expect to first attend an NCAA Division I or Division II institution. Then you will need to select a sport in which you plan on playing in college (a certification will not be done if you leave this section blank). Next, you will need to read section III on NCAA Bylaw 10.1. After you have read that section you will click on ENTER/UPDATE AMATEURISM QUESTIONNAIRE. You will be asked to answer a series of questions. After you have completed all the questions you will need to sign off on your answers. Please make sure and scroll down to the bottom of each page so you do not miss any required sections. When you are done answering the questions and signing off on them you will need to do one of two things...

\*If you plan on enrolling at an NCAA Division I or II school in four months or less then you will want to choose Final Authorization Signature. By clicking on this button you will be signing off stating all the information you have entered on your questionnaire is accurate and up to date. Once you have requested the final authorization then the clearinghouse will pull your file for final certification.

\*If you will not be enrolling at an NCAA Division I or II school for more than four months please wait until you are within four months of enrolling and then update your amateurism questions first and then click on Final Authorization Signature. (For Fall first time enrollees you will not be able to submit for a final authorization until April of your senior year)

## 2023-2024 Parent/Athlete Training Rules Agreement

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Athlete – Last Name First Name

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Sport Level Grade Date of Birth

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Parent/Guardian Name (Print first and last name) Phone: Home Work

I have read and understand the guidelines, procedures, training rules and consequences: I give my daughter/son \_\_\_\_\_

First Name Last name

permission to participate. I have read and reviewed the rules and regulations with my child.

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Parent/Guardian Signature Date

I acknowledge that I have read the guidelines, procedures, and training rules and consequences. I agree to comply with the terms and conditions set forth in order to participate in interscholastic athletics at Caledonia-Mumford Central School.

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Athlete Signature Date

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Received by (coach) Date

Complete and return to your coach prior to the first practice.

This form is good for the entire 2023-2024 High School and Middle School year

## Athletic Council

Rebekah Chenaille Principal	High/Middle School
Tim McArdle Assistant Principal	High/Middle School
Sarah Curran	Guidance Counselor
TBD	Teacher
Meg Callan	School Nurse
Dan Dickens	Teacher, Coach
Don Peet	Class of 2024
TBD	Class of 2025
Michael Reed	Director of Athletics
Mike Balonek	BOE Member
Liz Doll	BOE Member
Jamie Fitch	BOE Member

## **ATHLETIC DATES TO BE AWARE OF**

**The Athletic Calendar has the most up to date information.  
The Calendar is linked [here](#).**

August 4	APP Paperwork due for Fall Sports
August 7-19	Fall APP Test Administered
August 19	JV/V Football Begin
August 21	Fall JV and Varsity Sports Begin
August 21	Modified Football Begins
August 21	Mandatory Parent/Player Coaches Meeting Fall
August 28	Modified Fall Sports Begin
October 16	APP paperwork due for Winter sports
October 17-27	Winter APP Test Administered
October 23	Modified Girls Basketball/ Modified Wrestling Begin
November 13	Winter JV and Varsity Sports Begin
November 13	Mandatory Player/Parent Coaches Meeting
Winter*	
December 18	Modified Boys Basketball/Modified Cheerleading Begin
March 4	APP paperwork due for Spring Sports
March 5-15	Spring APP Test Administered.
March 11	Spring JV and Varsity Sports Begin
March 11	Mandatory Player/Parent Coaches Meeting
Spring*	
April 8	Modified Spring Sports Begin

\*Meeting tentative based on practice schedules and coach availability. Coaches may have their own meeting instead of one large meeting. Please check the athletic schedule site or contact the Director of Athletics office.