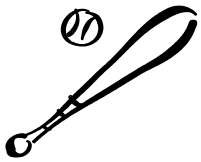

White Plains City School District
High School and Modified Athletic Program
For Student Athletes, Coaches and Parents
2026 - 2027

This Athletic Program Handbook is now available online@ www.wpcsd.k12.ny.us
Go to the Department link at the top of the webpage and look for Athletics/Physical Education.

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White Plains Public Schools
WHITE PLAINS HIGH SCHOOL
550 NORTH ST
WHITE PLAINS, NEW YORK 10605
914-422-2236

Matt Cameron
DIRECTOR OF ATHLETICS
Michael Chappas
ASSISTANT DIRECTOR OF ATHLETICS

Dear Athletes and Parents,

Congratulations on making the decision to participate in the White Plains City School District Interscholastic Athletic Program. Your involvement in our sports program will give you the opportunity to meet and work with our diverse, talented student body and our outstanding, dedicated coaching staff.

Our coaching staff cares about our athletes. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our fine coaches serve as excellent, positive role models for our students, and we are very proud of them and their achievements.

White Plains High School is a member of the New York State Public High School Athletic Association. The main goal of the White Plains Interscholastic Athletic Program is to provide experiences that promote individual growth within a safe and healthy environment. We hope that all students will participate in some phase of our program. These will be memorable experiences that will last a lifetime.

When your daughter/son chooses to participate in one of our sports programs, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some specific policies that are necessary for a well-organized program of interscholastic athletics. The program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities and those of the White Plains City Schools.

This handbook was prepared to answer some of the basic questions regarding the Interscholastic Athletic Program in the White Plains Public Schools. We ask that both parents and athletes read it carefully to understand the opportunities and responsibilities of involvement in our athletic program. The handbook is also on the district website on the Athletic Department homepage.

If you have any questions or concerns regarding the White Plains City School District Interscholastic Athletic Program and/or this booklet, please do not hesitate to call or email us.

Good Luck athletes. Be loyal to yourself and to your family. Work hard in the classroom and on the athletic field. Success is sure to follow.

Sincerely,

Matt Cameron

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Superintendent of Schools
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Emerly Martinez
White Plains High School Principal
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Highlands Middle School Principal
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WHITE PLAINS HIGH SCHOOL HEAD COACHES

FALL SPORTS

Kevin Martins
Football Head Varsity Coach
kevinmartins@wpcsd.k12.ny.us

Dan Furry
Cross Country (Boys) Varsity Coach
danielfurry@wpcsd.k12.ny.us

Melissa Hidalgo
Cross Country (Girls) Varsity Coach
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Kasey Rubenstein
Field Hockey Head Varsity Coach
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Soccer (Boys) Head Varsity Coach
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Martyn White
Soccer (Girls) Head Varsity Coach
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Cosme Carmona
Girls Swimming & Diving Head Varsity Coach
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Stephanie Tock
Tennis (Girls) Head Varsity Coach
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Caitlin MacDonald
Volleyball Head Varsity Coach
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Jessica Telesco
Cheerleading Varsity Coach
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WINTER SPORTS

Howard Rubenstein
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Cosme Carmona
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Benjamin Carter
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Kori Trataros
Track & Field (Girls Indoor) Head Varsity Coach
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Daniel Furry
Track & Field (Boys Indoor) Head Varsity Coach
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Ben Karol
Wrestling Head Varsity Coach
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Jessica Telesco
Cheerleading Varsity Coach
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SPRING SPORTS

Ben Karol/Tino Sofos
Golf Head Varsity Coach
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constantinossofos@wpcsd.k12.ny.us

Brian Golden
Tennis (Boys) Head Varsity Coach
briangolden@wpcsd.k12.ny.us

Kori Trataros
Track & Field (Girls Outdoor) Head Varsity Coach
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Daniel Furry
Track & Field (Boys Outdoor) Head Varsity Coach
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Chris Rowan
Softball Head Varsity Coach
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Baseball Head Varsity Coach
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Mark Armogida
Lacrosse (Boys) Head Varsity Coach
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Special Olympics
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WHITE PLAINS MIDDLE SCHOOL MODIFIED COACHES

FALL MODIFIED SPORTS

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Football Co-Head Modified Coach
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TBD
Field Hockey Modified Coach

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Anthony Ciorciari
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Volleyball Modified Co-Coach
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WINTER MODIFIED SPORTS

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Morgan Roessler/Patty Darcy
Basketball (Girls) Modified Co-Coaches
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Ice Hockey Modified Coach
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SPRING MODIFIED SPORTS

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Maria Morelli
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Patty Darcy
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914-422-2231

Natalie Gjokaj
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PHILOSOPHY OF THE WHITE PLAINS INTERSCHOLASTIC ATHLETIC DEPARTMENT

It is the basic educational philosophy of the White Plains City School District to prepare our students to become productive, contributing citizens of our community and society. We believe that a comprehensive program of student activities is vital to the educational development of our students. The athletic program is an extension of this philosophy.

Within this context, it is the purpose of White Plains athletic program to foster and promote:

- Appropriate physical, social and psychological development.
- The ideals of competition, teamwork and sportsmanship while achieving the twin goals of success and participation.
- The development of self-confidence, self-discipline, organization, decision making skills and goal orientation. Desire and dedication 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 final outcome is a better citizenry carrying these values throughout their life.
- The concept of an integral relationship between a sound mind and a sound body leading to a lifetime appreciation for physical fitness and good health habits.
- A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents, coaches and the community as a whole.
- The development of self-esteem and a healthy self-concept. Regardless of

the role students play on a team, they should complete their experience in athletics feeling good about themselves.

Finally, the interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. The athletic program will be conducted in a manner reflective of a positive, growth-oriented activity.

ATHLETIC PROGRAM DESIGN AND BENEFITS

Our school district believes that a comprehensive program of student activities is vital to the educational development of the student. We believe the primary objective of a well-designed athletic program is to be challenging and enjoyable. We further realize that our student athletes expect coaching, teaching, responsibility and discipline.

Our athletic program is designed to allow for the individuals to participate at their level of readiness and be able to achieve satisfaction and enjoyment. The athletic program shall emphasize fun, enjoyment, and opportunities for all students and a strong emphasis on the building of skills at all levels.

The White Plains Interscholastic Athletic Program provides an exceptional opportunity of personal growth. Athletes learn to accept personal responsibility for success or failure while at the same time they are able to recognize their individual strength and limitations. In addition, student/athletes are provided with an opportunity to deal with intense emotions such as anger, determination, anticipation, exhilaration, bitterness, disappointment, joy, frustration and suspense in the athletic setting. Very few experiences in life offer such an opportunity.

Our athletes learn about motivation, self-discipline, self-confidence, loyalty, leadership, sacrifice, extra effort, and the importance of a positive and winning attitude. These lessons are invaluable in today's competitive world. Interscholastic athletics offer the opportunity to learn that working together within a group toward a common goal can accomplish positive and successful results. Athletics also stress the importance of physical fitness, conditioning, good health habits and safety. Being an athlete in the White Plains City Schools provides the opportunity to develop lasting friendships with teammates, coaches and opponents.

The following guidelines have been developed to help students, parents and coaches understand the objectives and guidelines of participation in athletic activities at each grade level.

MODIFIED/FRESHMAN PROGRAM PHILOSOPHY

The modified program is available to students in the seventh and eighth grade. 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, physiologically appropriate demands on the adolescent body, and healthy competition.

The modified program's primary objective is to provide a conducive learning environment that promotes positive self-esteem and teaches life skills and basic athletic

techniques. This program is designed to encourage maximum participation and opportunities for our young athletes to experience sport and de-emphasize winning as a main goal. However, it does recognize that "winning" is important and enjoyable if kept in its proper perspective.

At the modified level, the procedure of cutting student/athletes is not desirable. However, 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 be necessary. Ultimately, number of teams and the size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor or outdoor facilities, and a safe environment.

ADVANCED PLACEMENT

Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department Program called Advanced Placement. Permission for this program begins with the head varsity coach's recommendation. The coach of the respective sport will be responsible for completing a skill evaluation of the athlete. The athlete's skill level must be such that they can compete on the freshman, junior varsity or varsity level and contribute at a high level. A mutual decision will be made by the varsity and modified coaches. Additionally, students must display an advanced degree of socio-emotional maturity before a try out is granted. Upon receiving this recommendation, the student-athlete will need to complete the following procedures in this order:

- The head varsity coach in the desired sport starts the process. Our modified coaches and our school nurses do not.
- The **head varsity coach** comes to the athletic office to get an **Advanced Placement** packet and for the athletic director's signature first.
- **The head varsity coach in conjunction with the modified coach,** then gives the packet to the middle school athlete applying for advanced placement (*or parent of the athlete)* so the parent can sign the permission form.
- **Once** the permission form is signed by the parent/guardian, the middle school athlete (*or parent)* brings the packet to either the Eastview or Highlands nurse and the **advanced placement** process continues from that point. (*A physical education instructor will then be assigned to give the athletic performance test).* THE ATHLETIC PERFORMANCE TEST MUST BE PASSED BY THE ATHLETE. The nurse then collects all data and works with the district medical doctor to confirm compliance with **advanced placement** requirements. The nurse confirms with the athletic director the approval or denial of the advanced placement.
- The athletic director will inform the head coach when the process is completed and when the middle school athlete can participate as **advanced placement.**

It is very important to begin the Advanced Placement process early to ensure that the athlete will be ready to begin the sports season. The **deadline** to file advanced placement for each sports season is as follows:

- Fall Season, May 15
- Winter Season, October 1
- Spring Season, February 1

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential for developing into productive varsity level performers. Although team membership varies according to the structure of each program, freshman and sophomores occupy the majority of roster positions, although in certain situations, juniors may be included on a junior varsity roster.

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, elements and strategies of team play, in addition to socio-emotional development. Junior varsity programs work toward achieving a balance between continued team and player development and striving for victory.

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 six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, students participating at this level are expected to demonstrate a high degree of dedication and commitment.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sports program. Seniors and juniors generally make up the majority of the roster. At the varsity coach's discretion, sophomores and freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate socio-emotional development are demonstrated.

Squad size at the varsity level is limited. 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. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sports seasons. While contests and practices are rarely held on holidays and Sundays, they sometimes may be scheduled during school vacation periods. The dedication and commitment needed to conduct a successful varsity sport should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs 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 a varsity level team.

GUIDELINES FOR PARENTS OF STUDENT/ATHLETES

- To encourage your child to do his/her best.
- To realize that when participating in a sport, the choice should be the student's not the parents.
- To be mindful of the fact that coaches have a job and objectives that he/she tries to accomplish, and that one coach's objectives will differ from those of another coach.
- To understand at different levels, there are different expectations and objectives that must be met.
- To have and demonstrate respect for officials, coaches, other parents and athletes.
- Praise athletes for participating and their commitment, regardless of their athletic skills.
- Look for positives in athletes; avoid ridicule or sarcasm.
- Don't be obsessed with your involvement in sports. There is a life after sports.
- Remain calm when mistakes are made, and help athletes learn from mistakes.

RESPONSIBILITIES OF A WHITE PLAINS ATHLETE

Being a member of a White Plains athletic team is a privilege and an honor. To many athletes, it is the fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be fulfilled. A great athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic team at White Plains, you have inherited a great tradition. Your actions will reflect not only on those with whom you are associated with now, but those who have contributed so much to our school in the past, and those who will follow you.

- Athletes who are medically excused from physical education will not be permitted to participate in athletics until they are medically cleared to return to class.

Many of our athletes have gone on to compete at the collegiate level. Others have established league, section and state records. Because of this fine tradition a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set up by the Athletic Department.

In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong.

You must learn to say "NO" to risky lifestyle choices. In the long run you and your family will be proud of the sacrifices and dedication that you will have put forth to be a member of our athletic teams. If you take this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The experiences of athletic competition are the result of hard work, dedication and discipline and are rewarded with the culmination of fond memories and personal achievements.

The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities, as well as in athletics, prepare you for your life as an adult.

Another responsibility you assume as a team member is to your school. White Plains cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of the school.

You have a responsibility to your parents to always do the best you can. When participating in athletics, we sometimes feel that we have failed if we have not won. By trying the best that you can and following all the rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates. Younger students will look up to you and it is your responsibility to set a good example for them. They will imitate many things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

STUDENT ELIGIBILITY FOR SPORTS – ACADEMICS

TIGER ACADEMIC SUCCESS PROGRAM

Students must attend all their classes, be on time and participate to the best of their ability.

TUTORIAL SERVICES

Students may enroll in a study help center during their study hall periods to receive tutorial assistance in the academic areas in which they are deficient. Students are also encouraged to stay after school and attend any extra help or study sessions with instructional staff that is offered or recommended for students to attend.

Students may work with members of the National Honor Society or New York State Science Honor Society during study hall periods for tutorial assistance.

STUDENT ATHLETE STUDY TABLE

Monday through Friday during the school year, we will have an after-school study table available for all students who require academic support or a quiet place to study. Peer tutoring will be available.

N.Y.S.P.H.S.A.A. *STUDENT ELIGIBILITY FOR SPORTS: AGE, GRADE, DURATION, AND TRANSFERS

Upon entry into the 7th grade, a student is eligible for Modified Program competition. In our district, for some sports we use the Modified Program "A" (Grades 7-8-9). In other sports, we use the Modified Program "B" (Grades 7-8 only). A student is ineligible for modified Program "A" competition when the 16th birthday is attained; however, if a student attains the 16th birthday during the sports season, he/she may complete the sports season. In Program "B", when an 8th grader attains his/her 15th birthday during a sports season, the student athlete may complete the sports season.

The high school program consists of freshman, junior varsity, and varsity teams. A student shall be eligible for such competition in grades 9, 10, 11 and 12 until his/her 19th birthday. If the age of 19 is reached on or after July 1, the student may continue to participate during that school year in all sports.

A pupil shall be eligible for high school athletic competition in a sport during each of four consecutive seasons of such sport, commencing with the pupil's entry into the ninth grade and prior to graduation.

Transfer Students may be ineligible for up to one sport season depending on the circumstances. Contact the Athletic Director for specific regulations.

NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department Advanced Placement Process. The 15-year-old below the 9th grade needs to meet advanced placement maturity standards to be eligible at the high school level.

*NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

White Plains City School District
TIGER ACADEMIC SUCCESS PROGRAM

To ensure that students are eligible to participate in interscholastic sports here at White Plains High School, the following Eligibility Policy shall be observed:

TIGER ACADEMIC SUCCESS PROGRAM - Levels of Participation

# Of Failed Courses	Eligibility Status	Description
1	**Student-Athlete is Eligible**	***FULL*** participation for the student-athlete throughout the quarter. The student is encouraged, but not required to seek extra help with the course they are currently failing. They are expected to maintain good academic standing in their other classes to remain eligible to fully participate.
2	**Student-Athlete is Eligible.**	***FULL*** participation for the student-athlete throughout the quarter and the student-athlete will be placed on *probation*. A student and parent will sign a contract outlining the steps the student-athlete will take to improve their grades. Seasonal Eligibility Determination: • ***FALL SEASON*****: Eligibility** status for student-athletes participating in the *fall season* will be determined by their ***FINAL AVERAGE GRADES*** of the previous academic year and grades will be monitored throughout the current season to remain eligible. (*Freshman* students are excluded and start with a "clean-slate") • ***WINTER SEASON*****:** Eligibility status for student-athletes participating in the *winter season* will be determined by their 1st quarter grades and grades will be monitored throughout the current season to remain eligible. Continued winter eligibility will be determined using 2nd quarter grades. • ***SPRING SEASON*****:** Eligibility status for student-athletes participating in the *spring season* will be determined by their 2nd quarter grades and grades will be monitored throughout the current season to remain eligible. Continued spring eligibility will be determined using 3rd quarter grades.
3	**Student-Athlete is NOT Eligible**	May **NOT** participate in any inter-scholastic sport in the White Plains City School District. Seasonal Eligibility Determination: • ***FALL SEASON*****:** If the student-athlete failed 3 or more courses the previous year and did not successfully pass summer school courses, they will be deemed ineligible for the fall season. • ***WINTER SEASON*****:** If the student-athlete failed 3 or more courses during the 1st marking period of the current year, they will be ineligible for our Winter Season. • ***SPRING SEASON*****: If** the student-athlete failed 3 or more courses during the 2nd marking period of the current year, they will be ineligible for the remainder of the current school year.

TIGER ACADEMIC SUCCESS PROGRAM - Levels of Participation

Eligible	Any student-athlete is eligible to participate in inter-scholastic sports at White Plains High School for as long as they remain in good academic standing.
Probation	Any student-athlete failing 2 classes during the marking period, at the conclusion of the marking period or at the conclusion of the previous school year will be placed on **PROBATION.** If a student-athlete is placed on ***PROBATION*,** the following will occur: 1. The student-athlete and the parents will be notified immediately by an eligibility committee member or their current coach. 1. If the student-athlete failed 2 or more courses at the conclusion of the previous academic year, they must attend summer school to remove themselves from the probation. 1. If the student-athlete does not agree with their current status, they have every right to appeal to the eligibility committee.
Ineligible	Any student-athlete failing 3 classes during the marking period, at the conclusion of the marking period or at the conclusion of the previous school year will be deemed ***INELIGIBLE*.** If a student-athlete is ***INELIGIBLE*** they may not practice, compete or participate in any interscholastic sports at White Plains High School. Seasonal Eligibility Determination: 1. For the student-athlete to participate they must attend summer school and pass their courses to either move to the ***Probationary Status or the Eligible Status*** to be eligible in the ***FALL SEASON***. 1. If the student-athlete is failing 3 or more classes during the ***FALL SEASON*** or at the end of the 1st marking period, they will be removed from the team and they will not be eligible for our ***WINTER SEASON*** sports. 1. If the student-athlete is failing 3 or more classes during the ***WINTER SEASON*** or at the end of the 2nd marking period, they will be removed from the team and they will not be eligible for our ***SPRING SEASON*** sports.

Eligibility Appeal:

This form, along with an explanation letter, and all supporting information should be emailed to:
Michael Chappas, Assistant Athletic Director – michaelchappas@wpcsd.k12.ny.us

Appeal form/letter of appeal:

REQUEST FOR AN APPEAL OF THE ELIGIBILITY REVIEW OF A STUDENT - ATHLETE

Please select below which marking period the student-athlete will be appealing:

- ❑ 1st Marking Period
- ❑ 2nd Marking Period
- ❑ 3rd Marking Period
- ❑ 4th Marking Period
- ❑ Summer School

Name of Student _____

ID Number _____

Sport _____

Coach _____

Form Submitted By _____ _____

Attach a copy of the student's transcript and any other pertinent documentation.

Athletic Director's Signature _____

Coach's Signature _____

Parent's Signature _____

FOR COMMITTEE USE ONLY:

Date:

Name:

Approved/Denied:

Explanation:

Appeal Process:

An ineligible student-athlete may appeal his/her ineligibility to the school Eligibility Committee. The student-athlete must make an appeal in writing within five school days after he/she has been declared ineligible. Once the appeal has been submitted by the student athlete, the committee will then set a date for the meeting. Any decision rendered by the committee is final and will not be open for further consideration.

Timeline:

- The appeal must be submitted after the marking period ends; within five school days.
- The Appeal Committee will meet, review, discuss, and return a written decision within a reasonable amount of time.

Committee Members / Selection:

- Athletic Director
- Assistant Athletic Director
- Guidance Counselor of the student athlete
- House Administrator of the student athlete
- Principal (or Principal's Designee)

SPORTSMANSHIP & FAIR PLAY

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

- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

- Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

We appreciate your attendance at our high school and middle school sporting events.

Our athletes need your **POSITIVE SUPPORT** and **ENCOURGEMENT.**
Unsportsmanlike behavior in any way by players, fans, parents, officials, or coaches only hurts the effort of all our participants. **CHEER** for your team, not against your opponent.

ENJOY THE GAME!

HAZING

Hazing in any form, including initiation which is degrading, is strictly forbidden by the White Plains City School District. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, and personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to District discipline and immediate dismissal from the Interscholastic Athletics Program.

SPECTATOR CODE OF CONDUCT

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students.
Therefore we ask that all spectators become active participants by:

- Demonstrating a high degree of sportsmanship by modeling appropriate behavior and also by monitoring the behavior of our crowd.

- Showing team support by making only positive comments and by using appropriate language.

- Showing positive respect for the judgment of coaches, officials, and referees.

- Acknowledging that fields, courts, bench area and equipment are the player's domain during a contest. Spectators should remain within the designated areas.

- Monitoring the safety of children at all times.

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult jobs. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

- Philosophy of the coach.
- Expectations the coach has for your child, as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements (i.e., fees, rules, and special equipment).
- Procedure should your child be injured during participation.
- Discipline that result in the denial of your child's participation.

Communication coaches expect from parents:

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the White Plains Interscholastic Athletic Program, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with the coaches:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may think is appropriate or deserved. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen

from the list above, certain things can be and should be discussed with your child's coach.

Other things, such as those following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

- Playing time.

- Team Strategy.
- Play calling.
- Other student/athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern:

- Call the Athletic Office at 914-422-2237 to set up an appointment.

White Plains High School	914-422-2236, 2237
Highlands Middle School Campus	914-422-2252

If a coach cannot be reached, call Mr. Cameron, the Athletic Director. Mr. Cameron will arrange a meeting for you. **Please note:** As a courtesy to the coach, a parent concern must be addressed with the coach before meeting with the Athletic Director.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The next step:
What can a parent do if the meeting with the coach did not provide satisfactory resolution?

- Call and set up an appointment with the Athletic Director. The parent/guardian, coach, and Athletic Director will meet to discuss the problem.
- At this meeting, the appropriate next step can be determined.

Parents are encouraged to discuss issues and problems with the Athletic Director. However, if a parent has specific complaints regarding the coach, then the coach must have the opportunity to be present to meet with the parent.

ABSENCE REGULATIONS

The school recognizes that there are circumstances that may require athletes to be absent for extended periods of time. Some of those absences may be beyond the control of the athletes. Others may involve choices that the athletes decide to make. When athletes make a choice to miss competitions or practices to participate in another event, they should understand that those absences may affect their role on the team. Depending upon the length and nature of the absences, athletes may miss competitions, lose their position on a team or even be dropped from a team.

Individual absences, excused or unexcused, will be treated as specified in each coach's program regulations. Those regulations will be designed to promote fairness and will take into consideration the best interests of individuals and the team. Copies of the regulations will be kept on file in the athletic office.

PRACTICES AND CONTESTS

- All student/athletes must make a commitment to attend all practices and contests on time.
- Athletes must be in attendance the last three periods of the school day in order to participate in that day's practice or athletic contest.
- The Coach will notify athletes and their families of the team's games, practices and time schedules.
- If an athlete is going to be late or absent from practice it is his/her responsibility to notify the 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 contest.
- Dental and/or medical appointments should be made after school hours whenever possible.

TRANSPORTATION

- An athlete is a representative of the White Plains School District. When traveling to or from a game, athletes should dress appropriately.
- It is expected that teams will travel together to all games. A member of an athletic team may not drive himself/herself to or from an athletic event.
- Proper decorum is a must when traveling to and from all contests and scrimmages.
- Athletes must respect the bus driver at all times.
- NO PROFANITY AT ANY TIME.
- No yelling or screaming on the bus.
- Once the bus is in motion all athletes must be seated.
- Unless there are extenuating circumstances, there will be no eating or drinking on the bus.
- If a trip is coming back late and food is allowed, the athlete must clean up before leaving the bus.

Student/Athletes will be transported to and from away 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 on a Transportation Release Form (appendix B), in advance, to the Athletic Director.

EQUIPMENT/UNIFORMS

The district lends equipment to the athlete for use on a daily basis during the season. The student assumes the responsibility for the return of all equipment at the appropriate time.

Athletic equipment provided by the district is costly to purchase or replace. It is the athlete's responsibility to protect all equipment. The district's policy regarding this equipment is as follows:

In order to protect personal and district equipment, the athlete should utilize a padlock for his/her locker.

All equipment loaned to an athlete must be returned.

Any equipment destroyed or lost and therefore not returned must be paid for. The athlete will be charged the cost of replacing the item. This obligation must be addressed prior to the end of the school year or graduation.

ATHLETIC AWARD SYSTEM

Each individual coach will establish the criteria for earning a participation certificate. This award is not given for participation and attendance alone. Athletes unable to complete a season due to injury, illness or other such circumstances may earn a letter if the coach feels it is justified. Athletes must finish the season to be eligible for an award.

The following awards are available in White Plains:

FRESH CERTIFICATE – Certificate of participation

J.V. CERTIFICATE –Certificate of participation

VARSITY CERTIFICATE – Certificate of participation

SENIOR AWARDS NIGHT – Senior Award, Highest GPA (male & female), 12 Season Sport Athlete

SCHOLAR ATHLETES – Varsity team and individual awards

GETTING READY TO PLAY

- **All WPHS and Highlands students wanting to participate on an interscholastic school team must register on *FamilyID*.**
  - www.familyid.com/organizations/white-plains-city-school-district-athletics

- You must have a physical examination by either your private physician **or** by one of our school physicians. School physician exams must be scheduled with the Nurse's office. School physician physicals are planned according to need. Both private and school physician physicals are good for up to **one year**. The private physician physical examination form is available in the nurse's office, athletic director's office, or it can be downloaded from the White Plains Public Schools' website (**www.whiteplainspublicschools.org**)

- If your physical is less than one year old (private physician's or school form) and the nurse has a copy on file, all you need is an interview within 30 days of the start of the sports season. This allows the nurse to "catch up" on your health issues and make sure you have everything you need to play.

BECOMING MEDICALLY CERTIFIED OR RECERTIFIED

Student/athletes must be medically cleared ***BEFORE*** beginning practice each season. The athletic physical is required before a student may participate in practice and/or competition. Athletic physicals are provided at no charge to interested students. These physicals will be arranged by the athletic office. The following information summarizes requirements for medical certification.

Physical exams must be completed by the school or family physician and are considered current for 12 continuous months. Student athletes are required to obtain a completely new physical exam if the previous physical date expires before or during the upcoming season.

All student/athletes and their parents must complete the Athletic Health History Form prior to each sport season at time of registration on *FamilyID.*

A situation may arise wherein a medical condition is discovered that will make a prospective athlete medically ineligible for participation in the sports program. Parents are always encouraged to contact their physician in order to further evaluate the condition that renders the student medically ineligible.

Any student required to seek further medical follow up, because of either medical ineligibility or as the result of an injury, will require specific medical clearance in writing. Once cleared medically by the treating physician and the district's physician, the student will then be permitted to participate in his/her sport.

ATHLETIC TRAINER

White Plains City Schools has two full-time athletic trainers. The role of the athletic trainer is as follows:

- To recognize and treat the athlete's injuries.
- To provide rehabilitation services and or recommend further medical treatment.
- To provide preventative taping of athletes to reduce injuries.
- To provide the White Plains District Coaching staff with up to date information on conditioning and the prevention of injuries.
- To manage IMPACT Concussion Testing of our athletes.

The athletic trainers are based at White Plains HS each day (Monday – Friday) from 1:00 pm until the completion of all scheduled on-site practices and games. The athletic trainers' office is located in E Building in the Athletic Department wing.

The trainers are also available to work with modified athletes and coaches as needed. Mr. Mirabella can be contacted by email at michaelmirabella@wpcsd.k12.ny.us, Mr. Yehudi Maldonado at yehudimaldonado@wpcsd.k12.ny.us, or by calling 914-422-2000 x2749.

AWARENESS OF RISKS

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 an emphasis on sound training and adherence to the procedures and guidelines contained in this Athletic Handbook. It is extremely important to report any injury an athlete suffers immediately to his/her coach.

MEDICAL INSURANCE

The White Plains school district carries insurance coverage for student injuries that occur within its supervised activities. Please be aware that a family's personal insurance coverage must first be used to its allowable limits. The school's coverage makes payment toward any unpaid balance incurred due to the injury. Our state "PUPIL BENEFITS PLAN, INC." is a "scheduled excess" plan that may not cover the entire balance left after your insurance is used.

INJURIES

It is extremely important to report any injury an athlete suffers immediately to his/her coach and to the Athletic Trainer. Medical expenses resulting from any injury must first be submitted to your own insurance carrier. Any remaining balance can be submitted to the school's accident insurance carrier by processing the claim form you received from the Athletic Office.

NOTE: The school's accident insurance provides only excess coverage according to a schedule of benefits.

RETURNING AFTER AN INJURY OR ILLNESS

Any athlete who has seen a doctor must be released (signed statement) by the doctor that treated your child in order to resume participation with their team. If you have to go to the emergency room for care, please obtain the release (written) before leaving the hospital because many times the attending physician may not be there the next time you visit. This release must be filed with our school nurse. It is the athlete's responsibility to get the release to the school nurse. Contact Athletic Trainers, Michael Mirabella at michaelmirabella@wpcsd.k12.ny.us or Yehudi Maldonado at yehudimaldonado@wpcsd.k12.ny.us for additional information.

CHANGING SPORTS

Students may change from one sport to another sport provided that they have received permission from the coaches involved and the Athletic Director. If an athlete has been cut from one team, it is legitimate to try out for another.
Please note: Once team rosters are official, students may not attempt to transfer from one team to another.

FOR PARENTS - A WORD ABOUT SAFETY

As you are aware, the possibility of accidents and injuries is inherent in all sports activities. No matter how many precautions are taken, accidents and injuries do happen. Please take a moment to read what measures are taken at White Plains High School to prevent accidents and injuries from happening to your child, and what procedures to follow in the event your child requires medical care for injuries received while participating in sports activities.

PRECAUTIONARY MEASURES:

- The pre-season physical examination by a school or family physician and a nurse-interview, evaluate students for athletic participation. Past medical histories are reviewed and recommendations regarding participation in various activities are made. No student is permitted to participate in try-outs, practices, or games until full approval is granted by the medical staff.

- The medical staff makes coaches aware of any special restrictions required for your child.

- All coaches are certified in first aid techniques and have first aid supplies at all practices/games.

- All equipment utilized by athletes is top grade quality and meets all safety standards.

- Fields and other playing areas are continually inspected to remove safety hazards.

- The nursing staff is informed of all sports-related injuries and appropriate medical follow-up is required before students are permitted to return to participation.

IF AN INJURY DOES OCCUR:

- The coach informs the athletic trainer when there is an injury. The athletic trainer will contact the school nurse as necessary and will file all insurance and student accident forms.

- The athletic trainer and coach follow up with the parent regarding the injured athlete.

- The parent should take the athlete for necessary medical treatment and utilize family insurance coverage, if applicable.

- After reimbursement is made from the family insurance policy, the parent submits unreimbursed medical costs, if applicable, to the school insurance by using the carrier's claim form, which is available at the athletic office.

- The student accident policy will cover injuries that occur as a result of a sports related incident. Upon the insurance company's approval of coverage for that specific injury, they will reimburse a portion of the balance of cost not covered by the family insurance.

- The student accident policy does not cover the costs of medical supplies/equipment, ie: crutches, braces. The cost for such appliances must be assumed by the family insurance or by the parents.

WHITE PLAINS INTERSCHOLASTIC ATHLETIC TEAMS

	VARSITY	JV	FRESHMEN	MODIFIED HIGHLANDS (grades 7-8)
FALL				
Cheerleading	X			
Boys Cross Country	X	X		X
Girls Cross Country	X	X		X
Field Hockey	X	X		X
Football	X	X		X
Boys Soccer	X	XX		XX
Girls Soccer	X	X		X
Girls Swim & Diving	X	X		X
Girls Tennis	X	X		
Girls Volleyball	X	X		XX
WINTER				
Boys Basketball	X	X	X	XX
Girls Basketball	X	X		X
Boys Bowling	X			
Girls Bowling	X			
Cheerleading	X			
Ice Hockey	X			X
Boys Swimming	X	X		X
Boys Track	X	X		
Girls Track	X	X		
Wrestling	X	X		X
SPRING				
Baseball	X	X	X	X
Golf	X			
Boys Lacrosse	X	X		X
Girls Lacrosse	X	X		X
Softball	X	X		X
Boys Tennis	X	X		
Boys Track & Field	X	X		X
Girls Track & Field	X	X		X
TOTAL	28	23	3	23

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

ATHLETIC AND CO-CURRICULAR PLEDGE

The athletic and co-curricular activities at the Middle School and High School are integral parts of the overall educational program of the White Plains City 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 school district work together to set high expectations for student behavior both on and off campus.

The District expects that I will uphold the high standards of academic eligibility and abide by the rules specified by my coach/advisor. As a participant in an athletic and/or co-curricular activity, I will comply with all the provisions of the District's Code of Conduct, and I pledge as follows:

- **I will not possess, consume, be under the influence of, and/or distribute alcohol, tobacco and/or unlawful drugs, such as marijuana, cocaine or other controlled substances on school grounds or at school-sponsored events and trips.**
- **I will not engage in hazing, harassment, fighting, theft, vandalism or violent conduct on school grounds or at school-sponsored events and trips.**
- **I will not possess, consume and/or distribute performance-enhancing drugs or steroids at any time.**
- **I will attend all my classes, be on time and participate to the best of my ability.**
- **I will adhere to the expectations outlined in the WPCSD Code of Conduct.**

I also understand that any violation of this pledge found after a proper investigation by school authorities will result in disciplinary action, including a warning, probation, a specified period of suspension and/or permanent suspension from the athletic and/or co-curricular activity. Also, I further understand that this process applies to a student who is the subject of a criminal investigation whether in school or in the community.

I understand that I am expected to conduct myself <u>both in school and in the community</u> in a manner which demonstrates personal integrity and positively reflects on me and the District. If I am involved in an incident in the community which involves drug, alcohol or violent behavior, I understand I will be referred to a district counselor.

I have read this pledge and the online Athletic Program Handbook and accept responsibility for my actions under this pledge.

Student's Name <u>(PRINT)</u>:_____

Team:_____ Level:_____

Student's Signature: _____

Date:_____

<u>Parent/Guardian Acknowledgment:</u>
I have read and understand this pledge, and the online Athletic Program Handbook, and have explained the requirements of this pledge to my child. As the parent/guardian, I accept the responsibility to help my child meet their obligations set forth in this pledge.

Parent/Guardian signature: _____ Date: _____

WHITE PLAINS PUBLIC SCHOOLS

TRANSPORTATION RELEASE FORM

This form must be properly completed and signed by a parent or guardian. Once signed, the form is returned to the Athletic Office. The form must be completed 24 hours prior to the extracurricular activity in order to obtain the release of a child from the transportation provided back from the site by the White Plains School District. A new form must be completed each time the release of a child is sought from the return transportation provided by the White Plains School District. **(10/22)**

I,_____, request that the District release my child,_____,
Name of Parent/Legal Guardian **Name of Student**

into (my custody/the custody of a third party) at the conclusion of the extracurricular activity listed below.
Choose Only One Option

My child does not need return transportation from the District. The applicable information is as follows:

Extracurricular Activity:

_____
Identify Athletic Competition, Field Trip or Other Event

_____
Location of Activity

_____
Date of Activity

Third Party Information:

_____
Name

_____
Relationship to Child

_____
Address

_____
Telephone

I assume full responsibility for bringing my child home or authorizing his or her transportation back from the site of the extracurricular activity with the above third party. I understand that under no circumstances will the District release my child to anyone other than the person named on this form.

_____
Signature of Parent/Legal Guardian

_____
Print Name of Parent/Legal Guardian

_____
Date

Important Athletic Program Dates
2026 - 2027

August

- 8/17 WPHS-V/JV Football Begins
- 8/24 WPHS-All Fall High School Sports Begin
- 9/3 WPMS-All Modified Fall Sports Begin

November

- 11/9 WPHS-Hall of Fame Induction
- 11/16 WPHS-All Winter Sports Begin
- 11/23 Modified Ice Hockey Begins
- 11/30 WPMS-All Modified Winter Sports Begins

March

- 3/8 WPHS-All Spring Sports Begin
- 3/29 WPMS-All Modified Spring Sports Begin

May

- 5/6 - 5/8 Loucks Meet

June

- 6/2 Senior Athletic Awards Night 6pm

BONA FIDE STUDENT ATHLETE ELIGIBILITY

1. **Age and Grade:** According to the regulations of the NYS Commissioner of Education,, a pupil shall be eligible for senior high athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the 9th grade and prior to graduation, except as otherwise provided in the Athletic Placement Process. The Athletic Placement Process permits pupils in the 7th and 8th grades to compete in senior high school competition provided that they meet the standards of the program. A pupil shall be eligible for interschool competition in grades 7, 8, 9, 10, 11, and 12 until his/her 19th birthday. A pupil who attains the age of 19 years on or after July 1 may continue to participate during the school year in all sports.

2. **Amateur**: A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the benefits derived from participation. An athlete forfeits amateur status in a sport by: a. Competing for money or other compensation (travel, meals, lodging, etc.); b. Receiving an award or prize of monetary value which has not been approved by NYSPHSAA. (Only awards/prizes less than $50 value will be approved.); c. Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to higher institutions are exempted.); d. Signing a professional playing contract in that sport.

3. **Assumed Name:** Participating under an assumed name in any athletic contest shall make the student-athlete ineligible in that sport for one year from the date of violation.

4. **Bona Fide Students:** A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including physical education.

5. **College:** A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any college squad.

6. **All-Star Contests:** The only all-star contests that an athlete may participate in are exceptional senior athlete contests that are approved by the NYSPHSAA. a. Only seniors who have completed their eligibility in that sport may compete in these contests.
b. A contestant may participate in no more than one approved exceptional athlete contest in the same sport during the school year.

WHITE PLAINS ATHLETICS