

Ardsey Interscholastic Athletics Handbook  
for Student Athletes and Parents



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# Introduction

Dear Athletes and Parents of the Ardsley Community,

Welcome to the Ardsley Union Free School District's Interscholastic Athletics Program. May this handbook serve to communicate the Athletic Department's policies, procedures and expectations.

The overarching goal of Ardsley Athletics is to provide access for all students to the highest quality athletic experience. We strive to create a competitive atmosphere that is both enjoyable and meets the needs of all participants. Working together in partnership with coaches and the community, our program aims to provide opportunities for each student-athlete to reach their full potential, in a safe nurturing environment, grounded in a growth-mindset. It is the desired outcome of the program to enhance and support academic success by deepening the connection to the school community, fostering character trait development, and providing opportunities for student-athletes to build and use life-long skills in the pursuit of excellence both on and off the field.

Participation in the Ardsley Athletics Program is a commitment to adhering to certain responsibilities and obligations. This handbook serves as a guide to understanding specific policies and rules that help to sustain a high quality interscholastic athletics program. Ardsley High School and Middle School are members of the New York State Public High School Athletic Association and are governed by the Commissioner of Education, pursuant to extra-class activities and the Ardsley Board of Education. Please visit the NYSPHSAA website for further information. <https://nysphsaa.org/>

If you have any questions pertaining to the Ardsley Union Free School District's Athletics Program or this handbook, please contact the athletic office at 914-295-5871.

GO PANTHERS!

With Panther Pride,

Matthew Pringle  
Director of Athletics, Physical Education, & Health

## Contact Information

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### Important Links:

Ardsley Athletics Website - <https://www.ardsleyschools.org/departments/athletics>

Athletics Schedules - [ardsley.digitalsports.com](https://ardsley.digitalsports.com)

Section 1 Athletics - <https://athletics.swboces.org/>

NYSPHSAA - <https://nysphsaa.org/>

## Athletic Offerings

<b>Fall Sports</b>	Varsity	JV	Modified Middle School (7-8 Grade)
Cheerleading	x		
Boys Cross Country	x		x
Girls Cross Country	x		x
Football	x	x	x
Boys Soccer	x	x	x
Girls Soccer	x	x	x
Girls Swimming	x		
Girls Tennis	x	x	
Volleyball	x	x	x

<b>Winter Sports</b>	Varsity	JV	Modified Middle School (7-8 Grade)
Cheerleading	x		
Boys Basketball	x	x	x
Girls Basketball	x	x	x
Boys Ice Hockey (merger)	x		
Girls Ice Hockey (merger)	x		
Boys Fencing	x		
Girls Fencing	x		
Boys Bowling	x		
Girls Bowling	x		
Boys Swimming	x		
Boys Swimming			x
Girls Swimming			x
Boys Skiing	x		
Boys Winter Track & Field	x		

Girls Winter Track & Field	x		
Wrestling	x		x
Pioneer (Special Olympics Program)			

<b>Spring Sports</b>	Varsity	JV	Modified Middle School (7-8 Grade)
Baseball	x	x	x
Softball	x	x	x
Flag Football	x		
Boys Lacrosse	x	x	x
Girls Lacrosse	x	x	x
Boys Track & Field	x		
Girls Track & Field	x		
Boys Tennis	x	x	
Boys Golf	x		
Girls Golf	x		

## Season Start Dates

Section 1 determines the start date for interscholastic athletics for each season. The fall season for high school sports starts prior to the start of the school year and approximately two weeks before Labor Day. The tryout period begins on those days. It is expected that a student-athlete be present for the start of tryouts. If absent, they should not expect to play a fall sport. Middle School or Modified athletics start shortly after the start of the school year and Labor Day. Winter Sports start near the first week in November. Spring sports typically start within the first couple weeks in March. Students who miss tryouts should not expect to play a spring sport that season. **Be advised that official start dates change from year to year, Updated information on important dates will be sent out to the community and posted on the athletic website.**

# Philosophy and Objectives

## Program Objectives

- Provide access, for all students who desire, to a high quality athletic experience grounded in a growth mindset.
- Provide ample opportunities for students to engage in diverse athletic activities.
- Foster a positive athletic climate that champions competition, sportsmanship, and community.
- Promote the holistic development of student-athletes through physical, social and emotional development and growth.
- Highlight the importance of athletics as an academic support.
- Develop sport-specific skills and knowledge necessary to achieve individual and team success by accentuating hard work and consistent effort.
- Develop soft skills and character traits necessary for job and career readiness in the rapidly changing interconnected world.
- Encourage students to acknowledge the importance of fitness, health and wellness as a lifelong pursuit.

## Philosophy by Level

### Varsity

The Varsity level is the culminating high school athletic experience. Prerequisites include an advanced level of skill and an attitude for continuous improvement. The team plays to win but contestants acknowledge opportunities for growth and transformative lessons from losing. Team size at the varsity level is limited and tryouts may be necessary for some teams. Communication is vital in establishing an individual's role within the team context and goals. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. Although desirable, playing time is not guaranteed at the varsity level. Athletes at the varsity level should expect to commit to six days per week of either practice or competitions. Sometimes this commitment extends into vacation periods. The dedication and commitment needed to be a Varsity athlete should be taken seriously. As the leader of the program, the Varsity coach determines strategy and systems of instruction.

### Junior Varsity (JV)

The Junior Varsity level serves as a critical stage in development for student-athletes aspiring to compete at the Varsity level. As such, the main objective of JV is the preparation for varsity.

Emphasis is placed on refining techniques, building tactical awareness, and fostering an attitude for continuous improvement. Athletes at this level are expected to be able to demonstrate foundational skills, a strong work ethic, and a growing understanding of personal responsibility and team play. Athletes are beginning to understand their role within a team context, developing emotional resiliency, and working to incorporate constructive feedback. While winning is still a goal, skill development, effort, and attitude remain the primary focus. Playing time is still not guaranteed, however coaches will make every effort to play all participants. Athletes at the JV level should be prepared to commit to 5-6 days per week of practice or competitions. It should be noted that the JV coach works collaboratively with the Varsity and modified coaches to align systems, expectations, and program goals.

## Modified

The Modified level introduces student-athletes to interscholastic competition in a supportive and educational environment. The primary focus is to develop fundamental skills, teamwork, sportsmanship, and a positive attitude toward athletics. Learning rules, basic strategy, and proper technique, while gradually introducing the ideals of commitment and discipline required to play at higher levels of competition, serve as areas of importance. Participation and skill development are top priorities at the Modified level. Playing time may vary, but every effort is made to ensure meaningful participation for all athletes during the season. Athletes at the Modified level should expect to commit to 4-5 days per week of practice or competitions.

# Expectations

## Communication

To ensure success of the athletic program, establishing clear lines of communication between student-athletes, parents/guardians and coaches is paramount. In alignment with the Ardsley Athletic Department's student-centered philosophy, we encourage our athletes to advocate for themselves in the initial steps of the communication process. The ability to openly discuss concerns with a coach is vital to a student-athletes development and fruitful for both parties to understand perspectives and garner feedback. Parents play a critical role in support of this effort while being positive role models.

How should concerns be addressed?

1. Athlete  Coach
2. Athlete  Athletic Director
3. Parent  Coach
4. Parent  Athletic Director

### Next Steps:

If a parent believes that a meeting with the coach did not provide a satisfactory resolution, email or call the Athletic Director outlining concerns and relevant facts of the situation. As appropriate, an additional meeting may be set up to review the situation further.

Appropriate topics to discuss with your child's coach include:

- The mental and physical treatment of your child
- Concerns regarding your child's behavior
- Expectations for the team and your child within its context
- Requirements for participation
- Ways to help your child improve

Topics that are NOT appropriate to discuss with your child's coach:

- Playing time
- Strategy or systems of instruction
- Other student-athletes

## 24-Hour Rule

The 24-hour policy aims to prevent an immediate conflict that may arise in a heightened emotional state either before, during or after contests or practices. The primary role of the coach is to ensure the safety of the team during these times. Confrontation could present an unsafe situation for athletes, by distracting the coach from their primary responsibilities. Under the policy, direct meetings with coaches must be deferred for at least 24 hours, unless to discuss issues pertaining to urgent health and safety concerns. This policy is intended to provide a "cooling-off" period for all parties and to promote more productive and respectful communication.

## Sportsmanship

The expectation of student-athletes, coaches, and parents is to create a positive athletic climate that promotes respect and dignity for all. Consequences for unsportsmanlike behavior may result in penalties, ejections, suspensions, and/or other disciplinary action.

For Athletes:

- Acceptance and understanding of the responsibilities and privileges of representing Ardsley and the community.
- Respect for rules and officials: Abiding by the rules of the game and respecting the judgment of officials.
- Control of emotions: Demonstrating self-control and avoiding negative behaviors like trash-talking, taunting, or using abusive language.
- Acceptance of results: Accepting victory with grace and defeat with dignity.
- Positive attitude: Maintaining a positive attitude both on and off the field, setting a good example for others.

For Coaches:

- Setting a positive example: Coaching athletes to be respectful and sportsmanlike.
- Respecting officials: Recognizing the importance of officials and their role in the game.
- Focus on the game: Emphasizing the positive aspects of competition and fair play.
- Managing emotions: Controlling their own emotions and discouraging unsportsmanlike conduct from their team.

For Spectators:

- Positive cheering: Showing support for their team through positive and encouraging actions.
- Respect for officials: Respecting the decisions of officials and avoiding negative comments or actions.
- Appreciation for good play: Acknowledging good play by both teams.
- Respect for opponents: Treating visiting teams and players with respect.

# Participation in Athletics

## New York State Eligibility

The following criteria must be followed to satisfy New York State Public High School Athletic Association's (NYSPHSAA) and the New York State Education Department's minimum eligibility rules:

A student must be a bona fide middle or high school student and must be taking at least four subjects including Physical Education. A student attending an alternative education program may only represent the home school district.

A student shall be eligible for high school athletic competition in a sport during each of four consecutive seasons (9th, 10th, 11th, and 12th grades) or until their 19th birthday. If a student reaches the age of 19 on or after July 1st, they may finish participating in athletics for the remainder of the school year.

If sufficient evidence is presented to the chief school officer of the section, to show that the student's failure to enter competition during one or more seasons of a sport caused by illness or accident documented social/emotional condition or documented social/emotional circumstances beyond the control of the student, an appeal may be made for extension of eligibility.

## Academic Eligibility

The academic eligibility rules of The Ardsley Athletic Department reinforce our schools commitment to academic excellence by ensuring that student-athletes prioritize their education. By holding athletes accountable, to clear academic standards, we foster a culture of responsibility and achievement that positively impacts overall school performance, classroom engagement, and graduation outcomes.

It is the goal of the Ardsley Athletics Program to earn New York State Public High School Athletic Association's **School of Distinction** Award: Schools can earn School of Distinction status by having 100% of its varsity teams qualify for and receive the Scholar-Athlete team award during their respective sports seasons.

**Interscholastic and extracurricular eligibility is determined by the eligibility committee each marking period. The committee will review academic standing and assign the appropriate status based on the chart below.**

No. of Failed Courses	Eligibility Status	Description
1	<b>Probation</b>	<p>Students may participate fully in interscholastic sports or extracurricular activity provided that an Eligibility <b>Progress Report</b> is submitted weekly. This report must be signed by a parent/guardian, all teachers, and the coach/advisor.</p> <p>A student who is on probation must attend <b>extra help</b> sessions in the failed course weekly. Eligibility is based on maintaining a good academic standing in all classes.</p>
2	<b>Practice only</b>	<p>Students MAY practice but not compete in contests or events.</p> <p>After the submission of 2 weeks of positive Eligibility Progress Reports, Students will move to "Probation" status, but must continue to submit complete progress reports throughout the marking period.</p>
3 or more	<b>No Practice, No play</b>	<p>Students may NOT practice, participate or compete in any interscholastic or extracurricular activity</p> <p>After the submission of 2 weeks of positive Eligibility Progress Reports, students will move to "Practice ONLY" status, but must continue to submit complete progress reports throughout the marking period. Eventually, the student may obtain "Probation" status.</p>

**Probation**

A student who fails **(ONE)** course will be placed on probation by the eligibility committee for the duration of the marking period. The student may continue to participate fully in interscholastic or extracurricular activity provided they adhere to the criteria outlined below.

Students are required to attend extra help sessions in the subject of the failed course weekly. Students are expected to maintain good academic standing in order to remain eligible.

### **Ineligible**

A student failing **(TWO)** courses at the end of a marking period will be deemed ineligible and be placed on "Practice only" status. They may continue to practice and attend meetings, however they are not permitted to compete in interscholastic or extracurricular activity. After submitting 2 weeks of positive Eligibility Progress Reports, the student will be moved to "Probation" status providing they continue to complete progress reports for the duration of the marking period and they maintain good academic standing. Eligibility Progress Reports must be signed by parent/guardians, all teachers, and a coach/advisor in order to be deemed "complete".

Students are required to attend extra help sessions in the subject of the failed course weekly. Students are expected to maintain good academic standing in all classes.

A student failing **(THREE)** or more courses at the end of a marking period will be deemed ineligible and be placed on "No practice, No play" Status. Students with this status may not practice, participate or compete in interscholastic sports or extracurricular activities. After submitting 2 weeks of positive Eligibility Progress Reports, the student will be moved to "Practice only" status allowing the student to practice and attend meetings, but not yet to compete or perform in interscholastic and/or extracurricular activities. The student must continue to submit weekly progress reports for the duration of the marking period. Failure to do so may result in a change back to "No Practice, No Play" status.

1. The eligibility committee meets weekly on Wednesdays at 3:00pm in the Athletics Department Office. Students are welcome to attend and speak with the committee at this time regarding their status.
2. Eligibility Progress Reports must be submitted to the Athletics Department in advance of the meeting. Students are urged to gather all signatures by the previous Friday to ensure full completion.
3. The student must seek out help in the courses in which they are failing and provide proof to the Eligibility Committee.
4. Incomplete forms or negative progress may result in the student being deemed ineligible. Failure to submit an on-time progress report will result in the student being deemed ineligible until the following meeting.

## Transfers

The New York State Public High School Athletic Association details the athletic eligibility of a student who transfers schools as such: A student in grades 9-12 who transfers, **with a corresponding change in residence** of his/her parents (or other persons 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.

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 prior) is ineligible to participate at the varsity level in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. A student's period of ineligibility begins with the date of registration at the student's new school. Students in grades 7-10, shall be eligible to fully participate at the JV and Modified levels, while students in grades 11-12 shall be limited to practice only.

## FamilyID/Arbiter Sports Registration

In order to participate in athletics at Ardsley, your child will need to have a current and complete physical examination annually. Documentation of this examination by a physician must be uploaded to FamilyID/Arbiter during the registration process.

Registration Process:

A parent/guardian can register their child by visiting the following link:  
<https://students.arbitersports.com/organizations/ardsley-school-district>

Follow these steps to complete registration:

1. To find your sports team, click on the link provided above and select the registration form under the word **Programs**.
2. Click on the **Register Now** button and scroll, if necessary, to the **Create Account/Log In** buttons. If this is your first time using FamilyID/Arbiter, click Create Account. Click Log In, if you already have a FamilyID account.
3. **Create** your secure FamilyID/Arbiter account by entering the first and last names of the account owner (i.e., the parent/guardian), email address and password. Review the Family ID Terms of Service and then click **I Agree. Click Create Account**.
4. You will receive an email with a link to activate your new account. If you don't see the email, check your email filters or your spam/ junk folder.
5. Click on the link in your activation E-mail, which will log you in to FamilyID/Arbiter.
6. Once in the registration form, complete the information requested. Fields marked with (\*) are required information.
7. **Click the Save & Continue** button when your form is complete.
8. Review your registration summary.
9. There is no payment required for participation in Ardsley Athletics, so disregard the reference to payment.

10. Click the **Submit** button. After selecting Submit, the registration will be complete. You will receive a completion email from FamilyID/Arbiter confirming your registration. You may login to update your child's information or to check registration status.

## Athletic Placement Process (APP)

In accordance with the New York State Department of Education and New York State Public High School Athletic Association, the Athletic Placement Process (APP) is a voluntary protocol that allows for **exceptionally advanced** student-athletes to “play up” on JV or Varsity or “play down” safely, based on physical and emotional maturity, fitness, and skill. The process determines a candidate's readiness for competition. It is the intent of the Ardsley Union Free School District's Athletic Program to provide an opportunity for students in grades 7-12 to participate in a developmentally appropriate level of competition based on their readiness rather than age or grade level.

Normally, an athlete is eligible for each of the four consecutive seasons coinciding with their entry into 9th grade. The APP process would allow for that eligibility to be extended to five or six consecutive years (7th and 8th grades respectively), provided that an athlete passes appropriate screening and classification and is selected to a high school team.

## Tryouts and Team Selection

The philosophy of the Ardsley Athletic Department is to see as many students as possible participate in the athletic program. As such, we encourage coaches to retain as many athletes as possible on each team. There are factors such as safety, space, facilities, and time that may place limitations on team size for a particular sport. It may be necessary for a team to hold tryouts. The coach has sole responsibility for team selection and captaincy. Team selection will be held in a closed environment with only the coaching staff and athlete present. Team and captaincy selection is based on skill level and leadership capability. Prior to the start of the tryout period, the coaching staff will provide the following information to all candidates:

- Duration of the tryout (minimum 3 days)
- Criteria/rubric used to evaluate and select team members
- The approximate number of candidates to be selected
- Practice and Game commitments necessary to ensure team success
- Requirements for participation on the team
- The coach will discuss alternative extracurricular or athletic possibilities if a reduction is necessary.

## Playing Time

District coaches have the sole responsibility for team selection. Selection is based on the assessment by the coaching staff. The athletes' athletic ability, application of content and

strategy, sportsmanship, academic performance, and citizenship all factor into this assessment. The level of play (Modified, JV, Varsity), the amount of playing time, and the position in which the athlete plays, are at the sole discretion of the coaching staff. At the varsity level, the emphasis is to develop the most competitive team possible given the player pool. Younger athletes (9th and 10th graders) may play over older athletes (11th and 12th graders). At the Varsity level, there is no guarantee of playing time. It is a possibility at the Varsity level that athletes may not play during contests.

## Captaincy

It is a distinct honor to represent Ardsely as a captain of an interscholastic team. As such, it is the captain's responsibility to provide leadership as an extension of the coaching staff. Captains are expected to be a positive example for their teammates and the Ardsley school community. Captains of are expected to:

- Serve as a positive example in behavior, effort, attitude, and sportsmanship on and off the field.
- Foster inclusivity and positive team dynamics
- Promote respect between teammates, coaches, officials, and opponents
- Arrive early to practices, games, and meetings.
- Encourage teammates to maintain high standards in academics, attendance, and effort.
- Act as a liaison between coaches and players to address concerns, garner feedback, or brainstorm ideas.
- Lead by setting an example in practice and contests, setting the pace, intensity and focus.
- Represent the Ardsley School District with integrity at school events, pep rallies, and community functions.
- Serve on the Ardsley Student-Athlete Leadership Council (SALC)

It should be noted that the Athletic Department reserves the right to rescind captaincy status for any student-athlete who is found in violation of the Ardsley Union Free School District's Code of Conduct or who don't meet the expected standards of a captain as outlined above.

## Student-Athlete Leadership Council

Student-athletes that are nominated as captains by their coaches and teammates will have the distinct opportunity to serve on Ardsley's Student-Athlete Leadership Council. The purpose of the council is to promote leadership development by equipping student-athletes with skills to lead by example, foster teamwork, and support their peers with regard to academics and athletics. The council serves as a voice for student-athletes offering valuable input to the Athletics Department, supporting sportsmanship, organizing events, and creating a climate that encourages excellence in the classroom and on the field. Members model integrity, teamwork, and respect while fostering unity, equity, and student well-being.

## Uniforms and Equipment

Uniforms or equipment may be issued to an athlete and are property of the Ardsley Union Free School District. It is the responsibility of a student-athlete to return their uniforms or equipment to their coach promptly at the end of a season. Lost or stolen equipment must be paid for at replacement cost. An athlete will be ineligible to receive any awards, participate in another sport season, or receive their diploma until their uniform or equipment is returned or otherwise rectified. It is important to understand the considerable financial investment that the school district expends to supply equipment for athletes to use safely. Please handle uniforms and equipment with care and ensure they are returned in good working condition.

# Attendance Requirements

## School Attendance

It is the expectation that student-athletes prioritize attending all classes. In order to be eligible to practice or participate in competition, a student must be in attendance for at least **(4)** classes during the school day, provided that a parent or guardian submit a note stating the reason for the student's absence. An abuse of this policy may result in athletic ineligibility. Participation in athletics is subject to the approval of the note by administration. Athletes will not be permitted to participate in interscholastic athletics if they are suspended from school or are found to be cutting class.

## Athletic Attendance

It is the expectation that student-athletes are punctual and are in attendance for all pre-season meetings, practices and competitions. Exceptions to this policy may include school obligations, illness, injury, religious observances, etc. While college visits are considered excused absences, it is encouraged that parents/guardians and students schedule these visits so as to not conflict with the team's practice and game schedule. Attendance will be taken daily by the coaching staff. In accordance with New York State Public High School Athletic Association policy, an athlete is required to practice a minimum number of days in order to be eligible for competition. The number of days varies by sport. The coaching staff is responsible for sharing this information with athletes and parents/guardians.

## Physical Education

All student-athletes, including those who are in-season participating in interscholastic athletics, are required to fully participate in Physical Education class. No athlete is excused from participation. There is no athletic exemption option. As per New York State policy, a student-athlete must be taking at least four subjects, including Physical Education to represent their school in interscholastic competition.

## Vacation

Student-athletes who miss practice and/or contests during the vacation periods will be subject to each coach's rules regarding this issue. Vacations by athletic team members during a sport season are discouraged. Parents and athletes wishing to go away during a particular season may want to defer participation so as not to create conflicts. No athlete will be guaranteed the same place on the roster upon returning from an extended leave from the team. Athletes who do not go on vacation might assume new roles in the makeup of the team. **Athletes must be**

**recertified (additional practice sessions) for game participation after an extended absence from the team proportionate to time missed.**

## Early Dismissal

During the course of a season, it may be necessary to dismiss student-athletes early from school for some athletic events (e.g. sectional play). Students who are dismissed early from class are still responsible for all work missed. Students must make arrangements for obtaining missed assignments, making up quizzes or tests, or turning in work.

## Extra-Curricular Conflicts

The Ardsley Union Free School District offers a wide range of opportunities for student-athletes to engage in extracurricular activities. While students are encouraged to take full advantage of these experiences, they should be mindful not to overextend themselves at the expense of their academic performance. Students, in particular, are encouraged to immerse themselves in the full high school experience by participating in a variety of learning and extracurricular activities. However, they should recognize that these commitments may occasionally conflict. Participation on an athletic team requires a serious commitment of time, including a demanding practice and competition schedule that may extend to weekends, holidays, and vacation periods. It should be noted that participation on an Ardsley athletic team is a top priority that supersedes any club or travel program.

# Health and Safety

## Athletic Trainer

The responsibilities of the Athletic Trainer are to:

- Recognize and treat injuries that arise as a result of athletic participation.
- Provide rehabilitation services or recommend further medical treatment
- Provide coaches with up to date information regarding the health, conditioning, and prevention of injury with regard to athletes
- Operate as the point person for all medial concerns with regards to athletics

## Inherent Risk (Associated Risk)

Participation in interscholastic athletics carries an inherent risk, which means there is a natural chance of injury when student-athletes engage in physical activity. While our coaching staff and school personnel work diligently to provide a safe environment, injuries may still occur. The Ardsley Union Free School District's primary responsibility is the health and safety of its students. Therefore, the Athletic Department will do everything to ensure this safe and healthy athletic environment.

## Injuries

Injuries sustained while participating in interscholastic athletics should be immediately reported to their coach or athletic trainer. Coaches and/or the athletic trainer will notify a parent/guardian and inform them of the injury. The coach or athletic trainer will complete an injury report within 24-hours. This report will provide information related to the injury. A copy of the injury report will be sent to the school nurse and Athletic Department. The athletic trainer will provide the coach with the necessary information for the student athlete to be cleared when he/she can return to play. In the event of a concussion, the student will follow all return-to-play procedures.

## Medical Insurance

The district offers medical insurance through Pupil Benefits Plan that covers any injury sustained by a student during supervised activity. Be advised that the parent/guardian's personal insurance is the primary coverage and must be used first to the maximum allowable limit. The school coverage makes payment on any unpaid balance due to injury. The Pupil Benefits Plan is a "scheduled excess" plan that may not cover the total balance remaining after personal insurance is used. If a parent wants to file a claim to utilize the Pupil Benefits Plan, contact the school nurse or Athletic Department for the appropriate forms.

## Returning to Play

Student-athletes who are returning from an extended absence (due to injury or vacation) either need time to gain eligibility (NYSPHSAA minimum practice standards) or re-acclimate to competitive play. Athletes returning from injury that saw a physician, must have a medical note from a doctor before being cleared to return. This note must state that the athlete is cleared to return to practice and competition.

## Code of Conduct

All Ardsley student-athletes are expected to abide by the Ardsley Union Free School District's Code of conduct and school building Student Handbooks:

[District Code of Conduct](#)

# Transportation

## Team Transportation Policy

The Ardsley Union Free School District provides transportation to and from all athletic competitions. All athletes are required to use the school district's transportation. Athletes are prohibited from driving themselves to an event or utilizing alternative means of transportation, unless given permission from the Athletic Director. In the event that a parent or guardian may need to drive their own child to or from a competition, a request must be made in writing prior to the start of the contest and submitted to the athletic department. In this instance, parents and guardians must accompany their child home. A student-athlete will not be permitted to ride to or from an event with anyone other than their parent or guardian. The person who is transporting the student-athlete must identify themselves to the coach after the event and present them with the written note. It is encouraged that all athletes ride on the bus home from away competitions.

## Transportation from Daily Practice Sessions

It is important that all parents and guardians make every effort to promptly pick up their children after practices and competitions. Coaches should not have to wait with children and provide supervision long after practices or competitions. Coaches are responsible for communicating approximate start and end times of practices and competitions.