

**Pine Plains Central School District  
Student Athlete Handbook  
&  
Code of Conduct**



**2024-2025**

## **To Student Athletes and Their Parents:**

Welcome to the Interscholastic Athletic Program of the Pine Plains Central School District. The athletic program has been designed to enhance the student experience. Sports involvement provides student athletes with the opportunity to develop physically, mentally, and emotionally. The personal characteristics of physical fitness, athletic skills, leadership, self-discipline, self-esteem, loyalty, cooperation, self-motivation, sense of fair play, social attitudes and behaviors, along with developing friendships are promoted by participation in athletics. The objective of the Pine Plains Athletic Program is to complement the objectives and policies of the school in the development of well-rounded individuals who are capable of taking their place in today's society.

### **Athletes:**

This handbook contains important information defining the expectations, rules, regulations for all students involved in athletics. To promote a clear understanding of the Pine Plains athletic experience, each athlete is expected to thoroughly read the Athlete's Handbook. After reviewing its contents, the student athlete and parent/guardian must sign the Athlete's Code of Conduct.

THE PINE PLAINS BOARD OF EDUCATION HAS REVIEWED AND ENDORSED THIS HANDBOOK AND CODE OF CONDUCT.

Please contact the Athletic Director's Office (518) 398-7181 ext. 1366 if you have any questions regarding the program or the Code of Conduct.

Have a good season,

Lester Funk  
Director of Athletics

# **TABLE OF CONTENTS**

<b>Introduction .....</b>	<b>1</b>
<b>Overview of Code of Conduct.....</b>	<b>1</b>
<b>Eligibility.....</b>	<b>2</b>
<b>Attendance.....</b>	<b>2</b>
<b>Commitment.....</b>	<b>3</b>
<b>Conduct.....</b>	<b>3</b>
<b>Care of Uniforms and Equipment.....</b>	<b>4</b>
<b>Transportation and Away Contests.....</b>	<b>4</b>
<b>Training Rules.....</b>	<b>5</b>
<b>Consequences for Code Violations.....</b>	<b>6</b>
<b>NYSPPHSAA Sportsmanship Policy .....</b>	<b>8</b>
<b>Athlete’s Code of Conduct.....</b>	<b>8</b>

## **INTRODUCTION**

It is an honor to be selected as a team member and to represent Pine Plains Central School District. Only those students in good standing at Pine Plains Jr./Sr. High School may become a member of an athletic team. Students must recognize that participation in the athletic program is a privilege, not a right; and that his privilege can be denied. Thus, being an athlete presumes responsibility to yourself, your family, your teammates, your coaches, your school, and your community.

An athlete is expected to exhibit exemplary behavior in school, at school activities, at home, at all contests, and in their personal life. The Athletic Director/Administration has the power to remove any member from the team if their conduct or actions do not represent the best interests of, or set a positive model for Pine Plains Athletics. Every athlete is expected to adhere to the Athlete's Code of Conduct.

### **Athlete's Code of Conduct** **Overview of Code**

1. Eligibility
2. Attendance
3. Commitment
4. Conduct
5. Care of Uniform and Equipment
6. Transportation and Away Contests
7. Training
8. Consequences

## **1. ELIGIBILITY:**

I agree to meet all eligibility requirements, honestly and accurately provide the necessary eligibility information, and work to maintain my eligibility.

### **State Eligibility Requirements for Athletes**

- Full time student: taking four (4) courses including Physical Education
- Eligible according to requirements of NYSPHSAA
- Eligible according to the monitoring body transfer rules (new students)
- Meet monitoring body age requirements (maximum age of nineteen (19) years of age eligible through the end of the school year during which that age is attained)
- Maintained amateur status: never having used athletics skills for gain, including playing, coaching, or officiating.
- Eligible for eight (8) consecutive semesters beginning in the semester student enters ninth (9<sup>th</sup>) grade.
- Selection/Classification athletes are eligible for up to twelve semesters beginning in seventh grade.

### **Academic Eligibility Requirements**

- Academic performance is as important as performance in an athletic event. It is the responsibility of the student athletes to make the appropriate effort in their academic work in order to reflect their abilities, including completion of all homework, class work, and exams. All athletes must fulfill at least the minimum academic requirements to remain a team member. Failure to do so will result in probation, suspension, or dismissal.

### **Required Forms for Athletes**

- All athletes must be registered with Family ID/ Arbiter Sports before tryout or practice can take place.
  1. Sport physical on file with nurse each school year.
  2. Health History Update
  3. Code of Conduct signed by athlete and parent.

### **Citizenship Eligibility Requirements**

- Because athletes represent their school on and off the field, they are expected to maintain a high behavioral standard. To be a team member is a privilege, not a right. Students may be suspended or dismissed at the coach and athletic director's discretion for citizenship reasons, including disorderly conduct at athletic events or practice, profanity, tardiness, truancy, insubordination, fighting, and other conduct or actions that violates the student athletes code of conduct applicable to all students.

## **2. ATTENDANCE:**

I shall maintain a good attendance record and will adhere to all attendance requirements established by the school and by the coach.

### **School Day Attendance**

- All athletes should be in attendance for the full school day. Legal excuses for part day absences, such as doctor appointments, must be turned in to the attendance office in order to compete in a contest and or practice on that day. The daily attendance will be available so that coaches can be aware of athlete's attendance.
- Athletes are to inform their teachers of any early dismissals because of a scheduled contest. Athletes are responsible for obtaining all assignments and completing all missed work resulting from classes missed due to a scheduled contest.

### **Practice/Contest Attendance**

- Promptness is expected. All athletes shall report to practices and contests at the time designated by their coach. Athletes must attend all practices and contests.
- Athletes must participate in scheduled physical education class in order to practice or play in a contest on that same day.
- Coaches will provide contact information to athletes and parents so that they may be contacted if a scheduling/emergency situation arises.
- Detention/Suspension is an unexcused absence from practice. Athletes will not participate in practices or contests during days of detention/suspension.

### **3. COMMITMENT:**

I agree to make a firm commitment to my teammates, my coach, my school and myself.

### **Commitment to The Team**

- Once a commitment to a school team has been made, a player must follow through with this commitment. It is also unfair to other aspiring players who have failed to earn a place on the team.
- Failure to attend practices will be interpreted as a lack of commitment. Athletes are responsible to personally talk to their coach prior to missing a practice.

### **Transfer to Another Team**

- A student may transfer to another athletic team ONLY if:
  1. Approved by parent, coaches, and Athletic Director.
  2. Has not made any other team transfers that school year.

### **Lack of Commitment**

- If a player quits or is dismissed from a school team after the eligibility lists are submitted or the first game has been played, that player must schedule a meeting with the Athletic Director and Coach before that player can try out for another team during the school year.

### **4. CONDUCT:**

I shall adhere to all rules and responsibilities as outlined by the school and my coach. I understand that incidents of misconduct in or out of school may have a definite effect on my participation on the athletic team.

## **Appearance and Dress**

- The appearance and dress of all athletes for practices and competitive events will comply with those requirements established by the school.

## **Sportsmanship**

- As role models to their peers and as representatives of their school, athletes shall exhibit respect for all teachers, students, and property both school and personal.
- All athletes will display good sportsmanship at all times.
- Inappropriate language, gestures, and actions will not be tolerated, i.e. “in your face” gestures or actions after scoring.
- All athletes will be aware of and adhere to the sportsmanship policy outlined by NYSPHSAA or receive the indicated disciplinary action. See NYSPHSAA Sportsmanship Policy in this handbook.

## **5. CARE OF UNIFORMS & EQUIPMENT:**

I accept responsibility for all equipment that is issued to me by the school. Further, I agree to the proper use of all team equipment.

## **Equipment/ Uniforms**

- The student athlete is expected to keep all equipment clean and/or in good repair. It is important to maintain the good condition of the equipment for the athlete’s safety. ALL EQUIPMENT MUST BE RETURNED CLEAN AND IN GOOD REPAIR NO LATER THAN (1) WEEK AFTER THE LAST CONTEST.
- The student athlete is financially responsible for all equipment/ uniforms issued. Should he/she fail to return issued items(s), the athlete must reimburse the district for the reimbursement cost. THE STUDENT WILL NOT BE PERMITTED TO CONTINUE PARTICIPATION IN THE SPORTS PROGRAM UNTIL THE ITEM(S) ARE RETURNED OR REIMBURSEMENT IS MADE. Failure to comply with these requirements will result in the denial of all athletic awards and credit for participation.

## **6. TRANSPORTATION AND AWAY CONTESTS:**

I agree to follow the transportation policy established by the school. I will adhere to the additional requirements established by my coach and athletic department.

## **Parking**

- Athletes are not to park behind the school at any time Monday through Friday. They are to park in the main lot or by tennis courts. This is due to the large congestion during athletic events and for safety considerations.

## **Transportation to Away Contests**

- It is expected that all athletes travel to and from all “away games” on the team bus. This is done for the purposes of team unity, attendance, and insurance. The school has the responsibility to return the athletes to the school district. If a parent will be picking up their child at the away contest, they must sign out the athlete with the coach. For a student to ride home with another parent, an email, phone call or written permission must be approved by the Athletic Department.
- Student athletes are not permitted to drive a vehicle to the site of an away athletic contest, unless approved by Athletic Director or HS Principal.

- Coaches are responsible for the supervision of the student athletes on the bus. While riding the bus, athletes are to follow the school behavior policy and additional requirements established by the coach.
- No undue noise, shouting, or whistling inside or out the windows of the bus.
- Cleats and spikes may not be worn on the bus.
- Athletes are expected to pick up after themselves upon completion of a trip before they exit the bus.
- Any problems arising during a trip may be reported to the Athletic Director.

### **Team Procedures at Away Schools**

- At away contests locker rooms will be kept neat, clean and undamaged. To ensure this practice athletes should enter and leave visited schools together. The locker rooms are to be checked by the coaching staff before departure.
- No athlete may wear cleats or spikes in any building.

## **7. TRAINING RULES:**

I understand that proper training is essential to my performance. I agree to adhere to the training regimen established by the Pine Plains coaching staff, Athletic Trainer and Athletic Director.

### **Physical Conditioning**

- The physical conditioning requirements will be established by the coach for the pre-season, season, and off-season for team members.

### **Training**

- Athletes will not use or be in possession of alcohol, tobacco, steroids, vapes, e- cigarettes and/or illegal drugs.
- Athletes will not become involved in illegal behaviors including and comparable to the hosting or association with drinking/drug parties, stealing, vandalism, or assault.
- Insubordination to any member of the Pine Plains Coaching staff will not be tolerated.
- Athletes will not display inappropriate actions, gestures, or conduct unbecoming of a Pine Plains student athlete.

### **Health Habits**

- Athletes are expected to follow a balanced, nutritional diet.
- Athletes are expected to provide for adequate rest and sleep within their daily schedule.
- Athletes shall notify the school nurse and coach during the sports season of the use of prescription drugs.
- Athletes shall not abuse the use of prescription drugs. Any inhalers or other medications needed during practices and/or contests shall be kept by the coach.

### **Accidents and Injuries**

- Because many injuries can be more serious than they outwardly appear, athletes must report all injuries to the coach.
- Athletes should notify the coach if they are planning to go or have gone to see a doctor regarding the athletic injury.

- An athlete will be transported to the hospital if hospital treatment is necessary in the opinion of the coach, first aid staff, and/or school nurse. The coach or staff shall attempt to contact the parent of the athlete as soon as possible.
- The athlete will be accompanied by a coach or responsible adult (in the absence of the parent.) This individual will remain with the athlete until the parent arrives, or treatment has begun. Under no circumstances will the remainder of the team be left unsupervised. If it is necessary for a bus driver or other uncertified individual to supervise the players, the contest or practice action will cease.
- If an athlete is absent or does not participate because of an injury or illness for five days or more, a written approval for participation will be needed by a physician.

## **8. CONSEQUENCES FOR CODE VIOLATIONS:**

I realize that with my choices are consequences. I accept the consequences listed, if I fail to adhere to the Athlete's Code of Conduct.

### **Athletic Discipline Code**

- To protect the safety of the athlete and/or teammates and to maintain the proper atmosphere for learning, a firm discipline policy is necessary. While our goal is to promote self-discipline, it is necessary that penalties be imposed on those willfully violating standards for physical fitness and endangering teammates as well as themselves. The following rules and regulations shall apply to all interscholastic teams. The Athletic Discipline Code will be administered by the Athletic Director, High School Principal, Middle School Principal, Dean of Discipline and Coaches. Parent notification will take place immediately, and a conference will follow if requested.

### **Choice and Consequence**

- 1. Infraction/Reason** - Academic Ineligibility  
**Penalty/Policy** – Per the High School Academic Eligibility Policy. Quarter marks – failing 2 or more courses, student is ineligible until the next marking period. \*Ineligible students may use the One-Time Monitoring Process Option (10 days after ineligibility).
- 2. Infraction/Reason** - Late for Practice  
**Penalty/Policy** – Coach's discretion
- 3. Infraction/Reason** – Late for Game  
**Penalty/Policy** – 1<sup>st</sup> offense: Coach's discretion. 2<sup>nd</sup> offense: Ineligible for the game. 3<sup>rd</sup> offense: Permanent suspension for that season.
- 4. Infraction/Reason** – Absent from Practice  
**Penalty/Policy** – Coach's discretion
- 5. Infraction/Reason** – Absent from Game  
**Penalty/Policy** – Suspension for season pending investigation by the Athletic Director and coaches concerned.

- 6. Infraction/Reason** – Use/Possession/Sale/Distribution of alcohol, illegal drugs, vapes, e-cigarettes, and/or tobacco. An infraction also occurs when a student athlete does not remove themselves from a location where, illegal drugs are present, and/or the illegal consumption of alcohol is taking place.  
**Penalty/Policy** – 1<sup>st</sup> offense: Suspension for the duration of that sport and/or next sport season. Any student suspended in the 2<sup>nd</sup> half of the season begins at the midway point between the first day of practice and the last contest.
- 7. Infraction/Reason** - Quitting a Sport After Start of the Season  
**Penalty/Policy** – Withdrawal from all athletics for that sport season. Unless, written permission is given from the coach of the sport the student quit, allowing participation in another sport.
- 8. Infraction/Reason** – Excused from Physical Education Class  
**Penalty/Policy** – A student who has been excused from physical education due to medical reasons may not practice or participate in a contest on that day.
- 9. Infraction/Reason** – Tardiness  
**Penalty/Policy** – Per the High School Attendance Policy. Student athletes with an unexcused late and/or absence will not participate that day.
- 10. Infraction/Reason** - Detention or Suspension from Classes  
**Penalty/Policy** - If a student is suspended from school or has detention, the student will not be allowed to participate in practices or contests on those days.
- 11. Infraction/Reason** – Time Schedule for Enforcement  
**Penalty/Policy** – The penalty for any infraction shall take place immediately. The student will not be allowed to participate in any practice until the problem is resolved or the penalty has been ratified.
- 12. Infraction/Reason** – Care of Uniform and Equipment  
**Penalty/Policy** – Each team member shall assume full responsibility for the uniform and equipment issued to them. The student is financially responsible for lost items.
- 13. Infraction/Reason** – End of Season  
**Penalty/Policy** – The season will officially end for each student athlete when, no later than one week after the final contest, the student returns all equipment issued to them for that sport. Until the above requirement is met, the student is subject to all eligibility rules and regulations for that sport. Failure to comply with these requirements may result in denial of all athletic awards and credit for participation.
- 14. Infraction/Reason** – Suspension from a Sport  
**Penalty/Policy** – If a student who has been suspended from one sport wishes to participate in a sport in a subsequent season, they must arrange a meeting with the Athletic Director, the coaches

involved and the student. The student must prove that they are deserving of a reinstatement to the athletic program.

15. **Infraction/Reason** – Infractions of The Rules of Good Citizenship

**Penalty/Policy** – The Athletic Director/Administration has the power to remove any member from a team if their conduct or actions do not represent the best interest of, or set a positive role model for Pine Plains Athletics.

## **New York State Public High School Athletic Association Sportsmanship Policy**

### **Sportsmanship:**

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA had been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

### **Player:**

1. Any member of a squad ruled out of a contest for an unsportsmanlike or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
2. Any member of the squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Member of the squad includes player, manager, scorekeepers, timers, and statisticians.

## **Athlete's Code of Conduct**

Each athlete must make a commitment to the athletic program to assure success. We ask that you read the following Athlete Code of Conduct and pledge your commitment to follow these rules and regulations.

1. **ELIGIBILITY:** I agree to meet all eligibility requirements, honestly and accurately provide the necessary eligibility information, and work to maintain my eligibility.
2. **ATTENDANCE:** I shall maintain a good attendance record and will adhere to all attendance requirements established by the school and by the coach.
3. **COMMITMENT:** I agree to make a firm commitment to my teammates, my coach, my school, and myself.
4. **CONDUCT RULES:** I shall adhere to all rules and responsibilities as outlined by the school and my coach. I understand that incidents of misconduct in or out of school may have a definite effect on my participation on the athletic team.
5. **CARE OF UNIFORMS & EQUIPMENT:** I accept responsibility for all equipment that is issued to me by the school. Further, I agree to properly use all team equipment.
6. **TRANSPORTATION AND AWAY CONTESTS:** I agree to follow the

