



**KINGSTON
CITY SCHOOL DISTRICT**

**TIGERS
ATHLETIC HANDBOOK**

ATHLETIC HANDBOOK

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MEMO TO PARENTS AND ATHLETES

Congratulations on making the decision to participate in the Kingston City School District Athletic Program. Your involvement in our sports program will give you the opportunity to meet and work with our diverse, talented student body and our outstanding, dedicated coaching staff.

Our coaching staff cares about our athletes. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our fine coaches serve as excellent, positive role models for our students, and we are very proud of them and their achievements.

The main goal of the KHS Athletic Program is to provide experiences that are fun and promote individual growth within a safe and healthy environment. We hope that all students will participate in some phase of our program. These will be memorable high school experiences that will last a lifetime.

When your daughter/son chooses to participate in one of our sports programs, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some specific policies that are necessary for a well-organized interscholastic athletic program. The program is governed by the regulations established by the New York State Commissioner of Education's basic code for extra-class athletic activities. Kingston High School is a member of the New York State Public High School Athletic Association, competing as a Class AA school.

If you have any questions or concerns regarding the Kingston athletic program and/or this handbook, please do not hesitate to call the Kingston Athletic Office at (845) 943-3736.

Please keep this handbook readily available. We hope you will take advantage of and participate in our athletic program to "Be the best you can be".

Sincerely,

Rich Silverstein
Athletic Director

PHILOSOPHY OF KINGSTON ATHLETICS

Interscholastic athletics are an integral and desirable part of the educational process of Kingston athletics. Individual and team sport offerings shall be based upon the District's comprehensive Physical Education instruction and intramural activities. It is the portion of the total Physical Education program that provides advanced opportunities for those students with interest and ability in athletic activities.

The Kingston City School District is committed to the education of the whole child. The "Life lessons" that are taught through athletic participation allow us to nurture both the athletic talents and the social-emotional well-being of our student-athletes.

The District's goal is to develop a competitive athletic program that does not lose sight of the educational values of sportsmanship, teamwork, health, and scholastic achievement. It is the nature of athletic competition to strive for victory, but the number of victories is only one criterion when determining the success of a session. Guiding the team and each individual to attain their maximum potential is the ultimate goal.

ORGANIZATIONAL STRUCTURE

The Athletic Program is one of several extracurricular activities that the Board of Education directs the school administration to offer secondary students (grades 7-12) at Kingston City School District. The Athletic Program is coordinated by the Director of Athletics who has the ultimate responsibility for all phases of the program. Each year the Director of Athletics submits recommendations to the Superintendent of Schools for coaching appointments. The Superintendent then recommends appointments to the Board of Education for final approval. The varsity head coach of each sport will structure and give direction to the coaching staff at the modified, freshman, junior varsity, and varsity teams. He/she will corroborate with the Director of Athletics regarding all assistant coaches, as well as Board-approved volunteers, and their responsibilities within their sport organizations. The head coach is responsible for the development of his or her particular program to ensure that each athlete achieves maximum growth and maturity, as well as basic skills in his or her sport.

RESPONSIBILITIES OF A KINGSTON STUDENT-ATHLETE

Being a member of a Kingston athletic team is a privilege and an honor, not a right. To many athletes, it is the fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be fulfilled. A great athletic tradition has been developed by the hard work of any people over the years. As a member of a Kingston athletic team, you have inherited a great tradition. Your actions will reflect not only on those with whom you are associated with now, but those who have contributed so much to our school in the past, and those who will follow you.

Many of our athletes have gone on to collegiate fame. Many others have established league, section and state records. Because of this fine tradition, a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set up by the Athletic Department.

Today you will be asked to make sacrifices that will benefit yourself, your team and your school. Never has the pressure of peer groups been so strong. You must learn to say "NO" to risky lifestyle choices. In the long run, you and your family will be proud of the sacrifices and dedication that you will have put forth to be a member of our athletic teams. If you take this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The experiences of athletic competition are the result of hard work, dedication, and discipline and are rewarded with the accumulation of fond memories and personal achievements.

The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities, as well as in athletics, prepare you for your life as an adult.

Another responsibility you assume as a team member is to your school. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You have a responsibility to your parents to always do the best you can. When participating in athletics, we sometimes feel that we have failed if we have not won. By trying the best that you can and following all the rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates. Younger students will look up to you, and it is your responsibility to set a good example for them. They will imitate many things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

LEVELS OF COMPETITION

Modified B

The Modified B level is designed for students in grades 7 and 8. This level of competition gives students their first opportunity to participate in our district's athletic program and prepares them as student-athletes by emphasizing personal enjoyment, sportsmanship and healthy competition, the fundamentals of team play and responsibilities of being on a team, development of individual athletic skills, learning of game rules, and physical conditioning.

At this development level, the focus is on the social and emotional growth of each student-athlete, providing age-appropriate physical demands, and maximizing participation and individual playing time under modified rules specific to this level. At the modified level, exclusion of students from our athletic program is not our preferred policy. However, if the number of students trying out for a team(s) creates a situation that is difficult to manage, poses safety issues, or is problematic because of facility considerations, reducing team roster size by "cutting" may be necessary.

Modified A

The Modified A level is designed primarily for students in grade 9, but by NYSPHSAA rules, students in grades 7 and 8 are also eligible. This level of competition continues to emphasize personal enjoyment, sportsmanship and healthy competition, the fundamentals of team play, development of individual athletic skills, learning of game rules and strategies, and physical conditioning.

This program prepares student-athletes by continuing their physical, social-emotional, and mental development in a competitive environment that maximizes participation and individual playing time under modified rules specific to this level. At this modified level, the exclusion of students from our athletic program is not our preferred policy. However, if the number of students trying out for a team(s) creates a situation that is difficult to manage, poses safety issues, or is problematic because of facility considerations, reducing team roster size by "cutting" may be necessary.

Freshman

The Freshman level is designed for students in grade 9, but students in grades 7 and 8 who are recommended for and pass Athletic Placement Process are also eligible. This level of competition continues to emphasize personal enjoyment, sportsmanship and healthy competition, while advancing the development of individual athletic skills, knowledge of game rules and sport-specific strategies, and physical conditioning. These components in combination with attitude, motivation, and team play factor into making a team when cuts are made.

This program prepares student-athletes by continuing their physical, social-emotional, and mental development in a competitive environment and teaching them the importance of balancing team and individual player development while striving for victory. As the game's outcome takes on greater importance, individual playing time will become more skills-based and up to the discretion of the coach, but is still impacted by league rules specific to this level.

Junior Varsity

The Junior Varsity level is designed for students in grades 9 and 10, but students in grades 7 and 8 who are recommended for and pass Athletic Placement Process are also eligible. At this level of competition, emphasis continues to be placed on personal enjoyment, sportsmanship, and healthy competition. Individual athletic skill and ability are further refined, game strategies become more advanced, and physical conditional increased. These components, in combination with attitude, motivation, and team play, factor into making the team when cuts are made.

This program prepares the student-athlete for the varsity level by continuing their physical, social-emotional, and mental development in a competitive environment while helping them develop a clearer understanding of what it means to compete, as well as the important and different role each individual plays in the success of a team. Though winning is a more focused goal, finding opportunities for individual student-athletes to play during the season is an expectation. However, playing time is influenced by skill level, motivation, and attitude. Playing time is at the discretion of the coach.

Varsity

The Varsity level is designed for students in grades 10, 11, and 12, but students in grade 9 are eligible, as are those in grades 7 and 8 who are recommended for and pass the Athletic Placement Process. This level of competition is the culmination of our District's athletic program and along with continued individual physical, social-emotional, and mental development, the goal is to prepare to win and to strive for victory in every contest while continuing to emphasize personal enjoyment, team play, sportsmanship, and healthy competition.

In this program a sound attitude, strong motivation, and advanced level of skill and knowledge of game strategy, as well as good physical conditioning, are determinants for making the team and earning playing time. At the varsity level we strive to help student-athletes understand their individual role and importance to the team's success; neither making a team nor a specified amount of playing time is ever guaranteed as both are at the discretion of the coach.

Special Considerations

A. Cuts

Though exclusion of students from athletic participation is not preferred policy, unfortunately there are times a student may face a situation where he/she does not make

a team. Team selection will be determined by a pre-identified process and timeline. This process will involve review by multiple coaches and the criteria will evaluate athletic skill, sport-specific skill and knowledge, and teamwork. When a student is not selected, the coach will meet with the students individually to explain why he/she did not make the team. It is understood that this is a very difficult time for students, families and coaches, and communication currently is critically important to the student's learning process.

B. Athletic Placement Process

The New York State Education Department has developed a process for screening 7th and 8th grade students to determine their readiness to safely try out for and possibly compete on a Freshman, Junior Varsity, or Varsity team. Criteria are established by the State and must be met to be eligible for a team tryout. These criteria include a school coach's recommendation, parental approval, medical clearance, appropriate development rating, passing the physical performance test and the coach's skill evaluation.

C. "Playing Up"

It is typically in the best interest of the program for each individual athlete to play with like-aged peers, as such placement develops individual and team skill, team chemistry, and team commitment. However, Kingston administrators, teachers, and coaches believe that select, highly skilled student-athletes can benefit from team participation at an upper level of competition. When these situations occur, the discussion regarding "playing up" and Athletic Placement Process begins with an analysis of the traits and abilities of the student-athlete by district coaches and the athletic director. **Should the coaches and athletic director agree that the student-athlete exhibits exceptional athletic skill and maturity, then parents will be consulted when the necessary Athletic Placement Process is initiated.**

The final decision to have a student-athlete participate at an upper level of competition is based on a variety of factors and is unique in each situation and sport, but when balancing the benefit to team or program versus individual, **the priority is what is best for the student-athlete.**

ATHLETIC CODE OF CONDUCT

The Code of Conduct is comprised of three components: Attendance, Academics, and Behavior.

COMPONENT A: ATTENDANCE

All student-athletes must adhere to the KCS D Handbook policies regarding attendance to remain eligible. Students who are assigned to ISS or OSS are not eligible to participate in practices or games on those days.

COMPONENT B: ACADEMICS

KINGSTON SCHOOL DISTRICT

KHS – Athletic Academic Eligibility

1. Academic Eligibility for an athletic season is based on your prior quarter's grades. Eligibility is achieved by maintaining an overall average of 65%+, with no more than 2 failures for the qualifying quarter. (A student may try out while on probation but is subject to the coach's discretion)
 - 4th Qtr. dictates the Fall Tryout
 - 1st Qtr. dictates the Winter Tryout. 2nd Qtr. completes the Winter Season.
 - 2nd Qtr. dictates the Spring Tryout. 3rd Qtr. completes the Spring Season.
2. To remain eligible, a student athlete must maintain an overall average of 65%+, with no more than 2 failures when an academic quarter ends within any given season. (2 failures results in probation)

Full Eligibility

- If a student has failed 0-1 class(es) but retains an overall average above a 65%, they are eligible with no restrictions.

Probation

- **Phase 1**-If a student has failed 2 classes and retains an overall average above a 65%, they are on Phase 1 probation. **Phase 1 will be a 2-week grace period where an athlete may still play and compete.** With an issued progress report, students must show they are passing one of the failed classes. If the athlete can prove academic progress, they may return to Full Eligibility.
 - **Phase 2**- If an athlete has not regained Full Eligibility in 2 weeks, they enter Phase 2. **The athlete is a practice squad member for 2 weeks.** If the athlete can prove academic progress; they may return to Full Eligibility.
 - **Phase 3- Removal from the team's roster** if an athlete has been unable to prove academic progress after going through **Phase 1** and **Phase 2** of probation.
3. **5 Week Progress Reports**- Interim reports at the 5 week period will be used to monitor student athletes. Coaches will use this document as a tool to keep their athletes on the correct academic path.
 4. **4th Quarter**- If a student fails a class at the 4th quarter, the Final Course Grade may be substituted for eligibility purposes.

- If a student fails the course and does not receive credit, they may take the proper action to recover or acquire credit over the summer to regain eligibility. In this scenario, grades will be reevaluated at the conclusion of Summer Sessions.

*****Academic Appeal Process*****

The Appeal Process is designed for the student who was placed at an academic disadvantage due to an unforeseen circumstance. Circumstances may include class placements, CSE interventions, medical issues, family issues, and bereavement. An Appeal Committee will review the case and may grant the athlete "Probationary" participation.

ALL APPEALS MUST BE SUBMITTED WITH ALL SUPPORTING DOCUMENTATION.

Appeals must be submitted to Athletic Director Richard Silverstein or Assistant Athletic Director Matthew Urciuoli.

After appeals are received, the Appeal Committee will review each case.

KINGSTON CITY SCHOOL DISTRICT
KINGSTON HIGH SCHOOL ATHLETIC DEPARTMENT

To ensure the success of every student-athlete, it is our practice to monitor the academic progress of each student participating in a scholastic sport. Please fill out the academic progress report below for any student-athlete who is having difficulty with their respective academic subjects. Send a copy of the report to the athletic director and coach.

ACADEMIC ELIGIBILITY PROGRESS REPORT

Coach: _____ Sport: _____ Date: _____

Student/Athlete: _____

Subject: _____ Teacher: _____

This is an academic progress report for student-athletes. Please check all that apply and send to the respective coach and athletic director. This will help determine students' athletic eligibility.

- _____ 1. Frequently absent or late for class
absences _____ # tardies _____
- _____ 2. Missing, late, or incomplete homework or laboratory experiments
- _____ 3. Unsatisfactory behavior
- _____ 4. Average less than 65
- _____ 5. Ninth period extra help recommended
- _____ 6. Improved attendance and on time to class
- _____ 7. Assignments completed
- _____ 8. Improved behavior
- _____ 9. Average above 65
- _____ 10. Attends 9th period extra help

COMPONENT C: BEHAVIOR

KINGSTON ATHLETIC DEPARTMENT CODE OF CONDUCT

The Kingston Code of Conduct will be enforced all year, including the summer months. We expect the parents to recognize that it is the student-athlete's responsibility to follow the Kingston Code of Conduct. The athletic program is a very important part of the overall education for many students. The academic area comes first on the list of many opportunities offered by the Kingston School District. The interscholastic program also enhances the classroom curriculum. Generally, student-athletes have higher grade point averages, lower dropout rates, better daily attendance, and fewer discipline problems than do non-participating students. It is the responsibility of the student to attend all classes (school attendance policy), show excellent behavior, fulfill all assignments and follow the district's dress code policy. Failure to adhere to these rules could lead to suspension from competition or practice and possible dismissal.

The two types of penalties involved with breaking of the training rules will be dismissal or suspension. A temporary suspension will be dealt with by the coach. A suspension that could lead to a dismissal will involve a meeting between the Athletic Director, the student-athlete, and his or her parents.

RULE	PENALTY
Each rule is dealt with separately.	All student-athletes are subject to all specific rules and penalties which apply to students or athletes.
1. All rules and procedures set out in the Student-Athlete Handbook OR by an individual coach and approved by the Athletic Director.	As specified
2. Out-of-School Suspension (School Citizenship)	Follow KHS Student Code of Conduct Student may NOT attend school activities
3. Classroom attendance, behavior, class assignments. The Kingston Athletic Department will follow the Three-Phase Academic Eligibility Policy for the current school year. 3a. Failing Physical Education for the year.	See Student-Athlete Handbook See District Attendance Policy See KHS Student Code of Conduct Ineligible for all sports for the semester following the failure.
4. Theft or any level III or IV violation of the KHS Code of Conduct	Immediate suspension from competition, a meeting with counseling strongly recommended before returning to competition. KHS Student Code of Conduct will be applied. 2 nd occurrence means dismissal.
5. Initiating a physical attack on a teammate, coach, spectator, official, opponent, or any other person.	OCIAA Section & State Guidelines KHS Student Code of Conduct will be applied. Referral to Assistant Principal.
6. Use of drugs, including alcohol and tobacco, or in possession of illegal drugs.	Immediate suspension from competition; a meeting with counseling strongly recommended before returning to competition.

	KHS Student Code of Conduct will be applied. Referral to Assistant Principal.
7. Failure to return issued equipment/clothing, or make restitution.	Cannot compete in any athletic competition on any squad following that season until full restitution is made. A referral will be forwarded to the student's AP and certain privileges may be denied.
8. Inappropriate display of comments on Internet websites, including Kingston display of sports uniforms or sports artifacts; illustrating use of illegal activity including drugs and alcohol.	Warning, Suspension, or Dismissal. KHS Student Code of Conduct will be applied. Referral to Assistant Principal.
9. Behavior that does not fulfill the educational goals of good character which is determined by using the NYS Dept. of Educations Four C's of Competence, Character, Civility and Citizenship in school, at home, and in the community. Refer to Education Through Athletics publication. 10. Any athlete involved in bullying or hazing, as a participant or a spectator, will be subject to discipline and/or suspension from a team.	Warning, Suspension, or Dismissal. KHS Student Code of Conduct will be applied. Referral to Assistant Principal.

***Party Rule:** No student-athlete will attend any party where alcohol or drugs are being used. Every student-athlete is required to leave any party when alcohol or drugs are introduced. This will be a violation of Rule 6 with swift penalties enacted.

Team Travel: All team members must travel with the team and return with the team on the bus. Coaches must approve any exception. A parent must personally contact the coach if a student does not travel with the team.

Suspension with Meeting: This meeting must be held before the student-athlete is allowed to practice or play. The parents or guardian, coach, and Athletic Director must be present. This meeting informs the parents of the problem and the choices given.

Dismissal: Student-athlete will not be allowed to participate in any sport for **one** full year from the date of dismissal.

Coach

Sport

I have read and understand the above, and I am in complete agreement with the rules and penalties as indicated and will adhere to them.

Signature of Athlete

Signature of Parent/Guardian

SPORTSMANSHIP AT KINGSTON

One of the missions of co-curricular school activities is to serve as an extension of the classroom. There are important lessons to be learned in athletics. One of those lessons is to set and maintain high standards of sportsmanship, ethics, and integrity in our schools and our society. It is up to us to provide the direction and constant vigilance under which good sportsmanship can prosper and have a positive impact on our children, the leaders of tomorrow, and ourselves.

Kingston has joined a statewide campaign sponsored by the New York State Public High School Association, Inc., to promote sportsmanship at our events. We feel the need to stress the type of exemplary behavior that should be exhibited by all players and spectators at our events.

The value of the lessons learned by exhibiting good sportsmanship will last a lifetime. If we ever lose sight of that, then athletics, or any co-curricular activity, is not worth sponsoring. The positive actions of a coach, athlete or spectator at an event can influence how our school is perceived in our community and the communities of those schools we meet on the field of play.

We are asking for your support in this effort by emphasizing to your son or daughter what is expected of them at an athletic event as a competitor or spectator. After all, such events are an extension of the school day, and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom. We urge you to ask your children to demonstrate self-control and self-discipline and, at the same, time, enjoy the games.

Finally, we ask you to set a good example when in the stands at an event. It is only through these efforts that we can clearly communicate what is acceptable behavior. We hope that your positive example will help set the tone for those around you so we may all enjoy the games in which our athletic teams are involved.

When you attend an athletic event, you are given the privilege to view the action and to voice your support of our teams. We want the support to be in a positive tone so that the educational value of these events is completely developed and clearly communicated to our students.

GUIDELINES FOR PARENTS OF STUDENT-ATHLETES

- To encourage your child to do his/her best.
- To realize that when participating in a sport, the choice should be the student's, not the parent's.
- To be mindful of the fact that coaches have a job and objectives that he/she tries to accomplish and that one coach's objectives will differ from those of another coach.
- To understand that at different levels there are different expectations and objectives that must be met.

- To have respect for officials, coaches, other parents, and athletes.
- To praise athletes for just participating, regardless of their athletic skills.
- To look for positives in the athlete; avoid ridicule or sarcasm.
- To not be obsessed with your child's involvement in sports.
- To remain calm when your son/daughter makes a mistake during a game or event, and just help him/her learn from their mistake or failure.

SPECTATOR CODE OF CONDUCT

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and development of personal character of our students. Therefore, we ask that all spectators become active participants by:

- Demonstrating a high degree of sportsmanship by modeling appropriate behavior and by monitoring the behavior of our crowd.
- Showing team support by making only positive comments and by using appropriate language.
- Showing positive respect for the judgment of coaches, officials, and referees.
- Acknowledging that fields, courts, bench area, and equipment are the players' domain during a contest. Spectators should remain within the designated areas.
- Always monitoring the safety of children.

TRANSPORTATION

- An athlete is a representative of the Kingston City School District. When traveling to or from a game, athletes should dress properly.
- It is expected that teams will travel together to and from all games. A member of an athletic team may not drive himself/herself to or from an athletic event.
- Proper decorum is a must when traveling to and from all contests and scrimmages.
- Athletes must always respect the bus driver.
- **NO PROFANITY AT ANY TIME.**
- No yelling or screaming on the bus.
- Once the bus is in motion, all athletes must be seated.
- Unless there are extenuating circumstances, there will be no eating or drinking on the bus.
- If a trip is coming back late and food is allowed, the athlete must clean up before leaving the bus.

All athletes must utilize school transportation for all interscholastic contests and must travel to and from school in buses provided by the Kingston City School District. In special cases, a parent or guardian may request to provide transportation for his/her child only. In such cases, a written request must be submitted to the coach and then approved by the Athletic Director.

SPORTS PHYSICALS / BECOMING MEDICALLY CERTIFIED

Every student in grades 7-12 who intends to participate in interscholastic athletics (including cheerleading) must have a sport physical by the school physician. Team signup sheets will be in your nurse's office. Announcements will be made at school to inform students about the signup sheets and their location. Health history update forms will be issued by the nurse after the student-athlete signs up for a team, and physical information will be provided to the student athlete at that time. These health history forms are also available on our website and must be filled out by the parent and returned to the nurse's office.

A student may choose to have a physical exam by his/her family physician, but it must meet the requirements of the school physical and must be reviewed and approved by the school physician before participation may take place. No student may practice or participate before he/she has received a sport physical. The physical is valid only for 12 continuous months and must be renewed each calendar year. **Student-athletes are required to obtain a completely new physical exam if the date of the previous physical expires before the upcoming season officially begins.** (The family physician form is located on our Athletic Department website under "Physical Forms".)

Each student-athlete is expected to communicate with the school nurse to ensure that all necessary paperwork regarding their physical is complete and up to date. The student will then be issued a "**Yellow Card**" signed by the nurse, indicating their clearance to participate. It is the student's responsibility to give that **Yellow Card** to their coach. No student-athlete will be allowed to participate in any practice or game until the **Yellow Card** is received by their coach.

ONE-SPORT PARTICIPATION

A student may participate in only one sport at a time. A direct conflict with sport participation and other activities will be handled by the individual coach's policy (which will be explained to the team members before the season begins). Each coach has the right to maintain a policy in which participation in a sport and a conflicting activity will not be allowed. Arrangements will be made for any sports seasons that overlap.

CHANGING SPORTS

Students may change from one sport to another sport in the same season provided that they have received permission from the coaches involved and the athletic director. If he/she has been cut from one team, it is legitimate to try out for another. The athlete must understand that practices are sport specific and cannot count from one sport to another.

DISMISSAL FROM ACTIVITY / HAZING AND BULLYING / TEAM RULE VIOLATION

A student participating in interscholastic athletics shall be required to conform to all rules and regulations established by the coaching staff for the sport in which he/she is participating. Penalties for infractions of any team rule shall be left to the discretion of the coach and may result in dismissal from the team for the remainder of the sport season. Any student-athlete found to be involved in hazing, harassment or bullying of any other athlete, at any level, will be immediately suspended from the team. Additional penalties may be imposed, depending on the severity and time frame of the infraction. Prior to dismissal from a team, the coach will inform the athletic director.

If an athlete is dismissed from a team by his/her coach, a conference between the student athlete, coach, athletic director, and parent(s) will be scheduled. During the conference, a decision based on the student's and the school's best interests will be reached regarding continued eligibility for athletics.

PARENT / COACH RELATIONSHIP AND COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from Your Child's Coach:

- Coach's philosophy.
- Expectations the coach has for your child as well as all the players on the team.
- Locations and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off-season equipment.
- Procedure should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

Communication Coaches Expect from Parents:

- Concerns expressed directly to the coach.
- Ways to help your child improve.
- Specific concern regarding a coach's philosophy and/or expectations.

As your children become involved in programs at Kingston, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those you will continue to read in this policy statement, should be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling
- Other students-athletes

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

Procedure to Follow to Discuss a Concern with a Coach:

- Call the Athletic Office at 845-943-3736 and the office will set up a meeting between the parent/guardian and the coach. This meeting would be between the parent and coach only.
- **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

The Next Step if Meeting with Coach Did Not Provide a Satisfactory Resolution:

- Call the Athletic Director's Office at 845-943-3736 to set up an appointment for a meeting with the parent/guardian, coach, and athletic director to discuss the problem.
- At this meeting, the appropriate next step can be determined.

INDIVIDUAL SPORT RULES AND EXPECTATIONS

There are different requirements for certain sports depending on their nature and rules. Some are outdoors, some indoors; some are team oriented, others individual and some are both. The number of participants range widely on the different teams. Specific requirements for a sport may also exist, such as weight classes or use of special equipment.

Therefore, coaches may have specific rules for their sport in addition to the general requirements of the NYSPHSAA, Section IX, OCIAA, and school rules. For instance, these rules may deal with such things as practice sessions, contests, training, and transportation. These rules should be clear to all team members and their parents. In addition, any disciplinary actions for infractions should be known beforehand.

Any athlete or parent who has questions or difficulties with the sport-specific rules should communicate with the coach for that sport. It is hoped that in this manner athletes, parents, and coaches will cooperatively work toward the success of our individual teams and our entire athletic program.

GAMES AND PRACTICE SESSIONS

Team members must be present and on time for all scheduled practice sessions and games. Any athlete who is present in school but absent or late to the athletic activity without prior permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to suspension to dismissal from the squad. Remember, once you have been placed on a team roster, you are making a commitment to that team for the full season.

Exceptions are limited to:

1. Sickness
2. Emergency appointments (doctor, dentist, court appearance, college visitation)
3. Funerals
4. Religious obligations
5. Special examinations, tests, or overlapping seasons

It is the responsibility of the athlete to inform the coach in advance (if possible) prior to missing a practice or game. During the winter season, practices are scheduled into various time slots. Students may not loiter in the school buildings waiting for a late practice to begin. It should be noted that the Athletic Department realizes that unusual situations arise when the athlete must miss practice.

EQUIPMENT / UNIFORMS

The district lends equipment to the athlete for use daily during the season. The student assumes the responsibility for the return of all equipment at the appropriate time.

- Athletic equipment provided by the district is costly to purchase or replace. It is the athlete's responsibility to protect all equipment, less normal wear and tear. The district's policy

regarding this equipment is as follows: ○ In order to protect personal and district equipment, the athlete should utilize a padlock for his/her locker.

- All equipment loaned to an athlete must be returned.
- If a uniform is lost, ruined (i.e. due to improper laundering or misuse), the athlete will be responsible for its replacement cost.
- The athlete will be charged the full cost of replacing the lost or damaged item. This obligation must be met prior to the end of the school year or graduation. ○ Parents and students are expected to take care in the washing and cleaning of athletic clothing and equipment, if necessary. ○ Athletes are not to wear school athletic clothing or equipment outside of practice or contests without prior approval from their coach.
- Each student and parent must sign athletic equipment sheet.
- Each athlete is required to furnish footwear specific to his/her specific sport.

AWARENESS OF RISK

The participation in interscholastic sports, as in most of life's activities, carries a degree of risk or in injury, perhaps even death, which cannot be ignored. While these risks do exist in our athletic program, the coaches, certified athletic trainer, school nurses, teachers, and administrators are committed to reducing the possibilities of such occurrence through an emphasis on sound training and adherence to the procedures and guidelines contained in this Athletic Handbook.

PRECAUTIONARY MEASURES

- The pre-season physical examination by a school or family physician and a district nurse evaluates students for athletic participation. Past medical histories are reviewed and recommendations regarding participation in various activities are made. No student is permitted to participate in tryouts, practices, or games until the medical staff grants full approval.
- The medical staff (Certified Athletic Trainer, school nurse, chief medical officer) makes coaches aware of any special restrictions required for your child.
- All coaches are CPR/AED certified, First Aid techniques and Heads Up Concussion Management Certified. Each team is equipped with a medical kit stocked with supplies. Coaches have an AED in their possession or access to one at their practice/game site.
- All equipment utilized by athletes is top grade quality and meets all safety standards.
- Fields and other playing areas are continually inspected to remove safety hazards.
- The coaching staff is informed of all sports-related injuries and appropriate medical follow-up is required before students are permitted to return to participation.

IF AN INJURY DOES OCCUR

- The coach informs the Certified Athletic Trainer. If on-site or available, the Certified Athletic Trainer will evaluate the athlete and decide course of treatment. An accident report will be filed and sent to the KCSO Central Business Office.
- The coach notifies parents as soon as possible when appropriate.
- The parent should take the athlete for necessary medical treatment and utility family insurance coverage, if appropriate.
- After reimbursement is made from the family insurance policy, the parent submits unreimbursed medical costs, if applicable, to the school insurance by using the carrier's claim form, which is mailed to the family by the athletic office.
- **Please note that the school insurance is an EXCESS coverage plan. We feel our insurance program is the best possible coverage for our athletic program. In VERY RARE instances the combination of family insurance and the school insurance does not cover total expenses. Please be advised that when you sign the Parents' Consent Form for your son/daughter to participate on a Kingston interscholastic team that you are accepting the conditions of the school insurance plan as promulgated by the New York State Public High School Athletic Protection Plan.**
- The student accident policy does not cover the costs of medical supplies/equipment (i.e. crutches, braces). The cost for such appliances must be assumed by the family insurance or by the parents.

RETURNING AFTER AN INJURY OR ILLNESS

Any athlete who has seen a physician must be released (signed statement) by the physician who treated your child in order to resume participation with his/her team. If a student-athlete goes to the emergency room for care, please obtain the written release before leaving the hospital, because many times the attending physician may not be there the next time you visit. This release must be filed with our school. It is the athlete's responsibility to get the release to the school nurse or certified athletic trainer; do not leave this responsibility to some other person (coach, teacher, friend, etc.)

ATHLETIC AWARDS

Participants will be awarded a varsity letter under the following conditions:

- Grade 12 athletes must be in good standing.
- Grade 11 athletes must compete in 50% of the contests.
- Grade 10 athletes must compete in every contest.
- Grade 9 and 7th and 8th grade athletes must compete in every contest and demonstrate a high level of proficiency in the sport—e.g. One of the top two competitors, all-conference designation, state recognition.
- Athletes must also be present at all practices, unless excused, demonstrate a positive attitude and contribute to the overall team effort.
- The appropriate coach may award a letter to an athlete he/she feels is deserving but has not met one of the above criteria or was unable to participate fully because of an injury suffered during the season.

Note: A player who is suspended for violation of training rules and misses a contest will not be eligible to earn a letter in that sport in that season.

The first time a varsity letter is earned, the player will receive a certificate and six-inch block “K”.

Any varsity letters earned after that will be recognized with a certificate and a pin to be attached to the block “K”.

Award night programs will be done at the conclusion of each season. Recognition for all teams and all levels will take place at those events. There will be a special senior varsity athlete awards dinner at the end of the school year, in addition to the three seasonal award presentation nights.

PARENT PHOTO RELEASE AND AUTHORIZATION

I hereby give permission for photos of my child (children) to be published on the Kingston High School athletic website.

I understand that this approval will remain in effect for the current school year in the Kingston City School District and that photos will only be used in conjunction with the Kingston High School athletic website or media that is approved by the Kingston Athletic Department.

NYSPHSAA TRANSFER RULE

- A. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other person with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility, the student must enroll in the public school district or in a private school within that district's boundaries of his/her parents' residency. The Superintendent, or designee, will determine if the student has met district residence requirements.
- B. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if, as a 9-12 grade student, participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons with whom the student has resided for a at least six months) or a private school within that district's boundaries shall be exempt from the Transfer Rule. That type of a transfer without penalty will only be permitted once in a high school career. **NOTE:** A student in a foreign exchange program listed by CSIET has a one-year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (B) in effect.

Exemptions to (B): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district's boundaries of his/her parent's residency.

1. The student reaches the age of majority and establishes residency in a district and can substantiate that they are independent and self-supporting.
2. If a private or parochial school ceases to operate, a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. **Guardianship does not fulfill this requirement.**
4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.
5. A student who is declared homeless by the superintendent pursuant to commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the Section involved to approve transfer without penalty based on an undue hardship for the student.

- C. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for fall sports.

NOTE: After approval by the school medical officer, a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

- D. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

NEW YORK STATE CONCUSSION MANAGEMENT & AWARENESS ACT (EFFECTIVE JULY 1, 2012)

In an effort to better manage the occurrence of concussions, New York State has set requirements and guidelines for the recognition, treatment, and return to play criteria after a concussion. All Kingston Nurses, Certified Athletic Trainer, Coaches, and Physical Education Teachers are required to take an on-line concussion management course provided by the Center for Disease Control (http://www.cdc.gov/concussion/HeadsUp/online_training.html). The Kingston City School District has created a concussion management team comprised of the Kingston CSD Certified Athletic Trainer, School Nurse, Athletic Director, Chief Medical Officer and Parent. This team will oversee the proper implementation of the Concussion Act requirements. The Kingston Board of Education has approved a policy on concussion management which can be accessed on the district or athletic websites. Further information and resources for athletes and parents on concussion management are available on the Kingston Athletic website.

Concussion Management Protocol

The Concussion Management and Awareness Act requires the immediate removal from athletic activities of any pupil believed to have sustained or who has sustained a mild traumatic brain injury (concussion). In the event that there is any doubt as to whether a pupil has sustained a concussion, it shall be presumed that he or she has been so injured until proven otherwise. No such pupil shall resume athletic activity until he or she shall have been symptom free for not less than twenty-four hours, and has been evaluated by and received written and signed authorization from a licensed physician. The physician authorization will then be forwarded to the Kingston CSD Chief Medical Officer for district clearance.

Return to Play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold; a second impact syndrome (abnormal brain blood flow that can result in death); exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These New York State Public High School Athletic Association (NYSPHSAA) current returns to play recommendations are based on the most recent international expert opinion.* No student-athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student-athlete is symptom free at rest for 24 hours and has a signed release by a treating clinician, he/she may begin the return to play progression below (provided there are no other mitigating circumstances).

- Day 1: Light aerobic activity**
- Day 2: Sport-specific activity**
- Day 3: Non-contact training drills**
- Day 4: Full contact practice**
- Day 5: Return to play**

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24hour period of rest has passed.

(These NYSPHSAA current return to play recommendations are based on the most recent international expert opinion.*)

NEW YORK STATE STUDENT-ATHLETE ELIGIBILITY

1. Age and Grade: According to the Commission of Education Regulations, a pupil shall be eligible for senior high athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the 9th grade and prior to graduation, except as otherwise provided in the Athletic Placement Process. The Athletic Placement Process permits pupils in the 7th and 8th grades to compete in senior high school competition provided that they meet the standards of the program.

A pupil shall be eligible for interschool competition in grades 7, 8, 9, 10, 11, and 12 until his/her 19th birthday. A pupil who attains the age of 19 years on or after July 1 may continue to participate during the school year in all sports.

2. Amateur: A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the benefits derived from participation. An athlete forfeits amateur status in a sport by:
 - a. Competing for money or other compensation (travel, meals, lodging, etc.);
 - b. Receiving an award or prize of monetary value which has not been approved by NYSPHSAA. (Only awards/prizes less than \$50 value will be approved.);
 - c. Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to higher institutions are exempted.);
 - d. Signing a professional playing contract in that sport.
3. Assumed Name: Participating under an assumed name in any athletic contest shall make the student-athlete ineligible in that sport for one year from the date of violation.
4. Bona Fide Students: A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including physical education;
5. College: A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any college squad.
6. All-Star Contests: The only all-star contests that an athlete may participate in are exceptional senior athlete contests that are approved by the NYSPHSAA.
 - a. Only seniors who have completed their eligibility in that sport may compete in these contests.
 - b. A contestant may participate in no more than one approved exceptional athlete contest in the same sport during the school year.

KEYS TO SUCCESS – GOAL SETTING & TIME MANAGEMENT

Goal Setting

Each one of us wants to be successful. However, very few of us create a plan to achieve our success. It is important to remember that we all need a plan. A major portion of this plan should be your goals. The process of goal setting is very simple and, with a little effort, will bring tremendous results.

Guidelines for setting goals are simple. First and foremost, the goals must be written down. Studies support the notion that writing down the goals causes the individual to have a concrete focus for the task at hand. Goals need to be realistic and stated in a positive form and be as specific as possible. Goals should be measurable, not up to subjective interpretation.

Since life is not always perfect and all athletes do not achieve their entire dreams, the competitor must be willing and prepared to occasionally re-adjust the goals. Injuries, illness, family situations and other factors may cause (what seemed to be) a realistic goal to be unachievable. Likewise, tremendous improvement might also render a goal obsolete, and goals may have to be adjusted to a high level.

Setting and resetting realistic goals is important. However, a key ingredient in achievement of goals is the preparation necessary for achievement. An athlete must be disciplined and consistent in the pursuit of goals. Dedication and dependability are other key factors. Be aware that reaching goals takes time and HARD WORK. Beyond a strong work ethic, you must also have a plan to achieve the goal. While you might be able to drive to Florida without a map, the trip certainly is faster and less stressful if you follow a mapped route. Likewise, in the pursuit of goals, the athlete and coach need a map to arrive at the desired destination.

The journey will also be much shorter and much more achievable when you believe in the set goals. Goal writing will not have a positive effect unless it is something you believe you are capable of accomplishing. Once you exceed the goal for the first time, the belief factor rises tremendously and those goals (which seemed so unrealistic at one time) now become realistic. Most athletes who truly believe in their goals will amaze themselves and easily surpass many of the original goals. Then it is time to immediately establish new goals.

Learning to set goals is a rather simple process, but like all valuable skills, it must be monitored at the beginning. Ask the coach for help with the preparation of your goals

People new to the goal setting idea tend to be extremely vague. Be very specific in your goals. Keep the number of goals short. In the beginning try five short-term, five medium term, five long-term and five career goals. An example of five short-term goals includes: I will attend all practices this week. I will increase my flexibility by doing my stretching daily. I will learn the names of all the members on our team. I will do all my geometry homework. I will read one book about my desired profession. These short-term goals are all stated positively, and they do not depend on another individual's performance. They are all measurable. At the end of the period, the athlete and the coach will have a very good idea of whether or not these goals are achieved. Keep a copy of your goals and review them on a regular basis. Some athletes post the goals above their bed or on the refrigerator so that they can view them constantly and reinforce their goals in their minds.

Goal setting can certainly have amazing results. While every goal will not be reached, it is amazing the positive effect goal setting has on your team and its performance. Each week, you can take tiny steps towards a season-long progression. If we shoot for little improvements, the big improvements will eventually come!

Time Management

Life is full of choices and one of the choices you have made is to participate in a sport. This is a commitment that will involve time. Practice time is needed, but so is study time. And it is important to spend time with those people who occupy the same house as you do. Girlfriends, boyfriends, jobs, social life, and a variety of other commitments all tug on your shirt sleeve, demanding that valuable time. How do you organize that important commodity?

First, you set priorities. What is most important to you? Family should be on top of the list. Most teenagers spend less than 10 minutes a day talking to their parents. Schedule time for your family first.

Secondly, school needs time. How you do academically in school will probably be some type of determining factor on the quality of the occupation you are allowed to choose for life. Regardless of your academic achievements, make time for schoolwork, teachers, and tests.

School usually takes six hours a day. Time with family involves another two hours a day. Most of us need eight hours of sleep. That means we have another eight hours to divide among practice, homework, friends, jobs, free time, recreation, and eating. From start to finish, practice may take two hours on the average. Now you are down to six hours, and you still have a "million" things to do. Homework still must be done and somewhere along the way you must find some free time to relax. You must sit down and carefully prioritize the obligations that you have made. If you don't, you can easily overextend yourself and then nothing turns out the way you expected or hoped. This is important.

NCAA BYLAW 14.3.1.1 DIVISION 1

A qualifier in Division I is defined as one who is a high school graduate and who presented the following academic qualifications:

- A. A minimum cumulative grade point average as specified in 14.3.1.1 (based on a maximum of 4.000) in a successfully completed core curriculum of at least 16 academic courses.

DIVISION I 18 CORE-COURSE RULE

16 Core Courses:

- 4 years of English
- 3 years of Mathematics (Algebra I or higher)
- 2 years of Natural or Physical Science (one laboratory course
If offered by high school)
- 2 years of Social Science
- 1 year of additional English, Mathematics, or Natural/Physical Science
- 4 years of additional courses (from any area above, foreign language,
nondoctrinal religion/philosophy)

The record of the above courses and course grades must be certified on the high school transcript or by official correspondence.

A minimum combined score on SAT Verbal and Math Sections only (the Writing Section of the SAT is not used), or a minimum composite score on the ACT as specified by 14.3.1.1.1. The required SAT and ACT score must be achieved under national testing conditions on a national testing date. Freshmen may establish eligibility using the following eligibility index:

<u>Core GPA</u>	<u>SAT</u>	<u>ACT</u>
2.500 & above	820	68
2.475	830	69
2.450	840-50	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73

2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

NCAA BYLAW 14.3.1.2. DIVISION II

In Division II, a qualifier is defined as one who is a high school graduate and who presented the following minimum academic qualifications:

- A. A minimum cumulative grade point of 2.00 (based on a maximum of 4.000) in a successfully completed core curriculum of at least 14 academic courses (as in Division I, 14.3.1.1.1).
- B. A minimum of 820 combined score on the SAT Critical Reading (Verbal) and Math Sections only, or a minimum composite score on the ACT of 68.

NOTE: Division II has not adopted the eligibility index that was adopted by Division I.

NOTE: These requirements may not apply to NCAA Division III institutions where eligibility for financial aid, practice and competition will continue to be governed by institutional, conference, and other NCAA regulations.

DIVISION II

14 Core Courses:

3 years of English

2 years of Mathematics (Algebra I or higher)

2 years of Natural/Physical Science (1 year of lab if offered by high school)

3 years of additional English, Mathematics, or Natural/Physical Science

2 years of Social Science

4 years of additional courses
(from any area above, foreign language, or nondoctrinal religion/philosophy)

** Computer science courses may only be used for initial eligibility purposes if the course receives graduation credit in math or physical science and is listed as such on the high school's list of NCAA-approved core courses.

Important: Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Website. Students need to request final amateurism certification prior to enrollment.

** **For additional information** on the rules, please go to www.ncaa.org. Click on "Academics and Athletes", then "Eligibility and Recruiting". Or visit the Eligibility Center Website at www.ncaaclearinghouse.net or call toll free at (877) 262-1492.

NCAA ELIGIBILITY CENTER

At the conclusion of a student-athlete's junior year, if he or she plans to participate in an NCAA Division I or II level program after graduation, the student-athlete must be certified by the NCAA Clearinghouse for eligibility. The NCAA Clearinghouse has adapted to an Online Application that has replaced the paper application. Below are the step-by-step procedures to utilize the site.

1. Go to www.eligibilitycenter.org
2. Click the **Eligibility Center Website**
3. Click on the appropriate box for Students and Parents

High School Information:

Kingston High School
403 Broadway
Kingston, NY 12401
KHS School Code 332705

There is a fee, **payable by the student**, for processing. This report covers all reports to all institutions. The fee **must be paid by the student**. It is an NCAA violation for the school, booster club, or supporter to pay the fee for the student.

NOTE: It is important for each student to realize that he or she will not be eligible for an athletic scholarship if they do not maintain a good academic average. Also, colleges require a minimum of 760 on the SAT for admission or to be eligible for an athletic scholarship.

ATHLETIC PARTICIPATION AND POLICIES—PARENT/GUARDIAN CONSENT FORM

Student-Athlete Name _____ **Grade** _____

Before your son or daughter may participate in interscholastic athletics, the following information and commitment page must be completed by all parties, signed, and returned to your son/daughter's coach, indicating that it has been read and understood, along with the Emergency Transport & Treatment Card ("blue card"). This signature sheet will be kept on file in the Athletic Office.

1. How may you be reached in the event of an emergency:

a. Home phone _____ or _____ (other)

b. Mother's/guardian's employment phone:: _____

c. Father's/guardian's employment phone: _____

d. Name, address, and telephone number of person to assume responsibility if we are unable to contact a parent:

Name _____ Phone _____

Address _____

2. Hospital preference to be used in an emergency _____

3. Physician to contact in an emergency _____

May we contact nearest or "on call" physician in hospital? Yes _____ No _____

Please inform your son's or daughter's coach should any of the above information change during a sport season.

AGREEMENT and CONSENT:

We, the undersigned, have read and understand the Kingston High School Extracurricular Code of Conduct, the KHS Student Code of Conduct, KCSD Attendance Policy, and the Athletic Department Handbook, and do consent to them; and we do affirm that we agree to abide by them, recognizing the mutual agreement to these rules is essential to the order and decorum of the athletic program and will cooperate with the school authorities in their enforcement. I also agree to have my son/daughter ride the school bus to and from all away games.

Parent / Guardian Signature

Date

Printed Name

Printed Date

If you son or daughter has a medical problem or is on medication (i.e. asthma, inhaler, vision or hearing impairment), please list below or on the back of this sheet.

