

SOMERS CENTRAL SCHOOL DISTRICT



ATHLETIC PROGRAM
HANDBOOK & CODE OF
CONDUCT

SOMERS CENTRAL SCHOOL DISTRICT ATHLETIC DEPARTMENT

Athletic Director
Tommy Albano



Superintendent of Schools
Adam Bronstein

Learning office
Tara Kearns and Elizabeth Turner

Human Resources & Student Services Manager
Dina Miller

Somers High School

Principal
Pete Rodrigues

Assistant Principals
Brian Carroll and Jessica Anderson

Somers Middle School

Principal
Jen Mangone

Assistant Principal
Kristen Mucciacciaro

TABLE OF CONTENTS

| | |
|---|----|
| SOMERS PROGRAM PHILOSOPHY | 5 |
| VARSITY PROGRAM PHILOSOPHY | 5 |
| JUNIOR VARSITY PROGRAM PHILOSOPHY | 6 |
| FRESHMAN PROGRAM PHILOSOPHY | 6 |
| MODIFIED PROGRAM PHILOSOPHY | 6 |
| GETTING READY TO PLAY | 7 |
| ELIGIBILITY | 8 |
| APP/ SELECTION CLASSIFICATION PROCCSS..... | 8 |
| OUT OF SEASON/OUTSIDE COMPETITION | 11 |
| LEAVING A SQUAD | 11 |
| RESPONSIBILTIES OF A SOMERS ATHLETE | 11 |
| RESPONSIBILITIES TO YOURSELF..... | 12 |
| SPECIALIZATION | 12 |
| IN SEASON ATHLETES PARTICIPATING WITH OUT-OF-SEASON SOMERS HIGH SCHOOL TEAMS | 12 |
| CAPTAINS | 13 |
| QUALITIES OF A TEAM CAPTAIN..... | 13 |
| PROPER CHAIN OF COMMAND..... | 13 |
| PARENT/COACH COMMUNICATION | 14 |
| PRE AND POST SEASON RECOGNITION AWARDS | 15 |
| PARENT EXPECTATIONS..... | 15 |
| SPECTATOR EXPECTATIONS..... | 16 |
| SPORTSMANSHIP AND FAIR PLAY | 16 |
| CLOSED PRACTICE & EMERGENCY PROTCOL..... | 17 |
| NYSPHSAA SPECTATOR SPORTSMANSHIP REGULATION | 18 |
| SECTION ONE EJECTION POLICY | 19 |
| ATHLETIC DEPARTMENT POLICY ON EJECTIONS AND INFRACTIONS | 19 |
| ATTENDANCE..... | 21 |
| SCHOOL CLOSINGS/EARLY DISMISSAL..... | 23 |
| VACATION/HOLIDAY POLICY | 24 |
| ATHLETIC ACADEMIC ELIGIBILITY POLICY | 25 |
| TRANSPORTATION | 26 |
| ATHLETIC EQUIPMENT..... | 27 |

| | |
|---|-----------|
| UNIFORMS..... | 28 |
| PERSONAL ATHLETIC CLOTHING AND SAFETY EQUIPMENT..... | 28 |
| HEALTH OF THE ATHLETE | 28 |
| RETURN TO PLAY AFTER AN INJURY..... | 29 |
| JEWELRY AND VALUABLES..... | 30 |
| LOCKERS | 30 |
| SOMERS ATHLETIC OFFERINGS | 31 |
| SOMERS HIGH SCHOOL STUDENT-ATHLETE CODE OF CONDUCT | 32 |
| SPORTS SEASONS (“in-season”)..... | 36 |
| PERMISSION TO PARTICIPATE..... | 38 |

SOMERS PROGRAM PHILOSOPHY

Interscholastic athletics in the Somers Central School District is a component of the physical education and wellness program and, therefore, an integral part of the district's total educational program.

The Athletic Department and coaching staff possess a unique opportunity to teach positive life skills and values. Our Athletic Department will promote accountability for our student-athletes, along with encouraging all student-athletes to advocate for themselves, along with their teammates when required. Desire, dedication, and self-discipline are taught from the time each student competes for the first time at Somers High School, with the goal of developing 21st Century Knowledge & Skills increased Social, Emotional & Physical Wellness and an raised awareness Global Citizenship. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding team and individuals to attain maximum potential is the ultimate goal. To this end, the Athletic Department will teach student-athletes to prepare their minds and bodies in order to reach maximum potential and then to be modest in victory and steadfast in defeat.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each athletic program. The varsity team is the showcase for each athletic program. The varsity team will be composed of the most skilled, dedicated members of the program, regardless of grade level. Seniors are **not** guaranteed a position on the varsity team. Participation in a varsity program one year does not guarantee a spot the following year.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct effective and meaningful practices and to provide our teams with the best chances of succeeding during competition (see Recommended # of Athletes Per Sport Level document on p. 11). It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment starting on the first day of each season. This commitment **is** extended into vacation periods for all sport seasons.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the freshman, modified, junior varsity and varsity programs is the responsibility of the head varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential for continued development into productive varsity level performers. In certain situations, juniors who are expected to make future contributions at the varsity level will be considered for junior varsity participation. Also, freshmen may be included on a junior varsity roster, as well as middle school students who have satisfied all selection classification requirements. The junior varsity team is composed of freshman, sophomores, juniors.

At this level, athletes are expected to have visibly committed themselves to the program. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. Team members will have meaningful contest participation over the course of a season, however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. Practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

FRESHMAN PROGRAM PHILOSOPHY

Freshman programs help students make the transition from modified to high school athletics. Only freshmen are eligible to participate on a pure freshman team. Whenever numbers warrant, we will add a freshman team to enable greater participation at the freshman level. We will try to maintain larger squads to encourage participation. At this level athletes are expected to make a five-day a week commitment. Although it is not common, games and practices can occur on a weekend or holiday. Every effort is made at this level to ensure playing time for all team members in all games. However, practice, attendance, attitude, and participation at practice can affect this goal.

MODIFIED PROGRAM PHILOSOPHY

All seventh and eighth grade students are eligible to participate in the modified interscholastic athletic program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, healthy competition, while placing appropriate physiological demands upon the adolescent body.

Emphasis is placed on participation of athletes. The amount of contest participation is based on attendance, commitment, attitude, skill level and effort. Participation is not necessarily equal at this level. However, opportunities for meaningful contest participation for each team member will exist over the course of the season.

GETTING READY TO PLAY

1. Attend the Athletic Sign-up Meeting prior to each season.

Approximately one month prior to each season a sign-up meeting will be conducted during the school day. The Athletic Department uses this information to determine program numbers and for coaches to generate rosters.

2. Requirements for Participation

A. Physical Examination

A yearly physical examination is required. The “Pre-Sports Medical Screening and Health History” form must be completed by a physician and submitted to the School Nurse prior to participation. The physical covers all sports. The physical exam is good for 365 days from the date of the physical. Any student who has not elected to have a sports physical performed by their family physician may make arrangements for a physical exam to be conducted by the school physician. “Sports physicals” are conducted once a year at the middle school and high school during March. These physicals are conducted by our school physician and health services team. If a student elects not to take part in the school sponsored screening, it is the parents responsibility to have the family physician administer the screening at his/her own expense. Under no circumstances will any athlete be allowed to participate without the athletic director receiving all completed forms.

B. Family ID Registration

In order to register a student-athlete for participation on an athletic team, a parent or guardian must create an account on FamilyID.com. Registration opens 30 days before the start date of that season.

C. Attend Pre-Season Meeting

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents, and student/athlete. In order to ensure that this communication takes place, **pre-season meetings** are scheduled by the athletic department at the beginning of each season. Coaches will inform prospective team members when pre-season meetings are scheduled. Student/athletes and parents are required to attend.

Topics of Discussion at Pre-Season Meetings

- Athletic Program policies & procedures
- Game Schedules
- Practice schedules
- Goals for season
- Parent roles
- Transportation

- Expectation of players, coaches, and parents
- Communication with coaches
- College recruiting
- Eligibility rules
- Code of conduct
- Athletic award program

ELIGIBILITY

We believe that students who have the privilege of participating in extracurricular activities should conduct themselves as responsible representatives of the Somers Central School District. In order to ensure this conduct, coaches, advisors and administrators will enforce the Somers High School Code of Conduct and this Co-Curricular Behavioral Eligibility Policy, each of which will be issued to all students annually.

New York State Public High School Athletic Association Eligibility Standards

- **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 athletic squad during that season.
- **National Team/Olympic Development Programs:** A student may participate as an individual as a member of a National Team or in an Olympic Development Program during the school year if such participation is approved by the student’s high school principal and chief school officer, and the Executive Director is notified in writing by the principal at least 30 days prior to the start of the program.
- **Professional Tryouts:** No tryouts for, or practice with, professional teams are approved except during the summer vacation. A student who participates in such a tryout is ineligible to represent the school in that sport. A school may apply on behalf of the student to their section for reinstatement one year from the date of the latest violation. Penalties for violations of these standards can result in loss of eligibility from that sport.

APP/ SELECTION CLASSIFICATION PROCCES

Our district utilizes the APP/Selection Classification process on a very limited basis. The intent of the APP/ Selection Classification process is to provide safe and suitable participation at an appropriate level of competition for students.

In the Somers Central School District, APP/ Selection Classification will be offered only to **eighth grade** students in sports where there are no modified programs offered in that sport. The exception to this policy is wrestling, where decisions will be made on a case-by-case basis.

**Due to changes in annual enrollment and/or student interest, the final decision to advance students in the Selection Classification process will be made by the Athletic Director.*

Procedure:

- 1) Determine if there is a need based on the **“Recommended # of athletes per level document (p. 12)”**
- 2) Receive a Recommendation for Selection Classification/APP process from Head Varsity Coach. To assist with evaluation, Varsity Coach can:
 - invite student to open gyms/ open fields
 - use video or watch the student compete in-person
 - discuss with PE teacher
 - discuss with youth coaches but this shouldn't be only method of evaluation

**No parent requests*

- 3) Recommendation from Middle School Mental Health. Assessment will be made on the student's emotional readiness to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.
- 4) Parent/Guardian Permission: All students must obtain written or verbal parent/guardian permission before any evaluation may begin.
- 5) Administrative Approval: The Athletic Director should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games. Additionally, because of the increased time demands of participation at the High School level, the student's academic performance should be at or above grade level.
- 6) Physical Fitness Testing: This must be done by a certified physical education teacher who is not a coach of the sport for which the student will be trying out. The President's Physical Fitness Test has been selected as the test for this process, and the student must meet the 85th percentile level for their age in 4 out of 5 test components. Students who desire to try out for bowling or golf teams are not required to complete the physical fitness testing.
- 7) Try Outs: The student is allowed to try out for the sport and level requested or the student must return to the modified level of competition.
- 8) Records: The Athletic Director and Middle School Nurse will maintain all records of students who have successfully completed the APP. Items to be kept in the student's file are: Parent/Guardian Permission and Result letters; Maturity Evaluation and Medical Director Form; Physical Fitness results; Coach's Sport Skill Evaluation.

**8th graders must play half the season on a JV team before being pulled up to Varsity, unless special exception is made by Director of Athletics. Special exemptions will include if the student fills certain positions such as pitchers in softball, goalie in lacrosse, or the quarterback in football will receive extra consideration. In addition, the Director of Athletics will also take into account whether the sport is Individual vs. Team Sport, or a Collision vs. Non-Collision sport.*

| SEASON | SPORT | LEVEL | Recommended # of Athletes per sport level |
|--------|---------------------|--------------------|---|
| FALL | Football | Varsity, JV, Fresh | No Limit |
| | Boys Soccer | Varsity, JV | 16 |
| | Girls Soccer | Varsity, JV | 16 |
| | Girls Volleyball | Varsity, JV | 12 |
| | Boys Volleyball | Varsity | 12 |
| | Girls Tennis | Varsity, JV | No Limit |
| | Girls Field Hockey | Varsity, JV | 18 |
| | Girls Cross Country | Varsity | No Limit |
| | Boys Cross Country | Varsity | No Limit |
| | Cheerleading | Varsity | 12 |
| WINTER | Boys Basketball | Varsity, JV, Fresh | 12 |
| | Girls Basketball | Varsity, JV | 12 |
| | Wrestling | Varsity, JV | 25 |
| | Bowling | Varsity | 6 boys, 6 girls |
| | Cheerleading | Varsity | 12 |
| | Girls Indoor Track | Varsity | No Limit |
| | Boys Indoor Track | Varsity | No Limit |
| | Boys Swmming | Varsity | No Limit |
| | Ice Hockey | Varsity | 18 |
| | Gymnastics | Varsity | 12 |
| SPRING | Baseball | Varsity, JV, Fresh | 16 |
| | Girls Lacrosse | Varsity, JV | 18 |
| | Boys Lacrosse | Varsity, JV | 18 |
| | Softball | Varsity, JV | 13 |
| | Boys Tennis | Varsity | 12 |
| | Golf | Varsity | 12 |
| | Girls Spring Track | Varsity | No Limit |
| | Boys Spring Track | Varsity | No Limit |
| | Girls Flag Football | Varsity | 20 |

**These recommended minimums are for high school student participation. If there are 8th grade students that pass the NYSED APP/Selection Classification process and tryout for a high school level team, the Head Coach must take the minimum number of high school students before adding an 8th grade student.*

OUT OF SEASON/OUTSIDE COMPETITION

As youth sports continue to expand in our society, along with the desire for specialization advances, student/athletes are faced with difficult decisions as to what they will commit to and what takes priority in their life. **If you make a commitment to a school team, you commit to the coaches, your teammates, and the school. Your first commitment and allegiance should be to that team.**

You must also consider the health and safety risks. Is it healthy to play and practice 7 days a week, year round, or 26 weeks consecutively? Is it healthy to finish practice, then go to another practice or another game the same day? These are questions to ask. Even within our own athletic program, coaches are trying to get athletes to participate year round.

Special consideration will not be afforded athletes that must leave early, or miss practice or a game due to outside participation in athletic events. Athletes who miss more than 2 practices due to attendance at an outside or off- season team will meet with the coach and Athletic Director to discuss a course of action that could include missing of games or expulsion from the team.

LEAVING A SQUAD

Individuals leaving a squad without the coach's permission or having been dismissed because of an Athletic Training Rule violation, forfeit all awards and may not participate on any other athletic team that same sport season and may be prohibited from playing during the next season as well. If an individual leaves the team before final cuts, he/she may try out for another team, only if permission from the team he/she is leaving and the coach of the team he/she would like to try for approve the move. Reminder, practices are sports specific and cannot count from one sport to the other. If no cuts are made for that particular team, any moves have to be approved before final team rosters are sent to the athletic office prior to the first game.

RESPONSIBILITIES OF A SOMERS ATHLETE

Being a member of a Somers athletic team is a privilege and an honor. 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 many people over the years. As a member of an athletic team at Somers, you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but those who have contributed so much to our school in the past.

Many of our athletes have gone on to successful collegiate careers. 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.

In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before 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 highs and lows of athletic competition are the result of hard work, dedication and discipline and are rewarded with the accumulation of fond memories and personal achievements.

RESPONSIBILITIES TO YOURSELF

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.

SPECIALIZATION

It is the philosophy of the Somers athletic program to encourage student participation in a number of sports, co-curricular activities, and clubs. Student specialization in one sport a year around goes against the District philosophy of developing well-rounded individuals.

Colleges are generally more interested in the athlete who has the skills and athletic ability to participate in more than one sport during their high school career. Remember to get involved and participate and become an active member of your school community.

IN SEASON ATHLETES PARTICIPATING WITH OUT-OF-SEASON SOMERS HIGH SCHOOL TEAMS

The Athletic Department believes that a student-athlete who is “in-season” should have the ability to train or do skill- based work during open gyms/fields or training sessions conducted by SHS Coaches and/or Head ATC. In order to do so, the Athletic Department along with the Head Athletic Trainer and SHS Coaches Council have developed guidelines for multi-sport athletes.

Guidelines:

- 1)The Athletic Director will meet with all coaches prior to the season to discuss expectations.
- 2)If any student-athlete wants to train with another program while in-season, they will discuss with their in-season coach their plan.
- 3)Both the in-season and out-of-season coach will communicate regarding expectations. If the in-season coach expresses any concerns (schedule, sectional play, injury concerns, etc.) a conversation will take place with the assistance of the SCSD ATC and Director of Athletics.

The guidelines below have been created by the SCSD ATC to promote the safety and reduce possible burn-out/ over-training of each student-athlete.

- 1) do not go to another teams open gym immediately after a practice/game for game–like conditions/ only skill development
- 2) absolutely no participation in weekend or evening games/contests
- 3) only participate in skill development sessions, no contact or game situations

- 4) Coaches will meet as a team and individually with each student to define expectations
- 5) If players break this rule, it is up to the coach to determine proper discipline
- 6) This rule is across the board for ALL athletes

CAPTAINS

The captaincy should not be based solely on popularity, and the captains will not always be the best player on the team. Team captain is a leadership role where the individual has consistently demonstrate commitment, honesty, and sportsmanship, the ability to develop team work, citizenship and character. The captaincy is attained as the result of coach's appointment and/or team vote. Whenever possible or agreeable, coaches will have captains prior to the start of a season. The role of captain is not restricted to a senior athlete.

**Team Captains will be required to attend 3 meetings with the Athletic Director while in-season.*

QUALITIES OF A TEAM CAPTAIN

- Role Model – Hardworking, committed, dedicated, humble, leader by example, positive attitude, shows respect for coaches, teachers, adults & peers.
- Exhibits good citizenship – dependable, loyal, trustworthy, unselfish – has a great deal of pride in the team, school and community.
- Committed to be alcohol and drug free – shows social confidence.
- Has a strong self image, mature, motivated, good communication skills.
- Good school behavior – Acceptable academic progress.
- Follows team rules and act as a liaison between teammates, coaches and athletic director.

PROPER CHAIN OF COMMAND

If the parent of any student-athlete has a concern they want to discuss, the following protocol should be followed.

1. Encourage the student-athlete to speak with the team Captain(s). If this process does not provide a resolution, the student-athlete should schedule a time to speak with the coach before or after school/ a scheduled practice. Conversations of concern should not take place on game-day. Many concerns can be resolved through this process.
2. The parent should contact the coach to schedule an appointment. If a coach cannot be reached, contact the athletic office and they will assist in arranging a time to speak or meet.
3. Parents/ Guardians should never present concerns before, during or after a contest or practice time. The SCSD has encouraged our coaches to enforce the "24 hour rule", where no coach will speak with parents/guardians regarding their role on the team until 24 hours has passed since the previous contest. In addition, issues listed on the next page are not appropriate to discuss with coaches when meeting with a district coach.

Issues Not Appropriate To Discuss With Coaches

- Playing time
 - Team strategy
 - Play calling
 - Roles and responsibilities of other student-athletes
4. If the meeting with the coach does not provide a resolution, contact the Athletic Director to discuss the situation. The Athletic Director will ensure the first three steps listed above were completed before arranging an appointment or time to speak.

PARENT/COACH 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.

If a situation may require a conference between the coach and the parent, it is important that both parties involved have a clear understanding of the other's position. These conferences should never take place directly before or after an athletic contest.

Communication You Should Expect From Your Child's Coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad
- Locations and times of all the practices and contests
- Team requirements, i.e. special equipment, off-season equipment
- Discipline that results in denial of your child's participation
- College prospects

Communication Coaches Should Expect From You

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's expectations
- College prospects

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

As you see from the lists above, certain things can and should be discussed with your child's coach. Other things must be left to the discretion of the coach. It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be the best for all students involved.

PRE AND POST SEASON RECOGNITION AWARDS

Varsity Coaches are not responsible for All-Section, All-League, etc awards given out at the end of the season. While it may be disappointing if a student-athlete does not win an award, it is not the sole responsibility of the Coach. Awards voting is done across leagues, conferences or Section 1, therefore the Coach cannot control who wins specific awards or receives nominations/ honors.

In addition, any publication or social media outlet that publishes pre or post season list are done independent of the Athletic Department and their teams. Our coaches will advocate for our athletes when appropriate, but they do not have “final-say” in the process.

PARENT EXPECTATIONS

1. Be positive with your child on and off the field.
2. Respect the “24 hour rule”, waiting till the next day to communicate with your child’s coach the day after the contest. Coaches have been instructed not to communicate with parents after a game unless there is an emergency.
3. Try not to offer excuses if he/she is not playing. Encourage him/her to work hard and try his/her best, **and advocate for themselves first and foremost**. Help your child set goals as a good way to show your interest and monitor progress.
4. Discourage putting down coaches or other athletes. Keep in mind, your child has to return to practice the next day.
5. Encourage your child to follow the rules with respect to grades and attendance.
6. Demonstrate good sportsmanship and live as a role model for your child. **During competition, NO NUMBERS, OFFICIALS OR COACHES SHOULD EVER BE CALLED OUT**. Be a positive role model at an athletic event. You represent your family, school, and town.
7. Encourage respect for team and school rules, game officials, and sportsmanship.
8. Making comparisons between older or younger siblings and other athletes can hinder the growth of an individual’s self-esteem. Progress should be monitored on an individual basis.
9. Encourage your child to play for the enjoyment of the game, not for receiving a scholarship or a select college admission. Be realistic about your student’s abilities.
10. Remember that although you may not be in agreement with a coach’s style of coaching, your child will have to deal with different leadership styles in life.
11. Make an appointment with the coach to discuss a problem and discuss your concern in a calm courteous manner.

SPECTATOR EXPECTATIONS

As a member of the Somers community, it is important to present each school in a positive image. This includes exhibiting proper conduct while participating as a spectator. Any spectator who does not abide by suitable rules of conduct may be asked to leave school property regardless if the contest is home or away. Suitable conduct includes:

1. Cheering for our team and directing comments only to our team.
2. **Being considerate of all players, coaches, cheerleaders and referees. NO NAMES, NO NUMBERS, NO OFFICIALS, NO EXPLETIVES. Any spectator breaking this rule will be asked to leave the contest/event.**
3. Any spectator that climbs a fence or steps on the playing field will be asked to leave the contest/event.
4. Treating visiting teams as invited guests.
5. Becoming familiar with the spirit and rules of the game.
6. Accepting decisions made by referees.
7. Being gracious in victory, sportsmanlike in defeat.
8. Abiding by the Somers High School Code of Conduct

SPORTSMANSHIP AND FAIR PLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- All spectators will be assigned an area where they will watch the contest/event. The Athletic Director and Event Supervisors have the authority to move or remove any spectator based on this policy.
- Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

NOISE MAKERS

All noise makers (cow bells, whistles, air horns, etc.) are prohibited from all Section I contests, both home and away for all sports.

Closed Practice Policy

At Somers Central School District, athletic practices are closed to spectators, including parents, at the discretion of the head coach. This policy ensures that coaches can focus on instruction and players can concentrate on their development without distractions. If parents choose to attend a practice, we kindly ask that you remain off the court, field, or practice area and refrain from interacting with coaches or players during sessions. Please respect the coaching staff's authority and allow them to lead practices while players focus on their performance. Thank you for supporting our athletes and adhering to this policy.

Emergency Protocol

Attention, students, staff, parents, and fans: At Somers High School athletic events, your safety is our top priority. Whether you're in the gymnasium or on the field, knowing what to do in an emergency can save lives. Here's a quick guide to help everyone stay prepared:

1. Know Your Emergency Exits
2. Familiarize yourself with the nearest emergency exits as soon as you arrive. In the gym, look for marked doors leading to hallways or outside. On outdoor fields, identify gates or pathways to parking lots and streets.
3. Exits are clearly signed with illuminated "EXIT" signs—never block them with bags, equipment, or crowds.
4. Stay Calm and Composed
5. In any emergency—such as severe weather, medical issues, or unexpected incidents—remain calm to avoid panic.
6. Seek Help from Uniformed Staff
7. If you notice something suspicious or need assistance, immediately alert uniformed staff members, such as security personnel, coaches, referees, or school administrators. They're trained to handle emergencies.
8. Don't hesitate—report concerns like unusual behavior, medical emergencies (e.g., heat exhaustion or injuries), or potential hazards right away.
9. Evacuate Orderly: If an evacuation is announced, walk—don't run—to the nearest exit. Use handrails on stairs in the gym and avoid pushing in crowded areas.
10. Keep aisles and walkways clear at all times.
11. In case of severe weather (e.g., lightning on fields), seek shelter indoors immediately.
12. For medical emergencies, call 911 if staff aren't nearby, and know basic first aid like CPR if trained.
13. Prohibited items: No weapons, fireworks, or anything that could cause harm—report violations.

NYSPHSAA SPECTATOR SPORTSMANSHIP REGULATION

New York State Public High School Athletic Association



Sportsmanship: NYSPHSAA Spectator Sportsmanship Regulation

“Any negative, inappropriate, derogatory comments or actions that brings direct attention to 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:

- First warning – Directing the spectator or group of spectators to refrain from any negative comments or actions.
- Second warning – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal of 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 group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

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 they are allowed to attend 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.

Note: A school may take any or all these actions during or after an interscholastic contest.

SECTION ONE EJECTION POLICY

Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport, until after the next previously scheduled contest at the same level with a member school or in NYSPHSAA tournament play.

In individual sports, a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any Player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest.
 - a. In the sport of football, a player who is disqualified for “targeting” (by a certified official) may not participate in the next two halves.
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play,) the Section Athletic Council will assess the penalty carrying over into the next season of participation.

The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intend to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE: Members of the squad includes player, manager, score keepers, timers, and statisticians.

Misidentified Player: Disqualification of a player may only be challenged on the basis of misidentification. The misidentification must be established by clear and concise evidence. The school shall identify the offending player who will serve the prescribed penalty. (Dec. 2010)

ATHLETIC DEPARTMENT POLICY ON EJECTIONS AND INFRACTIONS

If a student-athlete is assessed a card or technical foul (or the equivalent based on their sport), or is ejected from a contest, the Athletic Director, District or School Administration, the Coaches Council and/or appropriate school personnel will meet to determine the appropriate penalty or suspension.

In addition, the Athletic Director will enforce any required educational, corrective and restorative gestures before the student-athlete is allowed to return to play.

Soccer

**Based on the nature of a yellow or red card, the Athletic Director may decide to add additional of further consequences to the below.*

Five yellow cards accumulated by a single player in the regular season will result in a one game suspension. The continued accumulation of yellow cards after his/her one game suspension will result in the following:

- A. The sixth accumulated yellow card will result in an additional one game suspension.
- B. The seventh accumulated yellow card will result in a two game suspension.
- C. The eighth accumulated yellow card will result in suspension for the remainder of the season including all sectional and post season contests.

**In the event that a player receives two yellow cards in the same game, resulting in a red card, the two yellow cards will still count towards the season total.*

- i. The accumulative card total is for regular season play only. This process will begin again for postseason play unless the athlete was removed from competition in the regular season due to an accumulation of six yellow cards.
- ii. During the postseason a one game suspension will be implemented after three yellow cards and a one game suspension for each additional yellow card received through the Sectional, Regional and State championship tournament.
- iii. The coach is to report all ejections and yellow cards to his/her Athletic Director and the Section I office for tabulation. Reporting may be by mail, fax or e-mailed for tabulation.
- iv. Refusing to report, or failing to report infractions, and allowing players to continue to play under these circumstances will result in the forfeiture of all games played by the individual.

If/when a team's card total (yellow and red) reach more than 10 cards, the coach and Athletic Director is responsible to inform the Section One Director and the Sportsmanship Committee Chairperson. If 10 cards are totaled during the season, the school will be considered in need of assistance with sportsmanship. League representatives, the Sportsmanship Committee of both will meet to determine what appropriate action might be taken to assist this school.

Basketball

**Based on the nature of a technical foul, the Athletic Director may decide to add additional of further consequences to the below.*

Three (3) Technical Fouls in the same season will result in a one game suspension. Each additional technical foul will result in a missed game.

Leaving the bench area

Any athlete who leaves the bench area during competition and steps on the field will be assessed a consequence by the Athletic Director.

ATTENDANCE

Student attendance in all classes is critical for academic success and is a basic responsibility as a member of the Somers High School learning community and as a Student-Athlete. Students are expected to attend every class unless legally absent from school. Daily attendance is a requirement for student participation in extracurricular activities and interscholastic sports.

Procedure of Athletic Department/ Coaching Staff on handling Unexcused Absences and/or Tardiness

- The Coach(es) will review policy with entire team at the start of the season, as it relates to unexcused absences and tardiness.
- The Coach is the first intervention for the first infraction. If a student-athlete appears on the daily attendance list, the Athletic Director will notify the coach(es). Expectations will be discussed between coach and athlete.
- If a student-athlete believes there was an issue or mistake made with attendance, the Athletic Director will investigate the claim the next school day.

Consequences of Unexcused Absences and/or Tardiness

If there is second infraction, the student-athlete will be required to miss the next days practice or contest. The student-athlete will be required to attend, but may not participate in that days activities.

Legal Reasons for Excused Absence or Tardiness

**In accordance with New York State Law and the Regulation of the Commissioner of Education, the following are legal reasons constituting an excused absence or tardiness in Somers High School:*

- Sickness - Dismissal for illness during the school day must be through the Health Office. Students may not call themselves in sick and may not excuse themselves from school if they are feeling ill. Parents/guardians must go to the attendance office and sign their child out in the case of student illness during the school day.
- Illness or death in the family.
- Impassable roads or weather making travel unsafe (only the Superintendent of Schools is authorized to rule on this provision).
- Religious observance
- Quarantine

- Required court appearance
- Health treatment
- Pre-approved college visits

College Visits

- It is important for students in grades 11 and 12 to visit the colleges they may want to attend, and pre-approved college visits are considered excused absences. **Students and parents/guardians are encouraged to plan college visits when the student-athlete is not in-season.** For a college visit to be an excused absence, students must provide a completed official absence form signed by a parent or guardian **in advance or within 48 hours** of the absence.

In the Event of an Absence

- A parent or guardian is required to notify the school by emailing (HSAttendance@somersschools.org) or calling the Attendance Office (248-8585 x219) in advance or before 11:00 am on the actual day of the absence. After the call or email, parents/guardians must complete the appropriate absence form (found on school website under the “attendance tab”) and submit it to the attendance office within 48 hours by email or in person. Only official absence forms from the school website will be accepted. Handwritten notes will not be accepted.
- Any absence that has not been excused within 48 hours will be considered unexcused. Therefore, the student may lose the ability to practice or compete based on attendance.
- If a student is absent for an extended period of time, the school may request a doctor’s note.

In the Event of Tardiness

- A parent or guardian is required to notify the school by emailing (HSAttendance@somersschools.org) or calling the Attendance Office (248-8585 x4005) to notify the school of the tardiness. After the call or email, parents/guardians must complete the appropriate tardiness form (found on school website under the “attendance tab”) and submit it to the attendance office within 48 hours by email or in person. Only an official tardiness form from the school website will be accepted. Handwritten notes will not be accepted.

Unexcused Absences or Tardies

- Parents/guardians must inform the Attendance Office of all absences by submitting the appropriate absence/tardy form. Otherwise the absence will be considered unexcused (i.e., “cut”), for which disciplinary consequences will result.
- Please be aware when completing absence/tardiness forms that any reason other than those listed under Legal Reasons for Excused Absence or Tardiness is considered an illegal reason for absence. For example, “travel”, “vacation”, “work”, or “needed at home” are considered illegal reasons for absences.

Student- Athlete Expectations for practices and contests

** The Coach will notify athletes and their families of the team's games, practices and time schedules. All schedules will be updated on a daily basis on the SCSD Tandem Calendar.*

1. All student athletes must make a commitment to attend all practices and contests on time.
2. Athletes must attend school in order to participate in that day's practice or athletic contest. Any athlete that is not in attendance by 11AM may not be allowed to participate in athletic contests or games on that day.
3. If an athlete is going to be late or absent from practice it is his / her responsibility to notify the coach.
4. An excused absence is for family emergencies, sickness or college visit. Please notify the coach directly.
5. Absence on a day preceding a contest may be a reason for not participating in the next contest.
6. Each sport has a required number of practices necessary in order to scrimmage or play in a contest, as outlined by NYSPHSAA, Inc.
7. Students scheduled for Physical Education must participate in class in order to be eligible to practice or compete on an athletic team.
8. If a student is suspended from school (O.S.S or I.S.S.), then he/she will be ineligible to participate on the day of the suspension, and subsequent suspension days.
9. If an athlete goes home from school sick, they are not allowed to return for a practice or game.
10. Schedules - Keep in mind that schedules are only a guidelines. There are many reasons (inclement weather, unplayable facility, transportation problem, etc.) that can cause game cancellations. During Sectional play; game opponent, date, and time are not determined until shortly before the contest.
11. "Captain Practices" are student-led activities and are **not** monitored or endorsed by the school district.

SCHOOL CLOSINGS/EARLY DISMISSAL

On any day that school is closed due to inclement weather or other unplanned circumstances, teams cannot practice or compete in games or scrimmages. The same procedure will be followed on days when there is an early dismissal due to weather, or other unplanned circumstances.

VACATION/HOLIDAY POLICY

When athletes commit to a Varsity, Junior Varsity or Freshman team, they should understand that practices and/or interscholastic contests will continue over school vacations and holidays. If you are on a Varsity, Junior Varsity or Freshman Team, your attendance at any scheduled practice and/or contest is mandatory during vacation/holidays. Athletes who miss practice and/or contests during vacations and holidays can expect to face consequences or disciplinary action that could affect their standing on the team, their playing time and/or their ability to earn a letter for the sport.

Missed practices or contests during a vacation or holiday could result in not being able to play in interscholastic contests until the student-athlete participates in one practice for each missed practice. Athletes must understand that upon completion of the consequence for days missed, they are not guaranteed immediate return to playing time. That decision, like all decisions related to playing time, will be at the discretion of the coaching staff.

**No modified teams will hold required practices or contests during school vacations or holidays.*

ATHLETIC ACADEMIC ELIGIBILITY POLICY

Participation in co-curricular activities is part of the educational program at Somers High School. Students' first priority should be their academic responsibilities. Students who participate in co-curricular activities are expected to maintain academic eligibility each marking period by not failing more than one subject. In addition, athletes must be passing physical education.

Requirements

To be eligible to participate in high school co-curricular activities and sports, Somers High School students must meet the following criteria:

- All freshmen, sophomores and juniors must take a *minimum* of 6 ½ credits each semester, including Physical Education. Seniors must take a *minimum* of 5 ½ credits each semester, including Physical Education. Independent Study cannot be counted toward these credit minimums.
- All students who receive a grade below 70 will be required to attend the Academic Enrichment Program (AEP). Coaches will be notified if a student-athlete on their team is placed in the Academic Enrichment Program.
- Once a student starts in the AEP, they must attend three sessions over a two week period (3 total sessions). Sessions will be offered three times a week, once during lunch and twice after school.
- If any student does not attend the required sessions, they will be assigned mandatory sessions by the Athletic Director. If a student continues not to attend, they will face consequences such as no practice(s) or contests.
- For the Fall season, AEP will begin at the start of the school year, using the students grades from the end of the 4th Quarter. Through Schoology gradebook, we will be able to monitor any student-athlete falling below the minimum 70 average.
- The mandatory Academic Enrichment Program will meet during lunch on Mondays and on Wednesday and Thursday after school. The student-athlete will report to a designated area from 2:10 pm-2:50 pm to work with a teacher and/or student tutor.
- Once a student reaches a grade of 70 or above, that student will no longer be required to attend AEP.

Academic Ineligibility (Probation) Policy

- Any student that is failing two or more courses may continue to practice with the team but shall not be eligible to play in an athletic contest until meeting the requirements listed above.
- During the period of ineligibility, students may continue to participate with their teams. However, participation in contests may not resume until eligibility is reinstated.
- In order to regain eligibility to participate in athletic competitions, student-athletes must attain passing grades in all subjects.

TRANSPORTATION

- Team Bus Travel and Transportation Release
 - The Somers Central School District will provide transportation for all students, support, and coaching personnel of each athletic team in authorized school vehicles when the contest or practice has been scheduled away from the high school site. The coach of the team must ride the provided transportation with his/her students. Team members are strictly forbidden from driving an automobile, transporting members of an athletic team, or being driven by another student to an athletic contest or practice. If a student misses the district provided transportation to a contest or practice, he/she must be transported by his/her own parent. **This must be approved by the Athletic Director or Principal.** Under certain circumstances or exceptional situations that are reviewed and confirmed by the Athletic Director, a student may be excused from riding to or from an athletic event by school-authorized transportation. This request must be made in writing and submitted to the Athletic Director 24 hours in advance. our program policy, all athletes are expected to ride the bus to and from games with their team. These shared experiences are an important part of building camaraderie, accountability, and connection among our players. We understand there may occasionally be unavoidable conflicts, but outside of those situations, athletes are required to remain with their team for transportation. We ask for your support in helping us maintain this standard for all of our student-athletes. We also ask for at least 24 hrs notice from families to avoid any and all issues on the day of the game.

Bus Conduct

1. Athletic shoes with cleats are not to be worn on the bus.
2. Food and beverages are permitted on the bus. Check with the bus driver for any restrictions.
3. The use of chewing tobacco, spitting or leaving the bus in unsanitary conditions may cause the athletic team to lose its travel privilege and play only home contests. A student who uses chewing tobacco is subject to the regulations regarding drug use.
4. A student who does not obey bus safety rules or who defaces bus equipment will have the privilege of bus transportation removed.

Procedure if the Bus Does Not Arrive

1. If the scheduled bus does not arrive the coach will call the bus company.
2. If no answer, the coach will call the Athletic Director.
3. The coach is not authorized to use private cars to transport students to a contest or a scrimmage.

4. The bus is not authorized to leave the site of an away contest for any reason except emergency or planned transportation scheduling. The coach will be notified if an alternate plan needs to be used. If the bus does not arrive at the away contest, call the Athletic Director immediately.

ATHLETIC EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student to return to the coach all clothing (cleaned and in good repair) and equipment (including crutches, air casts, elastic wraps and other items). No one should retain any equipment after the season without school permission. The student will be charged for the missing articles. If uniforms and/or equipment are not returned in a timely fashion, this will prohibit the student-athlete to participate in their next season. The student-athlete may begin practicing once the uniform is returned or restitution is made.

Equipment Issued by the School

It is the school's responsibility to supply all of the safety equipment that is outlined by the rules of each sport.

1. Mouth guards are required in the following sports: Football, Girls' Field Hockey and Girls' and Boys' Lacrosse and Ice Hockey. They are elective in all others, although highly recommended.
2. Football equipment supplied by the school: helmet, shoulder pads, girdles, and other safety equipment specified by the Athletic Trainer.
3. Field Hockey: required goalie equipment.
4. Boys & Girls Soccer: goalie gloves and goalie jersey.
5. Wrestling: head gear.
6. Baseball & Softball: all required catcher's equipment and button helmets.
7. Boys Lacrosse: helmet, (gloves are usually a personal item) and goalie equipment.
8. Girls Lacrosse: Required goalie equipment.

All of the required safety equipment is sent to a reconditioning company after each season to be inspected for safety and repaired. Students who choose to purchase their own personal safety equipment must have prior approval from the Athletic Director. Examples of this type of equipment are as follows: football helmets, lacrosse helmets, batting helmets, catcher's equipment and other non-personal protective items.

UNIFORMS

Uniforms are to be returned at the end of the season in a clean, sanitary condition unless instructed otherwise by the coach. Follow the washing instructions that are often included with the article of clothing. Usually this involves washing in lukewarm water and drying in the permanent press cycle. Teams may choose to purchase personal athletic equipment such as game jerseys, shorts and warm up clothing. These items are the personal property of the individual and the Athletic Department is not responsible for care, repair or replacement. Items that are to be worn during a game or contest must conform to the current team uniform or be approved by the Athletic Director.

PERSONAL ATHLETIC CLOTHING AND SAFETY EQUIPMENT

Male athletes who participate in contact and collision sports must wear a protective cup inserted into a jock. Female athletes should always wear a sports bra. Other personal items such as spandex pants, shorts, T shirts and sweats need to be cleaned on a regular basis, especially in sports where protective padding is worn over the clothing.

When a student-athlete is representing the school, whether at practice or before, during or after an athletic contest, they must always wear appropriate athletic attire (t-shirt, long sleeve shirt, sweatshirt or tank top). Any change of apparel must take place in the locker room or designated area to change out of uniform or practice apparel. Male and female student-athletes are required to wear a shirt at all times.

HEALTH OF THE ATHLETE

Benefits of Conditioning

The quality of one's athletic performance depends on each individual being in optimum physical condition. Proper conditioning allows the athlete and team to function at the highest possible level. A well conditioned athlete is a successful athlete; a well conditioned team is a successful team. The benefits of conditioning during practice sessions are considered as important as or even more important than the contests. Developing a proper appreciation for the benefits of conditioning can carry over into later years and lead to an improved quality of life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits are important goals to improve or maintain cardiovascular endurance, muscular strength, muscular endurance and flexibility.

Nutrition

For an athlete to develop his/her full potential, it is important to have an understanding of how to properly fuel, rebuild and nourish the body. The following are basic dietary guidelines that will help ensure peak performance:

1. Eat more complex carbohydrates such as breads, pasta, rice.
2. Eat moderate amounts of protein ~ limit red meat intake.

3. Eat fewer high fat foods.
4. Stay well-hydrated, especially in hot weather. Increase your intake of water each day and always replenish fluids immediately after practice and contests.
5. Maintain a healthy body composition and avoid quick weight loss.
6. Replace carbohydrates used for energy during training and competition.
7. Eat an appropriate pre-practice or pre-competition meal high in carbohydrates.
8. For obvious legal, health and safety and conditioning reasons, one must abstain from drugs, tobacco and alcohol. This is very important. It is advisable to pack a snack to be eaten after school, prior to an away contest or before a practice, especially if the student has lunch before 12:00 pm. The snack should include easily digestible foods such as a bagel, soft pretzel, fruit, granola snacks, etc. Avoid sandwiches that contain meat, or cheese or high fat content food items. These items are too hard to digest in a short period of time.

Training Rules

Our coaching staff believes that athletes perform best when they follow intelligent training rules that include the absolute restrictions on the use of tobacco, alcohol, and drugs, either on or off school property and during or after school hours. Medical research clearly substantiates that the use of tobacco, alcohol and any type of mood modifying substance produces harmful effects on the mind and body: such use will not be tolerated in the Somers High School athletic program. Therefore any student athlete known to use alcohol, tobacco or drugs will be held accountable and disciplined according to the SOMERS HIGH SCHOOL CODE OF CONDUCT AND THE ATHLETIC PROGRAM HANDBOOK AND CODE OF CONDUCT.

Athletic Trainer

The athletic trainer provides emergency service for student-athletes and develops prevention strategies through appropriate training methods and physical conditioning programs. To ensure proper follow-up after an injury the trainer consults with parents, the school nurse, the coach, and/or the school physician.

RETURN TO PLAY AFTER AN INJURY

Following any injury, that required treatment by medical personnel (emergency room or private physician), or for any student-athlete under treatment by a private physician, a written "permission for return to participation in the athletic program" must be submitted by the attending medical personnel. This permission must include: nature of the injury, date of return, restrictions and modifications if any, and must state "return to athletics." Such permission is subject to the review of the School Physician who will have final authority over permitting a student to return to play.

Risk

By the very nature of athletic activity, participants are at risk of physical injury. No matter how careful the athlete and the coach are, no matter how many precautions are taken, the risk cannot be eliminated. The risk of injury includes minor injuries such as ligament sprains and muscle strains. The risk also includes catastrophic injuries such as permanent paralysis or even death. It is important everyone understands these risks and that athletes follow ALL safety directions from their coaches because they are established to reduce risk of injury.

Medical Insurance

The Somers Central School District carries insurance coverage for student injuries that occur within its supervised activities. Please be aware that a family's personal insurance coverage must first be used to its allowable limits. The school's coverage makes payment toward any unpaid balance incurred due to the injury.

JEWELRY AND VALUABLES

No jewelry shall be worn in any sport according to the NYSPHSAA Jewelry Regulation. Students wishing to pierce their ears or body parts should be aware that jewelry must be removed in order to be an eligible participant. Coaches are not permitted to allow "taping over" of earrings or other jewelry. Necklaces, earrings, bracelets, rings, etc. must be removed for all practices and contests. Any visible body jewelry must be removed as well.

LOCKERS

All athletes will be issued a locker by their coach or a space to leave sports equipment during the school day. The athlete must provide their own lock. It is the responsibility of the athlete to keep personal property locked.

SOMERS ATHLETIC OFFERINGS

| FALL | VARSITY | JV | FROSH | MODIFIED |
|---------------------|---------|----|-------|----------|
| Cheerleading | X | X | | |
| Boys Cross Country | X | X | | X |
| Girls Cross-Country | X | X | | X |
| Field Hockey | X | X | | X |
| Boys Football | X | X | X* | |
| Boys Soccer | X | X | | |
| Girls Soccer | X | X | | |
| Boys Volleyball | X | | | |
| Girls Volleyball | X | X | | X |
| Girls Swimming | X | | | |
| Girls Tennis | X | X | | |

| WINTER | VARSITY | JV | FROSH | MODIFIED |
|--------------------|---------|----|-------|----------|
| Boys Basketball | X | X | X* | |
| Girls Basketball | X | X | X* | |
| Cheerleading | X | X | | |
| Ice Hockey | X | | | X |
| Boys Swimming | X | | | |
| Boys Indoor Track | X | X | | X |
| Girls Indoor Track | X | X | | X |
| Wrestling | X | X | | X |
| Skiing | X | | | |
| Bowling | X | | | |
| Gymnastics | X | | | |

| SPRING | VARSITY | JV | FROSH | MODIFIED |
|---------------------|---------|----|-------|----------|
| Baseball | X | X | X* | |
| Golf | X | X | | |
| Boys Lacrosse | X | X | X* | |
| Girls Lacrosse | X | X | X* | |
| Softball | X | X | | |
| Boys Tennis | X | | | |
| Flag Football | X | | | |
| Boys Track & Field | X | X | | X |
| Girls Track & Field | X | X | | X |

**Interest and participation will result in additions and deletions to our programs.*

**These teams are subject to year-to-year decisions based on participation numbers.*

SOMERS HIGH SCHOOL STUDENT-ATHLETE CODE OF CONDUCT

The educational and co-curricular programs offered by the Somers Central School District are based on our guiding principles of trust, decency and respect. Somers students' participation in athletic activities is considered a privilege, not a right. If Somers High School or Somers Middle School students choose to participate in the Athletic Program, they are subject to additional behavioral and academic eligibility requirements as outlined below. This Code of Conduct is in effect from the first time it is signed as a High School Student until the final contest of each student's High School career.

Statement of Purpose

- We believe that students who have the privilege of participating in extracurricular activities should conduct themselves as responsible representatives of the Somers Central School District. In order to ensure this conduct, coaches, advisors and administrators will enforce the Somers High School Athlete Code of Conduct, each of which will be issued to all students annually.

Disciplinary Action

- Any student engaging in conduct that is egregious or inappropriate, whether on campus or off campus, and/or brings discredit to the Somers Central School District, will be subject to disciplinary action. Activities include all events associated with the school, both on and off campus.
- Additionally, any student who is issued either an in-school suspension ("ISS") or out of school suspension ("OSS") will lose eligibility to participate in athletic activities on those days, including weekends if the suspension spans those days. Further disciplinary action may extend beyond the ISS or OSS period, depending upon the circumstances of the incident.
- The decision to suspend a student's eligibility to participate in athletic contests and/or practices, as described below, shall be made by the Athletic Director, in consultation with District Administration and the Coaches Council, made up of a coach or coaches from the Somers Athletic Program.

CODE OF CONDUCT BEHAVIORAL POLICY

1. **SUBSTANCE ABUSE POLICY** – Students are forbidden to use, possess, sell, offer, manufacture or distribute alcoholic beverages, tobacco, nicotine, vaping products, electronic cigarettes, chewing or smokeless tobacco, illegal drugs/substances, and performance enhancing drugs on school grounds. This includes misuse of prescription and/or over the counter drugs as well. Students are also prohibited from using or possessing, without medical supervision, marijuana and other drugs including barbiturates, amphetamines, narcotics, opiates and other stimulating, seductive or hallucinatory drugs and any synthetic version thereof (whether or not

specifically illegal or labeled for human consumption), commonly referred to as “designer drugs”. Designer drugs are those substances which have been designed and synthesized to mimic the intended effects and usages of, and which are chemically substantially similar to, substances controlled by federal and/or state law as exemplified above. The inappropriate use of prescription and over-the-counter drugs shall also be prohibited. Students are also forbidden to possess or use paraphernalia associated with the use of the above substances. This policy is in effect for each school year. Students will start with a “clean-sheet” at the beginning of a new school year.

1st Violation of Substance Abuse Policy – Student is prohibited from participating in any athletic contests for 7 days (beginning on day of infraction). Student will attend 3 meetings with Student Assistance Counselor and be subject to the Return to Play Policy.

2nd Violation of Substance Abuse Policy - Student is prohibited from participating in any athletic contests for 14 days (beginning on day of infraction). Student will attend 3 meetings with Student Assistance Counselor and be subject to the Return to Play Policy.

3rd Violation – Student will be prohibited from participating on any team for the remainder of the school year.

*Athletes who Host Lose the Most Policy: There shall be a greater consequence for any student athlete, if it is determined they were involved in the organization, facilitation, promotion or hosting of any social gathering or social event where alcohol or drugs are available or use has occurred. Penalty should be at minimum double the first violation status.

* If a student-athlete attends a party where alcohol or drugs are being illegally dispensed, the student-athlete must leave the party and encourage teammates to leave with them. Any violation of this policy will be reviewed by the Athletic Director and Coaches Council. A decision on consequences will be enforced after meeting with the student. We want our student-athletes to be responsible citizens who care for their safety and the safety of others.

2. CYBER-IMAGE POLICY – Any identifiable image, photo or video which implicates a student-athlete to be in the possession of alcohol and/or other drugs or portrays actual use, shall be confirmation of a violation of the Code of Conduct. In addition, the use of social media to harass, disrespect, or use inappropriate language and/or display inappropriate images will be a violation of the Code of Conduct. This includes ANY and ALL images posted by/of the student athlete via email, text messaging, Instagram, Facebook, Snapchat, Visco, Tik-Tok or any other social media application not listed.

If a student-athlete violates the Cyber-Image policy, the Athletic Director, Administration, the Coaches Council and/or appropriate school personnel will meet to determine the appropriate penalty and/or suspension. Each situation will be handled independently of any previous decision.

3. OUT-OF-CHARACTER BEHAVIORS POLICY- A violation of the Out-of-Character policy is when a student-athlete is found to have committed a behavior that is deemed egregious or inappropriate, and/or brings discredit to the Somers Central School District, before, during or after an athletic contest or practice. Examples of these behaviors are fighting or insubordination towards an opposing player, team or coach.

Any Out-of-Character behaviors that take place during the school day, weekend or holiday will be a violation of the Somers High School Student Code of Conduct. The violation will be brought to the Athletic Director who will notify the Coach, along with enforcing required educational, corrective and restorative gestures before the student-athlete is allowed to return to play.

4. HAZING/ HARRASSMENT/ BULLYING POLICY – Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any athletic team. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

Harassment is defined as the creation of a hostile environment by one's actions or by verbal threats, intimidation or abuse that does or could reasonably be expected to interfere with a student's athletic performance, mental, emotional, or physical well-being; or conduct, verbal threats, intimidation or abuse that causes or could reasonably be expected to cause a student to fear for his or her safety.

Bullying is defined as when a person or group engages in an activity which harms or causes fear through the threat of further aggression.

The athletic program does not permit any form of hazing, harassment or bullying before, during or after an athletic contest or practice. If a student-athlete commits an act of hazing, harassment or bullying, the Athletic Director, District or School Administration, the Coaches Council and/or appropriate school personnel will meet to determine the appropriate penalty or suspension. In addition, the Athletic Director will enforce any required educational, corrective and restorative gestures before the student-athlete is allowed to return to play.

5. DISCRIMINATION POLICY - The Somers Central School District is committed to a policy of nondiscrimination in relation to race, color, national origin, sex, age, handicap and religion. This policy should prevail in all matters concerning staff, students, education programs, and individuals with whom the school district does business. The school staff should establish and maintain an atmosphere in which

students can develop attitudes and skills for effective, cooperative living, including: a. respect for the individual regardless of economic status, intellectual ability, race, color, national origin, sex, age, handicap, or religion; b. respect for cultural differences; c. respect for economic, political, and social rights of others; d. respect for the rights of others to seek and maintain their own identities. The school district, in keeping with the requirements of state and federal law, will strive to remove any vestige of prejudice and discrimination, in employment, assignment and promotion of personnel; in location and use of facilities; in educational offerings and instructional materials. No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, club or intramural activities offered by the Somers Central School District.

The athletic program does not permit any form of discrimination before, during or after an athletic contest or practice. If a student-athlete commits an act of discrimination, the Athletic Director, District or School Administration, the Coaches Council and/or appropriate school personnel will meet to determine the appropriate penalty or suspension. In addition, the Athletic Director will enforce any required educational, corrective and restorative gestures before the student-athlete is allowed to return to play.

*Any student violating the Code of Conduct Behavioral Policy will be guaranteed procedural due process by the appropriate school officials.

*If a student violates any of the above policies and is forced to miss an athletic contest, any pre-season contests or scrimmages will not count as an athletic contest. In addition, a student will miss any sectional game if that is the next athletic contest scheduled. If the student ends their season and still has not served his/her consequence, the missed athletic contest(s) will roll-over into the next season they participate in.

“In-Season” vs. “Out of Season”

The policies and subsequent consequences listed above (1, 2, 3, 4 and 5) will be applicable when the student-athlete is “in-season.”

If a student-athlete is found guilty of any of the above policies (1, 2, 3, 4 and 5) while “out of season”, the Athletic Director will be notified. The student-athlete will be required to complete some or all of the below.

- Meet with his/her coach, the Athletic Director, a member of the Coaches Council and any school district personnel that may have a role in the incident. The parents of the student will be contacted and given the option of attending this meeting.

After this meeting, the student may be required to meet with their coaches and re-sign the Code of Conduct. This process is educationally based and is patterned after the restorative justice model.

- Assist the athletic program as a volunteer. The student-athlete will meet with the Athletic Director to discuss ways they can help to support the athletic program in a positive and beneficial capacity.

In addition, the student will fulfill any disciplinary measures handed out by the High School Administrators in accordance with the Somers High School Student Code of Conduct.

SPORTS SEASONS (“in-season”)

Fall (mid-August to conclusion of season); Winter (early-November to conclusion of season); Spring (mid-March to conclusion of season).

**If a student or his/her parent disagrees with the disciplinary penalty relating to participation in athletic activities, the student or his/her parent must make a written request to the building principal for review of the penalty within three school days of the penalty being imposed.*

Conditions For Return To Play Program (after a Substance Abuse violation)

A violation of the Somers High School Code of Conduct requires administrative action and involves a student athlete assistance process, which must be attended by the student and a parent or guardian. Parent involvement is required to ensure that they are informed and aware of the nature of the violation and have a full understanding that any future violations will result in greater consequences. The parent can also come to understand their role in helping their child learn a valuable lesson. Failure by a parent or guardian to comply will result in the student being able to practice but not compete in athletic contests.

1. *The student must complete the required educational, corrective and restorative gestures.*

Educational and corrective component for substance abuse violations: As a pivotal part of our consequences for substance abuse violations, the student shall be required to complete an educational program as part of the process that may lead to resumption of participation in activity programs. This informative intervention will include the implications of use and the effect on physiological, psychological and social development, as well as discussion of harm reduction issues and personal and collective responsibility. If we fail to educate students and their parents/guardians when such violations occur, we fail to help them learn from their mistakes and are negligent in our duties as an educational institution. The student and parent/guardian must come to an understanding that corrective measures are necessary in order to resume the athletic career or to practice and compete again, including a document of agreed changes signed by the student.

2. *The student must address the coaching staff and the Team as a restorative measure.*

3. *The student must re-sign the code of conduct in the front of teammates and coaching staff .*

- The student must address the teammates and coaches and admit to the violation, show remorse and recommit to provisions of the Code of Conduct by re-signing it in front of teammates and coaches. This process is educationally based and is patterned after the restorative justice model.

PERMISSION TO PARTICIPATE

I give permission for my child _____ to participate in the Somers High School

Name of Child

Interscholastic _____ Program. It is my understanding that my child will
Sport and Level comply with the established policies and procedures of Somers High School and the Athletic Department. I will assume responsibility for paying fines incurred by my child for loss and/or damage to equipment, supplies and uniforms with the exception of normal wear.

Parent/Guardian Signature

Date

SPORTS WARNING

We are aware that playing or practicing in any sport can be a dangerous activity involving MANY RISKS OF INJURY.

We understand that the risks of engaging in the sport of _____ include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, general health and well being.

We also understand that the dangers and risks of engaging in the above sport may result not only in serious injury, but in a serious impairment of the future abilities of the athlete to earn a living, and engage in business, social and recreational activities and generally to enjoy life.

Because of the risks described above, we recognize the importance of listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. We therefore expressly agree to obey all of the coach's instructions and warnings.

It is acknowledged that we have read and understand the implications of this sports warning.

Parent/Guardian Signature

Date

I have read, and understand the contents and meaning of the *Student Athlete Code of Behavior and Ethics and Parent Expectations.*

Parent/Guardian Signature

Date

Student Signature

Dat

