



General Guide for Interscholastic Athletic and Co-Curricular Activities at North Salem Middle/High School

North Salem welcomes, supports and seeks to foster the participation of bona-fide district students in interscholastic athletics and co-curricular activities (i.e. theater productions). 8/2026

ACADEMIC REQUIREMENTS AND ATTENDANCE

- Students must maintain passing grades.
- To encourage both academic achievement and participation in interscholastic athletics and co-curricular activities, administration and teachers will work with students to develop a specific *Program for Improvement Plan* to help students meet the condition for passing grades (if needed).
- Students who do not meet the academic requirement are NOT permitted to participate in interscholastic athletics or co-curricular activities.
- Students must attend 7 out of 9 periods per day to take part in that day's athletic or co-curricular activity.

PARTICIPATION

- It is understood that in making a commitment to an interscholastic athletic program or co-curricular activity, athletes and co-curricular participants, are prioritizing their responsibilities to that North Salem program before any other activity.
- This includes participation in other teams, school clubs or other clubs, employment, and general family activities. These external activities or other school clubs must be secondary to the commitment to the North Salem interscholastic athletic team or co-curricular activity.
- Students who sign on to participate at Modified, JV and Varsity levels MUST ATTEND all required practices and all games.

MISSED PRACTICES AND GAMES

- Repercussions to missed practices or games may include sitting on the bench for the subsequent game(s) / co-curricular activity and, or up to, removal from the team or co-curricular activity.
- Required participation for athletics includes Pre-Cut practices as well as practices and games during vacation weeks, etc. Please see the specific season schedule for your activity on NSCSD website.
- Practices for Modified Teams are one session day a week for up to five days/week.
- Practices for JV/Varsity Teams are one session day a week for up to six days/week.
- Sunday games/practices may arise during the post-season play.

EXCUSED ABSENCES

- Students may be excused for medical reasons, religious obligations, funeral attendance,

participation in ROTC or similar activity, or other legal school absence such as a college visit.

- Documentation is generally required for excused absences.
- Requests for regularly excused absences and extenuating circumstances must be reviewed by and approved by the Coaching Staff and Athletic Director for athletes or Head of co-curricular activity for students in those programs.

MEDICAL CLEARANCE

- Students returning from illness or injury must provide a doctor's note to the school nurse who, in collaboration with the NS Athletic Trainer, will assess and sign-off on a plan or process for return to play.

AGE REQUIREMENTS FOR ATHLETICS

- Interscholastic sports participation begins in the 7th grade.
- Students may participate at the High School Level in 7th or 8th grade or, with parental approval, may try out for JV and Varsity Levels in accordance with the APP process. (See Handbook for specific details.)

SHADOW and MERGED TEAMS

- Students who participate on a shadow or merged team will follow that district's athletic rules as they relate to that specific team AND they will follow the North Salem School policies as outlined in the Interscholastic Athletic and Co-Curricular Handbook.

RESPONSIBILITY OF STUDENT PARTICIPANT, PARENTS, SPECTATORS, COACHES, TEACHERS AND ADMINISTRATION and NYSPHSAA

- At the heart of representing North Salem in interscholastic athletics and co-curricular activities is respect and adhering to a code of conduct that embodies the privilege that comes with representing North Salem Middle/ High School.
- This responsibility extends to parents, spectators, coaches, teachers, and administration.
- For Athletics, NYSPHSAA outlines additional rules for acceptable conduct on and off the field of play.

FULL HANDBOOK. Please refer to the District's full handbook for the complete rules governing Interscholastic Athletic and Co-Curricula activities. The handbook is available on the NSCSD website.

QUESTIONS? Please reach out to the Athletic Director for athletics or MSHS Principal for co-curricular activities.