

Herricks Interscholastic Athletics

Dear Parents and Student-Athletes: Welcome to the Herricks Athletic Program. This handbook has been prepared to be used as a reference by our student-athletes and their parent/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as, the policy and procedures for participation in the Herricks Interscholastic Athletics program. The Herricks School District Interscholastic Athletic program is governed by the regulations of the New York State Commissioner of Education's basic coed for extra class athletic activities. In addition, Herricks is a member of the New York State Public High School Athletic Association (NYSPHSAA). Specific guidelines are established for Middle School students as a part of the NYSPHSAA Modified Interscholastic Sports Program

Herricks School District Interscholastic Athletic Program **Philosophy**

The Herricks School District Athletic Program sponsors student activities that are considered a supplement to the school district's program of education. The Herricks School District strives to provide experiences that will help to develop young men and women physically, mentally, socially and emotionally. The opportunity for participation in a variety of student-selected athletics is a vital part of the students' educational experience.

Such participation is a privilege that carries with it responsibilities to the school, the athletic program, the student body, the community, and to the students themselves. These experiences contribute to the overall educational and emotional development of our students.

Objectives of Athletic Participation

1. To provide a positive image of school athletics in the Herricks School District.
2. To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship while enhancing the mental, physical and emotional health of student athletes.
3. To provide opportunities that will allow the program to serve as a forum where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The forum should provide adequate and natural opportunities for:
 - a. Physical, mental and emotional growth and development.
 - b. Acquisition and development of special skills in activities in each student's choice.
 - c. Development of commitments such as loyalty, cooperation, fair play and other desirable social traits.
 - d. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing gracefully.
 - e. A focus of interests on activity programs for student body, faculty and community that will generate a feeling of unity.
 - f. Achievement of initial goals as set by the district in general and the student as an individual.
 - g. Provisions for worthy use of leisure time in later life, either as a participant or spectator.

4. To provide a superior program of student activities that includes appropriate activities for every participant.
5. To provide an opportunity for students to experience success in those activities he/ she selects.
6. To provide sufficient activities to respond to a wide variety of student interest and abilities.
7. To create a desire to succeed and excel.
8. To provide for the students' fruitful use of leisure time now and in the future.
9. To develop high ideals of fairness in all human relationships.
10. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
11. To be socially competent and operate within a set of rules, thereby gaining a respect for the rights of others.
12. To develop an understanding of the value of activities in a balanced educational process

A Guide to Sports Parenting

Before the game:

- Tell your child to "Give your best effort and have fun!"
- Make a commitment to honor the game in action and language.

During the game:

- : • Do not coach your child during the game; this often embarrasses your child and leads to confusion. Let the coach do the coaching.
- Cheer and acknowledge good plays by both teams.
 - Refrain from commenting on officiating.
 - Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child, the team, the Herricks Community?"
 - Have fun and enjoy the game.

After the game:

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts.
- If you, the parent wish to meet with a coach to discuss your child, please call to set up a meeting. The worst time to try to connect with a coach is following the conclusion of a contest.
- Thank or congratulate your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts regardless of the result.
- Compliment individual players on their standout plays and displays of sportsmanship during the game.

During the car ride home:

- Discuss a good play (or plays), either athletic or sportsmanlike, that your child made during the game.
- Don't give too much advice. Instead, ask your child what he or she thought about the game. Be a good listener.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played, not how many points were scored. Some good questions are: Did you have fun? Did you give it your best effort? What did you learn from the game? What was the best play you made and how did it feel?

The athletic department and parents are a partnership, with a common goal; for your child to have a positive experience during his/her high school years and assist in their development into fine young men and women.

**Please enjoy the season. Enjoy your child at play. Root for the team.
Show your "HIGHLANDER PRIDE!"**

**LET THE PLAYERS PLAY
LET THE COACHES COACH
THE OFFICIALS OFFICIATE**

HERICKS UFSD INTERSCHOLASTIC ATHLETICS

CODE OF CONDUCT

Philosophy

Participation in extracurricular and athletic activities contributes to the development of health, physical skills, emotional maturity, responsibility and social competence in our students. We believe that participation in extra-curricular activities and athletics is a privilege that carries with it responsibilities to the school, to the team, to the student body, and to the community. Because participation is voluntary and is considered a privilege, when a Herricks student accepts this privilege he/she must also live up to a Code of Conduct beyond that of the general student body, on and off school property, during and outside of participation times, during the season and off season. This is particularly true of conduct in academics requirements, honesty, school citizenship and sportsmanship. In addition, coaches may issue specific participation rules and consequences for their own activities and sports.

Because your mental and physical well-being is essential to your success, both as a student and as an athlete, we want you to reach your full potential. This can only be fully realized if you remain drug-free. We are asking for your help and co-operation in achieving a totally drug-free athletic program. We are committed to providing such an atmosphere for our student athletes. Therefore, we are asking you to become an active part of the solution.

Your active participation in remaining drug-free throughout your athletic career at Herricks is greatly appreciated. The benefit will be in the experience you will have.

As mentioned earlier, being a member of a Herricks Interscholastic Athletic team comes with a great deal of responsibilities. Below highlight many of those responsibilities.

Student-athletes who participate in interscholastic sports should recognize that they have an obligation to themselves, their teammates, and the school community to strive for excellence on and off the field. Participation in athletics will enable the athlete to develop appropriate sportsmanship skills, civil behavior, and respect for others and mature judgment. The following are expectations for all athletes.

Athletes Must:

1. Understand that participation in athletics is a privilege and should be valued.
2. Understand and abide by the rules and regulations of the game. Respect for others is paramount. This includes respect for the integrity and judgment of all officials.
3. Set an example in word and deed, both on and off the playing area.
4. Understand and abide by the rules and regulations of the Herricks School District, as set forth in the District's Code of Conduct. This includes the prohibition of the use of drugs/alcohol.
5. Use appropriate language and refrain from crude or abusive language or gestures when dealing with opponents, officials, spectators, or classmates.
6. Accept victory with grace, and defeat with dignity.

7. Refrain from disorderly, disruptive or insubordinate behaviors including bullying or harassment.
8. Never engage in any form of hazing or rite of initiation in school activities, including interscholastic athletics. Students who have knowledge of a hazing incident must report it to a coach, athletic administrator, or any other responsible school official (teacher, administrator, etc.).
9. Refrain from any activity that violates the Dignity Act and Board of Education policies addressing hazing, bullying, harassment and sexual harassment. Policies are available on our website.
10. Be responsible for their behaviors. Therefore, students who are found to have violated district policy and/or the Code of Conduct will face disciplinary actions, including possible suspension from school or athletic participation.
11. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.

We ask that you keep the Code of Conduct for Athletics visible in your home as a continual reminder that participation in athletics is a privilege and that the experience should be valued. We ask you to discuss its importance with your child and help reinforce these positive behaviors with him/her.

Thank you for your support.

Requirements of the Student Athlete

Eligibility Standards of the New York State Public High School Athletic Association

All rules and regulations governing secondary school boys and girls interscholastic athletic contests and practices are established by the New York State Public High School Athletic Association, Inc.

You, as well as all personnel concerned with the administration of the athletic program, must be thoroughly familiar with these regulations. You are responsible for properly administering all rules governing your particular sport. These regulations include: age of contestants, official date for start of practices, eligibility, game standards, officials, etc. The State Athletic Association Handbook is available in the Athletic Office.

1. **Bona Fide Student:** a participant must be a bona fide student of the High School represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

NOTE: A student in a shared service part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being registered in the home school. Exceptions or special case must be approved by League and Section.

DISTRICT NOTE: It is the coach's responsibility to make certain that every candidate for his/her team is a bona fide student.

2. **Registration:** A student must have enrolled during the first fifteen (15) days of the semester and must have been in regular attendance 80 percent of the school time. Bona fide absences caused by personal illness are accepted.

3. **Representation:** A contestant, or athletic team, shall not represent a school except in conformance with all rules and regulations. It shall be the duty of Trustees and Boards of Education to require that athletic activities be limited to competition between secondary school students.

To be eligible for section, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season.

4. **Age:** A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after September 1st, the student may continue to participate during that school year in all sports.

5. **Grade:** A student regularly registered in grades 7-12 inclusive may participate.

6. **Health Examination:** Students who engage in interschool competition must receive an adequate health examination and may not practice or participate without the approval of the school medical officer.

Extracurricular Eligibility Regulations (As stated in the Herricks High School Planner Book)
The marking period previous to the sports season will be used to determine eligibility.

1. Level 1

If a student fails one (1) subject in the previous marking period, he/she will have a conference with his/her guidance counselor in the beginning of the new marking period. At this conference, an "Individual Improvement Plan" will be developed for the student. This plan will be a collaborative effort between the counselor, student and parent to explore appropriate strategies that will allow the student to successfully negotiate his/her academic while participating in extracurricular activities. All school resources available for academic support will be considered, including extra-help class and Learning Center.

2. Level 2A

If a student fails two (2) or three (3) subjects in the previous marking period, he/she will be permitted to participate in extracurricular activities in the new marking period, provided that he/she attend a minimum of one extra-help* class per week in each subject failed. In addition, a progress report will be completed by all teachers after four (4) weeks, to determine grade status in all classes. If it is determined that the student is still failing two (2) or three (3) classes, he/she will lose all eligibility to participate in extracurricular activities for the remainder of the marking period.

Level 2B

If a student cuts seven (7) - fourteen (14) classes in any combination of courses in the previous marking period, he/she will still be permitted to participate in extracurricular activities. An additional cut in the new marking period will result in a loss of eligibility for the remainder of that marking period.

3. Level 3A

If a student fails more than three (3) subjects in the previous marking period, he/she will not be eligible to participate in extracurricular activities for the entire new marking period.

Level 3B

If a student cuts fifteen (15) or more classes in any combination of courses in the previous marking period, he/she will not be eligible to participate in extracurricular activities for the entire new marking period. 15

*Specific appointment with appropriate subject area teacher in the Learning Center can be substituted. All extra-help/Learning Center sessions must be documented and presented to the Assistant Principal.

*The Assistant Principal, Athletic Director and Guidance Counselor will review all documentation regarding extracurricular eligibility of identified students.

*No student will be allowed to be on **Level 2** probation more than one time per academic year. Satisfactory completion of summer school for courses failed in June can be substituted when reviewing grades in September.*

Students who wish to appeal decisions made at any level of this policy will make such appeal in writing to the Principal. The committee to hear appeal cases will be composed of the Principal, Assistant Principal, one (1) Teacher, one (1) Administrator and the student's Guidance Counselor.

It is the responsibility of the coach to follow up on all students placed on conditional eligibility.

The coach will provide all academic and attendance records to the eligibility committee three days after the list is available. Failure to do so will result in the possible removal of the student from the team.

HEALTH EXAMINATION

A student may who wishes to engage in interschool competition must receive a sports examination by the school physician. A health history update and parental permission for sports form must be on file in the Health Office. An emergency card must be on file in the Health Office and with the coach.

No student may practice or participate without all of the foregoing.

Character Eligibility

1. The ability of a student to participate in extra-curricular activities carries a responsibility of appropriate behavior and good citizenship. It is expected that each student who participates will represent Herricks High School in a manner that will be consistent with the discipline code of the school.
2. Any student suspended from school may not participate in any contest or practice for the duration of the suspension. He/She may not sit on the bench, ride the team bus or wear the team uniform during the suspension. It is to be noted that such suspension will not be limited to just school days, but will also include weekends, if in fact a suspension is in effect. In the event of an in-school suspension, the student will not be able to participate on the day on which the suspension is served.
3. Any student who is suspended out of school on two separate occasions, during the same school year, will be placed on warning that his/her eligibility to participate is in jeopardy. Upon a third suspension, the student's file will be reviewed by the Eligibility Committee of the High School. Upon the recommendation and the decision of the Principal, the eligibility for participation in extra-curricular activities may be either suspended or revoked. This stipulation in no way precludes the eligibility for participation to be either suspended or revoked after one incident if the severity of this incident warrants such action.
4. A student who is ineligible MAY NOT compete, participate or attend practice, participate in any interscholastic sport or extracurricular activity, ride the team bus, be on the bench or sidelines or wear the team uniform. If a student does not meet these conditions, s/he cannot come before the Committee until after the next report card. After the next report card, any student no longer failing three or more subjects will be removed from ineligibility and be either placed on probation (if failing two subjects) or removed entirely.

Age and Grade

A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1st, the student may continue to participate during that school year in all sports.

***NOTE:** Students may be eligible regardless of age or grade if they have been approved through the State Education Department's Selection/Classification Program.*

Locker Room Procedures

Rough housing and throwing towels or other objects is prohibited in the locker room.

Hazing of other players is not allowed.

No one, except coaches and assigned players, are allowed in the locker room.

No glass containers are permitted in the locker rooms.

All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. Metal, hard spikes or cleats are not allowed in any other part of the school building.

Playing Time

The benefits gained by participation in athletics are countless. Students learn the values associated with commitment, effort, teamwork, coping leadership, and sportsmanship to name a few.

Although there are many measures of success in the minds of each participant, perhaps the most emotional is playing time during contests. If a student has questions as to his/her playing time, it is the coach's responsibility to offer suggestions for improvement.

The following are coaches' guidelines for this important topic:

Middle School Athletics

At the middle school level (grades 7 and 8) the emphasis is on participation. It is during this period in a student's athletic career where all aspects of being a member of a Herrick's athletic team are established and reinforced. The coach should concentrate on teaching fundamental sport skills and strategies, discipline, teamwork, organizational skills, and good sportsmanship.

Junior Varsity Athletics

Emphasis at the junior varsity level is balanced between participation and winning.

Coaches will make a conscious effort to play all team members for as much time as is practical.

There are many factors that govern individuals playing time, but perhaps the most important are: practice attendance, quality of effort, attitude, commitment, and athletic ability.

Varsity Athletics

While coaches at the varsity level will make a strong effort to play all team members, the emphasis at the varsity level shifts towards fielding competitive teams with the goal of winning as many games as possible. This emphasis may result in uneven playing time among the athletes, with some students not playing in every contest. The coach makes the often difficult decisions as to who starts, who plays and for how long at this level.

Note: At all levels, when the coach feels that the winning or losing of a contest is not in doubt, the coach shall make every effort to play as many team members as possible.

Transportation To and From Contests

The Herricks School District provides bus transportation to all away contests. All team members are required to travel to and from these contests using the school provided transportation for student safety reasons.

A student/athlete may be permitted to travel home from a contest with his/her parent(s) provided the parent submits a written request to the coach. The coach will submit the request to the District Athletic Director for approval.

ATHLETIC PLACEMENT PROCESS FOR INTERSCHOLASTIC ATHLETIC TEAMS

The Board of Education recognizes that physical education and interscholastic athletic competition are important to the development of the whole child, and that students benefit when they can participate in such activities at a pace that is consistent with their physical and emotional maturity, size, fitness level, and athletic skill.

The Board of Education will permit pupils in grades no lower than seventh grade to compete on varsity interscholastic athletic teams organized for senior high school pupils. Such pupils are to be placed at levels of competition appropriate to their physiological maturity, physical fitness and skills in relationship to other pupils in accordance with the standards established by the Commissioner of Education through the Athletic Placement Process evaluation procedures.

Seventh or eighth grade students who are recommended to participate in varsity interscholastic athletic team competition at the senior high school level must first obtain written permission from his or her parent or guardian before any Athletic Placement Process evaluations may begin. In addition, it must be confirmed by the Athletic Director that (1) the student's academic performance is at or above average and (2) the student is emotionally ready to socialize with high school-aged students.

A student who is recommended to participate at a varsity level of competition and who has obtained parental consent and approval by the Athletic Director to participate at the varsity level will undergo medical clearance, a sport skill evaluation and physical fitness testing. Only students who pass all parts of the Athletic Placement Process are permitted to try out. A student who has undergone the Athletic Placement Process does not need the procedure repeated if he/she achieved the required scores for fitness, maturity, and comparable physical size for the desired sport, regardless of the school year in which the testing was completed. If the student changes sports, the student's scores will be reviewed to see if they meet the requirements for the desired sport. Athletic Placement Process evaluation procedures must be repeated only if the scores do not meet the requirements for the desired sport.

The Physical Education Director and/or Athletic Director shall maintain all records of students who have successfully completed the Athletic Placement Process. Further, a notification list, as prescribed by the Commissioner of Education, of the scores of all athletes who have successfully completed the process and have been approved through the Athletic Placement Process after the try-out period has been completed must be sent to the physical education director and/or athletic director of competitor schools, and the athletic governing board or Section VIII office.