

ATHLETIC HANDBOOK

PHILOSOPHY OF THE INTERSCHOLASTIC ATHLETIC PROGRAM

The Jasper-Troupsburg Central School District Interscholastic Athletic Program is a natural extension of the high school curriculum that provides activities for the growth and development of our students. The program includes experiences in human relations as well as opportunities for developing each student physically and emotionally.

We view the Interscholastic Athletic Program as a very important part of education.

At Jasper-Troupsburg Junior-Senior High School, we believe that the interscholastic athletic program contributes significantly to preparing our students for becoming productive, contributing citizens of our community and society. A comprehensive program of athletic activities expresses our commitment to ensure the development of physical fitness and personal health, the acquisition of competent performances, and the achievement of excellence in the student's chosen sport.

In addition, our aim is to develop a student with an improved self-image, the ability to learn a new skill, and an intrinsic motivation for growth and development. We want to see a student who will demonstrate a willingness to accept responsibility for their actions, measure themselves against standards of quality, express ideas and solutions to problems, and value fair play, honesty, and cooperation.

Participation in the athletic program is a privilege one in which a student-athlete enters into voluntarily. It is understood that with the privilege comes responsibility to one's self, one's team, and one's school. Continued involvement in the athletic program is contingent upon dedication, hard work, respect, and a commitment to the academic and athletic programs.

COMPLIANCE

The Jasper-Troupsburg Interscholastic Athletic Program will comply with all regulations as stated in the Handbook established by the New York State Public High School Athletic Association. These include Regulations set forth by the Commissioner of Education. Jasper-Troupsburg will also comply with any regulations that may be set forth by Section V or the Steuben County League.

**** PRE-SEASON MEETING****

In order for students to participate in the athletic program at Jasper – Troupsburg Jr. /Sr. High School, all students and their parent/guardian must attend a **Pre – Season** meeting with the Athletic Director to review the Athletic Handbook and policies pertaining to athletics.

**** Concussion Management Program****

In order for students to participate in the athletic program at Jasper – Troupsburg Jr. / Sr. High School, all students-athletes will undergo a baseline examination for cognitive ability using the ImPACT system.

LEVELS OF PLAY FOR ATHLETES

Athletes participating in sports are expected to play at the level appropriate for their grade, age, and ability. Varsity coaches will serve as the heads of their respected programs. The head coach, along with other coaches within their sport, will determine the appropriate level of play for student-athletes. When appropriate, the Director of Athletics may be consulted to determine an appropriate level of play for an athlete.

Modified

This level of play is primarily for seventh and eighth grade students. Ninth grade students may play on a modified team if it is appropriate for the student to play at the modified level and league rules allow for such participation. The coach and Director of Athletics shall determine the size of a team.

The purpose of a modified program is to have:

1. Sportsmanship promoted as a function of the athletic experience;
2. Coaches focusing on the fundamentals of the sport, and the experience for the athlete learning the game;
3. Participation being promoted, with all athletes expecting playing time. The goal for the coach when considering playing time for each athlete is 50% of a contest, although this may not always be possible for every contest;
4. The experience of competing, and exploration of the sport being more important at this level than winning.

Junior Varsity

This level of play is primarily for students in grades 9 and 10. Juniors who are not capable of varsity play may be recommended by the Varsity coach to play JV. Teams may be limited in size as determined by the coach.

The purpose of a JV program is to have:

1. Sportsmanship promoted as the primary goal of the program;
2. An emphasis on individual and team development;
3. Participation based on competition for playing time. While adequate playing time for all athletes is an important goal, team members may not receive equal playing time;
4. An increased emphasis on winning;
5. Preparation of the athletes and the team to compete at the Varsity level.

Varsity

This level of play is primarily for students in grades 11 and 12. Students in grades 9 & 10 are eligible and may be selected for a varsity team if their level of play is consistent with the expectations of the Varsity coach. Teams may be limited in size as determined by the coach.

The purpose of a Varsity program is to have:

1. Sportsmanship displayed at all times;
2. Playing time that is earned, not granted;
3. Winning as one of the goals;

4. Athletes showing a commitment to the team, and teamwork expected from varsity athletes. These athletes serve as role models for younger athletes.

Athletic Placement Process (APP)

The Athletic Placement Process junior high students to try out for an athletic team above the current grade placement. The APP is a comprehensive evaluation of a student athlete's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level.

Under normal circumstances, a student is eligible for senior high school athletic competition in a sport for only four consecutive seasons, beginning with the student's entry into the ninth grade. However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

- a) Participation during five consecutive seasons in the approved sport after entry into the eighth grade; for team sports; or
- b) Participation during six consecutive seasons in the approved sport after entry into the seventh grade, for individual sports.

Therefore, academic records will have a role in progressing through the steps of the APP process, so that a junior high student who might qualify for a JV or Varsity sport does not exhaust his or her eligibility to participate prior to the senior year.

Seventh graders will only be allowed to test up for the JV level for team sports such as soccer, basketball, cheerleading, or baseball. A 7th grader will only be able to test up for Varsity sports if they are considered individual sports, such as track, wrestling, and cross country.

Physical maturity is determined by the district medical director during a physical exam, one part of which uses the Tanner Scale. Upon passing this medical clearance, the student may proceed to the physical fitness and skill assessments as administered by the high school PE teacher. Upon successful completion of these physical fitness components, the athlete becomes eligible to try out for a JV or Varsity team as a junior high student. At the end of the third practice, the higher-level coach and Director of Athletics will determine the appropriate placement of the athlete. Once a student is accepted as a member of the team, they cannot return to a lower-level team (modified) in that sport in that season. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important that all parties involved consider the student athlete's ability to handle the additional demands socially and academically, as well as physically.

The APP was designed for mature and exceptionally skilled students to advance to an upper level and less developed students to participate at an appropriate lower level that is suited to their development and ability. The program is not to be used to fill positions on teams, provide additional experience, provide a place for junior high students when no modified program is offered, or to reward a student. It is aimed at the few select students who can benefit from such placement because of their level of readiness. It will also be fairer to the other students on the modified teams.

PROVISIONS REGARDING STUDENT-ATHLETES

1. Membership

Members will attend all activities unless excused by the coach. Members are expected to follow all rules as outlined in this document and/or the student handbook. Coaches may establish additional

rules specific to their activity provided that: 1) the rules are in written form and distributed to all participants prior to the initiation of the activity, 2) such rules have the approval of the Director of Athletics.

2. Appearance

Student-Athletes are to act respectfully and dress neatly and cleanly when representing Jasper-Troupsburg Central School.

3. Sportsmanship

All participants should adhere to the characteristics of good sportsmanship in reference to teammates, opponents, officials and spectators.

a. Students who are ejected from activities/games will be suspended from the next regularly scheduled event for that activity.

b. A student that continues to display poor sportsmanship, (i.e. physically or verbally showing disagreement with officials, trash talk, attempting to do or doing bodily harm to anyone), will be referred to the Athletic Advisory Committee which will decide all further penalties to be imposed. Such penalties could include dismissal from the sport for the remainder of the season, or dismissal from all sports teams for one year from the starting date of the specific activity involved.

c. The Athletic Advisory Committee will consist of the Director of Athletics (chair), principal, coach, and the Guidance Counselor. All decisions by this committee are final and not subject to appeal.

4. Attendance Eligibility

Students must be in school by 8:15 a.m. the day of an activity.

a. Illegal absences and/or tardiness will prohibit a student from participation in an activity/ contest on the day of the infraction.

b. Excused absences (doctor's appointments, college visits, etc.) will be left to the discretion of the coach and/or Director of Athletics. For an absence to be considered excused, it must comply with the Board of Education Attendance Policy for excused absences and the note must accompany the student upon arrival to school.

c. Students are expected to be in school the day before and the day after an activity. One such incident will be left to the discretion of the coach. Any subsequent incidents will result in a meeting with the Director of Athletics, followed by a suspension of participation in the next scheduled contest. Frequent abusers will meet with the Director of Athletics and may be suspended from scholastic athletics indefinitely.

5. Health and Wellness

1. A student must be of good health to participate in a sport practice or contest. Therefore, if a student is ill and goes home during the school day or spends two periods or more in the health office during a school day, they will not be eligible to participate in any sports activities on that particular day.

2. A student must be prepared for and participate in physical education class in order to participate in interscholastic athletics. Any unexcused offense of this rule will prohibit a student from participation in an activity/contest on the day of the infraction.

6. Transportation

All student-athletes will ride to and from all activities in transportation provided by the school. Students can only ride home with their parents after written permission from the parent has been secured by the coach of the sport. Special arrangements must be made prior to the contest with the athletic director and administration.

7. Leaving an Activity

If a student-athlete quits a sports team, they will have 48 hours to request in writing to the coach for reinstatement. Upon receipt of the request, the coach will forward the request to the Director of Athletics within one school day. The Director of Athletics will decide within one school day of receipt of the request.

8. Curfew Hours

A reasonable curfew may be set by coaches with regard to evenings that precede a regular school day or activity. However, it shall be the responsibility of the participants to get proper rest so as not to hamper their performance both in the classroom and in the activity.

9. Behavior

A. General Expectations

All student-athletes are expected to exercise appropriate behavior in school and in the community. Participants must refrain from profane and abusive language and/or gestures at all times. Students are to respect and be considerate of others, personal belongings in our and other schools. All inappropriate behavior is to be dealt with in a manner consistent with the consequences listed in the student handbook. If the behavior is outside the realm of the handbook, the coach is to consult with the high school principal or their designee.

1. In-Class: Students are expected to complete all assignments and to be courteous and considerate to teachers and other students.
2. Students will not be permitted back into the building after 3:20 unless they are being supervised by a coach or are participating in a practice or game. Therefore, all books and personal belongings that are needed that evening should be taken by the athletes when they exit the building at the end of the regular school day.
3. A student that leaves the building during an after school/evening activity will not be allowed to re-enter.
4. Hallways: Students must display appropriate behavior in regard to the following: horseplay, open affection, language, fighting and verbal assaults on others.
5. Cafeteria: Students must use the cafeteria in a neat and orderly manner and should display the same behavior as outlined above.

B. After School Detention (ASD)

1. The purpose of ASD is to provide a means of consequence for students whose classroom, hallway, or other in-school behavior needs correcting. A student may be assigned to ASD for infractions of student handbook rules, or infractions of individual classroom teacher's rules
2. Students assigned ASD on a specific day will be expected to serve their time in ASD before they are to participate in a practice or contest.

1. Academic Eligibility

Warning-Supervised study-Ineligible: WSI is used to notify and motivate students to complete assignments, and to study in a timely and productive manner. Parents/caregivers will be notified by the individual teacher via email on Monday, or first school day of the week, regarding their child being placed on WSI. A paper copy will also be mailed to the address on file.

1. Students may be given a “Warning” if they’re not sufficiently completing assignments, even if they’re passing the course. This is a discussion between the student and teacher, but may also include parent/caregiver contact.
2. Students may be placed on “Supervised-study” if they’re under 65 at teachers’ discretion.
3. Students may be Ineligible if they have been on “Supervised-study” for one or more weeks at the teacher’s discretion.
4. Students may use the copy of the WSI report they received to communicate with teachers when work is completed.

A. School Tool will generate a list of students who have a score of lower than 65 and each teacher must decide if the student is to be put on the WSI list.

B. The duration of WSI will run from Monday 12:00 p.m. to the first day of the next school week at 12:00 p.m. Students who are on WSI will remain on the list for the duration of one week with no exceptions.

C. Student-Athletes who are placed on WSI will be required to complete the missing work for the first 30 minutes of practice. Students who are ineligible may practice but cannot compete in games or events.

2. Chemical Health

Significant findings in health research have confirmed the undesirability of using tobacco, alcohol, marijuana, and other controlled substances. Unfortunately, education and reasoning alone are not always sufficient to deter youngsters from the use of those substances. Therefore, the school must deal with its students who fail to abstain.

A. First Offense

Serious accusation of a **first offense** involving possession of, or documented use of tobacco, smokeless tobacco, marijuana, alcohol, or other controlled substances, or being in the presence of illegal aforementioned substances during any season of participation will result in the accused meeting with the Athletic Advisory Committee, consisting of the Director of Athletics, principal, guidance counselor, and/or school nurse. The coach of the sport may also be asked to be a member of the committee. If the student is found to be guilty, strict penalties will be imposed.

Penalties for a **First Offense** are as follows:

1. Student will serve a **60-day** suspension from the sport. If the sport has less than 60 days left in the season, the athlete will finish the suspension during the season immediately following the season in which the violation occurred. The 60 days will count days that fall within the dates of any particular sport season.

Therefore, down-time between sport seasons will not count toward the 60 days. If the infraction occurs with less than 60 days remaining during a spring sport, the suspension will carry over to the first sport season that the athlete participates in during the next school year. Within one day of the hearing, the Director of Athletics will provide in writing to the athlete the date that the athlete will be able to resume participation in a sport.

2. Students found to be in violation of the chemical health policy regarding illegal substances will be required to pass a drug screening before returning to any sports team. The screening shall be administered by a licensed physician at the expense of the parent or guardian.

A. Second Offense

Serious documented accusations of a **second offense** of the chemical health policy by the same student during the same or any subsequent period of eligibility will result in the offending student meeting again with the Athletic Advisory Committee. If the student is found to be guilty, more stringent penalties will be imposed.

Penalties for a **Second Offense** are as follows:

1. Student will be suspended from all interscholastic athletics for the period of **ONE YEAR**. The suspension will begin the day of the hearing and end one year from that particular date.
2. Students found to be in violation of the chemical health policy regarding illegal substances will be required to pass a drug screening before returning to any sports team. The screening shall be administered by a licensed physician at the expense of the parent or guardian.

C. Third Offense

Serious documented accusations of a **third offense** of the chemical health policy by the same student during any subsequent period of eligibility will result in the offending student meeting again with the Athletic Advisory Committee. If the student is found guilty, a no tolerance penalty will be imposed.

Penalties for a **Third Offense** are as follows:

Student will be **BANNED** from all interscholastic athletics for the duration of their high school career. The banishment will begin the day of the hearing and continue through graduation or until the student is no longer enrolled at Jasper-Troupsburg.

NOTE: At the conclusion of any hearing held by the Athletic Advisory Committee, such Committee shall prepare its finding of fact and determination of penalties within one (1) school day of the conclusion of such Hearing, it will provide this information to the student, and shall file the same with the Superintendent.

D. Appeal Process

Students have the right to appeal the decision of the Athletic Advisory Committee to the Superintendent (in writing, within five (5) school days) for review of the procedures, findings, and

penalties imposed by any Hearing Committee. If the appeal is granted, an Appeal Committee, chaired by the Superintendent or his designee and consisting of four or more of the following (excluding members who served on the Hearing Committee), will consider the matter and issue a written report:

1. Administrative Assistant
2. Elementary Principal
3. Members of the Board of Education (non-related)
4. Substance Abuse Committee Members
5. Other Coaches/Activity Advisors

Such Appeal Committee convened by the Superintendent shall have the authority to confirm the findings of fact and penalty of the Hearing Committee or make its own findings of fact and decision concerning the penalty. Any student that believes they were adversely affected by such a final decision of the Superintendent's Committee may appeal the findings of fact and penalty to the Board of Education (in writing and within five (5) school days). The Board of Education will meet as soon as reasonably possible after filing such appeal to review the case and either confirm the Superintendent's Committee's decision or modify the same, as the Board of Education shall deem appropriate.

3. Participation

Students will be permitted to participate in only one interscholastic sport per season. Those who quit one team to join another team or join a team that has competed in the first scheduled contest, must have the approval of the Director of Athletics.

4. Eligibility

No student may participate in an interscholastic sports activity (including try-outs and practices):

1. Until a Pre-season Health Update form has been filed with the school nurse.
2. Until the student receives a physical examination from a physician.
3. Without abiding by all the regulations set forth in the NYSPHSSA handbook.
4. Following an injury that requires a physician's care, until a doctor's release form (countersigned by a parent) is presented to the school nurse.
5. Until uniforms and/or equipment from previous participation are returned or arrangements are made to pay for such equipment with five (5) days following the completion of a sport.

Awards

Aside from the personal satisfaction achieved by student-athletes through competition, the district also feels it is important to recognize student-athletes for their participation in its many sports programs. The awards and criteria are as follows:

1. An athlete earns a Varsity letter after they have completed at least one season at the varsity level in which they have played at least 50% of the time. If a question arises concerning an individual athlete, coach's discretion will come into play.
2. When a student is first eligible for more than one letter, they will receive a sports pin for the second sport.
3. If a student already has a letter and a sports pin, they will receive a service bar.

4. For a senior to be eligible for a Senior Award, they will have had to have played varsity sports for three seasons in each of three years.

Detach this form and return to the coach

Jasper-Troupsburg Athletics
Consent Form
(STUDENT)

Name of Student-Athlete _____ Year _____

As a student- athlete participating voluntarily in interscholastic athletics at Jasper-Troupsburg, I understand that:

1. I will abide by the Jasper-Troupsburg's code of Conduct, the school's Athletics Handbook, and the coach's team rules, and the laws of the N.Y.S.P.H.S.A.A. and Section V.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, or am in possession of such substance, or suspended from school for use of possession of these substances, I will be subject to disciplinary action as outlined in the handbook.
5. I may be dropped from the team and receive no award should I be suspended from school for gross misbehavior (i.e., student code of conduct violations).

I know what is expected from an athlete who represents the Jasper-Troupsburg Central School District, and I am prepared to so distinguish myself.

Student Signature: _____ Date _____

(PARENT)

As the parent/guardian of _____, I have reviewed the Rules and Regulations of the Jasper-Troupsburg Athletic Handbook and understand that academics in school and safety of student-athletes are an integral part of interscholastic athletics. Therefore, I understand the importance of rules enforcement by the Administrative and coaching members of the J.T. Athletic Program. I also realize that participation in athletic activities could result in serious injury, paralysis, or even death and that as a parent, I am a part of a team with the school to ensure that safety will be the main goal of all persons involved.

Parent Signature: _____ Date _____