

**ORISKANY &
WESTMORELAND CENTRAL
SCHOOL DISTRICTS
ATHLETIC COMBINATION
HANDBOOK**



School Information

Oriskany Jr. Sr. High School

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Jr/Sr High School Nurse:

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Superintendent of Schools:

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Westmoreland Jr. Sr. High School

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Reminders for Parents/Guardians and Student Athletes

- The “Parent Consent Form” within the Family ID Athletic Registration system is an agreement to all rules and standards of conduct.
- All practices are closed sessions. If a parent or guardian needs to meet with the coach, please schedule an appointment. The 24-hour rule is in effect. If a concern is raised, set an appointment with the coach at least 24 hours after the last practice or game.
- You may refer to www.nysphsaa.org and www.section3.org to become familiar with the rules and regulations of the New York State Public High School Athletic Association and Section III Athletics.
- Coaches must seek approval from the Athletic Director to hold Sunday practices. These practices may not begin before noon. Sunday practices will be presented to the student-athlete as optional, and the coach may not punish an athlete for missing a Sunday practice. Communication with the athletic director should be made in advance when scheduling a Sunday practice.
- All student-athletes will be provided a locker during high school physical education class. The **athlete is responsible** for securing all valuable items in their locker. The student-athlete should not hesitate to speak to the coach or Athletic Director if they have valuable items that they want the coach to secure during practices or games.
- All student-athletes will be required to return all school-issued uniforms and equipment at the end of each sports season. Suppose school-issued uniforms and equipment are not returned and are in usable condition. In that case, the parents/guardian will be responsible for the cost of replacement of any items not returned or returned in unusable condition. Failure to return all school-issued uniforms/equipment may result in ineligibility for the athlete’s next sports season.
- All student-athletes must create an NFHS username and password to access the NFHS Learn site <https://nfhslearn.com/>. All student-athletes will be required to complete athletic courses assigned by the Director of Athletics each sports season.
- All student-athletes will be required to complete **one** service project per sports season.
- Any student-athlete who does not attend Physical education class and participate will not take part in practice or competition that day.

The Oriskany & Westmoreland Central School District Athletic Mission Statement

The mission of the Oriskany and Westmoreland Central School District Interscholastic Athletic Programs is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high competence, character, civility, and citizenship standards.

Competence: skill development, knowledge of game strategies, fitness, conditioning, and healthy behavior.

Character: responsibility, accountability, dedication, trustworthiness, fair play, and self-control.

Civility: respect, fairness, and caring

Citizenship: loyalty, commitment, teamwork, and role modeling

Sportsmanship Code of Conduct

The New York State Public High School Athletic Association requires officials to enforce all sportsmanship rules for athletes and coaches. We will not tolerate negative statements or actions between opposing players, coaches, and spectators, especially trash-talking, taunting, or baiting of opponents. If such comments are heard or actions are seen, a penalty will be assessed immediately. We have been instructed **not** to issue warnings during incidents of unsportsmanlike behavior. Let all contests reflect mutual respect. The consequences of unsportsmanlike behavior are severe and immediate.

* Remember, all criticism concerning athletic problems, players, or other coaches should be made to the Athletic Director in a private meeting.

* Any Spectator removed from any athletic event must meet with the Director of Athletics before attending the next event. The removed individual may be required to complete a sportsmanship course offered by NFHS Learn: <https://nfhslearn.com/courses/sportsmanship-2>. If such behavior continues, the individual can be suspended from attending any athletic events for up to one year.

* Parent and student-athlete sports questionnaires regarding the participation experience may be picked up in the High School Main Office or are available upon request from the Athletic Director. As of May 2023, the NYSPHSAA has put forth the following Sportsmanship Spectator Regulation:

Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional, or NYSPHSAA representative in the following non-sequential order, depending on the comments or behavior. This process is in place to ensure a safe and respectful environment for all participants:

- First warning – Directing the spectator or group of spectators to refrain from negative comments or actions.
- Second warning – A personal discussion with the spectators or group of spectators regarding the NYSPHSAA expectations and reminding them of the next step, removal from the game or event, will be utilized if the behavior continues.
- Removal from the contest – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or groups of spectators refuse to leave the game or event, play will be stopped until they vacate the premises.

Penalty for being removed from a game or event: Any spectator removed from a game or event will have a minimum penalty of completing the NFHS Parent Credential course or a one-game suspension before attending any interscholastic event. Once the course is completed, the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations. Depending on the severity of the behavior/comments or future disqualifications by the offending spectator, NYSPHSAA and the Section may get directly involved in the situation. (May 2023)

Good Citizenship Clause

Each student-athlete represents their team, school, and community. As a school, we expect that our student-athletes conduct themselves with character, integrity, and professionalism. Consequently, any behavior that brings embarrassment or negative attention to these groups may result in disciplinary action against the player as determined by the coach, athletic director, and principal. The coach, athletic director, or principal may deny student participation for some time due to inappropriate conduct as a team member. Examples of such misconduct include (a) insubordination, (b) obscene gestures, swearing, provocation, (c) fighting, (d) stealing, (e) horseplay, (f) tardiness to practice, (g) unsportsmanlike conduct (in addition to any league or section sanctions), (h) vandalism and (l) any form or misuse of social media in any form to bully or harass any other student, coaches and any other adult in OCS/WCS or any other school district. (J) There will be a ZERO tolerance policy regarding bullying, including cyberbullying (k), and any other disciplinary situations that may arise. (L) Student-athletes must always act as good citizens in school and in public.

Team Try-Out Policy

- Coaches will have a well-planned rubric to assess and evaluate student-athletes. This rubric contains criteria allowing the coach to rank athletes and select the athletes for their team.
- The coach has the sole responsibility for selecting their team. Cheerleading may use judges to help evaluate the talent.
- The coach will post the final “cut” lists after five days of tryouts.
- A 7th or 8th-grade athlete who has completed the Athletic Placement Process (APP) will receive a three-day try-out period (as per NYSPHAA mandate).
- *Tryouts and practices are closed to the public for safety reasons.*
- Any student-athlete who is academically ineligible or suspended for disciplinary action may still try out for an athletic team in the following sports season.
- The coach will provide the opportunity to meet with the student-athlete who did not make the team to provide guidance and encouragement on improving their skills.

Quitting A Team

- A player may voluntarily withdraw from an athletic team without penalty before the first contest. The student-athlete must state reasons for withdrawal to the Athletic Director and return all team-issued equipment immediately.
- Should a player quit the team after the first contest, the coach and Athletic Director must agree that the player's withdrawal from the team has satisfactory reasoning. If the player fails to provide a sufficient rationale, they will violate the rules and therefore forfeit the right to participate in their next sports season. This may be subject to an appeal to a school-selected appeals committee. The appeals committee will consist of the Athletic Director, Principal, and Superintendent.

Attendance Policy

- Any student-athlete who goes home sick from school cannot practice or play in a game on that day.
- A student must be in attendance for at least half a day, with a legal excuse, to be eligible to participate in practice or a contest.
- A student must provide proof of a legal excuse (as outlined in the student code of conduct) if they miss the school day and would like to participate in a practice or compete in a game on the same day. If the student-athlete is present for attendance and is legally excused, this athlete could participate in that day's contest or practice.
- Exceptional cases may be brought to the attention of the athletic director, who will then review the information with the Jr./Sr High School Principal and the student.
- Situations involving chronically absent or tardy students will be addressed, which could result in loss of practice or game time.
- Student-athletes are required to be on time for practices and games. Injured student-athletes are still required to attend practices and games even if they are sitting out.

Travel Policy

During away contests, athletes must travel on school-provided buses. Any deviation must be with parental permission expressed personally to the coach in writing and approved by the director of athletics.

- Upon conclusion of an athletic contest, a parent/guardian may take their son or daughter home by completing the sign-out sheet provided by the coach.
- A parent/guardian who wishes to have their child ride home from a contest with another parent or family member must complete the "Parental Permission - Transportation" form on Family ID.
- Students traveling on the bus are reminded that they are representatives of the Oriskany and Westmoreland Central School Districts and are still under the expectations of their respective Code of Conduct.

Additional Information

- Register using Family <https://hello.familyid.com/>. All Physicals must be current to participate.
- Game & practice schedules are listed on Schedule Galaxy <https://www.schedulegalaxy.com/schools/77>.
- Stats for some sports are reported to High School Sports stats and sent electronically to the media after each competition. <https://highschoolsportstats.com/>
- Some teams will have additional guidelines for their teams
- Combined sports will follow the guidelines of the Host school and the school
- Students must be registered and approved in Family ID before attending sports
- All injuries must be reported to the Coach or the AD immediately. Once a player sees a physician and is taken out of sports or the gym, they cannot return unless released by the physician.
- Each team/coach will develop an Emergency Preparedness Plan. Athletic Directors will provide a template for the plan.

Disciplinary Policy

The following disciplinary policy is in effect as soon as the athletic season begins, the first day of tryouts for each sport.

Temporary Suspensions from Team (grades 7-12):

- An athlete serving an In-School Suspension (ISS) **must** attend and participate in practice. The student-athlete **WILL NOT PARTICIPATE** in **athletic contests** on any days that they serve ISS suspension. They will attend the game and support the team in **dress clothes**. If there are no athletic contests within the time frame, the student-athlete fulfills their ISS, and they will serve a one-game suspension at the next scheduled contest. If the student-athlete does not show up to practice or a game on the day of ISS, the athletic penalty will be served on the date of the next scheduled contest.
- An athlete serving an Out-of-School Suspension (OSS) is not allowed on school grounds and cannot attend a school-sanctioned event. If there are no athletic contests within the time frame, the student-athletes in OSS will serve a one-game suspension at the next scheduled contest.
- Any violation of the Good Citizenship Clause may result in loss of playing time or temporary suspension from the team.

Immediate Suspension from Team (grades 7-12): If sufficient evidence is provided to the school concerning:

- Possession or misuse of any substance with the intent to alter one's mood or performance.
- Smoking or possession of cigarettes, vapes, and tobacco products.
- Drinking or possession of any type of alcoholic beverages or illegal substances.
- Continued violation of the good citizenship clause.

The school district will take the following action:

- An individual reporting the violations mentioned above must do so by providing the school with a written report of the incident.
- If an athlete is found guilty of violating any of the rules above, a suspension from athletic participation will commence immediately following these steps:

Violation #1: Students will be suspended immediately from the team and miss 25% of the regularly scheduled contests for the season (i.e., if there are 20 contests planned for the season, the student-athlete will not be able to play for 5 of the contests in that season). The student-athlete is expected to attend and participate in all practices during the suspension and attend all games in dress clothes.

- Note: If the season ends and the student-athlete has not completed the entire suspension, the remaining contests will carry over to the next athletic season the student-athlete participates in.

Violation #2: Students will be suspended immediately from the team and miss 50% of the regularly scheduled contests for the season. The student-athlete is expected to attend and participate in all practices during suspension and attend all games in dress clothes.

Violation #3: Students will be suspended immediately from the team and referred to an athletic committee, where their record will be reviewed to determine further consequences. In this case, the athletic consequences may range from suspension from contests in the athlete's next sports season to a one-year suspension from all athletics.

** The student who committed the alleged violation and the parent or guardian shall be notified of the date and time of an informal conference with the athletic committee to discuss the alleged infringement.

Athletic Committee: An athletic committee consisting of a Principal (Chairperson), Director of Athletics, and the student's coach shall determine penalties for the violation.

The athletic committee reserves the right to use discretion in assigning consequences for severe infractions and/or violations of the law.

The athletic committee's decision shall be sent in writing to the Superintendent and the parent or guardian.

Return to Play Protocol For Concussions

The following protocol has been established by the National Federation of State High School Associations and the International Conference on Concussion in Sport (*Prague, 2004*). It has also been fabricated in a collaborative effort with the concussive experts within the greater Syracuse area and the Oriskany and Westmoreland Central School District Concussion Management Teams. As such, it is imperative to remember that the safety of the student-athlete is the primary concern of the Oriskany & Westmoreland Central School District. The information below is to be used as mere guidelines to be implemented immediately following a concussive event. It is **not to be considered all-inclusive or all-encompassing.**

For further reference, the Administration, district employees, the Athletic Director, coaches, medical professionals who serve the district and student families, nurses, parents, and athletes may refer to the New York State Education Department's Guidelines for Concussion Management in the School Setting." This document does an excellent job of spelling out the protocol for each of the above individuals who play a part in the Return to Play protocol, and who, in general, concern themselves with the safety of school student-athletes. The 'Guidelines' may be accessed electronically at:

www.p12.nysed.gov/sss/schoolhealth/.../ConcussionManageGuidelines.pdf

When a student-athlete shows signs and symptoms of a concussion or is suspected to have sustained a brain injury after an evaluation by competent medical personnel at the time of the incident, the following steps should occur:

1. The student-athlete **will not be** allowed to return to play in the current game or practice.
2. The student-athlete should be supervised for 24 hours, and regular monitoring for deterioration is essential over the initial few hours following the injury.
3. The parent must be notified of the injury and be advised of the concussion management procedures.
4. If the coach is with the student-athlete, the coach should notify the parents/guardians, athletic director, and school nurse.
5. Following the initial injury, the student-athlete **must follow up** with their Primary Care Physician or be evaluated by an Emergency Department within the first 24 hours.
6. When following up in the training room or the nurse's office, the student-athlete must have the initial evaluation filled out, signed, and dated.
7. Before returning to play, the athlete must visit the Primary Care Physician or Emergency Department Personnel for a second visit. The return-to-play criteria **must follow a medically supervised process.**

There are many risks to premature return to play, including a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome, exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. If there is any doubt whether or not a student-athlete has sustained a concussion, it shall be treated like a concussion.

1. While the student-athlete is still symptomatic, they must avoid re-injury (organized sports, physical education classes, recess, recreational activities).
2. They must also avoid activities that may cause physical or mental overexertion.

3. Depending on the symptoms, school days may be shortened, no tests taken, and reading assignments shortened (with the understanding that work would be made up later).
4. The best treatment is rest, relief (with medications), education, and accommodation.
5. Resist pressures to return to play too soon.

The cornerstone of proper concussion management is rest until the student-athlete is symptom-free. At this point, the progressive, graded program of exertion may begin. The athlete's history, duration of symptoms, and other factors must be considered (see attached Return to Play Protocol). The student-athlete must pass through this graded progression before the athlete returns to sports. The program is broken down into **six steps; only one step is covered per 24-hour period.** The six steps involve the following.

Day 1: No exertion activity until symptom-free

Day 2: Light aerobic exercise such as walking, stationary bike, etc. No resistance training.

Day 3: Sport-specific exercises such as skating, running, etc.

Day 4: Non-contact training/skill drills.

Day 5: Full contact training in the practice setting (if contact/collision sport)

Day 6: Return to the entire competition.

If concussion symptoms recur, the athlete should return to the previous level and try to progress after 24 hours of rest. In addition, the student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test. In most cases, full recovery is in 7-10 days. Risk factors for slow or incomplete recovery are prior brain illness or injury, learning disability, or a psychiatric disorder. Psychological complications such as depression, anxiety, or loss of self-confidence should be considered.

Eligibility Regulation For Extra-Curricular Activities

All students will begin each academic school year with their academic eligibility intact. The eligibility policy is effective for all students in grades 7 through 12. The student's progress will be evaluated during each progress report or report card reporting interval. The Director of Athletics will approve all decisions and plans.

A student-athlete who receives **one** failing grade will be placed into the one-week academic/athletic **intervention program**. Within this program, a student must:

1. Immediately create a plan with the teacher of the specified failing course to work to pass the system; this may include handing in missing assignments or receiving extra help after school, during a study hall, during lunchtime, or during practice time.
2. Adhere to, respect, and maintain this plan with the teacher for at least two weeks.
3. Use the OCS Intervention Program Form or Eligibility Card in the Westmoreland student agenda as a communication piece between the teacher, student, coach, and director of athletics.
4. Any deviation from this plan by the athlete could result in ineligibility.
5. All plans will have final approval by the Director of Athletics and the Building Principal.

A student within the **intervention program** will always practice with the team and participate in all athletic contests as long as the above-outlined program is attended.

A student-athlete who receives **two or more** failing grades will be placed on probation for five (5) school days.

1. This student must immediately create a plan with the teachers of the specified failing courses to work to pass them; this may include handing in missing assignments or receiving extra help after school, during study hall, during lunchtime, or during practice time.
2. Respect and maintain this plan with the teachers during the probation period.
3. Use the OCS Recovery Program Form or the Eligibility Card in the Westmoreland student agenda to communicate between the teachers, students, and coach.
4. Any deviation from this plan by the athlete could result in ineligibility.

A student in the **recovery program** will always practice with the team and participate in contests during the five-day probation period.

After the five-day probation period, the student will:

1. Be withdrawn from the Recovery Program if all grades are passing.
2. Move to the Intervention Program if the student is only failing one subject.
3. Remain in the Recovery Program if still failing two or more subjects. If a student is reported to be failing two or more subjects, that student will be placed on the ineligible list until they are no longer failing two or more subjects. If the student still fails one subject, the student will move to the Intervention Program.

Students who do not turn in an eligibility card or recovery form will also be considered ineligible. Ineligible students may practice but may not compete in games or participate in extra-curricular activities.

The five-day probation period begins on the Monday after the progress report or report card is issued. Please refer to the district calendar for progress reports and report card dates.

The Principal and Athletic Director shall make all eligibility determinations in the event of extenuating circumstances.

ORISKANY & WESTMORELAND CENTRAL SCHOOL

ATHLETICS ACADEMIC INTERVENTION FORM

Students participating in athletics are required to be in good academic standing. If a student-athlete fails one subject at any progress report or report card reporting interval, they will be placed into the educational intervention program. The purpose of this program is for the school, teacher, and student to work together to be successful.

Within this program, a student must:

1. Create a plan with the teacher of the specified failing course to work to pass the course; this may include handing in missing assignments or receiving extra help after school, during a study hall, or at lunchtime, or during practice time.
2. Respect and maintain this plan with the teacher for at least two weeks.
3. Use the OCS Intervention Program Form or eligibility card (Westmoreland) to communicate between the teacher, student, and coach.

A student within the *intervention program* will always practice with the team and participate in all athletic contests as long as the above-outlined program is attended.

Student Name:

Sport/Level:

Date That Recovery Program Begins: Monday,

Subject 1: Teacher:

Teacher Comments:

ORISKANY & WESTMORELAND CENTRAL SCHOOL

ATHLETICS ACADEMIC RECOVERY FORM

Students participating in athletics are required to be in good academic standing. If a student-athlete fails two or more subjects at any progress report or report card reporting interval, they will be placed into the academic recovery program. Below are the steps and standards that align with the academic recovery program. The student-athlete will:

1. Create a plan with the teachers of the specified failing courses to work to pass the courses; this may include handing in missing assignments or receiving extra help after school, during a study hall, at lunchtime, or practice time.
2. Respect and maintain this plan with the teachers for at least two weeks.
3. Use the attached OCS Recovery Program Form or eligibility card (Westmoreland) to communicate between the teachers, students, and coach.

A student in the **recovery program** will always practice with the team. However, they will be ineligible to participate in contests if they are still failing two or more subjects after the 5-day probation period.

After the two weeks, the student will:

1. Be withdrawn from the Recovery Program if all grades are passing.
2. Move to the Intervention Program if the student is failing only one subject.
3. Remain in the Recovery Program if the student is still failing two or more subjects.

The initial two-week period of ineligibility begins on the Monday after the progress report or report card is issued. Please refer to the district calendar for progress reports and report card dates.

ORISKANY & WESTMORELAND
CENTRAL SCHOOL ATHLETICS ACADEMIC RECOVERY
FORM

Student Name: Sport/Level:

Date That Recovery Program Begins: Monday,

Subject 1: Teacher:

Teacher Comments:

Subject 2: Teacher:

Teacher Comments:

Subject 3: Teacher:

Teacher Comments:

Subject 4: Teacher:

Teacher Comments: