

Ballston Spa Parent-Athlete Cheat Sheet

Important Contacts

Athletics Office - Phone: 518-884-7150 ext. 2377

- Matt Griep, Director of HPE & Athletics - mgriep@bscsd.org
- Laura Waldinger, Athletics Coordinator - lwaldinger@bscsd.org
- Samantha Hill, Athletic Trainer - shill@bscsd.org



Ballston Spa
CENTRAL SCHOOL DISTRICT

School Day Attendance

- Students who arrive at school later than 60 minutes after the start of that student's school day, without a legal written excuse, shall not be allowed to participate in any activities on that day
 - Legal excuses are - Physical Illness, Hospitalization, Illness or death in the family, Required court appearance, Religious observance, Participation in school-sponsored activity, Medical Appointments, Up to three (3) approved college visits
 - Tardiness beyond **BLOCK 1** or early dismissal due to sickness or fatigue are not valid excuses and the student will not be allowed to participate in athletic activities that day
 - Student-athletes who are consistently late to **BLOCK 1** without an appropriate excuse will be subject to investigation and possible consequences

Academic Eligibility and Grade Checks (refer to the Athletic Code of Conduct for more detail)

- Academic eligibility reports will be based on the most recent school-based grade point (interim quarter grade or final quarter grade).
- Students failing 1 or more courses when the academic eligibility report is run will receive a "Weekly Academic Eligibility Contract".
 - Students must meet weekly with their teacher(s) outside of scheduled class time for each failure and complete the "Student Academic Eligibility Contract - Weekly Progress Report". Students must return the report to their coach every Friday. Failure to complete the weekly progress report will result in loss of contest eligibility for the following week.
 - Students who fail 1 or more courses will remain on the "Weekly Academic Eligibility Contract" until the next school-based grade point or the conclusion of the season even if their grade(s) rise to passing.
 - Freshmen, JV, and Varsity levels
 - Students can continue to practice with their team regardless of the number of course failures
 - Students cannot participate in contests if failing 2 or more courses
 - Modified level
 - Students can continue to practice with their team regardless of the number of course failures
 - Students cannot participate in contests if failing 3 or more courses

Concussion Protocol

- Any athlete who experiences potential head trauma and concerning symptoms should immediately be removed from activity and will not be permitted to return to sports that same day.
- Athletes must be brought to urgent care or seen by their family physician for a head injury evaluation and submit a [physician note](#).

Step	Exercise Strategy	Activity	Goal
1	Symptom limited activity	daily activities that do no exacerbate symptoms	gradual reintroduction to school
2	Aerobic exercise 2a-light (55% max HR) then 2b-moderate (70% max HR)	team warm up or similar activities that does not result in more than mild and brief exacerbation of concussion symptoms	increase heart rate
3	Individual sport specific exercise	running, change of direction, agility. No activities that include risk of contact	add movement, change direction
steps 4-6 begin after resolution of any symptoms, abnormalities in cognitive function, including with and after physical exertion. Clearance by BSCSD medical director needed			
4	Non-contact-training	exercise to high intensity including more challenging drills, should include more team activities	resume usual intensity and concentration
5	Full contact practice	participate in normal training activities	restore confidence and assess skills
6	Return to sport	normal game play	

- In order to be cleared for activities the medical director must approve the athlete, and the return to play protocol must be followed.
- The Athletics concussion protocol can be found [here](#).
- Please submit any physician notes, or questions/concerns about the protocol to the concussion coordinator, Samantha Hill.

Injuries

- Any injuries that are seen and treated by a physician require a clearance note to resume sports participation, whether the injury occurred during sports or not.

Sport Registration and Schedules

- Registration takes place in July-Aug (Fall Season), Oct-Nov (Winter Season), and Feb-Mar (Spring Season) via [ArbiterSports](#).
- Athletic schedules are on [aktivite](#) (formerly Schedule Galaxy). Directions on how to navigate the platform can be found [HERE](#)

Team Commitment - Practice and Game Day Expectations

- If a student earns a roster spot on the team, it is expected that the student fully commits to the team. Attendance at all practices and games is a requirement. Failure to do so can result in loss of playing time and potential removal from the team. This applies to **ALL** levels (*modified through varsity*)

Communication

- Most communication flows from coaches to student-athletes. It's important to attend your student-athlete's coaches meeting to hear how their coach will disseminate information.
- Appropriate Parent-Coach Communication*
 - Concerns about the treatment of your child
 - Ways to help your child improve
 - Concerns about your child's behavior and grades
- Inappropriate Parent-Coach Communication*
 - Playing time
 - Team strategy
 - Play-calling
 - Other student-athletes
- Pathway For Communicating Concerns*
 - Step 1: Parent ↔ Student
 - Step 2: Student ↔ Coach
 - Step 3: Parent ↔ Coach
 - Step 4: Parent and Student ↔ Athletic Director and Coach

Senior Recognition Ceremony

- This is a pre-game acknowledgment to honor senior student-athletes prior to a contest during their season of participation. A Senior Recognition Ceremony does not guarantee any senior student-athlete a starting position or playing time during the accompanying contest.

Booster Clubs

- Be an active member of your student-athletes sport specific booster club so we can best support our programs.

General Spectating and Support Tips

- Remember it's about the kids! Interscholastic sports are for the participants' enjoyment and learning, not for adults to live vicariously or pressure student-athletes to win at all costs.
- Encourage and support, don't instruct! Agree or disagree, trust the coach and their instructional voice.
- Manage emotions! When adults behave like children-children don't learn how to behave like adults.
- Remember, student-athletes do not control playing time. They control effort, attitude and what kind of teammate they are.
 - No matter the outcome, there's one comment from a parent/guardian that can always be sincerely said and received by your student-athlete, "I love watching you play."

Sportsmanship

- Let the players play, the coaches coach, and the officials officiate. Fans should be loud, be proud, and be positive. When everyone knows their role, students benefit!

