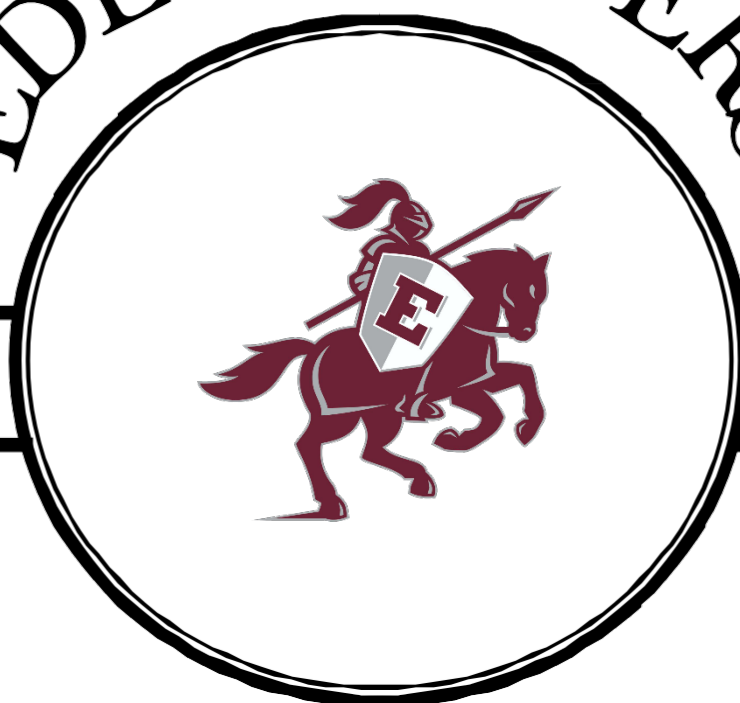


EDEN CENTRAL

ATHLETIC HANDBOOK
FOR
STUDENTS/ATHLETES
AND
PARENTS

EDEN RAIDERS

2026



2027

Updated July 13, 2026

NYSPHSAA – SECTION VI

EDEN CENTRAL SCHOOL
ATHLETIC HANDBOOK

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EDEN SPORTS

Mascot: Raider
League: E.C.I.C.

Colors: Maroon and White
Section: VI

FALL

Varsity Football (Combined w/ North Collins)
Modified 7-8-9 Football (Combined w/ North Collins)
Varsity Girls Swimming
Varsity Girls Tennis
Varsity Field Hockey
Modified 7-8-9 Field Hockey
Varsity Cheerleading (Combined w/ North Collins)
7-8-9 Cheerleading (Combined w/ North Collins)
Varsity Golf
Boys & Girls Varsity Cross Country
Boys & Girls Varsity Soccer
Boys JV Soccer
Boys Modified Soccer
Girls 7-8-9 Soccer
Boys Varsity Volleyball (Combined w/ North Collins)
Girls Varsity Volleyball
Boys JV Volleyball (Combined w/ North Collins)
Girls JV Volleyball
Boys Modified Volleyball (Combined w/ North Collins) Girls
Modified Volleyball

WINTER

Boys & Girls Varsity Basketball
Boys & Girls JV Basketball
Boys & Girls Modified Basketball
Varsity Cheerleading
JV Cheerleading
Boys & Girls Varsity Bowling
Girls Ice Hockey (w/ Hamburg, West Seneca, Holland)
Varsity Boys Swimming
Varsity Wrestling (Combined w/ North Collins)
Modified Wrestling (Combined w/ North Collins)
Unified Bowling

SPRING

Varsity Baseball
JV Baseball
Modified Baseball
Unified Basketball
Boys & Girls Varsity Lacrosse (Combined w/ North Collins)
Boys & Girls JV Lacrosse (Combined w/ North Collins)
Boys & Girls Modified Lacrosse (Combined w/ North Collins)
Varsity Softball
JV Softball
Modified Softball
Varsity Boys Tennis (Combined w/ North Collins)
Boys & Girls Varsity Track (Combined w/ North Collins)
Modified Track (Combined w/ North Collins)

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics at Eden MS & HS is a component of the health and physical education program and therefore is an integral part of the school's total educational program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. This value-building experience is offered to all students. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the athletic program possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character. The ultimate outcome is to be a better citizen, carrying these values throughout their life.

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 the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must 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.

MODIFIED SCHOOL PROGRAM PHILOSOPHY

This program is available to students in the seventh and eighth grades (*some teams may be 7-8-9). Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, and healthy competition.

The number of teams and size of the Modified squad, in any sport, will be determined by the availability of 1) financial resources, 2) qualified coaches, 3) suitable indoor and outdoor facilities, and 4) a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Students will be asked to give a weekly commitment, possibly practicing a maximum of 6 days during a calendar week. Practices and contests may occasionally be scheduled for Saturday and during school vacations. Opportunity for meaningful contest participation for each team member will exist over the course of the season.

Exceptional seventh and eighth graders may be permitted to try out for our Junior Varsity and Varsity teams under the State Education Department Program called Advanced Placement Program that must be met in order to play at an advanced level include parental approval, medical approval by EDCSD medical director, appropriate developmental rating, passing athletic performance test scores. Additionally, students must display an advanced degree of socio-emotional maturity before team membership is granted.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The Junior Varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, Freshmen and Sophomores occupy the majority of roster positions. In certain situations, Juniors who are expected to make contributions on the Varsity level will be considered for Junior Varsity participation. Also, seventh and eighth graders may be included on the Junior Varsity roster, if they have satisfied all Selection Classification requirements.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, and elements and strategies of team play. 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. For all team members, meaningful contest participation will exist 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 commitment of the Varsity level. Students will be asked to make a six-day-a week commitment, with practices and games occasionally scheduled for Saturdays and during school vacations. 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.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, Seniors and Juniors make up the majority of the roster. Sophomores and Freshmen will infrequently be included on the team providing evidence of advanced levels of physical development, athletic skill, and appropriate socio-emotional development is demonstrated. It is possible for a Junior High student to be included on a Varsity roster, although this will be rare. Selection Classification occurs more frequently in sports commonly classified as "Individual."

Squad size is limited at the Varsity level. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. 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. This commitment is often extended into vacation periods for all sports seasons. While contests and practices are occasionally held on Saturdays and during school vacations, the dedication and commitment needed to conduct a successful Varsity program should be taken seriously.

The Varsity coach is the leader of that sport's program, which includes overseeing the JV and Modified teams, and the varsity coach determines the system of instruction and strategy for that program. The communication among the Modified, Junior Varsity and Varsity teams is the responsibility of the 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 the Varsity team.

GETTING READY TO PLAY

1. SIGN-UP

Approximately one month before the start of each sports season, online registration will open through Family ID. The first time your student-athlete registers, you will need to create a Family ID account and complete all required information. For future sports seasons, you will simply review and update any information that has changed.

Family ID also serves as an important communication tool between coaches and families. Coaches can use the system to send updates regarding practice schedules, game times, cancellations, location changes, and other important team information. Please be sure to keep your contact information current so you don't miss any announcements.

2. BECOMING MEDICALLY CERTIFIED OR RECERTIFIED

All student-athletes must be medically cleared before participating in practice each sports season.

Physical examinations may be completed by your family physician or the school physician at any time during the school year.

A physical examination is valid for 12 months, through the last day of the month in which the examination was performed (not 365 days from the exam date).

If a physical expires during a sports season, the student-athlete may complete that season provided a Health History Update was completed prior to the start of the season.

A Health History Update must be completed through Family ID before the start of each sports season in which your child participates.

Student-athletes who sustain an injury that causes them to miss one or more days of practice or competition may be required to obtain medical recertification before returning to participation.

Coaches are required to report all athlete injuries within 24 hours of the incident.

3. ATTEND PRESEASON MEETING

One of the most important ingredients for a successful sport season is effective, open, and appropriate communication between the coach, parents and players. In order to ensure that this communication takes place, All Coaches/ Programs will schedule a preseason meeting. Topics at the meeting will include athletic department policies, individual team expectations, rules, and many other topics. Use this meeting as a time for parents and coaches to come together

*****THIS MEETING MUST BE ATTENDED BY AT LEAST ONE PARENT
OR GUARDIAN*****

CONDUCT AND EXPECTATIONS FOR STUDENT/ATHLETES, OTHER STUDENTS AND SPECTATORS

1. CODE OF BEHAVIOR

Eden MS & HS, as a member of the Erie County Interscholastic Conference, Section VI, and New York State Public High School Athletic Association, agrees to uphold the bylaws and standards set forth by the New York State Education Department.

To be a member of an Eden MS & HS athletic team is a privilege, and not a right. With this in mind, we will expect our Student/Athletes to remember the following:

- a) No Student/Athlete will possess or consume alcoholic beverages, tobacco and/or e-cigarettes (also known as electronic cigarettes or smokeless cigarettes), nicotine-delivery devices and JUUL products at any time or place during the sport season.
- b) No Student/Athlete will possess, sell, or use illegal drugs at any time or place during the sport season.
- c) No Student/Athlete will use prescription drugs without the consent of a physician and/or parent at any time during the sport season.
- d) If a Student/Athlete is in any violation resulting in criminal charges or arrested for any reason, that athlete will be removed from his/her team for the remainder of that season.
- e) Student/Athletes will adhere to the rules and regulations as stated in the Eden MS & HS Student Handbook.
- f) If a Student/ Athlete is given an appearance ticket or summons by a law enforcement official at any off campus gathering, that athlete will be suspended for one week from the date the ticket was issued.

2. HAZING

Hazing is any conduct or method of initiation into any student organization or school team, whether on school property or off-campus; in school buildings, on school buses, school sponsored events and/or activities. Hazing willfully or recklessly endangers the physical or mental health of any student or another person and is strictly prohibited.

****Failure to follow team, school, league, or state rules could result in disciplinary action up to, and including, removal from a team.** (See XII on page 14)

1. 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 Eden 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 interpretations. These decisions should be accepted, no questions asked!

Spectators, Student/Athletes, and Coaches must recognize that their conduct plays an important role in establishing the reputation of their school and their positive actions can relate directly to the success of their teams. It is with this in mind, that the Athletic Department offers you these **"Guidelines: How to Build Good Sportsmanship."**

"Guidelines: How to Build Good Sportsmanship."

- *Sportsmanship is one of the fundamental reasons for having an athletic program. If the athletic program of our school does not develop good sportsmanship, it is not a good program-even if our teams win all of their games.
- *Good sportsmanship is important.
- *Remember that as a spectator you represent your school as much as any team member.
- *Remember that the good name of your school is much more important than winning a game.
- *Learn the rules of the game so you can become an intelligent player, spectator or critic.
- *Support your team enthusiastically but with consideration and respect for the opponents.
- *Be considerate of you fellow spectators.
- *Remain in the bleachers until the game has officially ended.
- *Accept the decisions of game officials as final and not to be questioned.
- *Express disapproval of any discourteous or abusive remarks from the sidelines.
- *Applaud fine play by the visiting team-as well as your own.
- *Be considerate of an injured visiting team member.
- *Be courteous of the visiting team members and spectators before, during, and after the game-in the school and in the-community.
- *Acquaint adults and others in your community with the ideals of sportsmanship that we are trying to follow.
- *Be mature in your behavior. Throwing things, making loud and meaningless noises is inexcusable for high school students and adult spectators.
- *Distraction of athletes (i.e.: foul shooter, server, kicker, batter, etc.) with personal comments, obscene language, noisemakers, etc. is considered unsportsmanlike conduct.
- *Cooperate and follow the directions of your cheerleaders and school officials.
- *Try to make good sportsmanship a habit in our school.

**GOOD SPORTSMANSHIP IS ABSOLUTELY NECESSARY
TO GOOD SCHOOL SPIRIT**

NYSPHSAA Spectators Guidelines and Expectations

Expectation Statement: Officials, just like student athletes and coaches, are critical to interscholastic sports programs. Without officials, NYSPHSAA and its member schools would not be able to provide interscholastic sports in the manner that is desired and expected by student athletes, coaches, and parents. Spectators are expected to “Be Loud, Be Proud, and Be Positive.” Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current and future interscholastic contests based on their behavior. (Oct. 2022)

“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 spectator’s 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.

PARENTS' CODE OF CONDUCT

- ◆ Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- ◆ Be a “team” fan, not “my kid” fan.
- ◆ Weigh what your children say; they will tend to slant the truth to their advantage.
- ◆ Show respect for the opposing players, coaches, spectators and support groups.
- ◆ Be respectful of all official’s decisions.
- ◆ Don’t instruct your children before or after a game, because it may conflict with the coach’s plans and strategies.
- ◆ Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- ◆ Gain an understanding and appreciation for the rules of the contest.
- ◆ Recognize and show appreciation for an outstanding play by either team.
- ◆ Help your child learn that success is oriented in the development of a skill, and should make a person feel good about themselves, win or lose.
- ◆ If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Order of Communication:
1) Coach, 2) Athletic Director, 3) Principal, 4) Superintendent.
- ◆ Please reinforce our drug and alcohol-free policies by refraining from the use of any alcohol or controlled substances before and during athletic contests.
- ◆ Remember that a school athletic event is a privilege to observe. School officials will remove any person not adhering to the school’s Civility Policy

CONCUSSION MANAGEMENT

The Board of Education recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The physical and mental well-being of our students is a primary concern. Therefore, the Eden School District adopts the following Policy to support the proper evaluation and management of concussion injuries.

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

Identification of Concussion and Removal from Athletic Activities

The District shall require the immediate removal from all athletic activities of any student who has sustained, or is believed to have sustained, a mild traumatic brain injury (MTBI) or concussion. Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in a class, extracurricular activity, or interscholastic athletic activity shall be removed from the class, game or activity and must be evaluated as soon as possible by an appropriate health care professional. Such removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of school. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been injured until proven otherwise.

Return to School Activities and Athletics

The student shall not return to physical activity (including athletics, physical education class and recess) until he/she has been symptom-free for not less than twenty-four (24) hours, and has been evaluated and received written authorization from a licensed physician to start the 5 day return to play protocol. On day 5 students will need to be evaluated by the school's medical doctor, Dawn Springer NP, who will give final clearance.

In accordance with Commissioner's Regulations, the School District's Medical Director has final clearance on all head injuries. Please contact the school's Athletic Trainer for the most up-to-date information on how to become cleared. All such authorizations shall be kept on file in the student's permanent health record. The standards for return to athletic activity will also apply to injuries that occur outside of school. School staff should be aware that students may exhibit concussion symptoms caused by injuries from outside activities and that these visible symptoms also indicate a removal from play.

The District shall follow any directives issued by the student's treating physician with regard to limitations and restrictions on school and athletic activities for the student. The District's Medical Director may also formulate a standard protocol for treatment of students with concussions during the school day.

To view the entire BOE policy, please go to the Athletic Website.

ATHLETIC DEPARTMENT POLICIES

We feel the parents play a vital role in the development of student athletes, therefore, we as coaches believe in the following:

ACADEMIC PROBATION / ELIGIBILITY

A student's first responsibility is to their academic achievement before all other activities. Participation in our comprehensive student activity program and interscholastic athletic program is a privilege that comes along with being academically successful. In order to ensure that students place a priority on a well-rounded education, the following Academic Probation policy has been developed by the building-level Shared Decision-Making Team.

1. Students will be placed on the Academic Probation list if:
 - a. They are failing one class
 - b. Have an incomplete in one class
 - c. Below 70% in two or more classes
 - d. In addition, students will be placed on the Academic Probation list at the start of a new year if they failed one or more classes during the previous school year
2. Students will remain on the Academic Probation list for five weeks. The report will be posted on the Parent Portal and a copy will be given to the students during homeroom on Monday morning informing them of their eligibility status for the upcoming week. The updated list will be in effect from the beginning of the school day on Monday through the end of the day on Sunday.

A. Teachers will report weekly progress for the students on the Academic Probation list each Friday afternoon. If a student has a 65% or above, they will receive an "S". If a student has an average below 65%, they will receive a "U". It is the discretion of the Teacher/Administration to change a U to a S.

B. Students will be given a report during homeroom every Monday morning informing them of their eligibility status for the upcoming week.

C. Parents/Guardians can view a copy of the report by logging into PowerSchool on a computer and clicking academic probation on the top left. The PowerSchool App will not accurately reflect the current academic status.

D. If you have any questions about the report, you should email the individual teacher. For general questions, you can contact your child's guidance counselor at 716-992-3601.

E. A letter will go home every five weeks that your child remains or is placed on academic probation.

F. The updated list will be in effect from the beginning of the school day on Monday through the end of the school day on the following Sunday.

G. It is the responsibility of the student to monitor their own academic progress in order to meet the requirements for participation in school sponsored events.

H. While on Academic Probation (list is in effect for five weeks), students must meet the requirements located on the chart (see next page).

I. Students who do not meet the requirements to be removed from the Academic Probation list each week will be unable to participate in any school-sponsored activities; this includes, but is not limited to: dances, club/organization activities, class trips, the musical, and all athletic events (either as a team member or spectator). Music department requirements for class grading purposes are exempt from this policy.

J. It is the responsibility of all faculty advisors/coaches to enforce the Academic Probation list and to prohibit the participation of students whose names appear on the list in school extra-curricular activities.

K. It is the responsibility of the student to monitor their own academic progress in order to meet the requirements for participation in school-sponsored events.

L. While on the Academic Probation list for the five weeks, students will need to do the following:

Academic Performance	Eligibility/Participation	Requirements
Satisfactory (S) in all classes	Eligible for full participation in school-sponsored activities	None
Unsatisfactory (U) in 1 class	Eligible for full participation in school-sponsored activities, including practices and games, so long as all requirements are met.	Report to Academic Enhancement Program after school Tuesday, Wednesday and Thursday.
Unsatisfactory (U) in 2 or more classes	Ineligible for participation in school-sponsored activities and games but may attend practices as long as all requirements are met.	Report to Academic Enhancement Program after school Tuesday, Wednesday and Thursday. -Attendance is mandatory for all students regardless of participation in extracurricular activities -Failure to attend will result in administrative consequences

ALL students with 3 or more Unsatisfactory (U) are required to attend the Academic Enhancement Program

II. ATTENDANCE

- A. An athlete who is **tardy to school after 9:45 a.m.** shall neither be allowed to attend practice nor compete in any contest that day without a legal excuse. If the student/athlete arrives at school after 9:45 a.m., a second note is necessary. This note must be initialed by the Athletic Director in order for the student/athlete to participate that day in a practice or contest. Exceptions will be made for educational trips. All notes must be handed in to the coach ***before*** practice.
- B. All athletes are to abide by the school's attendance policy.
- C. Student/Athletes, who have been assigned ISS or OSS for the day, may not practice or participate in a contest on that day. Furthermore, if an athlete does not participate in his/her scheduled physical education class, they may not practice or participate in a contest on that day.
- D. Attendance at all practices, meetings and contests is required.
- E. Completion of the season, including playoffs is a requirement to receive awards.

III. ADVANCED PLACEMENT

The Advance Placement Process is a process for screening student/athletes to determine their readiness to compete in interscholastic competition by evaluating their physical maturity, fitness, and skill. The intent of this program is to provide for the student/athlete in grades 7 through 12, an opportunity to safely participate at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student/athlete's physical maturation, physical fitness and skill, so the Student/Athletes may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury, and greater personal satisfaction. In addition to the criteria mentioned, the socio-emotional maturity of the Student/Athlete will be carefully assessed, especially where they are attempting to participate at an advanced level.

V. CHANGING SPORTS

It is important that the student/athlete try to go out for the right sport, particularly at the Junior Varsity and Varsity levels. A Student/Athlete may not change from one sport to another once a team has been selected, without permission of the Athletic Director and both coaches. If he/she has been cut from one team, it is legitimate to try out for another.

VI. JEWELRY

The N.Y.S.P.H.S.A.A. has instated a rule concerning the wearing of jewelry during athletic competition. This also includes practice. It states:

“Any piece of jewelry that is visible, at the start of or during a contest, is a violation of the NYSPHSAA Jewelry Rule.” This rule states:

“No jewelry shall be worn in any sport. Religious medals may be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible. **Note:** The sports of bowling, golf and riflery are exempt from this rule.”

This rule now applies to any and all body piercing objects, including tongue studs.

VII. EQUIPMENT

Athletic equipment becomes costlier each year. It is the responsibility of the Student/Athlete to return, to the coach, all clothing and equipment issued. No one should have any school equipment at home after the season without school permission. Failure to do this will result in the student/athlete paying for missing articles. Until the obligations from one sport have been resolved, no equipment or clothing will be issued for the next sport.

Also, the Athletic Department will do everything it can to keep school equipment up-to-date and safe to use. We will also try to improve the equipment on a yearly basis, to help each program move in a positive direction, while giving our Student/Athletes the best opportunity for success.

VIII. TRANSPORTATION

Student/Athletes will be transported to and from away league contests by school authorized vehicles only. In special cases, a parent may request to provide transportation for their child only. In such cases, the request must be made in writing in advance to the Athletic Director with the form provided on the Athletic Website.

- A. Student/Athlete behavior while traveling is expected to be exemplary.
- B. Transportation requirements are:
 - 1. Parents may request in writing to the Athletic Director prior to any away contest that their child be allowed to return home by transportation other than that provided by the school or the parents themselves. This request, when approved, will be shared with the coach prior to the end of the school day, or before departure of contest transportation.
 - 2. Students are never allowed to return from an away contest on verbal or written request with brothers, sisters or friends unless approved in advance according to procedures in Item 1.

C. FAMILY VACATIONS

When parents and student/athletes choose to take their family vacations during the sport season, it must be understood that the time missed by the student/athlete can affect team chemistry, and personal conditioning. Student/athletes who miss practices or competition for any reason may have their position, playing time, or roster spot cut down. Coaches will make every effort to inform parents and student/athletes of the season's schedule as far in advance as possible.

X. INJURIES

It is the student/athlete's responsibility to immediately report any injury to his/her coach. The coach will then complete an incident report, and return it to the Athletic Director within 24 hours. If a student/athlete has been removed from a game or practice because of an injury needing medical attention, the student/athlete cannot return to practice or competition without a physician's release.

XI. ENFORCEMENT OF TRAINING REGULATIONS AND PROCEDURES

- A. Any violation of the training rules outlined in the **CODE OF BEHAVIOR** section of the handbook, shall result in suspension from the team for the next full week of scheduled contests during that season, with the exception of **CODE OF BEHAVIOR** section, letter D. The player shall be expected to attend and participate in practice during this suspension period but shall not play in the contests. A form stating the nature of the violation and specifics (substance, date, time, witness, etc.) must be filled out and a copy given to all concerned parties (Coach, Athletic Director, Student/Athlete, Principal and Parents/Guardian) dated to begin and end the one-week suspension.
- B. A second violation of the regulations during the same school year shall result in expulsion from the team and forfeiture of all awards for the remainder of the school year.

- C. Any student removed from a contest for unsportsmanlike conduct shall be automatically suspended from participation in the next contest. A second unsportsmanlike violation shall carry an automatic two-contest suspension
- D. Failure to return or pay replacement cost of any issued equipment shall result in the forfeiture of all awards for that season. If these obligations are not resolved by the beginning of the next sport season, the student may not participate until restitution is made.

XII. APPEAL PROCEDURE

This procedure shall apply to all sections of the Training Regulations. Any appeal regarding an enforcement of the Regulations must be made by the close of the following school day. All suspensions and dismissals will be enforced as previously indicated unless changed by the action of the appeal committee.

- A. Step #1 - A student athlete may request a hearing by a committee made up of a coach (other than the coach of the sport involved), the Director of Athletics and/or the MS or HS Principal. Parents of the suspended student athlete shall be invited to attend this hearing. The coach may submit a written statement concerning the matter.
- B. Step #2 - In cases where the committee's decision in Step #1 is not acceptable to the athlete, the decision may be appealed to the Superintendent of Schools. Implementation of this step must be presented to the Superintendent of School in writing within three (3) days of the decision at Step #1. The Superintendent shall review the case on its merit and his decision shall be final.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

SECTIONS of the NYSPHSAA, Inc.

Section 1:	Dutchess, Putnam, Rockland, Westchester
Section 2:	Capital District
Section 3:	Central New York
Section 4:	Southern Tier
Section 5:	Genesee Valley
Section 6:	Western New York
Section 7:	Champlain Area
Section 8:	Nassau
Section 9:	Orange, Sullivan, Ulster
Section 10:	St. Lawrence Area
Section 11:	Suffolk

