

Romulus Athlete's Handbook

2026-2027



Romulus Central School

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ROMULUS ATHLETIC HANDBOOK

PARENT-STUDENT

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List of Teams

Fall Sports- (August-October)

Golf (Varsity / JV)

Boys Soccer (Varsity / Modified)

Girls Soccer (Varsity / Modified)

Volleyball(Varsity / JV / Modified)

Football (Varsity / Modified)

Fall Cheerleading (Varsity)

Cross-Country (Varsity / Modified)

Winter Sports- (November -February)

Boys Basketball (Varsity / JV / Modified)

Girls Basketball (Varsity / JV / Modified)

Winter Cheerleading (Varsity)

Winter Track (Varsity / Modified)

Bowling (Varsity)

Wrestling (Modified/Varsity)

Ice Hockey (Varsity)

Spring Sports (March-June)

Baseball(Varsity / JV / Modified)

Softball (Varsity / JV / Modified)

Spring Track (Varsity / Modified)

Girls Lacrosse (Varsity / Modified)

Boys Lacrosse (Varsity / Modified)

ATHLETIC DEPARTMENT VISION

Education has the important responsibility of preparing young people to be well-rounded individuals who are capable and willing to take their place in our society as responsible citizens. Co-curricular activities, such as athletics, offer ideal venues in which to promote the development of our students into well-rounded individuals. The Romulus Athletic Department will strive to use the interscholastic athletic experience to enhance the mental, physical, moral, social and emotional development of our students. The staff of the Athletic Department acknowledges the importance of our role to supplement the home and other social agencies in developing habits and attitudes that contribute to an increased quality of life. The staff is appreciative that athletics provides an opportunity to teach valuable life lessons, and that those lessons can be learned in a team environment where the consequences are often less severe than in other life settings.

ATHLETIC DEPARTMENT GOALS

1. Student-athletes will increase their understanding of the ideals of ethical conduct, integrity, fair play and good sportsmanship that make for winning and losing graciously.
2. Student-athletes will participate in the process of group decision-making, problem solving, and have opportunities to demonstrate leadership and initiative as they strive for the achievement of group goals.
3. Student-athletes will develop self-discipline, self-motivation and concepts such as commitment, excellence, loyalty, cooperation and other desirable traits.
4. Student-athletes will understand and practice the principles of sound health, safety and physical fitness.
5. The athletic program will promote a positive image of the Romulus School District and Community, which will reflect the Department's goals.
6. The athletic program will balance the fiscal and pragmatic realities of the District with the desire to maximize student participation and provide the largest possible variety of athletic opportunities.

THE ROLE OF A ROMULUS ATHLETE

Over the years, Romulus has developed a great athletic tradition through the hard work of many people. Being a member of a Romulus athletic team is a privilege and honor that carries with it certain traditions and responsibilities that must be fulfilled. Your actions reflect not only on those with whom you are now associated, but also on those who have contributed so much to our school in the past and those who are yet to follow you. Many of

our athletes have established league, sectional and state records and others have gone on to participate collegiately. Romulus' rich athletic tradition sets a challenge for you to work hard and make sure your actions reflect the standards and expectations that are set up by the Athletic Department.

One of the most important responsibilities of a Romulus Athlete 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 athletics, prepare you for life as an adult. Another responsibility you assume as a team member is to your school. Romulus 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 our school.

In addition to your responsibilities to yourself and your school, you also 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 you can and following all the rules set by your squad, you can feel 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.

THE ROLE OF PARENTS IN ATHLETICS

The Romulus School District recognizes that parents can be positive and powerful role models for their children. Parents' support of their children in athletic experiences will help to assure that student-athletes have a fulfilling experience that contributes to their life-long personal growth.

In an effort to promote a positive environment for student-athletes, the Romulus Athletic Department recommends that parents:

- Support the concept of "student-athlete" and not compromise academics for athletes.
- Understand the rules and regulations that your student-athlete has committed to by becoming a team member.
- Hold your student-athlete accountable for their actions. Help guide them to make good choices, and help them learn from choices that could have been better.
- Be a knowledgeable spectator. Know the rules of the game and be a positive role model for sportsmanship. Encourage efforts, cheer success, respect opponents and understand our defeats.

- Address your questions, concerns and suggestions regarding the team or program with the coach. If further clarification or assistance regarding an issue is needed, the parent can contact the Athletic Director.
- Be supportive and adhere to NYS Laws prohibiting smoking in school buildings and on all school grounds.

PARENT / COACH COMMUNICATIONS

Both parenting and coaching are extremely difficult jobs. By establishing an understanding of each position, we are better 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 the expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Please do not attempt to confront a coach before or after a contest. These can be emotional times for both a parent and the coach.

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

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

The following is communication you should expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child, as well as all the players on the team.
3. Locations and times of all practices and contests.
4. Team requirements (i.e. rules and special equipment)
5. Procedures should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

Communication coaches expect from parents:

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

As your children become involved in the Romulus 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 coach:

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept when your child may not be playing as much as you think is appropriate or deserved. Coaches are professionals. They make judgment decisions based on what they believe to be best for all the students involved. As you have seen from the above list, certain things should be discussed with your child's coach. The following is a list of issues that must be left to the discretion of the coach.

Issues not appropriate to discuss with the coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

SPORTSMANSHIP & SPECTATOR CODE OF CONDUCT

Visiting team members, student and adult spectators are guests to be accorded 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 interpretations; these decisions should be accepted.
- Spectators and student-athletes 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.

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 behaviors and also by monitoring the behavior of our crowd.
- Showing team support by making only positive comments and by using appropriate language.

- Acknowledging that fields, courts, bench area and equipment are the players' domain during a contest. Spectators should remain within the designated area.
- Monitoring the safety of children at all times.

ROMULUS CENTRAL SCHOOL- INTERSCHOLASTIC SPORTS PROGRAM

PHILOSOPHY

Modified Program

Sports conducted at the 7th and 8th grade level focus on acquiring basic skills, fundamentals of team play, learning game rules and required behavior patterns, especially good sportsmanship. Some programs will be Modified A (grades 7, 8, & 9). This philosophy allows our student athletes to participate at the most age appropriate and developmental level. All participants will receive a substantial amount of playing time in all contests. Experiences and outcomes should not be lost in pursuit of winning competitions at this level. Cutting will be allowed only if the number of participants is deemed to be unmanageable.

Junior Varsity Program

The predominantly 9th and 10th grade level helps to prepare athletes for the Varsity level of competition. Exceptional 7th and 8th grade students may compete at this level if the Selective Classification requirements are fulfilled. The outcome of each contest is slightly more important than at the Modified Level; however, striving for victory while allowing all team members adequate playing time during the season is considered important. More emphasis on physical conditioning, refinement of basic skills, and development of team play requires an increase time commitment at this level. Good sportsmanship will be continually stressed at all levels. It is vital for each team member to have a role, and be informed of its importance.

Varsity Program

This level is in the culmination of all other levels. Junior and Seniors combine for the majority of roster positions, along with any Sophomore and infrequently, a Freshman that has developed physically and skill wise at an advance rate. A sound attitude coupled with an advanced level of skill are pre-requisites for a position on a varsity team. Even though all team members may not play equally, this has no reflection on the individual's importance in helping to attain the team's goals. Good sportsmanship will be continually stressed. It is vital for each team member to have a role, and be informed of its

importance. Winning at this level is not an end in itself, but a by-product of striving to reach the individual's and team's maximum potential. In order to earn a varsity letter, a player must complete the entire season.

Varsity Letter Requirements

- An athlete who would have earned a varsity letter but was injured and could not complete the season may be awarded a Varsity Letter at the coach's discretion.
- An athlete must complete the season in good standing in order to be eligible for varsity letters.

Athlete Dropping Off a Team

Once an athlete has made the final team roster, they are expected to complete the season in good standing. This teaches the student-athlete the value of commitment. There are several circumstances that can arise that prohibit their commitment. Listed below is the policy and procedure in these cases:

- a. If an athlete quits a team prior to the first scheduled contest, they may try-out for another team in that current season or teams in subsequent seasons, without going to the Athletic Review Board if the following requirements are met:
 - The Athlete meets with the coach and discusses the reasons for their decision.
 - All equipment issued is returned.
- b. If an athlete quits a team after the first scheduled contest in order to go out for any other sport in that season, or subsequent seasons, they must meet the following requirements:
 - Return all equipment issued.
 - Meet with the Coach to discuss the decision.
 - Appear in front of the Athletic Review Board to discuss the action. The Board will render a decision as to the future status of the athlete's participation in the Athletic Program

Academic Eligibility

Romulus students in grades 7-12 are considered ineligible for athletics and extracurricular activities if they are failing TWO or more classes at the interim period or at the end of the marking period.

When a student is ineligible, they may:

- Practice, but not participate in interscholastic athletic contests.
- Practice, but not participate in any performing arts performances unless a grade is attached, attend school dances, or attend extracurricular activities (athletic contests/concerts/play/musical/art show) as a spectator.

Other considerations for students deemed ineligible:

- Grades considered failures are 64% and below.
- Incompletes may result in ineligibility unless otherwise determined by administration.
- Students may not participate in after-school clubs/activities until passing.
- Students who are ineligible are expected to create an after-school schedule to obtain extra help with each class they are failing.
- Appeals are not granted.

If failing two or more classes at the interim report (issued after the 5th, 15th, 25th, 35th week mark), the student will be ineligible:

- Students can have their eligibility restored once they show that their average is not lower than 65% in more than one class.
- They must submit an updated grade sheet to include with their Eligibility Academic Progress sheet.

If failing two or more classes at the end of the marking period (issued after the 10th, 20th, and 30th week mark), the student will be ineligible:

- They are ineligible for a minimum of ten school days. After ten school days, the student can request that their eligibility be restored once they show that their average is not lower than 65% in more than one class.
- They must submit an updated grade sheet to include with their Eligibility Academic Progress sheet.
- Once a student is ineligible, they must have an Eligibility Academic Progress sheet signed by all of their teachers if they wish to have eligibility restored.
- Eligibility Academic Progress sheets will be available in the Main Office and School Counseling Office.

- In order to regain eligibility, a student's average must not be lower than 65% in more than one class.
- The Eligibility Academic Progress sheet must be signed by the Principal, who will then reinstate eligibility and notify the necessary faculty/staff/coach/advisor(s).

CLEARANCE PROCEDURE TO PARTICIPATE IN INTERSCHOLASTIC SPORTS

In order to ensure that all prospective student-athletes are eligible for participation on an interscholastic athletic team, the following procedures are required.

Sign-ups

Student-athletes will have the opportunity to sign-up for an interscholastic team on FamilyID/Arbiter for the Fall, Winter and Spring season.

Physical/Medical Approval

1. Physicals will be done at an announced time for students in grades 7-12.
2. If a physical is dated later than 30 days from the start of the sport season, the athlete must fill out an Interval Health History for Sports Participation Form.
3. Medical eligibility sheets will be filled out by the nurse and then forwarded to the Athletic Director's office who will make sure the Coach receives the sheets before the first practice. **No student will participate in a sport without being on the Nurse's medical Eligibility List.**
4. The Director of Athletics will provide a double check to see if student's have received a physical by submitting squad eligibility sheets of all teams to the respective building nurse.
5. If a student wishes to go to their own physician, they must have the physician fill out the Private Physician Form available in the Nurse's Office. A copy of this form **must** be in the Nurse's Office before the first day of practice.

Permission/Insurance Eligibility

The Authorization to Consent to Medical Treatment/Interscholastic Athletic Contract/Consent Form must be signed by the student and parent within the first week of participation.

Injuries

1. It is the student athlete's responsibility to immediately report any injury to his/her coach as soon as possible. The Coach will then complete an accident

report. If a student athlete has been removed from a practice or contest because of an injury requiring medical attention, the student athlete cannot return to practice or competition without a physician's release.

2. A copy of the doctor's release form will be given to the school nurse who will, in turn, send a copy to the Athletic Director. The Athletic Director is responsible for getting a copy of the release to the appropriate coach.
3. The District will follow the Return to Learn-Return to Play Concussion Management Plan as written in September 2025. (Appendix A)

Insurance

Medical expenses resulting from an athletic injury must first be submitted to the parents' insurance carrier. Any remaining balance may then be submitted to the school district's insurance carrier, which supplements the parents' coverage in **limited** ways.

In Season Meeting/Meet the Coaches Night

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents and student-athletes. In order to ensure that this communication takes place, in season meetings are scheduled but the athletic department and coaches. Topics of these meetings include Athletic Department policies, individual team expectations and rules, the health and safety of the student-athlete and a variety of other subjects. Student athletes and parents are required to attend these meetings. Dates for these meetings will be August, November, and March. Athletes will be notified at the start of their season on specific dates.

Attendance Expectations

Students must attend all scheduled classes to be present for extracurricular events that evening. This includes participants and spectators. The exception to this requirement is evidence of a scheduled appointment (medical doctor, dentist, therapist, etc.) during the school day. In this case, students are expected to miss only the portion of the school day needed for the appointment and travel time. Evidence of such an appointment may include a confirmation form or a signed excuse from a parent or guardian. Students arriving late to school are expected no later than 45 minutes beyond the start of the school day.

Equipment

School equipment (i.e. Uniforms) checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any

equipment is the athlete's financial obligation. Failure to replace or return the items will result in the student being placed on the stop list, and the student will be ineligible for any future athletic participation or awards until the equipment is returned or the athlete has made compensation for the lost items.

Training Rules and Policies For Athletes

Participation in Romulus' Athletic program is a privilege, not a right that is earned by proper, expected behaviors. It demands our student athletes be responsible and make commitments which imply sacrifices and dedication to physical fitness and a healthy lifestyle as well as sportsmanship and academics.

Athletes at Romulus are required to abide by training rules. Use and abuse of chemical substances will prevent athletes from being in top physical condition, decrease commitment to sport performance, and delay the development of skills. In addition, this behavior causes a change in attitude, develops tension and distrust between teammates and prevents the attainment of individual and team goals.

Student athletes on interscholastic teams at Romulus Central School will refrain from the use or possession of alcohol, tobacco products, and other illegal non-prescription drugs as well as substances being misused as a drug (an example but not exclusive: inhalants). The following sanctions will be invoked when the Athletic Director is informed by a faculty member, administrator, or police through-out the student athlete career. Law enforcement officials will be involved if any laws are violated.

First Offense:

- Phone call and letter from Athletic Director and coach to parent.
- Minimum two (2) week suspension; after which an Athletic Committee (AD & Two coaches) will determine the reinstatement of the athlete.
- Two (2) week suspension from practices.

Second Offense:

- Conference with Athletic Director and coach; phone call and letter to parents.
- 60 day suspension; after which an Athletic Committee will determine the reinstatement of the athlete.
- Forfeiture of letter or end of the season awards.

Third Offense:

Forfeiture of the right to participate on athletic teams at Romulus Central School for the remainder of the student's tenure at the school.

Late Hours: (For Athletes participating during sports seasons)

Common sense is the best guide in determining house of sleep, diet, and social habits. An athlete shall be expected to be home at certain hours (exceptions may be made for school or other acceptable activities if the head coach has been notified and approves.)

Hours shall be:

- Weekdays: Sunday through Thursday – 11:00pm
- Friday (When no game is being played on Saturday) 1:00AM
- Saturday: 1:00AM
- During vacation weekday hours shall be extended to 12:00AM
- The head coach may also stipulate earlier or later hours at his/her discretion.

Special consideration may be given to athletes on nights when extraordinary school activities are held.

If a curfew violation occurs during a sport season (from the first practice through to the last contest) and has been verified by the head coach, the Athletic Committee will determine the appropriate action.

Absent From or Tardy To Practice Sessions:

If an athlete is absent from a practice session, the penalty for such a violation will be left up to the discretion of the head coach.

If an athlete is tardy for a practice session without the coach's prior knowledge, the penalty for such violation will be left to the discretion of the head coach.

Stipulations on Attending Practices:

A person suspended from a team for breaking rules or resigning after uniforms are issued, is ineligible to participate in intramurals and interscholastic sports during the season.

A person suspended from school may not participate in extra-curricular activities from the point the suspension is assigned through the last suspension day.

Students must attend all scheduled classes to be present for extracurricular events that evening. This includes participants and spectators. The exception to this requirement is evidence of a scheduled appointment (medical doctor, dentist, therapist, etc.) during the school day. In this case, students are expected to miss only the portion of the school day needed for the appointment and travel time. Evidence of such an appointment may include a confirmation form or a signed excuse from a parent or guardian. Students arriving late to school are expected no later than 45 minutes beyond the start of the school day.

Student Athlete Expectations Agreement

Participation in Romulus Athletics is a privilege that comes with high standards for conduct, commitment, and sportsmanship. These expectations apply on and off the field, in and out of season.

Student-Athlete Expectations: All Romulus Student-Athletes agree to:

Follow the Athletic Handbook in Full: Abide by all rules, procedures, and policies outlined in this handbook in their entirety.

Maintain Eligibility: Meet all school academic requirements to remain eligible for participation.

Attendance & Punctuality: Attend all practices, contests, and school; communicate any absences in advance.

Sportsmanship: Show respect toward teammates, coaches, opponents, officials , and spectators at all times.

Team Commitment: Put forth your best effort, work hard, and support team goals over individual interests.

Conduct: Follow school rules and represent Romulus in a positive manner in the community.

Substance Policy: Abstain from the use or possession of alcohol, tobacco, vaping products, illegal drugs, or misused substances.

Safety and Equipment: Follow all safety guidelines and properly care for issued equipment.

In signing this permission to participate, I recognized the potential hazard of participating in this sport and that injuries may occur as a result of such participation. I affirmatively state that my child is also aware of the potential for injuries. I have read and understand the attached training rules and understand that failure to meet these expectations may result in suspension or removal from the team.

Student athlete's name _____ has permission to participate in _____ (Sport) during the 20__ - 20__ school year.

(Signature of parent/guardian)

Date: _____

(Signature of student-athlete)

Date: _____