

**MIDDLETOWN
CITY
SCHOOL District**



Interscholastic Athletic Handbook

For Student-Athletes and Parents/Guardians

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MIDDLETOWN CITY SCHOOL DISTRICT

Interscholastic Athletics Handbook

Dear Parents/Guardians and Student Athletes:

This handbook has been prepared to be used as a reference by our student-athletes and their parents/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the guidelines for participation in our interscholastic athletics program.

Upon entering secondary school, students are exposed to many new opportunities and challenges. An important part of the educational experience at this level are the extra-curricular programs available to all students, in particular, the interscholastic athletic program. Nationwide, studies have shown that students involved in extracurricular programs such as interscholastic sports, achieve better grades, manage their time more efficiently, have less discipline problems and stay in school.

I am very pleased that you have shown an interest in this phase of our school program. It is my belief that participation in athletics is a privilege and honor that provides an opportunity for developing lifelong skills not always available in the academic classroom. Our goal is to provide a first class experience that promotes team and individual growth in a safe and healthy environment.

When a student chooses to participate in our athletic program, he/she has committed him/herself to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies/rules that are necessary for a well organized program of interscholastic athletics.

The Middletown Athletic Program is governed by the regulations of the New York State Commissioner of Education's basic code for extra class athletic activities. In addition, Middletown is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section IX and competes in the Orange County Interscholastic Athletic Association (OCIAA).

Please feel free to contact me if you have any questions or concerns regarding the Middletown Athletic Program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide. GO MIDDIES!

Sincerely,

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The Middletown City School District believes that a dynamic program of student activities is important to the educational development of all students. Therefore, interscholastic athletics are an integral part of the total education process. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. A well-coordinated program is vitally important to the morale of the school and our community.

Young people learn a great deal from participation in interscholastic athletics. Athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and perseverance.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining success. Developing the will to win and attaining maximum potential are the ultimate goals. 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.

*It is important to note that at no time will our program place the educational academic curriculum secondary in emphasis to interscholastic athletics.

MIDDLETOWN ATHLETICS MISSION STATEMENT

This mission will be accomplished within the following framework:

- To conduct a program that is consistent with the educational purposes of the Middletown City School District and the principles and regulations of the O.C.I.A.A., Section IX, NYSPHSAA and Title IX.
- To support an interscholastic program that is representative of the student body and serves the diverse interests of both male and female students.
- To conduct our affairs within the moral and ethical principles of competition and fair play.
- To foster a balance between academic and athletic experiences.
- To provide an environment that allows personal growth.
- To allocate resources in a way that encourages the direction and priorities of the Athletic Department.
- To foster a shared experience between the community and school, which promotes a desire for lifelong learning, improvement, and achievement.

GOALS AND OBJECTIVES OF THE INTERSCHOLASTIC ATHLETIC PROGRAM

Our Goal:

The experience of participation in athletic contests and activities should reflect the total educational goals of our district.

Our specific Objectives:

1. To develop an understanding and appreciation of the place that interscholastic sports and activities occupy in American culture and by developing sound educational attitudes toward them.
2. To educate the student body in the appreciation of sports and activities and the best way to enjoy them from the point of view of good sportsmanship.
3. To serve as a focal point for morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm which are shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
5. To provide the opportunity for a student to learn to handle winning and losing and to make decisions that affect themselves and members of their team.
6. To learn to develop through hard work and dedication a feeling of self confidence and self-esteem in all participants.

NYSPHSAA, Inc.
CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. ***To emphasize*** the proper ideals of sportsmanship, ethical conduct and fair play.
2. ***To eliminate*** all possibilities which tend to destroy the best values of the game.
3. ***To stress*** the values derived from playing the game fairly.
4. ***To show*** cordial courtesy to visiting teams and officials.
5. ***To establish*** a happy relationship between visitors and host.
6. ***To respect*** the integrity and judgment of the sports officials.
7. ***To achieve*** a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. ***To encourage*** leadership, use of initiative and good judgment by players on the team.
9. ***To recognize*** that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. ***To remember*** that an athletic contest is only a game – not a matter of life and death for player, coach, school, fan or community

PHILOSOPHY BY SPORT LEVEL

MODIFIED (GRADE 7 & 8)

This program is available to all students in the 7th and 8th grades between the ages of 12 to 15. A student reaching age 16 during a sport season may complete that season and must play freshman, junior varsity or varsity the next sport season. Sport activities offered are determined by existence of leagues, student interest, relationship to the high school program and board approval. 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. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than that which is found in intramural or recreational programs, but not as involved as those found in varsity and junior varsity interscholastic competition. An attempt will be made to give all team members meaningful contest participation over the course of a season.

JUNIOR VARSITY (JV) & FRESHMAN

This program is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshmen occupy the majority of the roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for JV participation. Also, 7th and 8th graders who have satisfied all Athletic Placement Process (APP) requirements may be included. At this level increased emphasis is placed upon elements and strategies of team play, physical conditioning, refinement of fundamental skills and socioemotional development. The JV program works 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. An attempt will be made to play all participants; however equal playing time is never guaranteed nor is it required. With the goal of becoming a varsity athlete in sight, a high level of dedication and commitment is expected at the junior varsity and freshman level.

VARSDITY

The varsity level of interscholastic athletic competition is the culmination of the high school athletic program. Normally seniors and juniors make up the majority of the roster, however, gifted sophomores and sometimes freshmen may be included. It is also possible for 7th or 8th graders, who have met the advanced placement process requirements, to be included on a varsity roster. This occurs more in sports commonly classified as "individual" (track, swimming, golf, etc.) Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at this level. While contest participation over the course of the season is desirable, a specified amount of playing time is never guaranteed. It is vital that each team member has a role and know its importance. Preparing to win and striving for victory in each contest are worthy goals of a varsity level team. The varsity coach is the leader of his/her sport program and is responsible for communication and system development among each level.

ADVANCED PLACEMENT PROCESS "APP"

The Athletic Placement Process (APP) is a program for evaluating student athletes who want to participate in sports at higher or lower levels. The intent of the APP is to provide a protocol for Middletown to allow students in grades 7 and 8 to move up; or for students in 9-12 to move down, allowing them to participate safely at an appropriate level of completion based upon physical and emotional readiness and athletic ability rather than age and grade alone. This program has been designed to assess a student-athlete's physical maturation, physical fitness and skill. Insofar as moving up is concerned. This program is intended for the **exceptional** few in each school year who would be better served by playing a higher level than age and grade might indicate. Information must be collected and evaluated by the Director of Physical Education before a student may try out for the team. Considerations that must be met include:

1. Parent/Guardian Permission

2. Administrative Approval: The athletic administrator should confirm that the student is suitable for consideration, which includes academic performance and emotional readiness.
3. Medical Clearance: Examination and approval by the school physician with the development or maturity level determined by the school physician in accordance with established guidelines for the level of a particular sport.
4. Coach's sport skill evaluation form must be completed.
5. Physical Fitness Testing: The five item physical fitness testing must be administered by a physical education teacher selected by the Director of PE. The athlete must meet or exceed the criteria established for the level of participation desired.
6. Qualification Determination: Only students who pass all parts of APP are permitted to try out.

Playing Up

It is typically in the best interest of the program for each individual athlete to play with like-aged peers, as such placement develops individual and team skill, team chemistry, and team commitment. However, Middletown administrators, teachers, and coaches believe that select, highly skilled student-athletes can benefit from team participation at an upper level of competition. When these situations occur, the discussion regarding "playing up" and Athletic Placement Process begins with an analysis of the traits and abilities of the student-athlete by district coaches and the athletic director. Should the coaches and athletic director agree that the student-athlete exhibits exceptional athletic skill and maturity, then parents will be consulted when the necessary Athletic Placement Process is initiated. The final decision to have a student-athlete participate at an upper level of competition is based on a variety of factors and is unique in each situation and sport, but when balancing the benefit to team or program versus individual, the priority is what is best for the student-athlete

AWARENESS OF RISK

The participation in interscholastic sports, as in most of life's activities, carries a degree of risk of injury, perhaps even death, which cannot be ignored. While these risks do exist in our athletic program, the coaches, certified athletic trainer, school nurses, teachers, and administrators are committed to reducing the possibilities of such occurrence through an emphasis on sound training and adherence to the procedures and guidelines contained in this Athletic Handbook.

RISK FACTOR IN SPORTS

Participation by a student in athletic activities involves a certain degree of physical injury. Such physical injury can occur in any type of activity, be it a "contact" or a "non-contact" sport. Furthermore, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardians assume the risks for injuries to occur.

ATHLETIC RULES AND REGULATIONS

INTRODUCTORY STATEMENT

The purpose of these rules is to help an interscholastic athletic participant become a better citizen by seeking to demonstrate proper behavior and a good attitude at all times.

The following rules and regulations have been established by the athletic department and are supported by our administration and Board of Education. These rules are designed to instill pride, discipline and team spirit in the individual to enable the individual to achieve maximum physical and mental performance in athletics. The individual is required to make a commitment to the community, school, team, coach and himself/herself by adhering to the established rules and regulations, a condition that must be fulfilled for satisfactory participation in any sport.

Obedying the rules is a matter of honor to each individual that makes this commitment.

Enforcement of the rules and adjudication of any violations is the responsibility of the coach, athletic director and administration.

RESPONSIBILITIES OF A MIDDLETOWN ATHLETE

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

Many of our student-athletes have gone on to participate at the collegiate level. Also, many have achieved MHS, league, section and state honors. 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 by the athletic department. For the privilege of participating in athletics, all student-athletes must realize that more is expected of them than of other students in our school. As an athlete at MHS, you will be expected to make many sacrifices. 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. In the long run, by saying "NO" to these pressures, you and your team members will be proud of the sacrifices and dedication that you 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 highs and lows of athletic competition are achieved through hard work, dedication and discipline and are rewarded with the development of fond memories and personal achievements.

Responsibilities to Yourself:

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

Responsibility to Your School:

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

Responsibility to Others:

You have a responsibility to your parents/guardians 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 team, you can feel justifiably proud of yourself no matter what the win/loss record indicates. Younger students look up to you and it is your responsibility to set a good example for them. They will copy a lot of 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-ATHLETE CODE OF BEHAVIOR

It is the responsibility of the student-athlete to:

1. Demonstrate self-control and respect for others at all times, be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform in school or in our community reflects poorly upon yourself, your family, your team, your school and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity and class.
8. Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco, and performance enhancing supplements is detrimental to the game and its participants.

GUIDELINES FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

ELIGIBILITY

Each athlete will participate under the eligibility requirements, rules and regulations set forth by the New York State Commissioner of Education and the New York State Public High School

Athletic Association, as well as the Middletown City School District Board of Education. Each student-athlete and his/her parent/guardian will be required to sign and submit to the respective coach a "Guidelines for Athletic Participation Authorization Form". The coach will then forward this form onto the athletic office. A student-athlete will not be permitted to participate unless this requirement is completed. This should be done at the preseason meeting scheduled for student-athletes and parents/guardians.

NEW YORK STATE 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.

NYSPHSAA TRANSFER RULE

A. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other person with whom the student has resided for at least six months) shall

become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility, the student must enroll in the public school district or in a private school within that district's boundaries of his/her parents' residency. For athletic eligibility, a residency is changed when one is abandoned by the immediate family and another residency is established through action and intent. Residency requires one's physical presence as an inhabitant and the intent to remain indefinitely. The Superintendent, or designee, will determine if the student has met district residence requirements.

B. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if, as a 9-12 grade student, participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons with whom the student has resided for at least six months) or a private school within that district's boundaries shall be exempt from the Transfer Rule. That type of a transfer without penalty will only be permitted once in a high school career. NOTE: A student in a foreign exchange program listed by CSIET has a one-year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (B) in effect.

Exemptions to (B): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district's boundaries of his/her parent's residency.

1. The student reaches the age of majority and establishes residency in a district and can substantiate that they are independent and self-supporting.
2. If a private or parochial school ceases to operate, a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
4. A student from divorced or "legally" separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months. The legal separation agreement must address custody, child support, spousal support and distribution of assets and be filed with the County Clerk or issued by a Judge.
5. A student who is declared homeless by the Superintendent pursuant to commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a nonpublic school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the Section involved to approve transfer without penalty based on an undue hardship for the student.

C. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for fall sports.

NOTE: After approval by the school medical officer, a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

D. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

E. 7th and 8th graders who compete at the HS level will be subject to the transfer rule in “that” sport, effective with the 2017-2018 school year.

HEALTH AND MEDICAL

1. **WARNING:** Participation in athletics does involve some risks. Physical injury can occur in any type of sports activity. By volunteering to participate in a school sponsored athletic activity, a student and his/her parents/guardians acknowledge the potential risk for physical injury to occur.
2. Sports physicals are scheduled at various times during the school year. Each student-athlete must pass a physical exam and be approved by the school district physician prior to practice or participation in any interscholastic sport. The student is responsible for reporting for the physical examination at the scheduled time.
3. The athlete is to report all injuries, no matter how minor, to the coach and Athletic Trainer. The coach will complete an incident report to be filed with the appropriate school nurse. Any injury that has been seen by a doctor requires physician clearance before the student can resume participation, and may be re-evaluated by the District’s nurse practitioner and/or athletic trainer before returning to play. A student missing five or more consecutive school days or five or more consecutive days of participation due to an injury or illness must receive written permission from a physician before returning to active participation.
4. If a student-athlete has a physician-attended injury or is absent from attendance in school or at a practice session due to illness for five or more consecutive days, he/she must have the approval of the school nurse practitioner or a medical release from the attending physician, before participating in practice, scrimmage or a game. This release must be filed with our school nurse. If a student-athlete goes to an emergency room for care, he/she must obtain a written statement from the attending physician before leaving the hospital.
5. Medical expense resulting from any athletic injury must first be submitted to the parents/guardians insurance carrier. Any remaining balance may then be submitted to the school district’s insurance carrier by processing a claim form that can be obtained from the school medical office. The school district’s insurance provides only supplemental coverage according to a schedule of benefits.

6. A health history update, done by the school nurse, is required for each sport season of participation.
7. An athletic trainer will be available for student-athletes after 1PM each school day. For an appointment to be seen by the athletic trainer, athletes must sign up in the Athletic Trainer office in the weight room ahead of time. An athletic trainer will also be at various athletic contests during each sport season.

SPORTS PHYSICALS / BECOMING MEDICALLY CERTIFIED

Every student in grades 7-12 who intends to participate in interscholastic athletics must have a sport physical that is approved by the District's Director of School Health Services (i.e. a qualified physician or nurse practitioner). Parent Permission and Health History forms will be located in the Athletic office and Nurse's office. All forms can be found on our District website under the Athletics. Announcements will be made at school to inform students about the signup sheets and their location. Health history, Parent Permission and Concussion Management forms will be issued by the nurse after the student-athlete signs up for a team, and physical information will be provided to the student-athlete at that time. These forms must be filled out by the parent/guardian and returned to the nurse's office.

A student may choose to have a physical exam by his/her family physician, but it must meet the requirements of the school physical and must be reviewed and approved by the District's Director of School Health Services before participation may take place. No student may practice or participate before he/she has received a physical. The physical is valid only for 12 continuous months and must be renewed each calendar year. Student-athletes are required to obtain a completely new physical exam if the date of the previous physical expires before the upcoming season officially begins. (The family physician form is located on our Athletic Department website under "Important Forms".) Each student-athlete is expected to communicate with the school nurse to ensure that all necessary paperwork regarding their physical is complete and up to date. The student will then be issued a "Release Slip" signed by the nurse, indicating their clearance to participate. The school nurse will forward the "Release Slip" to the appropriate coach. No student-athlete will be allowed to participate in any practice or game until the "Release Slip" is received by their coach.

NEW YORK STATE CONCUSSION MANAGEMENT & AWARENESS ACT

(EFFECTIVE JULY 1, 2012) In an effort to better manage the occurrence of concussions, New York State has set requirements and guidelines for the recognition, treatment, and return to play criteria after a concussion. All Middletown Nurses, Athletic Trainers, Coaches, and Physical Education Teachers are required to take an online concussion management course provided by the Center for Disease Control Concussion. [Concussion Course](#) The Middletown City School District has created a concussion management team composed of the Middletown CSD Athletic Trainer, Nurse Practitioner and Athletic Director. This team will oversee the proper implementation of the Concussion Act requirements. The Middletown Board of Education has approved a policy on concussion management which can be accessed on the district or athletic websites. Further information and resources for athletes and parents on concussion management are available here: [Parent Fact Sheet](#)

Concussion Management Protocol

The Concussion Management and Awareness Act requires the immediate removal from athletic activities of any pupil believed to have sustained or who has sustained a mild traumatic brain injury (concussion). In the event that there is any doubt as to whether a pupil has sustained a concussion, it shall be presumed that he or she has been injured until proven otherwise. No such pupil shall resume athletic activity until he or she shall have been symptom free for not less than twenty-four hours, and has been evaluated by and received written and signed authorization from a licensed physician. The physician authorization will then be forwarded to the Middletown City School District's Chief Medical Officer for district clearance.

Return to Play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold; a second impact syndrome (abnormal brain blood flow that can result in death); exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These New York State Public High School Athletic Association (NYSPHSAA) current returns to play recommendations are based on the most recent international expert opinion.* No student-athlete shall be permitted to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student-athlete is symptom free at rest for 24 hours and has a signed release by a treating clinician, he/she may begin the return to play progression below (provided there are no other mitigating circumstances).

Day 1: Light aerobic activity

Day 2: Sport-specific activity

Day 3: Non-contact training drills

Day 4: Full contact practice

Day 5: Return to play

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

*These NYSPHSAA current return to play recommendations are based on the most recent international expert opinion. [NYSPHSAA Fact Sheet](#)

ACADEMIC ELIGIBILITY FOR INTERSCHOLASTIC ATHLETICS:

In board policy, the board of education encourages participation in interscholastic athletics, but also affirms that attaining acceptable academic standards is a student's primary responsibility. The policy states that academic achievement will be given consideration in determining interscholastic athletic participation eligibility.

1. At the beginning of each sport season, the coach/advisor shall formally counsel student participants on the academic expectations required for participation in interscholastic athletics.
2. At the beginning of each sport season, all staff members will receive, from the academic eligibility coordinator, a list of students participating in the interscholastic athletic program for that season. Student-athletes will have their academic performance evaluated by staff members on a bi-weekly basis. Every Friday, unless otherwise designated by 3:00 p.m. a standardized progress report form will be provided by the academic eligibility coordinator and used by all staff members when submitting class grades and comments.

ACADEMIC ELIGIBILITY GUIDELINES:

- All Athletes will be required to have a progress report sheet filled out by their teachers at the beginning of their seasons.
- These sheets are used to monitor how student/athletes are doing in their classes and to see if there needs to be academic intervention.
- Students who are found to be failing 1 or more classes will be placed on academic probation and will be required to attend Academic Study Hall during their lunch period for potentially the duration of their activity.
- Students who are found to be failing classes will have their grades monitored every 2 weeks for the duration of their season.
- Students who are failing multiple classes for several weeks will put themselves in jeopardy of being suspended from playing games/matches for 2 weeks.

POSSIBLE TIMELINE:

2-3 WEEKS INTO SEASON: 1ST PROGRESS REPORT FILLED OUT.

-Passing all classes: No Consequence

-Failing 1 Class: Must attend Study Hall

-Failing 2 or more classes: Must attend Study hall, On Probation for 2 weeks

If failing 1 or more courses the student/athlete will be required to fill out another progress report after 2 weeks.

AT 5,7,9,11,13,15 WEEKS: 2ND – 7TH Progress reports for athletes that were failing 1 or more classes

-Failing none from failing 1: Out of study hall, but still monitored

-Failing 1: Still in study hall but eligible

-Failing 2 after failing 1: Still in study hall, still eligible, on probation for 2 weeks.

-Failing 2 or more after failing 2: Not eligible to play for 2 weeks, but can practice.

-Failing 2 or more after 4 weeks: Not eligible to play with the team until grades improve.

Students are required to attend study hall every day in order to maintain their eligibility.

Students that do not hand in progress reports completely filled out and returned on time will be assumed to be failing multiple classes and will be evaluated accordingly.

CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of life, in particular, on the field, in the classroom and in the community. Take pride in yourself, your team and your school. You should always project a positive image. Winning or losing is not as important as your reaction to winning or losing. Your reaction is what people will remember, not the score.

Unsatisfactory citizenship on the part of a student-athlete (in or out of season) could result in the student-athlete being dismissed from a team or being deemed ineligible for participation in all interscholastic athletic competition for school. Good sportsmanship and citizenship are required of all student-athletes. A student-athlete's conduct is to be guided by the following principles:

- To have respect for the rights and feelings of others
- To behave in a manner that reflects positively on yourself, your family, your team, your school and your community

On the Field/Court – In the area of athletic competition, a “class” student-athlete does not use profanity or illegal tactics and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well played game after the contest whether in defeat or victory. Game officials will always be treated with respect and a sense of understanding the critical role they play.

Off the field/court - Student-athletes are expected to conduct themselves at all times in a manner which will reflect positively on their team, our school and themselves. Any inappropriate behavior including but not limited to: accusation, involvement with police and/or arrests, Internet postings and communication, Gang related activity, will result in a disciplinary review and be subject to suspension or dismissal from the team.

In the Classroom – In the academic area, a good athlete becomes a good student. A person cannot be a classroom laggard and think he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or court and never reach your full potential. As an athlete, you must plan your schedule so that you can give sufficient time and energy to your studies to insure acceptable grades. Plan ahead and be organized. In addition to maintaining good scholarship, an athlete should give respectable attention to classroom activities and show respect for other students and faculty/staff at all times. Horseplay and disrespect are not approved habits of behavior.

TRAINING RULES

As a candidate for participation in the interscholastic athletic program of the Middletown City Schools, it is our hope that you will soon be a member of our solid program. It is very important that the student-athlete and the parents/guardians understand, agree to, abide by and reinforce the essential policies in regard to athletic training rules. These regulations have been established for the benefit of those who participate as players, students and representatives of our school and community.

It is the overwhelming opinion of health educators and teachers/coaches that athletes perform best when they follow intelligent training rules which include abstinence from tobacco, alcohol and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol and any mood modifying substances produce harmful effects on the human body. Additionally, significant findings along with publicity surrounding deaths and arrests of professional, college and high school athletes, have most certainly pointed out the undesirability of using chemicals (tobacco, alcohol, marijuana, cocaine, steroids, any performance enhancing food supplement- e.g. creatine- any other controlled substance), especially at the teenage level. Our athletic program and staff as well as the National Federation of State High School Associations wholeheartedly endorse these findings. Unfortunately, education and reasoning alone are not always sufficient to deter the use or experimentation of these chemicals and controlled substances. Therefore, in an attempt to fight this battle, the Middletown Athletic Department will require all of its participants to agree to and abide by the student-athlete training code. In order to participate, the authorization form at the back of this handbook must be signed by both the student-athlete and the parents/guardians and submitted to the respective coach. The forms will then be forwarded to the Athletic Office by the coach.

It is the Middletown City School District and the Athletic Department policy to prevent and prohibit the possession and/or use of any amounts of alcoholic beverage, tobacco products, or unauthorized use of drugs during the school year.

This training rule policy will be in effect in school and out of school for the entire sport season of participation (from the first legal practice of the season until the final contest of the season). Ideally, student-athletes are athletes the whole year and are encouraged to abide by training rules both in and out of season.

Please note- The Middletown City School District's K-12 Code of Conduct found on our District Website is in effect all year and any suspensions resulting from this code will take precedence over the Athletic Department policy. Please visit: [Middletown Code of Conduct](#)

VIOLATION REPORTS

Reports of alleged student-athlete violations of the above mentioned training rule policy must be personally witnessed or otherwise supported by direct evidence, as for example a video or photo depicting the violation and submitted in writing to the school administration and/or Athletic Director. Violation reports will be accepted from any coaching staff member, faculty/staff member and/or a reliable adult.

PROCEDURE FOLLOWING REPORT OF TRAINING RULE VIOLATION

Upon report and after an investigation of an alleged violation, the Athletic Director shall provide verbal notice, followed by written notice, to the student-athlete and/or his/her parents/guardians regarding the disciplinary action to be administered. The respective coach will be informed as well. If requested, a conference will be held between the student-athlete, his/her parents/guardians, the coach and Athletic Director.

1st Offense – 10-week suspension from any athletic participation. If the student-athlete agrees to attend counseling with a counselor designated by the school, the student-athlete may participate in athletics after a 5-week suspension. The student-athlete will continue the counseling until the counselor feels the student-athlete no longer needs the sessions. The

student-athlete must be in attendance at all practices and contests during the suspension, but may not participate. If a student-athlete chooses not to attend all practices and games he/she will be dropped from the team roster and will not be eligible for any athletic awards, letters and the banquet for that sport season.

2nd Offense – 30-week suspension from any athletic participation. If the student-athlete agrees to attend counseling with a counselor designated by the school, the student-athlete may participate in athletics after a 20-week suspension. The student-athlete will continue the counseling until the counselor feels the student-athlete no longer needs the sessions.

3rd Offense – 40-week suspension from any athletic participation. If the student-athlete agrees to attend counseling with a counselor designated by the school, the student-athlete may participate in athletics after a 30-week suspension. The student-athlete will continue the counseling until the counselor feels the student-athlete no longer needs the sessions.

*Suspension begins from the date a determination of guilt is made and inclusive of all days beginning with the first day of practice of the fall season through the official end of the school year (graduation). Student-athletes whose suspension carries over into a subsequent sport season may not try out until their suspension period is complete, at which time a tryout will be permitted, if requested. Summer weeks do not count in the suspension should there be a carry over in the event the school year ends before the suspension is completed.

RIGHT OF DUE PROCESS

All appeals regarding a student-athlete violation must be made in writing to the Athletic Director. The appeal committee will consist of the Athletic Director, Executive Principal, Cohort Principal, and one faculty member selected by the committee. The appeal committee will conduct a private conference, allowing attendance only by those directly involved in the case. A majority vote of the committee will render a decision within 3 school days of the hearing. The Committee's decision is final. A written notice of the committee's decision will be sent by the Athletic Director to the student-athlete and his/her parents/guardians.

PHYSICAL EDUCATION REQUIREMENT

Athletics is an outgrowth of the Physical Education Program. Those students demonstrating outstanding skills, attitude and effort are those encouraged to participate in athletics. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports and team sports. Because of the importance of physical education, all athletes will be required to participate in physical education throughout the year.

Athletes who are illegally absent from and do not participate in physical education classes will not be permitted to attend practices or games on the day of the absence. The NYSPHSAA regulations state that a student must be enrolled in physical education to participate in athletics.

ATTENDANCE

A student-athlete shall be in attendance in their regular classes in order to practice or participate in an athletic contest unless excused for a legal reason. Habitual absences and/or tardiness will affect eligibility as determined by the coach and/or athletic director. Attendance on the day before, the day of, and the day after contests is considered to be especially important. **Any student missing more than 2 periods in 1 day may not participate in any activities on that day.** An exception can be made only if the student has an acceptable written excuse (such as

educational trip or visit, family emergency, special appointments, etc. that are beyond the control of the student).

SUSPENSIONS/DETENTIONS

A student-athlete who is suspended from school shall incur a suspension from his/her team equal in duration to the period for which the individual is out of school. The executive principal or house principal will notify the athletic director, who will notify the coach of the suspension. Any student who is assigned detention must serve in order to participate in any scheduled contest or practice. If the student is scheduled to attend an away contest on the assigned day, detention should be assigned for the following day. Any athlete serving in-school suspension (ISS) for a half a day or more in one day may not participate in an athletic contest during that day of suspension. He/she may participate in practice. Any student serving an out-of-school suspension (OSS) may not participate in any practice, athletic contest, or activity during the day(s) of suspension. If the period of suspension includes a weekend or holiday, the student may not participate in any activity, practice or game during the weekend or holiday period.

PRACTICES AND CONTESTS

Each athlete is required to attend all practices and/or contests unless excused by the coach. An athlete who is injured or ill but still able to attend school is also required to attend practice even though they will not be actively participating. Any student-athlete failing to abide by this policy will be subject to appropriate disciplinary action. Disciplinary action could range from a warning, to suspension, to dismissal from the team. Remember, once you have been placed on a team roster, you are making a commitment to that team for the full season. Any student-athlete who considers quitting a team is encouraged to first talk with the respective coach and communicate his/her concerns and/or reason for leaving the team.

TRANSPORTATION

- All coaches and athletes are representatives of the Middletown City School District. When utilizing District transportation for sponsored Interscholastic athletic events, it is the expectation that all athletes and coaches dress and act appropriately.
- It is the District's expectation that all coaches and athletes travel together to and from all practices, athletic competitions, invitationals, tournaments or any other Interscholastic athletic event or activity sponsored by the District. A member of an athletic team may not drive himself/herself to or from any athletic event unless prior written permission is granted by the Athletic Director.
- 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 athletes and coaches must clean up before leaving the bus.

All athletes and coaches must utilize school transportation for all interscholastic athletic events and must travel to and from school in buses provided by the Middletown City School District. In special cases, a parent or guardian may request to provide transportation for his/her child only.

In such cases, a District Travel Release form must be submitted 24 hours in advance to the coach and then approved by the Athletic Director. Travel Release form: [Travel Release Form](#)

TRANSPORTATION TO AWAY CONTESTS

All players, coaches and team personnel will ride to and from all Interscholastic athletic events; including practices, invitationals, tournaments or any other Interscholastic activity or events sponsored by the District on transportation approved and provided by the school district. A student-athlete may ride home with his/her parent/guardian with the approval of the Athletic Director and the parent/guardian signing the transportation release form provided by the coach. Permission for a student-athlete to leave with any other individual will not be given. In special cases, parents/guardians may request to provide transportation to a contest for their child only. In such cases, the request must be in writing in advance to the Athletic Director on the District's Travel Release form.

CHANGING SPORTS

It is important that the student-athlete try to go out for the right sport, particularly at the varsity and JV levels. A student-athlete may not change from one sport to another once a team has been selected, without permission from the Athletic Director. If he/she has been cut from one team, it is legitimate to try out for another sport. The athlete must understand that practices are sport specific and cannot count from one sport to another.

HAZING-INITIATION CEREMONY/HARASSMENT/BULLYING

Middletown interscholastic athletic coaches will not permit their team members to stage (formal or informal) any type of "initiation ceremony" or hazing for making their team for the 1st time or anytime, at any level. "Hazing" includes any action or situation which recklessly or intentionally causes embarrassment to a student, endangers the student's mental or physical health, or involves the forced consumption of food or other matter, alcohol or drugs by a student for the purpose of initiation or association with an organization or team.

Any student-athlete found to be involved in hazing, harassment or bullying of any other student, at any level, will be subject to immediate suspension from the team. Additional penalties may be imposed, depending on the severity and time frame of the infraction.

DISMISSAL FROM ACTIVITY /TEAM RULE VIOLATION

Individual coaches may establish additional rules and regulations for their respective sport. It is the responsibility of the coach to clearly inform the team members and parents/guardians of these rules. Penalties for violation of these established team rules will be administered by the coach.

A student participating in interscholastic athletics shall be required to conform to all rules and regulations established by the coaching staff for the sport in which he/she is participating. Penalties for infractions of any team rule shall be left to the discretion of the coach and may result in dismissal from the team for the remainder of the sport season. Prior to dismissal from a team, the coach will inform the athletic director. If an athlete is dismissed from a team by his/her coach, the opportunity for an informal conference between the student athlete, coach, athletic director, and parent(s) will be made available. All additional discretionary rules must be on file with the Athletic Director prior to the beginning of the season.

SOCIAL MEDIA CLAUSE

Student-athletes shall conduct themselves through social media platforms in such a way that each student-athlete conforms with all the requirements located in this Code of Conduct in the same way that he/she would in person. Student-athletes should remember that any posts made to social media sites may be made available for all to see on the internet and as such should refrain from posting content that promotes illegal conduct or is disrespectful to teammates, competitors, coaching staff, officials, teachers or administrators. Violations of the social media rule will subject the violating student-athlete to consequences as determined by the Head Coach and Athletic Director. The violating student-athlete may be subject to additional consequences as determined by his/her team's head coach.

CONFLICTS

An individual student who attempts to participate in too many activities will undoubtedly be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflict. The athletes and parents/guardians must realize that many times schedules cannot be changed because of league or section regulations or facility usage. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about committing to too many activities where conflicts are bound to happen. It also means notifying the coaches involved immediately when a conflict arises; not the day of the conflict.

SPECIALIZATION/RECRUITMENT

The Middletown City School district encourages students to participate in a variety of sports. As such, the Athletic Department does not endorse in principle or practice the concepts of specialization or recruitment. Specialization occurs when a student-athlete involves him/herself in one activity over a period of time, forsaking other athletic endeavors of interest. Recruitment occurs when a student athlete who is involved in more than one sport is encouraged by a coach that is in his/her best interest to compete in only one sport.

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, less normal wear and tear. 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. If a uniform is lost, ruined (i.e. due to improper laundering or misuse), the athlete will be responsible for its replacement cost.
- The athlete will be charged the full cost of replacing the lost or damaged item. This obligation must be met prior to the end of the school year or graduation.
- Parents and students are expected to take care in the washing and cleaning of athletic clothing and equipment, if necessary.
- Athletes are not to wear school athletic clothing or equipment outside of practice or contests without prior approval from their coach.

- Each student and parent must sign an athletic equipment sheet.
- Each athlete is required to furnish footwear specific to his/her specific sport.

CHAIN OF COMMUNICATION

From time to time during the course of an athletic career in our school, parents/guardians and student-athletes may have questions or concerns that need to be addressed. The team coach is the best source of information. The student-athlete should address concerns directly with his/her team coach. If, after speaking with the coach you are not satisfied, the next step would be for the parent/guardian to speak to the varsity head coach. The final step if you are not satisfied would be for the parent/guardian and/or student-athlete to communicate with the athletic director. Please be advised that anonymous concerns will only be addressed if there is no other viable way for school officials to respond appropriately to a report of serious misconduct.

FAMILY VACATIONS

When parents/guardians and student-athletes choose to take family vacation during the sport seasons, 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 or playing time adjusted and in some cases may be removed from the team. Coaches shall make every effort to inform parents/guardians and student-athletes of the season's schedule as far in advance as possible.

OUTSIDE PARTICIPATION

The NYSPHSAA allows outside participation (AAU, Travel, Club, ODP, etc). Middletown athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Middletown team. There will be many circumstances where a student should not participate in an outside activity due to the possible effect on the team. Always check with your coach and/or the athletic director.

DRESS AND GROOMING

A member of an athletic team is expected to be well groomed. "You look good – You feel good – You do Good." Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Middletown team members are expected to dress presentable at all times and especially on away trips. Sloppy dress and sloppy grooming leads to sloppy attitudes, which leads to sloppy play. Only uniforms issued by the athletic department should be worn for contests.

SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible, we encourage coaches to keep as many athletes as they can without jeopardizing the integrity of their sport. The final decision on squad size will be left up to the varsity coach.

Cuts

Though exclusion of students from athletic participation is not a preferred policy, unfortunately there are times a student may face a situation where he/she does not make a team. Team selection will be determined by a pre-identified process and timeline. This process will involve review by multiple coaches and the criteria will evaluate athletic skill, sport-specific skill and

knowledge, teamwork, grades and behavior. When a student is not selected, the coach will meet with the students individually to explain why he/she did not make the team. It is understood that this is a very difficult time for students, families and coaches, and communication at this time is critically important to the student's learning process.

PARENT PHOTO RELEASE AND AUTHORIZATION

I hereby give permission for photos of my child (children) to be published on the Middletown High School athletic website. I understand that this approval will remain in effect for the current school year in the Middletown City School District and that photos will only be used in conjunction with the Middletown High School athletic website or media that is approved by the Middletown Athletic Department

MIDDLETOWN CITY SCHOOL DISTRICT SPORTSMANSHIP POLICY

SPORTSMANSHIP GUIDE

The Middletown City Schools Interscholastic Athletic program is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all sports activities. Good sportsmanship is defined as those qualities of behavior which are characterized by generosity and genuine concern for others. The concept of "sportsmanship" must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Sportsmanship is good citizenship in action. Perhaps a quote from Knute Rockne says it best, "one man practicing good sportsmanship is better than fifty others preaching it."

We are further committed to the belief that schools participating in interscholastic athletic activities should be held responsible for the conduct of their players, coaches, staff members and spectators. Conduct, which is detrimental to the educational value of athletic activities, could result in appropriate disciplinary action by the school.

PARENT/GUARDIAN/SPECTATOR CODE OF BEHAVIOR/ETHICS

It is the responsibility of the parent/guardian/spectator to:

1. Keep cheering positive. No profanity or degrading language/gestures.
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams and spectators as guests and show respect
6. Accept the judgment of coaches and officials
7. Encourage all spectators to participate in the spirit of good sportsmanship.
8. Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.

STUDENT-ATHLETE CODE OF BEHAVIOR

It is the responsibility of the student-athlete to:

1. Demonstrate self control and respect for others at all times, be they officials, spectators or other athletes.

2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform, in school or in our community, reflects poorly upon yourself, your family, your school and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity and class.
8. Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco, and performance enhancing supplements is detrimental to the game and its participants.

COACHES CODE OF BEHAVIOR/ETHICS

It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example while coaching.
2. Respect the integrity and judgment of the sports officials.
3. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
4. Recognize that the participants in individual or team sports are young men and women with human limitations, who are capable of making mistakes.
5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators. The use of inappropriate language, at all sporting events, will not be tolerated.
6. Instruct the players in the elements of good sportsmanship, and remove players from competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents or spectators.
8. Avoid and eliminate negative comments to radio, TV and newspaper reporters.
9. Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco, and performance enhancing supplements is detrimental to the game and its participants.

PARENT / COACH RELATIONSHIP AND COMMUNICATION

Both parenting and coaching are extremely difficult vocations. 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 children become 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:

- Coach's philosophy.
- Expectations the coach has for your child as well as all the players on the team.
- Locations and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off-season equipment.
- Procedure should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

Communication Coaches Expect from Parents:

- Concerns expressed directly to the coach.
- Ways to help your child improve.
- Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in programs at Middletown, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with 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 that your child is not playing as much as you may hope. 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 and should be discussed with your child's coach. Other things, such as those you will continue to read in this policy statement, should be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling
- Other students-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 other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedure to Follow to Discuss a Concern with a Coach:

- Call the Athletic Office at 845-326-1533 and the office will set up a meeting between the parent/guardian and the coach. This meeting would be between the parent and coach only.
- 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 if Meeting with Coach Did Not Provide a Satisfactory Resolution:

- Call the Athletic Director's Office at 845-236-1533 to set up an appointment for a meeting with the parent/guardian, coach, and athletic director to discuss the problem.
- At this meeting, the appropriate next step can be determined

SECTION IX & MIDDLETOWN DISQUALIFICATION POLICY

Sportsmanship is an integral and vital ingredient of any interscholastic athletic program. The National Federation of High School Athletics, the New York State Public High School Athletic Association, Section IX and the Orange County Interscholastic Athletic Association have targeted the area of sportsmanship for a major emphasis. Section IX and the Middletown City Schools have instituted the following policy to ensure the development of the understanding of the importance of proper sportsmanship and fair play. [Unsportsmanlike Conduct Rule](#)

Any Middletown student-athlete, coach or spectator who is ejected/disqualified from a contest will be automatically suspended for a minimum of one game. The game(s) is to be the next regularly scheduled contest(s) and may be carried over to the next season.

Ejection/disqualification incident reports must be submitted to the Athletic Director, the section IX office and the league Sportsmanship Chairperson. A conference between the player or coach and the Athletic Director will take place before the student-athlete or coach is eligible to return.

NO SMOKING POLICY

To comply with Federal and State Laws and to acknowledge the health hazards associated with smoking, particularly in an environment where children are present, the Middletown Board of Education prohibits the use of tobacco products, including but not limited to smoking and chewing tobacco in all school facilities, on all school grounds and in any vehicle used to transport children or school personnel.

ATHLETIC AWARD SYSTEM

Each coach will establish the criteria for earning a Varsity letter in his/her sport. This award is not given for participation and attendance alone. Student-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 provided by the Athletic Department:

- Participation Certificates (all athletes-each season)
- Letters – Varsity, JV, Freshman (1/athlete for high school career)
- Pins – Varsity only (1/athlete/sport, Capt.)
- Individual team awards (MVP, MIP)
- MHS Superintendents Team Award
- NYSPHSAA Scholar/Athlete Team Award Program (varsity only)
- League and Section Awards (presented each sport season)
- Outstanding Male and Female Sr. Athlete (presented at Senior Picnic)
- Senior Awards
- Many other athletic awards are provided by the Middletown Coaches and sports Booster Clubs at each sport season banquet.

MIDDLETOWN HIGH SCHOOL SPORTS BOOSTER CLUB

The purpose of the Middletown High School Booster Club is to promote, sponsor, and carry out projects to aid and assist the Middletown High School Athletic program and to show recognition to participants in all Middletown High School sports. Any projects will be carried out by the

members of the Booster Club with the approval of the Middletown City School District and the benefits of these projects will be administered fairly and equitably among all student-athletes. Membership is open to any and all individuals interested in promoting the athletic program at Middletown High School.

O.C.I.A.A. & SECTION IX SCHEDULING INFORMATION

For up to date league information, go on the Section 9 - OCIAA web page at: [Section 9 Sports](#)
If you would like updates and current game schedule information on any of our Athletic Teams Fall, Winter or Spring please click on the Rschool Today link here: [Middletown Sport Schedules](#)

Of course, there are many days that due to weather or other issues a game or contest is rescheduled or canceled. Call the Athletic Office at 845-326-1533. Please call after 1:00 PM since most changes are not made until late in the day.

Section IX Website: [Section IX Athletics Home Page](#)

NYSPHSAA Website: [NYSPHSAA Home Page](#)

TWITTER

Get live scores, updates and news from our fall, winter and spring sports teams.

Follow Middletown Athletics [@MiddieAthletics](#) on Twitter

NCAA Information (Updated for 2026)

1. Introduction to the NCAA Eligibility Center

The NCAA Eligibility Center is the official body responsible for certifying the academic and amateur status of all student-athletes who wish to compete in intercollegiate athletics at the Division I or Division II level.

IMPORTANT NOTICE: NAME CHANGE The organization formerly known as the "NCAA Clearinghouse" is now officially the NCAA Eligibility Center. All references to "Clearinghouse" in legacy high school materials or athletic recruiting guides now refer to the Eligibility Center and its digital certification portal.

Certification by the Eligibility Center is mandatory before a student-athlete can receive an athletic scholarship, practice, or compete at a Division I or II institution.

2. NCAA Account Options

Prospective student-athletes must select the account type that corresponds to their specific goals. Choosing the incorrect account can lead to delays in recruitment and eligibility certification.

NCAA Account Options

Account Name	Ideal Candidate	Registration Fee
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Profile Page Account	Students not yet in high school; those not being recruited; or domestic students planning to compete at Division III.	\$0
Athletics Certification Account	International student-athletes enrolling at a Division III school; or transfers from non-NCAA institutions.	\$75
Academic & Athletics Certification Account	Students planning to compete at a Division I or II school. Required for official visits and signing National Letters of Intent.	110**(Domestic)/**170 (International)

3. Division I Academic Eligibility Requirements

To be certified as a "Qualifier" in Division I—meaning you are eligible to practice, compete, and receive a scholarship during your first year—you must graduate on time and meet the following standards:

The 16 Core-Course Rule

Student-athletes must complete a core curriculum of 16 academic courses no later than their high school graduation date. The distribution is as follows:

- 4 years of English
- 3 years of Mathematics (Algebra I or higher)
- 2 years of Natural/Physical Science (including one laboratory course if offered)
- 1 year of additional English, Mathematics, or Natural/Physical Science
- 2 years of Social Science
- 4 years of additional courses (from any area above, foreign language, or comparative religion/philosophy)

Critical Deadline: The "10/16" Rule

Before the start of your seventh semester (senior year), you must complete 10 of the 16 required core courses. Of those 10 courses, 7 must be a subset in English, Math, or Natural/Physical Science. These 10 courses are "locked in" for GPA calculation purposes and cannot be retaken for a higher grade after the seventh semester begins.

Initial-Eligibility Index (Sliding Scale)

Division I utilizes a sliding scale to match your core-course GPA with your SAT or ACT scores.

- SAT: Only the Critical Reading and Math sections are used.
- ACT: The NCAA uses a Sum Score, which is the total of the four sub-scores (English, Math, Reading, and Science).
- Academic Redshirt: If you complete 16 core courses but do not meet the full Qualifier sliding scale requirements, you may be eligible for an "Academic Redshirt" status, allowing you to practice and receive aid, but not compete, in your first year.

4. Division II Academic Eligibility Requirements

Division II also requires 16 core courses, though the distribution is slightly different from Division I:

- 3 years of English
- 2 years of Mathematics (Algebra I or higher)
- 2 years of Natural/Physical Science (including one laboratory course if offered)
- 3 years of additional English, Mathematics, or Natural/Physical Science
- 2 years of Social Science
- 4 years of additional courses (any area above, foreign language, or comparative religion/philosophy)

Sliding Scale and Status

Division II utilizes a sliding scale to match test scores and GPA. The SAT score calculation excludes the writing section. Students who meet some, but not all, requirements may be certified as a "Partial Qualifier," which allows for practice and financial aid but restricts competition during the first year of enrollment.

5. Registration Checklist and Best Practices

Student-athletes should begin the formal certification process at the conclusion of their junior year. Use the following checklist to ensure compliance:

1. Register: Create your account at the NCAA Eligibility Center website.
2. Complete Amateurism Questionnaire: Provide accurate details regarding your sports participation history.
3. Request Final Certification: Log in during your senior year to request final amateurism certification prior to college enrollment.
4. Submit Records: Ensure official high school transcripts and SAT/ACT scores (sent directly via code 9999) are submitted to the NCAA.

Middletown High School Localization:

- School Code: 333120
- Physical Address: 30 Gardner Ave. Ext., Middletown, NY 10940
- Compliance Note on Physical Education (PE): Per Middletown City School District policy, student-athletes must be enrolled in and pass PE to maintain athletic eligibility. However, PE credits do not count toward the 16 NCAA core courses.

6. Transcript Submission and Contact Directory

All documents and inquiries must be directed to the Eligibility Center's headquarters in Indianapolis.

Contact Method	Information
Customer Service	877-262-1492 (9 a.m. – 5 p.m. ET, Mon-Fri)
Fax Number	317-968-5100
Standard Mailing	NCAA Eligibility Center, P.O. Box 7110, Indianapolis, IN 46207-7110

Overnight/Express	NCAA Eligibility Center, 1802 Alonzo Watford Sr. Drive, Indianapolis, IN 46202
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7. Important Reminders and Disclaimers

Financial Compliance

Registration fees must be paid by the student-athlete or their family. It is a major NCAA violation for Middletown High School, the Middle Sports Booster Club, or any individual program supporter to pay this fee on behalf of a student.

Division III Note

Academic requirements (core-course distributions and sliding scales) do not apply to Division III. DIII eligibility is governed by individual institutional and conference regulations. However, please note that International Division III student-athletes must still register for an Athletics Certification account (\$75) to participate.

Together **E**veryone **A**chieves **M**ore

INTERSCHOLASTIC ATHLETIC OFFERINGS

FALL

Football	Varsity, Junior Varsity, Modified
Fall Cheerleading	Varsity, Junior Varsity
Boys Soccer	Varsity, Junior Varsity, Modified
Girls Soccer	Varsity, Junior Varsity, Modified
Boys & Girls Cross Country	Varsity, Modified
Girls Swimming	Varsity
Girls Tennis	Varsity, Junior Varsity
Girls Volleyball	Varsity, Junior Varsity, Modified
Esports	Varsity, Junior Varsity, Modified

WINTER

Boys Basketball	Varsity, Junior Varsity, Modified
Girls Basketball	Varsity, Junior Varsity, Modified
Competitive Cheerleading	Varsity, Junior Varsity
Boys Wrestling	Varsity, Junior Varsity, Modified
Girls Wrestling	Varsity
Boys Swimming & Diving	Varsity
Boys & Girls Indoor Track	Varsity, Junior Varsity
Boys & Girls Bowling	Varsity
Esports	Varsity, Junior Varsity, Modified

SPRING

Boys Baseball	Varsity, Junior Varsity, Modified
Girls Softball	Varsity, Junior Varsity, Modified
Boys & Girls Track	Varsity, Junior Varsity, Modified

Boys Tennis
Boys & Girls Golf
Boys Lacrosse
Girls Lacrosse
Girls Flag Football
Esports

Varsity, Junior Varsity
Varsity, Junior Varsity
Varsity, Junior Varsity, Modified A
Varsity, Junior Varsity, Modified
Varsity, Modified A
Varsity, Junior Varsity, Modified



**MIDDLETOWN CITY SCHOOL DISTRICT
GUIDELINES FOR ATHLETIC PARTICIPATION
AUTHORIZATION FORM**

Student-Athlete Name (Please Print)

Grade

Athletic Team (Please Print)

Parent/Guardian Authorization

By signing below, you indicate that you have read the Interscholastic Athletic Handbook for student-athletes and parents/guardians. You are aware of the risk factor in sports and the guidelines for athletic participation in the athletic program in the Middletown City School district. Also, you agree to conduct yourself in accordance with them.

Parent/Guardian Name (Please Print)

Date

Parent/Guardian Signature

Phone #

Student-Athlete Authorization

By signing below, you indicate that you have read the Interscholastic Athletic Handbook for student-athletes and parents/guardians. You are aware of the risk factor in sports and the guidelines for athletic participation in the athletic program in the Middletown City School district. Also, you agree to conduct yourself in accordance with them.

Student-Athlete Signature

Date

This form must be signed and returned to the respective coach and then to the athletic office for participation to be allowed.