

C. Athletic Code of Conduct

Athletic Code of Conduct

Ticonderoga Central School

Ticonderoga, New York

Adopted 5/16/23

STATEMENT OF PHILOSOPHY

It is the intent of the Ticonderoga Central School District to provide a well-rounded, educational experience for its students. Interscholastic athletics are a major part of the educational process. The combination of academics and athletics enhances the quality of our students' daily lives. However, athletics are a privilege that compliments the educational experience and, as a privilege, can be revoked. The District's primary focus will always remain academics.

OPENING STATEMENT

Students who are representing the Ticonderoga Central School District in interscholastic athletics should realize that they have an obligation to themselves, their teammates, and the school community to strive for excellence. It is hoped that participation in our interscholastic athletic program will enable these students to value their learning experience, to develop self-control, and to exercise mature behavior and judgment. In some cases, participation in extracurricular activities provides a degree of success the student may not normally feel. This feeling of success can be nurtured and carries over into other areas of a student's academic life.

Participation in our interscholastic athletic program demands a commitment, which definitely involves sacrifice and dedication. Respect for one's health and physical development must be an integral part of daily living. The following rules are set forth to help all participants properly condition themselves mentally and physically in order to perform well in the classroom and in athletics.

The Athletic Code of Conduct is in effect during the athletic season in which the athlete is participating. The season is defined as beginning with the first day of practice set by the CVAC and ending with the last contest in that sport which includes post-season play. An athlete and his/her parent/guardian will sign the Athletic Code of Conduct at the beginning of the athlete's first sports season of the school year.

OBJECTIVES OF INTERSCHOLASTIC ATHLETICS AT TICONDEROGA CENTRAL SCHOOL DISTRICT

- To promote academic and athletic excellence.
- To encourage maximum participation by the student body.
- To promote a sense of good sportsmanship and fair play.
- To provide direction, guidance, and support for our student-scholar-athletes to reach their highest potential and level of proficiency.
- To treat all student-scholar-athletes fairly and consistently.
- To enjoy athletics.
- To set ambitious, but practical, real-life goals.

PHILOSOPHY BY SPORT LEVEL

Modified Program

At the Modified level of athletics, there is an emphasis placed on basic skill introduction, team building, and proper sportsmanship. The Modified level of competition is used to teach the game and have the student-athletes learn necessary skills of the sport. Characteristics of a Sentinel athlete are among the following but are not limited to: a positive character, adequate athletic ability, proficient athletic skill, strong dedication, solid academic standing, punctuality, hustle and exceptional attitude. This is aligned with the NYSPHAA policies concerning modified sports.

Junior Varsity (JV) Level

At the Junior Varsity level of athletics, there is still an emphasis on teaching fundamentals and participation, but an increased emphasis is beginning to be placed on winning and being a competitive team. Characteristics of a Sentinel athlete are among the following but are not limited to: a positive character, adequate athletic ability, proficient athletic skill, strong dedication, solid academic standing, punctuality, hustle and exceptional attitude.

Varsity Level

At the Varsity level of athletics, there is a greater emphasis placed on winning and being a competitive team. Characteristics of a Sentinel athlete are among the following but are not limited to: a positive character, adequate athletic ability, proficient athletic skill, strong dedication, solid academic standing, punctuality, hustle and exceptional attitude.

ATHLETIC /ACADEMIC ELIGIBILITY

Academic achievement is the primary focus of the Ticonderoga Central School District. Athletes are expected not only to maintain, but also to improve academic performance during any sports season.

All in-season athletes who have three or more failures and/or incompletes will be athletically ineligible (prohibited from competing in games or scrimmages) until such time as their overall average is passing.

Student athletes who fail two or more subjects will be required to seek regularly scheduled help in those subjects. Arrangements for such assistance may include but not be limited to:

- Contacting /conferencing with individual teachers
- Work with teachers during study halls or free blocks during the regular school day.

It is understood that academics is a priority for all students and that teachers requesting students to attend extra help sessions will receive full cooperation from the students and coach. A student coming to a practice late due to academic considerations shall request a note from the specific teacher stating the purpose of their meeting and coaches are to honor the excuse without any penalties to the student.

ATTENDANCE

Students are expected to attend every practice, game, meeting, and events.

Athletes are to provide coaches with prior notification of all anticipated excused absences (i.e., religious observances, college visits).

Athletes who are illegally absent may not practice or participate in competition on that day.

Excused, Allowing Eligibility to Participate

(Arriving after 8:00 AM) Sickness in Family/Death in family, Religious observance, Quarantine, Doctor or Dentist appointment, Required to be in court, Attendance at health clinic, Approved cooperative work program, Approved college visit, Impassable roads or weather (if bus from that route is late for school), and Car accident.

The Superintendent, Jr. Sr. High School Principal and Athletic Director reserve the right to examine absenteeism on a case-by-case basis.

Unexcused, causing Ineligibility to participate:

Students on bus routes have the opportunity for school transportation therefore, unexcused ineligibility includes: Car failure, Parents or students arriving after 1st period (8:29AM), Detention, Oversleeping, and Missing the bus.

If a student-athlete is absent from school he/she will be unable to practice or compete in a contest on that day.

Participation in athletics does not excuse a student from serving an assigned detention.

Student-athletes are expected to attend all practices and games, unless they are absent from school or have prior permission from the coach. Compliance with this policy will be enforced by the head coach of your program.

The Athletic Director reserves the right to make final determinations as to participation based upon individual mitigating circumstances.

USE OF ALCOHOL/ DRUGS AND TOBACCO PRODUCTS

Respect for one's health and physical development must be an integral part of daily living. Health research clearly indicates the harmful effects of using alcohol, drugs, and tobacco products. The Ticonderoga Central School District endorses these findings. In addition, the use and/ or possession of these substances is illegal for the athlete involved in our program. Therefore, it is the philosophy of the Ticonderoga Central School District to absolutely forbid the use and/or possession of alcohol, drugs and all tobacco products.

It is the intention of the Ticonderoga Central School District to offer athletes the opportunity to make responsible, well informed choices based on honesty and integrity as well as to offer help to those students who exhibit a substance abuse problem.

A) First Offense:

Suspension from competing in games for 25% of the scheduled games (the CVAC schedule will be used to determine the number of games). Suspension will take effect with the first game after the offense and will include non-league games. A non-league game is defined as an interscholastic athletic contest that counts towards the team's overall record and is played under that sport's normal National Federation and State rules.

Athletes are expected to practice with their team during this time but cannot compete in contests.

Athletes who are honest and admit their involvement when first questioned, will have a reduction in the penalty to 12.5%. Also, any athlete and/or parent volunteering information about themselves or a family member will have the participation penalty reduced to 12.5% (minimum penalty for first offense is 1 game). For determining number of games, if 25% or 12.5% does not figure out to a whole number, i.e., 1, 2, 4, etc., then the number of games will be determined by the following method: Up to and including .5 will be rounded down (i.e. 1.4 will be a one-game suspension), .51 and up will be rounded up (i.e., 1.6 will be a two- game suspension).

If an athlete is a captain, they will lose that position for the remainder of the season.

Three meetings with the school substance abuse counselor, guidance counselor, or outside counselor agreed upon by parent and school is mandatory.

A meeting between the principal, athletic director, parent, athlete and their coach, when possible, before returning to competition is mandatory.

B) Second Offense:

Suspension from competing in games for 50% of scheduled games (see first offense for determining number of games and what constitutes a game). Athletes are expected to practice with the team during this time but cannot compete in games.

Athletes, who are honest and admit their involvement when first questioned, will have a reduction in the penalty to 25%. Also athletes and/or parents volunteering information about themselves or a family member will have the penalty reduced to 25%.

If an athlete is a captain, they will lose that position for the remainder of the season.

Athletes will not be eligible for any school sport award at the end of the season. This includes, school letter, CVAC All Star recognition in that sport and John Herbert CVAC All Academic/Athletic Award.

A formal substance abuse evaluation by the school substance abuse counselor or equivalent agreed to by parent and school and a follow-up to evaluation as recommended by the initial evaluation is mandatory.

A meeting between the principal, athletic director, parent, athlete and their coach, when possible, before returning to competition is mandatory.

C) Third Offense:

A third offense will be reviewed by the Superintendent. Superintendent may suspend from participation (practice and competition) for up to 12 months from the date of the offense.

Athletes who are honest and admit their involvement when first questioned will have a reduction in the penalty to the following:

1. Suspension from competing in 50% of scheduled games.
2. Completion of 10 hours of approved community service.
3. Evaluation, enrollment, and satisfactory attendance in an approved substance abuse program for the remainder of their High School career.

A meeting between the superintendent of schools, principal, athletic director, parent and athlete is mandatory before the athlete can return to membership on any athletic team.

CONDUCT

Athletes, parents and spectators are expected to conduct themselves at all times in a manner that reflects positively on their team, school and themselves. Violations under this section will be reviewed; and a discipline committee consisting of the building principal, athletic director, and one coach will make determinations.

The athletic director and principal will make the decision as to whether or not the violation will be reviewed by the Discipline Committee.

EXPECTATIONS

Students - It is expected that the student will:

- **Display appropriate behaviors** – The student should exhibit appropriate behaviors by displaying good sportsmanship/teamwork and exhibiting mutual respect among all individuals.
- **Be responsible** – The student needs to be responsible for himself/herself. Notify your coach/advisor as soon as possible if you are unable to attend the scheduled activity or contest. If a problem arises, discuss it with the coach/advisor at an appropriate time.
- **Social Media** - The student will take responsibility for their online profile, including his/her posts and any photos, videos or other recordings posted by the student or by others in which he/she appears. The student will not degrade opponents before, during or after games. The student will post only positive things about teammates, coaches, opponents and officials. The student is aware that he/she represents his/her sport, school, team, family, and community at all times, and will do so in a positive manner.
- **Show commitment** – The student should demonstrate commitment to his/her activity by arriving on time and exhibiting a positive attitude at each practice and activity.
- **Be aware of the total benefits** – The student needs to realize that taking part in an activity is a learning experience encompassing physical, mental, social and emotional well being. Have fun and enjoy your scholastic career, work closely with your coaches, advisors, and peers to establish the “team” concept.
- **Total Wellness** - All students are expected to make healthful choices regarding their physical, emotional, and social well being. These choices will include adequate sleep, proper nutrition, suitable conditioning, and good hygiene.
- **Support the Code of Conduct** – Students are expected to be knowledgeable about and understand the District Code of Conduct and the Bullying Policy and comply with the terms and conditions of both throughout the season. Students should be responsible for accepting the consequences of their actions.
- **Stress academics** – The student should emphasize academic achievement first and athletic/extracurricular activities second.
- **Equipment** – Equipment (including uniforms) issued to each student must be properly cared for and not abused. It is the responsibility of the student to return all equipment to the coach/advisor at the end of the season. The student must pay for all items lost or stolen. No school awards will be granted until full restitution has been made. The student will not be allowed to participate in any other activities until the matter is resolved.
- **Injuries** – The student is required to report any injury to his/her coach/advisor immediately. It is the coach’s/advisor’s responsibility to complete an Accident Report at this time. If a student is seen by a physician or athletic trainer, a written statement describing the injury and ability to return to participation must be obtained and given to the Health Office before practices may be resumed. It is the responsibility of the student and his/her responsible adult(s) to file the appropriate insurance forms with the District.

Failure to meet these expectations can result in a range of consequences, from a loss of playing time to removal from the team.

Coaches/Advisors - It is expected that the coach will:

- **Be a role model** – The coach/advisor should demonstrate behaviors they expect students to display. Coaches/advisors should model and reinforce positive attitude, good sportsmanship, and appropriate behaviors.
- **Be responsible** – The coach/advisor needs to schedule reasonable practice/meeting sessions and notify students of changes as soon as possible. Practices/meetings should be well organized and start on time.
- **Be honest and clear** – The coach/advisor needs to inform the student where he/she stands on the team or with the activity and communicate strengths and limitations two or three times during the season. The coach/advisor should provide instruction and share ideas on how to improve.
- **Be aware of the total benefits** – The coach/advisor must remember that taking part in an activity is a learning experience encompassing physical, mental, social, and emotional well being.
- **Be aware of the perception of favorites** – The coach/advisor should show respect for all students and be fair and consistent in treatment of all individuals. A coach/advisor should be committed to the team as a whole.
- **Stress academics** – The coach/advisor needs to emphasize academic achievement and work with the students and their teachers to promote academic success.
- **Support the Code of Conduct** – The coach/advisor needs to read, explain and be knowledgeable about the Code of Conduct and School Bullying Policy and is expected to reinforce it throughout the season. The coach/advisor needs to constructively work with parents and be available to parents and students as problems arise (i.e. injuries, infractions).
- **Injuries** – If an injury occurs it is the coach's/advisor's responsibility to complete an Accident Report at this time.

Parents/Guardians - It is expected that the parent/guardian will:

- **Be a role model** – The parent/guardian needs to work with his/her child to develop and follow appropriate standards of behavior. Parents should be aware of the behaviors expected of the students and model those behaviors themselves.
- **Be responsible** – The parent/guardian should recognize commitment to his/her child's activity. Please keep practice and contest/activity schedules in mind when planning trips, doctors appointments, etc. Parents should make certain that their children notify the coach/advisor when missing any practice or activity as soon in advance as possible.
- **Be respectful of the role of the coach** – The parents should refrain from approaching a coach/advisor to voice concerns immediately following a contest. Coaching and serving as an Advisor is very similar to teaching. A meeting should be scheduled between the coach/advisor and parent at a later date.
- **Provide the necessary support for their child** – The parent/guardian should send a child to school clean, well fed, rested and ready to learn and participate. Parents should use positive reinforcement to encourage their children to be the best they can be.
- **Stress academics** – The parent/guardian should emphasize academic achievement first and extracurricular activities second.
- **Support the Code of Conduct** – The parent/guardian needs to read, understand, and discuss the Code of Conduct with their child(ren). Parents need to support the expectations set forth in the document and the decisions derived from its contents.

Code of Conduct for Spectators

- Spectators are an important part of the games and are encouraged to conform to
- accepted standards of good sportsmanship and behavior.
- Spectators should at all times respect officials, visiting coaches, players and cheerleaders as guests in the community and extend all courtesies to them.
- Enthusiastic cheering for one's own team is encouraged.
- Booming, whistling, and disrespectful remarks shall be avoided.
- There will be no ringing of bells, sounding of horns or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
- Pep or school bands, under the supervision of school personnel, may play during time-outs, between periods or at halftime. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.
- The throwing of debris, confetti or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
- During a free throw in basketball, all courtesies should be extended.
- Improper behavior should be reported to the school authorities.
- Spectators will observe the rules of the local school concerning smoking, food and drink consumption, littering, and parking procedures.
- Spectators will respect and obey all school officials and supervisors at athletic contests.

SUSPENSIONS

1. Out of school suspensions will result in the student-athlete to not be permitted to participate in an event, contest or event for the duration of the suspension. A second offense during the same sport season resulting in an external suspension will result in the athlete being dropped from the team.

2. In-school suspensions at Ticonderoga will result in the student-athlete not being permitted to participate or play in an event or contest for the duration of the suspension.

SELF-REFERRAL AND REPORTING

We expect student athletes to be honest and encourage them to report their own prohibited conduct to a coach, athletic director, principal, or school administrator. Student athletes who have violated the set forth expectations but have been exceptionally forthcoming, responsible, and truthful, or have voluntarily reported themselves to be in violation of the set forth expectations may, at the discretion of the Administration, have their penalties/consequences reduced.

TEAM RULES

Team rules approved by the athletic director will be given to the athletes by their coaches.

EQUIPMENT AND UNIFORMS

Equipment and uniforms issued to each athlete must be properly cared for and not abused. It is the responsibility of the athlete to return all equipment and uniforms in good condition to their coach at the end of the season. The athlete must pay for all items not returned in good condition. The athlete will not be allowed to participate in another sport until this matter is resolved.

HAZING / INITIATION

Hazing or initiation by athletes is prohibited by the Ticonderoga Central School District. Violation of this section will result in suspension and/or removal from the team.

The Ticonderoga Central School District is committed to providing educational athletic programs free from harassment, bullying, and/or hazing for all students and staff members. Subjecting someone to acts that are humiliating, indecent, painful or unsafe will not be tolerated. Student-athletes who engage in any of the above mentioned behaviors will be subject to disciplinary procedures as per the student code of conduct.

MEDICAL EXAM

The school's physician will administer athletic physical exams yearly. The physical exam is required before an athlete will be allowed to participate. The school physician has the absolute authority to determine the capability of the athlete to participate in a particular sport.

Sports physicals are provided by the school district at no cost to our students-athletes. A student may choose to have a sports physical through a private physician; however, school district forms must be completed by the physician and all costs incurred are the responsibility of the student-athlete. A sports physical is valid for one school year. A current Health History Update form must be completed by the parent/guardian for any physical over 30 days old. A physical is required before participation in an interscholastic school sport is permitted.

Important: A sports physical is not necessarily the same as a routine physical examination. If a student is examined by a private physician for participation in sports, it is essential that a school sports physical form be completed by the physician.

RISKS OF PARTICIPATION

Student-athletes and their parents/guardians must realize that there is an inherent risk in participating in interscholastic athletic competition. Individual coaches will discuss the possible risks with student-athletes and their parents/guardians. The risk of serious injury or loss of life is unavoidable in an interscholastic athletic program.

*** Note: Appendix – Concussion Management**

INSURANCE AND ACCIDENTS

Interscholastic athletics involve the risk of injury to the participants. In case of an injury, coaches and qualified school personnel are authorized to provide first aid and arrange for emergency treatment they deem necessary. Ticonderoga Central School District carries a secondary insurance policy for injuries.

The parent's insurance will be billed first. The school's insurance may not completely pay all bills. The parent will be responsible for bills not paid by insurance. It is the responsibility of the athletes to report all injuries to their coach immediately. The coach will complete appropriate accident reports and file the report with the school nurse.

TRANSPORTATION OF ATHLETES TO AWAY CONTESTS

The athletic director will arrange all transportation. All athletes will ride to and from away games with the teams. A coach will accompany the team on all trips. A complete team roster, at the start of each season, will be submitted to the athletic director and the bus driver by the coach. An athlete with a written request signed by their parent may travel from an away contest with a parent.

AWARENESS

Coaches will be required to review the entire code of conduct to the athletes prior to or at the first meeting/practice. Minimally, a copy of the code will be sent home to the parents/guardians by the Athletic Department once the final roster is established. Group parent/athlete meetings are encouraged prior to competition in each season. A thorough review of the expectations and guidelines to be completed with athletes and families, when possible, prior to signing the acknowledgment of the Athletic Code. By participating in a sport, the player is demonstrating their willingness to comply with all the expectations of a student-athlete at Ticonderoga Central School District

***The penalties set forth in this Athletic Code of Conduct are in addition to any penalties that may be imposed by the School's Code of Conduct.**

COMMITMENT LETTER

Dear Student Athlete and Parent/Guardian:

Participation on a Ticonderoga athletic team is a privilege which should elicit great pride in both the student-athlete and their family. It is also a responsibility which requires an extra commitment, both academic and otherwise, by those who wear our school colors and represent their teammates, coaches, school, family and community. Standards of behavior are necessarily high and a willingness to live up to them is a condition for participation. Consistent with these standards, and as a continuing condition of eligibility, student-athletes are required to meet prescribed academic standards and sign this letter of commitment. The student-athlete's signature, along with that of the parent/guardian, indicates they both recognize and understand this responsibility and that the student-athlete agrees to adhere to the basic concepts of good citizenship, proper training regulations and those positive examples with which every athlete should be identified.

Academic Eligibility

All student-athletes must achieve at least an overall 65 grade average and have passed all courses the semester or quarter (for one-semester courses) prior to the sports season, and maintain at least such average throughout the season of play. Grade checks will be made every five weeks at the reporting periods by the respective coaches under the direction and guidance of the Athletic Director. Students not meeting these requirements will be placed on Academic Probation, during which time improvement must be demonstrated in both effort and achievement.

Code of Conduct

As a further requirement for participation on any interscholastic team, student-athletes are required to avoid any action(s) or participate in any activity within or outside of school which might bring embarrassment or any unfavorable view on the athlete, his/her teammates, coaches, family, school or community. Alleged violation(s) shall be subject to review and action under the code. Examples of some behaviors which would be considered as violations of the Athletic Code of Conduct are made part of the commitment letter to be signed by both the athlete and parent.

Application of the Code

The Code will apply to each student-athlete for one academic year from the date of their most recent signature and will be in effect at all times, in all locations, including non-school activities. Violations of the Code will result in penalties as determined formally by the Director of Athletics. Each coach also has the prerogative to establish and promulgate additional guidelines specific to a particular team.

Each student-athlete is required to sign and return to the respective coach, a copy of this commitment letter indicating the student-athlete has read, understands, and will abide by the Athletic Code of Conduct and Regulation.

Sincerely,

Daniel J. Dorsett
Athletic Director

Your signature indicates you have read and understand the Ticonderoga Athletic Code of Conduct.

Parent Signature

Date

Student's Signature

Date

Your signature indicates you have read, understand, and agree to abide by the intent and the conditions of the Ticonderoga Athletic Code of Conduct.

Parent Signature

Date

Student's Signature

Date

Appendix D: Concussion Management

The Invisible Injury

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

Facts about concussions according to the Center for Disease Control (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion. In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

Requirements of School Districts

Education

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

Information

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school website, if one exists.
- **Removal from athletics**
- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - Such authorization must be kept in the pupil's permanent health record.
 - Schools shall follow directives issued by the pupil's treating physician.

Symptoms

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician. Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbness in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose