



GENESEE VALLEY/BELFAST CENTRAL SCHOOLS
EXTRACURRICULAR HANDBOOK FOR STUDENTS

JULY 2025
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Dear Families and Students,

This booklet is presented to you because you or your child has indicated a desire to participate in extracurricular activities at Genesee Valley or Belfast Central Schools. Your family's interest in this aspect of our schools' program is gratifying. We believe that participation in extracurricular activities provides a wealth of opportunities and experiences that enhance students' education.

PHILOSOPHY

The Genesee Valley/Belfast Central Schools believe that all students should be provided the opportunity to grow toward emotional, social, and physical maturity and achieve self-reliance, desirable citizenship, and pride in themselves and in their team, in their Schools, and in their community.

The extracurricular activities are a vital and integral part of this process.

The Boards of Education do not support winning at the expense of sportsmanship, fundamentals, education, leadership, and character building.

A properly controlled, well-organized extracurricular activity program promotes the educational development of boys and girls and meets students' needs for self-expression, mental alertness, and physical growth. It is our intent to maintain programs that are sound in purpose and will further each student's educational maturity.

RESPONSIBILITY

When you and your child sign up for our extracurricular activities, your family is committing to certain responsibilities. The program is governed by the regulations established by the Commissioner of Education's basic code for extra-curricular activities. In addition, league and school procedures have been established to protect and guide students. This handbook will acquaint you with some of the specific policies that are part of our interscholastic extracurricular policies.

Genesee Valley/Belfast Central Schools are a member of the New York State Athletic Association, competing as a Class D School in Section V and the NYS Music Association.

We look forward to working with you and your child as representatives of the Genesee Valley/Belfast Central Schools community.

Mary Paulsen
Athletic Director, Belfast Central School

Raegan Ryan
Athletic Director, Genesee Valley Central School

Students, coaches, fans, and volunteers serve as ambassadors for Genesee Valley and Belfast Central Schools. Anyone associated with GV/BC programs who commits a crime or any misconduct while participating in a GV/BC-sanctioned event is subject to consequences. The behavior will be investigated by the Athletic Director and then referred to the Secondary Principal and Superintendent to determine if any disciplinary action is to occur.

All extracurricular events are subject to DASA (Dignity for All Students Act), the district's Code of Conduct, and behavioral expectations in effect during school hours.

EXPECTED SPECTATOR BEHAVIOR

It is the responsibility of the spectator to:

1. Keep cheering positive. There should be no profanity or degrading language/gestures.
2. Avoid actions that offend visiting teams or individual players.
3. Show appreciation for good play by both teams.
4. Learn the rules of sports in order to be a better-informed spectator.
5. Remain seated during performances.
6. Treat all visiting teams in a manner in which you would expect to be treated.
7. Accept the judgment of coaches and officials.
8. Encourage other spectators to participate in the spirit of good sportsmanship.
9. Avoid the use, abuse, and resulting negative influence of drugs, including alcohol, tobacco, and e-cigarettes.
10. Clean and maintain athletic facilities, and encourage that behavior from others.
11. Stay off playing surfaces during and after games

It is important for spectators to remember that they are representing our schools and community.

1. Any individual yelling, screaming, or making inappropriate comments toward athletes, coaches, officials, or other spectators will be told to leave the sporting event.
2. If any individual is repeatedly addressed by a chaperone or is required to leave more than one event, they will not be allowed to attend a BCS sporting event until they have had a meeting with the superintendent, principal, and athletic director.
3. This includes both home and away events.
4. Parents/Families are required to pursue issues involving extra-curricular activities within the appropriate administrative channels.
 - a. The first point of contact in such matters should be the coach/director involved.
 - i. Playing time is a coach's decision.
 - ii. A parent/guardian who wishes to discuss this with a coach must wait at least 24 hours after a game.
 - b. Then Athletic Director for sports or the principal for other activities
 - c. Then the Superintendent.
 - d. Finally, the Board of Education.

EXPECTED STUDENT BEHAVIOR

It is the responsibility of the student to:

1. Demonstrate self-control and respect for officials, spectators, athletes, directors, and coaches at all times.
2. Remember that participation in extracurricular activities is a privilege that is not to be abused.

3. Respectfully interact with opponents. Shake hands before the competition and congratulate them on their performance after the competition.
4. Respect the integrity and judgment of the officials and judges.
5. Remember that improper behavior while in uniform or on the stage reflects poorly upon oneself, family, Schools, and community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity.
8. Abstain from the use or possession of alcohol, drugs, e-cigarettes, and tobacco.
9. Attend all rehearsals, practices, and games unless excused by the coach.
10. Be at School on time.
11. Complete all academic tasks.

EXPECTED COACH/ ADVISOR BEHAVIOR

It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example.
2. Respect the integrity and judgment of officials.
3. Instruct the players in the elements of good sportsmanship and remove students from competition who demonstrate inappropriate behavior.
4. Avoid behavior that will incite players, opponents, or spectators.
5. Avoid negative comments to radio, TV, and newspaper reporters.
6. Promote alcohol, drug, and tobacco-free behaviors among students.
7. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility, including training rules.

GUIDELINES FOR ANY STUDENT AT GENESEE VALLEY/BELFAST CENTRAL SCHOOLS WHO PARTICIPATES IN ANY EXTRACURRICULAR ACTIVITY

ACADEMICS

1. Students must be academically eligible according to their District's eligibility policy to participate in an extracurricular activity.
2. Athletes must meet all eligibility standards established by the New York State Public High Schools Athletic Association.
3. An up-to-date copy of the deficiency list and the attendance list will be available to all advisors/coaches/ directors and students in the main office and with the supervisor of athletic events.
 - a. A student who is identified on the deficiency list as a warning for a class may continue to practice and participate in extracurricular events.
 - b. A student who is identified on the deficiency list as restricted may not practice or participate in any extracurricular activity.
 - c. A student who is restricted may not attend any BCS extra-curricular event.
4. The deficiency list will be published every Monday.
 - a. A student who has been ineligible to play for three consecutive weeks will be removed from the team.

ATTENDANCE

1. Students are expected to be at school on time every day. If a student is absent from school or late to school (arriving unexcused after 11:30 am), the student shall not participate in any after-school, non-credit-bearing activity on that day or weekend if on a Friday.
 - a. If a student is tardy (arrives at school after 8:05 am (Belfast)/8:00 am (GV) but before 11:30 am),

- the student must sit out half of the practice/game/activity.
- b. If a student is absent from school for part or all of the day, he or she shall not participate in any after-school, non-credit-bearing activity on the day of the absence.
 - c. A student who has a physician's note that they were seen in their office (leading to a partial day of school) may participate in an extracurricular activity.
2. In-season sports take precedence over out-of-season activities, travel, and AAU teams.

COMMITMENT

1. Students who sign up for an extra-curricular activity are expected to be at every practice, game, performance, and event.
 - a. Student-athletes who do not attend practice the day before or after an event will not be able to participate in the next athletic event.
 - b. Student-athletes who miss five unexcused practices will be removed from the team.
2. Students must contact the coach, director, or advisor in advance if they must miss an extracurricular activity.
3. A student-athlete who quits a team after the fifth day of the season will be required to sit out 30% of the games of the next sport he/she would normally play.
 - a. The athlete must attend the game and support the team for the game to count as one of the missed events.
 - b. **An athlete must be cleared for full participation in a sport in order for a game to count toward the suspension.**
4. An athlete who quits a team after the fifth day of practice may not join another team during the same season.
5. Student-athletes who do not participate in their regular physical education class during the day will not be permitted to participate in any practice or game that day unless they have an acceptable excuse.

DISCIPLINE

The Extracurricular Policy shall not be deemed exclusive of or supersede any other policies or discipline codes of the schools.

1. Students must maintain acceptable behavior as defined by the GV and BCS Codes of Conduct.
2. Any student with six Class I disciplinary referrals or three Class II or greater disciplinary referrals in a given marking period and/or within the specific sport season will lose all privileges until the end of the season or event.
 - The principal will officially notify the student and family when the student has reached 3 Level I and/or 2 Level 2 infractions.
 - The principal will also notify the Supervisor of Athletics and/or any advisors.
 - The Supervisor of Athletics will notify any athletic coach of a student's behavior issue.
3. Students will not have in their possession, be associated with, ingest, absorb, or use tobacco, alcohol, electronic cigarettes, vaping fluids, vaping devices, synthetic drugs, or other foreign substances intended to alter homeostasis in any way. This includes look-alike drugs and all those outlined in the District Codes of Conduct. The term "possession and association" implies the legal definition according to the NYS ABC law, whereas "the intent to consume" alcohol or other chemicals may be reasonably inferred by the circumstances. Any charge of violation of this regulation, when made by school staff, board of education members, police officers, any eyewitnesses to the event, or evidence on social media, will be considered.

a. The following consequences will be instituted for infractions in this area:

	1 st instance (in any sport during the year)	2 nd instance (in any sport during the year)	3 rd instance (in any sport during the year)
Tobacco/synthetic tobacco Products	2 game/event suspension plus participation in ACASA tobacco course (cannot participate until the course is completed)	4 game/event suspension	Cannot participate in a BCS extra-curricular activity for the remainder of the year
Alcohol	4 game/event suspension plus participation in ACASA alcohol course (cannot participate until the course is completed)	8 game/event suspension	Cannot participate in a BCS extra-curricular activity for the remainder of the year
Controlled Substances	6 game/event suspension plus participation in ACASA drug course (cannot participate until the course is completed)	Cannot participate in a BCS extra-curricular activity for the remainder of the year	

Any student suspended from a game for these identified infractions is expected to sit on the bench with the team, not in uniform, for the suspension to count toward the missed games.

4. This list of disciplinary infractions is not all-inclusive, and other disciplinary problems will be handled at the discretion of each individual coach or administrator.
5. Suspensions may go into the next season if a student normally participates for a disciplinary infraction occurring at the end of a season.
6. Any student who serves an in-school or out-of-school suspension will not be eligible to participate in any extra-curricular or non-credit-bearing activity on that day.
 - The principal will remind the student of their inability to participate on the day of a suspension.
 - The principal will notify the Supervisor of Athletics and/or any advisor.
 - The Supervisor of Athletics will inform coaches.
7. Any student who has after-school detention will be allowed to participate in after- Schools activities at the completion of detention.
8. **Students are entitled to due process if being removed from an activity.**
9. If several students violate the Code of Conduct during the season, an entire season may be forfeited. Any single violation deemed serious enough may also require forfeiture of the season. Example: hazing
10. Behavioral expectations and consequences apply to home and away events.

11. Athletes must follow all local, Section V, and NYSPHSAA rules.

Individual Coach's Rules

- Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports.
- These rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season.
- Penalties for violation of the team rules will also be in writing and shall be administered by the coach.
- Such written rules or procedures shall be distributed to each member of the team at the beginning of the season along with this Athletic Policy.
- A copy of such written rules and procedures will be filed with and approved by the supervisor of athletic events.

EQUIPMENT

1. Any participant issued a uniform is responsible for the uniform.
 - a. Any expenses for the damage or loss of a uniform will be paid for by the student.
 - b. If a uniform is not returned or paid for at the end of the season, the student will not be eligible to play a sport until the obligation is paid.
2. Squad members are responsible for all equipment issued to them and must return all of it within one week of the season's end.
 - a. Lost equipment or intentionally damaged equipment will be assessed on a pro-rated basis.

MEDICAL

1. All students must have an annual physical to participate in athletic events.
2. A student who is medically excused from participation in a regularly scheduled physical education class will not be allowed to resume participation in any practice, game, or scrimmage until cleared by their physician.
 - a. A medical release from a student's physician must be submitted to the school for injuries occurring at the end of a school year or over the summer before the student may participate in athletics.
 - b. **Per the NYSPHAA Handbook, a student must be fully cleared for participation in order for the practice to be counted toward the minimum number of practices required.**
3. If a student is injured requiring medical attention or is absent from school for five or more consecutive days, he/she must be re-examined by the school's doctor before returning to participation.
4. If a student is absent due to illness for five or more consecutive days, he/she must have a written note from the family doctor approving the return to participation.

Reporting Injuries

What to do if your child is hurt during sports:

1. Tell the coach, they need to write up an accident report.
2. If you fail to tell the coach there was an injury, and you do not receive a packet, you need to get in contact with the coach ASAP, or the school's nurse. **This is very important!** If we don't know, we cannot help, and neither can the insurance company. **Communication is key!**
3. Take your child to the doctor's or ER, depending on the severity of the injury. *This first must go under your personal insurance.
4. Then, when you receive a bill, your personal insurance will either pay or give you a letter of denial.
5. You will have a packet for the school's insurance, and on the sheet, it gives you a fax number and directions to fill out the form and fax the denial letter (if your insurance does not pay) and the actual bill that has the breakdown of the exam and ICD-10 codes. Those are necessary for the payment from the school's insurance.
6. The school nurse and office staff are not responsible for this service. We do not do billing here at the school for this service.
7. We do have the insurance company name and address, and fax numbers, along with the local insurance company to help with any questions. The school's nurse and office staff can help get you in contact and will help with questions.
8. At any time during this process, if there are questions or concerns, please do not hesitate to ask the school's nurse.

***If you do not have personal insurance, please let your school nurse know ASAP.**

Schools' Sports Protocol for Concussions:

The following protocol has been established in accordance with the National Federation of State High School Associations and the International Conference on Concussion, revised in 2017.

Definition:

A concussion is a traumatic brain injury that affects your brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance, and coordination. Concussions are usually caused by a blow to the head. Violently shaking the head and upper body can also cause concussions. Some concussions cause you to lose consciousness, but most do not. It's possible to have a concussion and not realize it.

- If an athlete exhibits any signs, symptoms, or behaviors that make the coach suspicious of a concussion, the athlete must be removed from play and closely observed.
 - Then taken to be medically evaluated.
 - The parent/ guardian should bring proof of evaluation.
 - The coach is responsible for filling out an accident report and turning it in to the school's nurse.
 - There are forms to be filled out as well for the parent/guardian.
1. The student will not be allowed to return to play, the current game, or practice without following all steps if diagnosed with a concussion.
 2. The student should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
 3. The student should be medically evaluated following the injury.
 4. The student-athlete must be cleared by their primary physician.
 5. After being cleared by their primary physician, student-athletes must be cleared by the school's medical director/ doctor.
 - a. **Return to play must follow a medically supervised stepwise process. These are required after being cleared by a primary doctor, and then the medical director as well.**

Concussion return to play Phases:

Phase 1: low-impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24-hour period, proceed to:

Phase 2: higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. NO resistance training. If tolerated without return of symptoms over a 24-hour period, proceed to:

Phase 3: Sport-specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over a 24-hour period, proceed to:

Phase 4: Sport-specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24-hour period, proceed to:

Phase 5: Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a 24-hour period, proceed to:

Phase 6: Return to full activities without restrictions.

- b. **Student-athletes must successfully go through each of the six phases before being fully cleared to return to play.**
- i. If concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

The student-athlete should also be monitored for the recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

Sudden Cardiac Arrest (SCA)

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment, death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life¹. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below, and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise, or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.²
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near-drowning, or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
 - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
 - Arrhythmogenic Right Ventricular Cardiomyopathy
 - Heart rhythm problems, long or short QT interval
 - Brugada Syndrome

¹ Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

² [SCA Prevention Toolkit – Eric Paredes Save A Life Foundation \(epsavealife.org\)](#)

- Catecholaminergic Ventricular Tachycardia
- Marfan Syndrome- aortic rupture
- Heart attack at 50 years or younger
- Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the Sample Recommended NYSED Interval Health History for Athletics must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

CONFLICTS WITH EXTRACURRICULAR ACTIVITIES

The district recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and, to this end, BCS will attempt to schedule events in a manner that minimizes conflicts. An individual student who attempts to participate in several extracurricular activities will undoubtedly be in a position of conflict with other activities. When a conflict arises, the student must contact the sponsors/coaches, who will attempt to work out a solution. If a solution between the sponsor/coach cannot be found, the matter will be referred to the principal, who will make the decision based on the following considerations:

1. The relative importance of each event to the schools.
2. The importance of each event to the student
3. When each event was scheduled

Once a decision has been made and the student has followed that decision, he/she will not be penalized in any way by either the faculty sponsor/coach.

DRESS AND APPEARANCE

As representatives of the schools and community, the dress and appearance of students are important; thus, students participating in extracurricular activities are expected to reflect accepted community standards of dress and appearance.

TRANSPORTATION OF STUDENTS

All members of Genesee Valley/Belfast Central Schools athletic teams shall be transported both to and from athletic events outside the Genesee Valley/Belfast Central Schools District by means of transportation furnished by the schools' district. A member may be allowed to ride home with his/her parents only if officially released by the coach or advisor, and he or she may be allowed to ride home with another adult only by prior approval from the Secondary Principal, Athletic Director, and coach.

Athletic transportation for practices is for athletes to get to and from practice. The practice bus is not a

shuttle for students to go between schools for any other reason (ie, out-of-district student transportation, going to a friend's house after practice, to watch another sport). Families are responsible for arranging transportation for their children.

The parent should submit a request for his or her child to be allowed to ride home with another parent or another adult. The request should be given to the principal prior to noon on the day of the game.

Only student members of the team, coaches, managers, chart keepers, scorekeepers, and all other personnel related to team functions are allowed to ride buses to and from games; any additional people must be authorized by the administration.

An athlete who drives to practice or a game without prior approval will be suspended for two games.

USE OF BUILDING

- Students may only be in the school building before 7:45 a.m. or after 3:15 p.m. with permission and direct supervision. They must make appropriate arrangements for early evening practices, as it is not permissible for them to remain unsupervised at school in the interim period between school dismissal and practice. Only team members will be allowed in the locker rooms or the coach's office with supervision, and they must be supervised at all times.
- Athletes are encouraged to help keep the locker room clean and neat. As a guest at away games, an extra effort should be made to be respectful of the schools' facilities. Please check the locker room, benches, dugouts, etc., before leaving to ensure a satisfactory appearance.

Due Process

Students participating in extracurricular activities will be afforded Due Process Rights prior to being suspended or removed from an extracurricular team or event.

Student Due Process Meeting

A student subjected to a suspension from participation in an extra-curricular activity will be provided with a reasonable opportunity for an informal conference with the district official imposing the suspension to discuss the conduct and the penalty involved.

Student Name: DOB: Grade: Date: Time:

Current Activity: Coach:

Present at Meeting:

BCS Code of Conduct Alleged Violation(s) include:

Date(s)	Violation	Type of Violation
		Class I Class II (or higher)
		Class I Class II (or higher)
		Class I Class II (or higher)

BCS Athletic Handbook Alleged Violation(s), if different than above:

Discipline Guidelines	
Discipline Guidelines	

Allegation explained to the Student/Parent: Yes _____ No _____

Student/Parent provided an opportunity to be heard and ask questions, if any? Yes _____ No _____

Summary of Student Response/Position: *(Attach written statement provided by student/parent, if provided and applicable.)*

Immediate Action/Response, if any:

Outcome:

Student/Parent informed of the right to appeal? Yes _____ No _____

PARTICIPATION GUIDELINES FOR 7TH & 8TH GRADE STUDENT ATHLETES -

Involvement in junior varsity and varsity inter-scholastic sports

The following guidelines pertain to 7th and 8th-grade students who meet both the maturity and physical fitness standards for the Athletic Placement Process, as per the New York State Public High Schools Association.

1. Seventh & eighth-grade students may be eligible to participate in varsity and junior varsity competition. A special parental permission slip will be required for all 7th and 8th-grade students playing on junior varsity or varsity teams.
2. The supervisor of athletic events of the Genesee Valley/Belfast Central Schools will review this policy with his or her staff on an annual basis. The review will cover the implementation of and rationale behind policy 7420.
3. The 7th & 8th-grade students whose age will not allow him or her to participate during the senior year will be given an opportunity as per the state eligibility guidelines.
4. All other teams or squads not covered under Section V guidelines for 7th and 8th-grade student participation in varsity and junior varsity competition will follow Genesee Valley/Belfast Central Schools guidelines.

The intent of the Athletic Placement Process is to provide safe and suitable participation at an appropriate level of competition for pupils in grades 7 and 8.

Meeting the physical fitness standards makes the student eligible to try out for junior varsity or varsity teams, pending their grade level, skill level, and the recommendation of the coach and supervisor of athletic events. It does not guarantee a spot on the junior varsity or varsity squad.

The Athletic Placement Process shall not be used to promote pupils to higher levels of competition on a routine basis for the sole purpose of filling positions on varsity and junior varsity teams. Proper placement of pupils is important. The test may be given at any time and in any order. Any of the items may be retested up to two times per season.

Physical fitness tests will be administered by a Genesee Valley/Belfast Central Schools certified physical education teacher or the school's supervisor of athletic events. All examinations will be signed by the supervisor of athletic events or the physical education teacher administering the testing. The primary responsibility in this area rests with the supervisor of athletic events to schedule the Athletic Placement Process. Pupils must achieve the raw score for each physical fitness test item required under the New York State guidelines.

Students must pass 4 out of 5 parts of the physical fitness test to be eligible to move up to varsity athletics. All records of testing and evaluation will be filed in the office of the supervisor of athletic events.