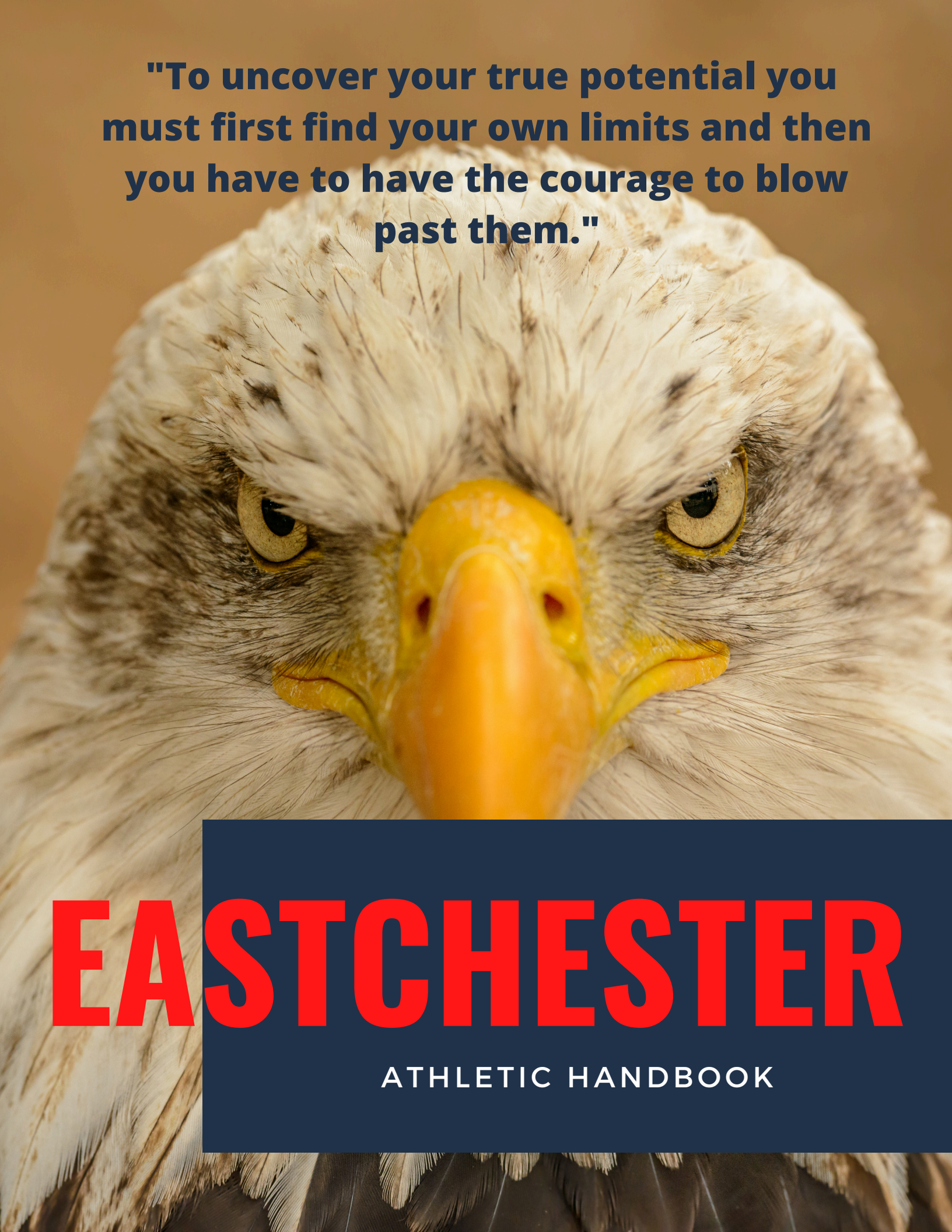


EASTCHESTER

ATHLETIC HANDBOOK

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EASTCHESTER
UNION FREE SCHOOL DISTRICT
SOARING TO EXCELLENCE







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PROGRAM PURPOSE

Athletic Director Message

Welcome to Eastchester Athletics. Our program is designed as a continuation of the classroom, with a focus on growth and development. Our student-athletes will have the opportunity to develop physically, intellectually, socially and gain the skills and knowledge to be successful on the playing surface, in the classroom and in life. Please use this handbook to become familiar with the philosophy, specific policies, rules, and expectations necessary for a well-organized program of interscholastic athletics. Our program is governed by the Eastchester Union Free School District as well as the *New York State Public High School Athletic Association*, and *Section One Athletics*.

Program Objectives

Creating a culture of mutual respect, trust and purpose will be the driving force that allows our students to maximize their potential

- Focus on character development and citizenship.
- Cultivate academic and athletic achievement through the development of attitudes and values that motivate students to pursue excellence.
- Provide an enjoyable environment that promotes growth, celebrating success and teamwork.
- Demonstrate world class sportsmanship at all times, in all situations.
- Inspire all participants to be the best versions of themselves.
- Create a student-centered approach to coaching
- Maintain and create a safe environment for all.

Purpose Statement

It is the goal of Eastchester athletics to maximize the potential of all of our student-athletes. Participation in our program will focus on high character individuals who acknowledge that maximum effort, team commitment and being prepared to overcome obstacles will create the opportunity for success that transcends winning itself.



EASTCHESTER ATHLETICS INFORMATION

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Eastchester Athletics Game Schedules (link)

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Instagram: @ehs_eaglenation

SOARING TO EXCELLENCE
EASTCHESTER
UNION FREE SCHOOL DISTRICT



SPORT OFFERINGS

MODIFIED, JUNIOR VARSITY, VARSITY

Fall Sports

Boys & Girls Soccer
Modified, JV, Varsity
Boys Volleyball
JV, Varsity
Boys & Girls Cross Country
Modified, Varsity
Cheerleading
Modified, JV, Varsity
Football
Modified, JV, Varsity
Girl's Swimming
Varsity
Girls Tennis
JV, Varsity
Girls Volleyball
Modified, JV, Varsity
Boys Volleyball
JV, Varsity

Winter Sports

Boys & Girls Basketball
Modified, Freshman, JV, Varsity
Cheerleading
Modified, JV, Varsity
Ice Hockey
Modified, Varsity
Boys Swimming
Varsity
Boys & Girls Indoor Track
Modified, Varsity
Wrestling
Modified, JV, Varsity

Spring Sports

Baseball
Modified, JV, Varsity
Golf
Varsity
Boys & Girls Lacrosse
Modified, JV, Varsity
Boys Tennis
JV, Varsity
Softball
Modified, JV, Varsity
Boys & Girls Track & Field
Modified, Varsity

Year Round Strength and Conditioning at EMS & EHS

24 Sports Offered for Boys and Girls
59 Teams

PHILOSOPHY BY LEVEL

MODIFIED, JUNIOR VARSITY, VARSITY

Modified (Grade 7&8)

This program of interscholastic athletics is designed for 7th and 8th-grade students. This program focuses on the fundamentals of the game, team play, rules, training and basic skills. The main objective is for students to gain the knowledge and skills to be a successful student-athlete, in the classroom, school community and on the field. At this level it is important to be outcome aware but purpose and process driven, as winning is not the most important goal. We will do our best to maximize participation, and provide opportunities for as many students that will be conducive to learning. We will make a concerted effort to make as few cuts as possible. If the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem or is problematic because of facility consideration, reducing team size may become necessary.

Junior Varsity

This program of interscholastic athletics is typically designed for freshman and sophomores. This program emphasizes an increased focus on physical conditioning, refinement of fundamentals, team development, and game strategies and tactics. This level continues to focus on the purpose and the process of self and team improvement. Student-athletes start to develop ownership of their experiences and understand the behaviors necessary to become successful. Participants at this level are preparing themselves for a six-day a week commitment that is expected at the varsity level. Contests and practices are rarely held on holidays and Sundays, practice sessions and games are scheduled during school vacation periods. With a goal of becoming a varsity athlete clear in sight, students are expected to demonstrate a high degree of dedication, commitment and maximum effort. For all team members, contest participation will exist over the course of the season; however a specific amount of playing time is never guaranteed.

Varsity

This program of interscholastic athletics is the culmination of the high school athletics program. Seniors and Juniors generally make up the majority of the roster, however it is possible for underclassmen to be included on the team and receive playing time over those older student-athletes. (7th and 8th grade students may be included based on evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development). At this level student-athletes are expected to be fully committed to improve themselves and the team. Coaches will prepare each day to maximize the potential of each individual and team, while striving for victory and preparing to win every contest. Communication between each athlete and their coach is a fundamental requirement that will create an atmosphere of trust and growth, which can enhance team success. It is vital that each team member have a role and be informed of their role and how they can contribute to the team. While contest participation over the course of the season is desirable, a specific amount of playing time at the varsity level is never guaranteed. The varsity coach is the leader of that sports program, and determines the system of instruction and strategies for that program from modified through varsity.

RESPONSIBILITIES OF: EASTCHESTER ATHLETE

The Eagle Way

Being a member of an Eastchester athletic team is a privilege and an honor. The attainment of this goal allows you to represent your school community and be part of a great athletic tradition that has been developed by the hard work of many people over the years. Being a student-athlete comes along with a sense of pride to represent yourself, your community, your family, and your team to the highest of standards. Committing to do your best at all times, in all situations, is what will set you up for success. Being accountable to yourself and your teammates is a responsibility that all student-athletes have to honor and strive for. You are responsible to:

- Be the best version of yourself academically, athletically, and in your school community.
- Say "no" to risky lifestyle choices that will negatively affect you or others.
- Take ownership of your experience - be a self advocate.
- Being a great teammate and display respect for all.
- Create a positive atmosphere for teammates, opponents, and fellow classmates.
- Demonstrate world class sportsmanship in victory or defeat.
- Abide by all school district and team rules and policies.
- Speak to your coaches on a regular basis to maintain open lines of communication.
- Be committed to the team and be an active participant in all training sessions.
- Understand that hard work and maximum effort are a means to success.
- Compete to the fullest of your abilities during all practice sessions and games.
- Accept your role on the team, which may include making individual sacrifices for the betterment of the team.
- Be willing to engage in community service projects.
- Mentor new or younger student-athletes to ease transition.

"You develop a team to achieve what one person cannot accomplish alone. All of us alone are weaker, by far, than if all of us are together."



KEYS TO SUCCESS

"SUCCESS IS NOT A MATTER OF JUST WANTING TO WIN. IT'S A MATTER OF PREPARING TO WIN."

Goal Setting

Align your actions with your values. Set realistic goals for yourself and team. Work with your coach and teammates to help you achieve those goals in the classroom and on the playing surface.

Commitment

Great teams are outcome aware but purpose and process driven. Commitment to getting better everyday in all that you do is a must. Once you make a commitment to be part of the athletic program, balancing your school work, team responsibilities and family time will be vital.

Competition

Possessing the belief that you can compete to the highest of your abilities on a daily basis will provide our teams with a competitive advantage. Ask yourself, did you try your best today? did you do your best today?

Teamwork

A team that displays trust in each other will have a greater competitive advantage over the teams that are selfish and about "me" over "we". Being a great teammate and understanding anything that may be detrimental to yourself is a detriment to the entire team.

Mindset

Having a growth mindset and understand that hard work and maximum effort are a means to success. Being present and fully engaged in the moment, will create a culture of focus, determination and preparedness to face adversity and overcome obstacles.

Nutrition & Rest

A balanced diet which is comprised of protein, healthy carbohydrates and fats can increase energy levels, stamina and strength. Proper hydration through the day is key for performance. Avoiding sugary drinks and consuming water is best. Combined with adequate rest and sleep, our student-athletes will be able to perform to their best of their abilites.



COACHING ETHICS

"A GOOD COACH CAN CHANGE A GAME. A GREAT COACH CAN CHANGE A LIFE."

Coaching Code of Ethics

"The coach that communicates, educates, and motivates with the greatest clarity has an enormous competitive advantage."

- Exemplify the highest moral character as a role model for young people.
- To recognize coaching as teaching in its truest form.
- Create an athlete-centered approach to coaching.
- Motivate and build up each individual and reinforce self image.
- Encourage and assist all team members to reach maximum potential in the classroom and on the field.
- Provide meaningful feedback to all of your student-athletes.
- Create a culture built on trust, communication and a shared vision of high standards and success.
- Communicate program goals, philosophy and purpose with parents and student-athletes.
- Uphold the Districts code of conduct for all student-athletes.
- Provide a safe environment that is free of bullying, hazing, and harassment.
- Provide a safe atmosphere which allows students to improve during practice and during game play.
- Create the conditions to allow student athletes to make decisions, think creatively, and view mistakes as part of the learning experience.
- Provide an engaging atmosphere that the student-athletes WANT to be part of.
- Demonstrate world class sportsmanship and be modest in victory and gracious in defeat.
- Be a continual learner to enhance your affect, and your coaching skills and techniques.
- Strive to develop the qualities of leadership, initiative, and good judgement in each team member.

COMMUNICATION

CLEAR COMMUNICATION WILL HELP CREATE A COMPETITIVE ADVANTAGE

Player to Coach

There is no greater relationship than a player and a coach. Players should have the confidence and ability to speak to their coach. Trust must be developed in order to maximize this relationship and coaches will work with students to empower them to be self-advocates. Players who are creative thinkers, and decision makers will be more successful than those who are fearful of making mistakes.

Coach to Player

Coaches should be in constant communication with their team and all individual team members. All team members need to know what their role is and how to be a contributor. Feedback is a crucial ingredient of coaching and each coach must provide individual and team feedback to all team members to help them improve and develop the skills and confidence to compete at high levels.

Coach to Parent

Creating an atmosphere of clear communication and expectations can improve coach and parent relationships, which result in a positive learning environment. Coaches will share their values, philosophy, expectations, team schedules, team requirements, injury procedures and behavior expectations with all parents.

Parent to Coach

Parenting and coaching are both rewarding and challenging. Working together with our student athletes will allow our students to perform to the best of their abilities, free from conflict and ridicule. Parents should communicate any concerns about their child's behavior, attitudes or health with their child's coach.

Coaches will not speak to parents about playing time, other student-athletes, team strategies, and play calling. Coaches are professionals and have day to day knowledge of their teams and are working to maximize the effectiveness of the team. These conversations will be had with the student-athletes on the team and the Athletic Director on a regular basis.

Conflict Resolution

The two people that can best resolve any issues is the coach and athlete, therefore, the is the first step in resolving an issue. The Athletic Director can serve as a resource to help student athletes navigate this challenging task, or be the person the student-athlete turns to if there are still unresolved issues after speaking with the coach. After these two steps, the next appropriate step would be for the parent to set up a meeting with the coach. At this point if the issues are still unresolved it may be necessary for the parent to meet with the coach and Athletic Director.

A role of the coach is to ensure that all team members are safe and properly supervised, before, during and after an athletic contest. Eastchester Athletics will implement a 24 hour rule. This rule is in place to ensure that all parties are clear headed and can have a productive conversation. Please do not confront a coach before, during or after a game. This excludes any casual conversations the coach and the parents want to have.

CLICK HERE: DISTRICT COMMUNICATION CHAIN



PARENTS AS PARTERS

AN ATMOSPHERE BASED ON TRUST, VALUES AND RESPECT WILL YIELD RESULTS

Role of Parents in Interscholastic Sports

It is a goal of the Eastchester School Districts Athletic Department to create a positive experience for all participants, which include our students, coaches, parents, staff, opponents, spectators, and referees. It is extremely important for all of our parents to set the behavior standards and uphold the following:

Parents as Partners

- Allow your child to own their athletic experience and promote progress and the process of improvement.
- Promote maximum effort and teamwork.
- Praise effort and development which supports a growth mindset.
- Help your child to accept their role, be accountable to their teammates, and remain committed to academic and athletic improvement.
- Encourage your child to speak with their coach directly with any concerns or issues.
- Motivate your child to strive for greatness and have the belief in themselves and the team (winning attitude).
- Support the efforts and decisions of the coaching staff.
- Demonstrate high levels of sportsmanship and respect for all team members, coaches, opponents, and game officials.
- Help our student-athletes understand that mistakes are vital in the learning process.
- Recognize that athletic success or lack their of is not a reflection of you as a parent.



SPORTMANSHIP

"VICTORY IS IN THE QUALITY OF COMPETITION AND NOT IN THE FINAL SCORE"

Coaches and Athletes

- Being a great host and treating all visitors as guests.
- Show respect to yourself, the game, the community, opponents, coaches and game officials.
- Refrain from profane and abusive language and actions.
- Control the controllables and be accountable to yourself and the team.
- Display high levels of character in a loss or a victory.
- Any student-athlete who is ejected from a game for unsportsmanlike conduct will automatically be suspended from his/her next contest, under NYSPHSAA rules.

Spectator Code of Conduct

- Remember the game is for the players. They are here to play, learn and enjoy the experience. Your sportsmanship and appropriate behavior will enhance their educational experience.
- Refrain from "coaching from the sidelines." which is a distraction and inhibits performance.
- Recognize and appreciate the efforts and skills of all players regardless of school affiliation. This creates a healthy atmosphere and school culture.
- Make positive comments, cheer for our team and refrain from negative chants or taunting opponents or game officials.
- Respect the judgement of coaches and officials decisions. A scoreboard does not give you the right to demean and act inappropriately to anyone.
- All spectators are to remain off of the playing surface, away from the players benches, locker rooms and equipment.
- As per NYSPHSAA rules, noisemakers, air horns,and all other items that can be used to be a nuisance or safety concern to spectators and athletes, are prohibited at all times.
- The Athletic Director or any school personnel has the right to ask any fan, parent, spectator to leave the premises. It is a privilege to watch our student athletes participate in interscholastic athletics. The Eastchester School District expects proper behavior at all of our athletic events.



PARTICIPATION

REQUIRMENTS FOR PARTICIPATION

Pre-season

A pre-season player's interest meeting will be held prior to the beginning of the next season. Important information will be provided at these meetings. Meetings will be communicated in school and through social media outlets.

Registration

About 30 days prior to each season, rSchool- an online registration platform will be opened up for team registration. Student-athletes must be medically cleared in order to practice or try-out for a team. All student-athletes must have a valid athletic physical on file. Physical exams are considered current for 12 continuous months. If needed, athletic physicals are provided at no charge to interested students, these physicals will be arranged by the school nurse.

Medications

If your child needs to carry an inhalant medication for asthma or an Epipen for bee/insect allergies, a medication permission slip and self-medication slip must be filled out and signed by a doctor and parent for the current school year. This must be on file in the health office before the student is allowed to try-out for sports.

Tryouts & Team Selection

Team selection will be held in a closed environment with only the coaches and athletes in attendance. Team selection can be based based on athletic ability, sportsmanship, academic performance, citizenship, energy and effort levels, commitment level and leadership abilities of the student-athletes. Coaches are professionals who will use their best judgment based on experiences, criteria and team needs when constructing a roster. All student-athletes are required to attend all tryout sessions. All student-athletes will have the opportunity to speak individually with the coach(s) after the tryout process. Coaches will provide those players who did not make the squad with alternative options they may be interested in pursiung.



HEALTH AND SAFETY

STUDENT-ATHLETE EXPECTATIONS

Injuries

Injuries will occur from time to time. Should an injury occur please follow the guidelines:

- Make sure the injury has been reported to the coach, school athletic trainer and school nurse.
- If the injury occurs during a game or practice, and the coach is aware, the coach will notify parents as soon as possible, when appropriate.
- If your child has an injury or illness that will limit his/her activity, you must notify the coach, school athletic trainer and school nurse immediately to stop sports and physical education. If he/she is absent for five or more days due to injury or illness, a new physical may be required to continue in sports. A doctor's note is required from each athlete once he/she returns from this absence.

Athletic Trainer

The role of the athletic trainer is to:

- Recognize and treat the athlete's injury.
- Provide rehabilitation services and/or further recommend further medical treatment.
- Be the point person for all medical concerns for student-athletes.
- Provide coaches with information on conditioning and prevention of injuries.

Awareness of Risk

The participation in interscholastic sports, as in most of life's physical activities, carries a degree of risk of injury that cannot be ignored. While these risks do exist in all athletic programs, our coaches, school nurses, teachers, and administration are committed to reducing the possibilities of such occurrences through the emphasis on sound training and adherence to the procedures and guidelines contained in this handbook. It is extremely important to report any injury an athlete suffers immediately to his/her coach.

Concussion Policy

Cardiac Arrest Infographic

ATHLETIC ELIGIBILITY

Requirements

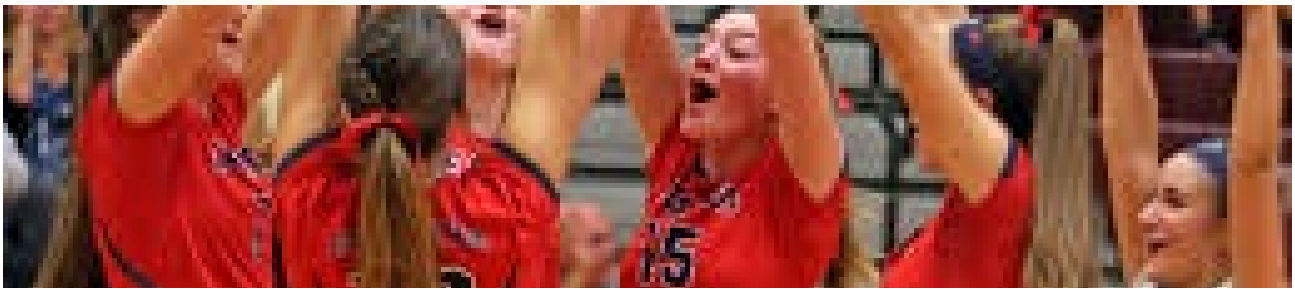
- A student athlete must take at least four subjects and Physical Education.
- A student must be in grade 9-12 to participate on a JV or Varsity team.
- A 7th or 8th-grade student who passed the APP test may try out for a JV or Varsity team.
- A student-athlete must receive an adequate health examination and may not practice or participate without approval of the schools medical officer. A physical examination is valid for a period of 12 months.
- A student turning 19 on or before July 1, is ineligible to participate in interscholastic athletics.
- ALL rules are governed by the Eastchester Union Free School District, NYSPHSAA, and Section 1.

Attendance

- A student athlete who has been absent from school all day may not practice or participate in a game after school. All extenuating circumstances will be given special consideration by the Athletic Director.
- A student-athlete must be in attendance at least 6 periods on the day of a game.
- A student-athlete who misses five consecutive days of practice and/or games due to injury or illness must be re-certified by the school medical officer before returning to competition.
- Any student-athlete who is assigned a detention or receives an in-school suspension many not be permitted to practice or a game that day.
- Our coaches will receive a daily attendance report to monitor their players attendance.
- All student-athletes must make a commitment to attend all practices and contests on time.
- If a student-athlete is going to be late or absent from practice it is his/her responsibility to notify thier coach.
- An excused absence is for family emergencies only, (illness or death of a family member or a legally mandated absence).
- Absence on a day preceding a contest may be a reason for not participating in the contest.
- Dental and or medical appointments should be made after school hours whenever possible.

Academic Eligibility

Any student athlete who receives either a failing grade or in danger of failing notice on his/her report card or interim report, must report for extra help at least twice a week until he/she returned to passing status. If a student athlete does not attend these extra help sessions, he/she will be deemed ineligible to participate in interscholastic athletics. Any student who receives two failing grades on his/her report card will be deemed ineligible to participate in athletics. A student is allowed to apply for one appeal in their time in Eastchester. An appeal board will be assigned to hear why the student will benefit from participating on an athletic team. The student will present their case to the board and then will be deemed eligible or ineligible. Fall eligibility may be based on June grades unless they have been approved by the satisfactory completion of summer school courses.



ATHLETIC POLICIES

Leaving a Squad

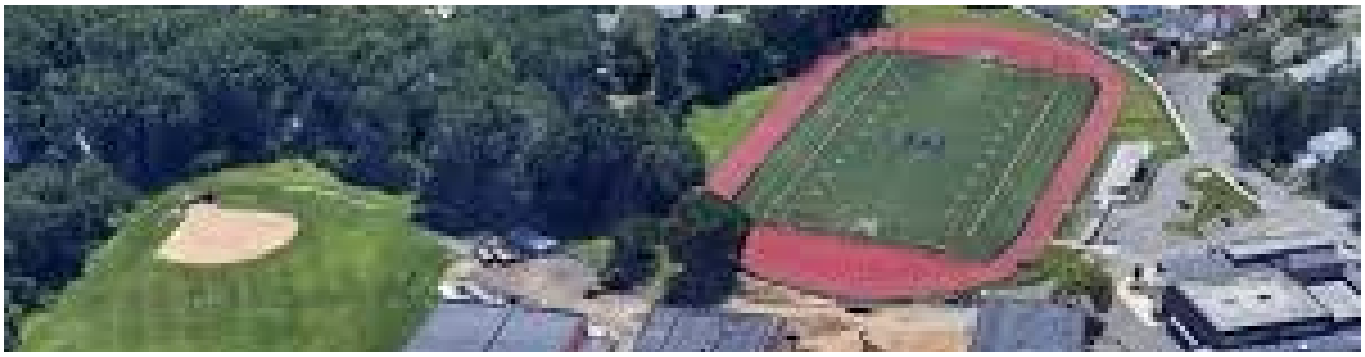
Individuals leaving a squad without the coach's permission or of an Athletic Training Rule violation forfeits all awards and may not participate on another team that same season. This may also prohibit the student from participating on a team the next season as well. If an individual leaves the team before final cuts, he/she may tryout for another team, if permission is granted from both teams. Practices are sport specific and cannot count from one sport to another.

Vacation Practice Policy

Practices and/or athletic contests may take place over school vacations (JV & V). When committing to a team, athletes are required to to attend all practices and/or contests during these times. Athletes who go away or miss practice and/or contests can expect that their could be some effect on their standing on the team, playing time, and their chance of making the team when cuts are taking place. Athletes are expected to fulfill their commitement to the team.

Fundraising

- Teams that wish to fundraise for personal and or team equipment may do so as long as the coach submits a fundraiser approval form to the MS/HS principal and/or the athletic director.
- Team fundraising may be held on or off school grounds as coordinated and supervised by team coaches and assistants.
- EHS does not approve or disapprove of independent fundraising. Parents are not restricted from taking action that they deem appropriate so long they do not represent that EHS has provided permission.
- If during the course of fundraising, the EHS name, images of EHS or its facilities, images of EHS or its facilities, images of EHS student athletes, or related information is used in any manner or for any purpose, that such use will not tend to tarnish, diminish, defame, disparage, besmirch or denigrate the reputation of the EUFSD or EHS, any other school, or athlete, student or player from EHS or any other school.
- Any independent fundraising must be performed outside of the EUFSD facilities.



ATHLETIC POLICIES

Athletic Placement Process

Formerly known as Selective Classification, the APP provides the opportunity for 7th and 8th graders to participate at the High School level. This process is designed for mature and "exceptional" student-athletes to advance to a higher level of competition. The APP is not to be used to fill positions on teams or to play with friends. This is designed for a select few, who would benefit from such a placement. Students must fulfill all requirements which include; parent approval, medical approval, appropriate developmental rating, passing the physical fitness test, coach's skill evaluation form, and display an advanced degree of social-emotional maturity before a tryout is granted.

Transportation Policy

The EUFSD provides transportation to and from all athletic contests. All athletes are required to use school district transportation. Athletes may not participate in a practice or contest if they drive themselves to the event or if they use alternate transportation. In extenuating circumstances, parents may need to drive their own children home from a contest. If this is desired, parents/guardians must make the request in advance. In all cases, parents/guardians will have to be the party with whom the athlete is riding home. The person giving the ride will present themselves to the coach after the contest before the athlete is excused. Again, no athlete can travel home with another parent/guardian unless their own parent/guardian is present. During travel it is an expectation that all student-athletes demonstrate respect and proper decorum.

Equipment Policy

Student-athletes are responsible for returning all equipment issued during their sport season:

- The student-athlete will be financially responsible for any lost equipment.
- No student-athlete will receive an athletic award, nor will further equipment be issued, until all outstanding equipment has been returned and all financial obligations have been met.
- All equipment must be returned to the athlete's respective coach, or to the Athletic Director.

CODE OF CONDUCT

Athletic & Co-Curricular Code of Conduct

This Code of Conduct is written with the understanding that athletic and co-curricular activities at the Middle School and High School are integral parts to the overall educational program of the Eastchester Union Free School District. Participation in these activities is a privilege granted to students who maintain scholarship and citizenship within the rules and regulations of the District. The District believes that it is imperative that parents and the District work together to set high expectations for student behavior both on and off campus, at all times, regardless of whether the athletics and co-curricular activities are in season/session.

The District expects that all students who participate in athletics and/or co-curricular activities will uphold the high standards of academic eligibility and abide by the rules specified by their coach or advisor.
As a participant in athletic and/or co-curricular activities, students (I) must comply with all of the provisions in the District's Code of Conduct and, in addition (I) pledge to act in season/session and out of season/session as follows:

- Not to use, possess, buy and or distribute tobacco products in any form, including, but not limited to, cigarettes, cigars, chewing tobacco and/or snuff.
- Not to consume, possess, buy and/or distribute alcoholic beverages.
- Not to use, possess, buy and/or distribute illegal drugs, controlled substances and/or related paraphernalia.
- Not use, possess, buy and/or distribute prescription drugs without a prescription.
- Not to use, possess, buy and/or distribute any over-the-counter drugs, household products and/or other products with the intent to "get high."
- Not to use, possess, buy and/or distribute performance-enhancing drugs or steroids.
- Not to commit a crime (misdemeanor and/or felony.
- Not to engage in behavior that brings dishonor to the District.
- Not to engage in hazing of other students. Hazing is a very serious form of misconduct and will not be permitted or tolerated by any member of a EUFSD team. *Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization. Hazing refers to any activity expected of someone joining a group that humiliates, degrades or risks emotional an/or physical harm, regardless of the victim's willingness to participate.*

(I) Understand that any violation of this pledge found after a proper investigation by school authorities will result in disciplinary action in accordance with the Athletic and Co-curricular Code of Conduct. (I) Understand that I am expected to conduct myself both in school and in the community in a manner which demonstrates personal integrity and positively reflects on me and the district.

See the following page for specific violations and consequences

CODE OF CONDUCT

Athletic & Co-Curricular Code of Conduct

- **The use of tobacco products will result in the following action:**
  - First offense
    - One game suspension
    - Parental notification
    - Meeting with student assistance counselor
  - Second Offense
    - One week suspension (5 school days)
    - Parental Notification
    - Meeting with the student assistance counselor
  - Third Offense
    - Dismissal from team
    - Parental notification
    - Meeting with student-assistance counselor
  - Fourth Offense
    - Athletic suspension for the remainder of the school year
    - Parental notification
    - Meeting with student assistance counselor

- **The possession and/or use of alcohol will result in the following action:**
  - First offense
    - One week suspension (5 school days)
    - Parental notification
    - Meeting with student assistance counselor
  - Second Offense
    - Dismissal from team
    - Parental notification
    - Meeting with student-assistance counselor
  - Third Offense
    - Athletic suspension for the remainder of the school year
    - Parental notification
    - Meeting with student assistance counselor



CODE OF CONDUCT

Athletic & Co-Curricular Code of Conduct

- **The possession and/or use of non-prescription drugs/performance enhancing drugs will result in the following action:**
  - First offense
    - Two week suspension (10 school days)
    - Parental notification
    - Meeting with student assistance counselor
  - Second Offense
    - Dismissal from team
    - Parental notification
    - Meeting with student-assistance counselor
  - Third Offense
    - Athletic suspension for the remainder of the school year
    - Parental notification
    - Meeting with student assistance counselor

- **The possession of non-prescription drugs/performance enhancing drugs with the intent to sell will result in the following action:**
  - The immediate dismissal from interscholastic athletic participation for the remainder of that season. The Athletic Eligibility Committee will be convened to determine the student-athletes eligibility for the remainder of the school year.

Note: Students may be also subject to disciplinary action by the school administration and/or civil authorities.

- **Procedures to be followed:**
  - The Athletic Director shall be notified immediately of any violation.
  - The Athletic Director shall hold a conference with the coach and athlete to afford due process.
  - The Athletic Director shall notify the parents of the athlete as soon as possible of any action taken as a result of such violation.
- **Right to Appeal:**
  - Any student-athlete who has been suspended, may appeal the suspension within two school days from the date of the action to the building Principal.
- **Behavior:**
  - Any student-athlete who is assigned a detention or suspended from school for cutting a class may not be permitted to practice or play in a game on the day of that detention/suspension.
- **Outside Competition**
  - All student-athletes who choose to participate on an outside team (A.A.U., travel teams, etc.) while playing on an Eastchester team must honor their commitment to the Eastchester team first and attend all games and practices, or they will risk being removed from the team.



PROSPECTIVE COLLEGE ATHLETES

NCAA

NCAA Process

Students enrolling in a Division I or II college or university who wish to participate in athletics must meet specific academic eligibility requirements. Initial academic eligibility is determined by the NCAA Eligibility Center . Please visit the NCAA Eligibility Center for specific information and registration. Please consult your school guidance counselor or the NCAA hotline at 317-917-6222 for further information. Start to get familiar with this process as ealry as freshman year.

9th Grade Student

- Focus on getting good grades
- Sign up for a free profile page at the NCAA Eligibility Center
- Learn about the NCAA requirements

10th Grade Student

- Ensure you are registered for a free profile page
- If you want to further pursue college athletics create a Certification Account with the NCAA Eligibility Center
- Monitor your account for the next steps
- Speak to your GC and review transcript

11th Grade Student

- Take the ACT or SAT and submit scores to the NCAA Eligibility Center using code 9999
- Ensure your sports participation information is correct in your account
- Ask your counselor to upload your official transcript to your account

12th Grade Student

- Complete your NCAA approved core courses
- Take the ACT or SAT again, if needed and submit scores
- Request your final amateurism certification in your Certification Account
  - April 1 - Fall enrollees
  - October 1 - Winter/Spring enrollees
- Ask your counselor to upload your final transcript after graduation

ATHLETIC CONTRACT AGREEMENT

****This agreement must be e-signed before a student may compete in an interscholastic athletic contest for the Eastchester Union Free School District.****

The Eastchester UFSD recognizes academic excellence as the first priority of the students. All constituents must realize that participation in the athletic program at Eastchester Middle/High School is an honor and a privelege, earned by maintaining academic and discipline standards. The Eastchester UFSD reserves the right to limit, restrict, or suspend athletic privileges to any student not in compliance with the rules and regulations set forth herein.

We (guardian and athlete) have read, understand and agree to abide by the Eastchester UFSD Athletic Handbook. In addition, the athletic department operates under the supervision and guidance of the policies established by the Student Handbook and Code of Conduct.

EUFSD

SOARING TO EXCELLENCE

EASTCHESTER

UNION FREE SCHOOL DISTRICT