ATHLETIC HANDBOOK

Dear Student-Athletes:

Welcome and congratulations on becoming a part of the Tiger athletic family! Our mission as an athletic department is to provide a safe, positive experience for our student-athletes while allowing them to grow in body, mind and spirit. Participation in sports can provide wonderful physical benefits, but it will also help you learn some important life lessons, including the value of hard work, commitment, sportsmanship, team play and respect for teammates, coaches and officials.

Staten Island Academy has a storied history of athletic success and excellence, and the commitment that we require of our student-athletes allows us to continue our tradition of athletic distinction.

This commitment is one of the hallmarks of the Academy's athletic program. When you decide to participate on an Upper School athletic team, you need to understand that a six-day commitment is often mandatory, especially for varsity programs. Additionally, attendance at practices and/or contests during vacation periods may be required. On rare instances, a team may even practice before the school day begins. Your commitment to the team, the program, the Academy itself and its athletic program, needs to be a priority. Student-athletes are expected to attend every practice and game unless they are absent from school or have some extenuating circumstance, such as a college visit. Game and practice schedules are available online, and you must make every attempt to avoid conflicts with the athletic schedule.

Communication between players and coaches and between coaches and the Athletic Director is a defining characteristic of our program. Communication with parents is also essential in helping to prevent and eliminate any potential problems that student-athletes might have. If there is some reason you are unable to attend a practice or game, you must notify the coach in person or via the coach's school email as soon as you know of the conflict. Absences from practices, aside from hurting the development and chemistry of your team, will directly affect your playing time. **Three unexcused absences will result in a meeting between the player, coach and Athletic Director with suspension or dismissal from the team a distinct possibility**.

As Athletic Director, I am willing and available to assist our student-athletes in any way that I can. If you have any problems, please feel free to see me. Many of the issues that student-athletes have are easily rectified by speaking with the captain(s) of the team. Most of the other issues are quickly resolved by a meeting with the head coach of the team. Please keep in mind that often the best time to meet with a coach is not immediately after a contest. Using the coach's school email, set up an appointment with the coach, and see when a meeting time can be arranged. Each coach, each parent, and each student-athlete needs to keep the team's best interest in mind, and individual egos should never compromise the positive experience of playing on an Academy team.

Again, I congratulate you on becoming a Tiger athlete! Work hard, play fair and remember to always display sportsmanship, class and integrity on the fields of play. GO TIGERS!

Sincerely,

Mike Mazella
Athletic Director

Requirements for Student-Athletes to Participate in a Sport

- All student-athletes must have a valid, completed medical form submitted on file with the school in order to participate on a team.
- All student-athletes must read and sign an athletic Consent Form and complete both the Emergency Contact Form and Interval Health History form if they are participating in a sport. NOTE: The Interval Health History form needs to be completed for **each** season during which a student-athlete is participating on a team.
- All student-athletes must have completed the mandatory number of practices (as set by the governing board of NYSAIS) before competing in a scrimmage or game. Coaches will inform their players of that minimum number of practices on the opening session of the athletic season, and these NYSAIS requirements will also be posted outside the Athletic Department office and on the bulletin board outside the boys' locker room.
- All student-athletes must consult their team's practice and game schedules to avoid conflicts. Unexplained absences that have not been communicated to the coach prior to a practice or game will be dealt with promptly and may result in loss of playing time and either suspension or removal from a team.
- All student-athletes must be in school to participate in a practice or contest on that day. Student-athletes arriving to school after 9:30 a.m. will not be able to participate in extracurricular activities on that day. Exceptions can be granted by the Assistant Head of School, the Head of the Upper School or Middle School, or the Athletic Director if extenuating circumstances, such as a college visit, exist.
- All student-athletes are expected to remain in good academic and disciplinary standing. One's place on a team can be jeopardized by poor performance in the classroom or by disciplinary problems in the school community.
- All student-athletes must let their teachers know at least 24 hours in advance if an early departure for a game necessitates the missing of a class or academic appointment.
- All student-athletes must complete mandatory baseline testing for concussions. Approximately a week before the start of the fall athletic season, an email from **Impact Applications** will be sent to all 7th, 9th, and 11th grade students, as well as to all students new to SIA in grades 7-12. These students must take the baseline test before reporting to their first practice session.
- All student-athletes must consult with the Athletic Trainer if they are injured in a practice or game. Honest and open communication with the Athletic Trainer is essential to ensure the safety and health of our student-athletes**. Injuries, especially possible concussions, need to be reported immediately.**
- All student-athletes are expected to attend any postseason or end-of-the-year athletic awards ceremonies.
- All student-athletes may be asked to complete an End-of-the-Year Athletic Assessment and return it to the Athletic Director or Assistant Athletic Director within two weeks of the season's end.
- All student-athletes on Academy teams will be treated with respect and dignity. Our community does not tolerate bullying, hazing or discrimination of any kind. Any such incident should be reported immediately to the head coach and the Athletic Director.

Equipment and Uniforms

- In each sport, you are expected to provide certain gear and accessories, including all footwear, associated with the sport. Among these accessories are shin guards (for soccer); rackets (tennis); mouth guards, goggles and sticks (lacrosse); gloves and bat (baseball and softball). Goalie equipment in lacrosse and catcher's equipment in baseball and softball will be provided by the school. **All athletes should also bring their own water bottles to practice sessions and games.**
- Student-athletes must be concerned about their safety in each sport that they participate in. As such, they should take all necessary precautions and wear the necessary gear/equipment (including but not limited to kneepads, sport bras, athletic supporters and cups, goggles, and mouth guards) to ensure their safety.
- Student-athletes must be in proper team apparel for all practice sessions and games. If there is an away game and a team warm-up has been issued, student-athletes must be wearing the team gear in order to board the bus. Student-athletes should consider bringing an extra set of dry, clean clothes to change into for the ride home once a game is over.
- At the conclusion of each season, all student-athletes must return any uniform belonging to the Academy's Athletic Department within one week of the last contest of the season. Failure to do so will result in disciplinary action. All uniforms that are returned need to be cleaned. Lost uniforms or uniforms returned in poor condition are the financial responsibility of the student-athlete and his or her family.
- All student-athletes must assist in taking care of the school's equipment and storage areas. Gear should be placed neatly in designated areas, and no equipment should be left out in the playing areas when a practice or game is over. Team members must help the coaches and the staff of the Athletic Department in keeping our equipment and gear in good order.

Injuries and Concussions

- Any student injured during a practice or game should see the Athletic Trainer if the injury warrants attention or treatment. Student-athletes should not try to hide injuries from their coaches. Student-athletes rehabbing from injury or receiving treatment from the Athletic Trainer are still expected to attend practices and games. If a doctor or medical professional is consulted, a note clearing the student-athlete to participate in practices and games must accompany the student-athlete when they return to school.
- Any suspected head, neck or back injury will be treated with the greatest care and caution. Concussions are a growing risk in all youth sports, and if there is any doubt as to whether a student-athlete has sustained a concussion, the Athletic Trainer and the Athletic Department will treat the injury as a concussion. The student-athlete will be removed immediately from the contest or practice and will not be allowed to participate as long as they are showing any symptoms of a concussion. In the event of a concussion, clearance to play will be determined after a "return to play" protocol has been completed. This protocol is a stepwise progression that is designed to protect the student-athlete, and it occurs after a re-take of the "ImPACT" neurological test and consultation with a certified health care provider with expertise in sport-related concussion. After completion of a five-phase evaluation period with the Athletic Trainer and physician, the student-athlete will be allowed to participate fully in competition. For more on the concussion protocol, please click the link below:

http://www.cdc.gov/headsup/providers/return_to_activities.html

Teams

In all sports at Staten Island Academy, we strive to field the most competitive teams possible, while always understanding that interscholastic athletics should be a fun experience and an educational endeavor.

- *Varsity*: The highest level of competition and commitment for a student-athlete is reserved for those who comprise the Academy's varsity teams. When necessary, tryouts will be held to determine which student-athletes make the varsity team and which will make the junior varsity team. Returning varsity players will be guaranteed a place on the varsity team for the following year. Once a student-athlete has been placed as a full-time member of a varsity team, they cannot return to play at the junior varsity level, as per league rules. Playing time at the varsity level is not guaranteed and is often determined by skill level, fitness level, performance level, attendance at practices and games, commitment to the team, academic and disciplinary standing within the school and tactical match-ups. While coaches of the varsity teams will instruct in skill-building and help student-athletes reach their full potential in their respective sports, we will try to field the most competitive varsity teams possible. Playing at the highest level of competition should be a goal for all student-athletes. Senior student-athletes who play on a varsity team are excused from Physical Education classes during their respective sport seasons.
- *Junior Varsity*: The junior varsity program is designed to prepare student-athletes for the rigors and competition of the varsity program. On the junior varsity teams, there is a premium placed on skill development and learning. The commitment to the junior varsity teams, while not as demanding as that of the varsity teams, might still require participation four-six days per week. Understanding nuances of the sport and game strategy is stressed at the junior varsity level with the hope that players at this level will soon be prepared to contribute on the varsity level. When possible, all attempts will be made to give student-athletes playing time in each junior varsity contest.
- *Middle School*: The Middle School athletic program is designed to teach students the skills and nuances of each sport. Understanding that winning isn't the main priority at this level of athletics, Middle School student-athletes will come to recognize the value of being on a team, of testing one's physical limits and of developing strong bonds of friendship. While trying to remain competitive in their teams' respective leagues, Middle School athletes should receive playing time in each contest, provided their attendance, deportment and academics are all in order. NOTE: Staten Island Academy participates in the New York State program of the Athletic Placement Process for student athletes in Grades 7 and 8. The intent of the Athletic Placement Process is to provide for students in Grades 7 through 12 a mechanism allowing them to participate safely at an appropriate level of competition based upon personal readiness rather than age and grade. Since students do not mature at the same rate, there can be a tremendous range of developmental differences between students of the same age. The program is aimed at the few select students who can benefit from such placement because of their level of readiness.

For a child in Grades 7 or 8 to qualify for the Athletic Placement Process at Staten Island Academy, a parent must submit their request in writing to the Director of Athletics and the Director of Middle School. It must be clear that academics come first at Staten Island Academy.

At the Academy, a child's academic performance must be taken into consideration for approval for the Athletic Placement Process. No child repeating a grade in Middle School for academic reasons will qualify for the Athletic Placement Process at the Academy.

Once the school approves a child for the Athletic Placement Process, each child needs to have the following in place prior to being able to play on a High School team:

- Written release from a Physician
- An Individual Athletic Profile
- Parental Permission
- Developmental Screening
- Athletic Performance Testing
- Coach's Sport Skill Evaluation
- Notification of Qualifications
- Letter to Parent from the school

More information on the Athletic Placement Process can be obtained by contacting the Director of Athletics.

Members of all Staten Island Academy teams will conduct themselves with class and dignity before, during and after all athletic contests. As ambassadors of the school, student-athletes need to maintain the highest levels of deportment whether at home or on the road. Inappropriate behavior or language on bus rides, in locker rooms and on the courts and fields of play will not be tolerated and will be dealt with accordingly. Any student-athlete who is ejected from a game or who is guilty of a flagrant violation (fighting, red card, technical foul, etc.) will face disciplinary action from the school and possibly from the league. Suspension and termination from the team are potential results of such infractions. The school's administration will be promptly informed of such an incident and will make a decision on the appropriate discipline in such matters.

FOR COACHES

The coaches of Staten Island Academy athletic teams have an influence that extends far beyond the fields and courts of their respective sports. Respected members of the Academy community, coaches are teachers, mentors and advisors to student-athletes. Just like the players, the coaches and assistant coaches are bound by a Code of Conduct, and there are expectations and guidelines for all coaches to follow:

- All coaches are responsible for the safety of their players. During all practice sessions, drills, activities and games, coaches should always keep the student-athletes' health and well-being in mind. The athletic venue should be reviewed and inspected before practices and games to determine if there are any unsafe conditions present. If there are, they should be remediated before the start or the continuance of an activity. If they cannot be fixed, the coach should refuse to allow the student-athletes to participate in an unsafe environment.
- All coaches must consult with the Athletic Trainer as soon as possible about injuries and student-athletes' playing status. If an injury occurs at an Away contest, our school's Athletic Trainer should be notified on the drive back to school. The Athletic Trainer's contact information is in the med kit of each team. Coaches should assist and support the Athletic Trainer in helping the student-athlete with any rehabilitation program that is necessary.
- If a student-athlete is treated by an opposing team's Athletic Trainer, that individual's advice about the playing status of the student-athlete should be followed. Coaches should heed the advice of an Athletic Trainer and not be swayed by a student-athlete's desire to play while injured.
- All coaches must ensure that each student-athlete completes the necessary number of practices before a scrimmage and/or regular season game.
- All coaches must make sure all safety and first-aid procedures are in place for away games. Proper equipment (ice, medical kit, defibrillator, etc.) should accompany a team traveling to a game. In order to ensure the proper care and safety of all involved, student-athletes and coaches must obey the rules of the company in charge of transportation to the athletic venue.
- All coaches must be punctual for all practices and games. Coaches should try to arrive to a practice at least 15 minutes before it starts and to a game at least 45 minutes before the scheduled start time.
- All coaches must take attendance at practices. Unexcused absences should be reported to the Athletic Director.
- All coaches must report the scores of contests to the sports editor at *SILive.com* as per the instructions specified during the preseason. An email summarizing a contest should be sent to sports@siadvance.com with the Athletic Director also copied on the email. Scores of away games should also be reported to the Athletic Director and Assistant Athletic Director as soon as contests are completed.
- All coaches must report scores of contests to the appropriate league sports coordinators. Additionally, coaches are required to attend any pre-season or post-season league meetings, and they should also check their school emails for (and, when necessary, respond to) any communication from the coordinators.

- All coaches are responsible for planning and conducting practices that utilize time efficiently and maximize the performance and skill level of student-athletes. Whether teaching fundamentals or installing the most advanced game strategies, coaches need to be organized. Just as a teacher would, coaches should have a lesson plan for each practice session.
- All coaches must consult the school calendar and determine when to give their student-athletes a day off. Understanding the academic, social and emotional needs of student-athletes is essential for a coach. When possible, days off should be determined at least a week in advance and should be reported to the Athletic Director so that the school calendar can be updated. Cancellations due to weather or other unforeseen circumstances, however, might preclude this advance notice.
- All coaches are ambassadors of Staten Island Academy, and, as such, should be making every effort to identify student-athletes who meet the Academy's requirements for admission. Prospective student-athletes should be directed to contact the Director of Admissions.

NOTE: Staten Island Academy **does not** give out athletic scholarships, and coaches should never use this language to lure a prospective student-athlete.

- All coaches must conduct themselves with the highest level of character and integrity. Student-athletes follow their coaches' examples, and coaches should always refrain from using foul, abusive language around players, other coaches, referees and officials. Coaches need to always practice sportsmanship and exhibit fair play so that their student-athletes can model their behavior.
- All coaches must document and report any incident arising from inappropriate behavior by a player, coach, or fan. This includes but is not limited to ejections, flagrant fouls, physical or verbal altercations with opponents or fans, poor sportsmanship and any behavior that is not befitting a member of the Academy community. Incidents involving members of the opposing team's community should also be reported to the Athletic Director.
- All coaches must look professional in their appearance for both games and practices. Apparel with the names or designs of any other school is not permitted during athletic contests.
- All coaches must demonstrate passion, commitment, and high energy for their sport and their team.
- All coaches should assist with any student-athlete who wishes to pursue a collegiate career in a sport. All recruiting and any discussion of potential undergraduate programs should be conducted in consultation with the Athletic Director and the Director of College Guidance.
- All coaches must keep open lines of communication with players and with parents. Coaches need to make themselves available to parents who would like to set up an appointment to discuss issues regarding their children.
- All coaches must be ready to provide student-athletes with opportunities and ways to improve their skills through outside leagues, camps, trainers or workout programs.
- All coaches must assist the Athletic Department by taking care of the equipment and fields/courts that the school provides. If any equipment needs to be replaced or any

playing area needs repair, it must be reported to the Athletic Director so that a maintenance request can be completed.

- After an away game, all coaches are responsible for their student-athletes until they have been picked up from the school. Please have student-athletes make necessary phone calls to arrange a ride so that security and coaches are not waiting with student-athletes long after a return to the school. If there are school-sponsored activities still in progress after a team returns, a coach can allow a student-athlete to attend those functions (provided there is adult supervision) after alerting security that the player(s) from the returning team are still on campus.
- All coaches must be mindful of which players have made alternative travel plans and are not returning to Staten Island Academy after a game.

Coaches must be notified of these alternative travel plans or if parents choose to drive their student-athletes home after an away game. Parents must also give permission to allow their child to go home with another individual. This notification and permission need to be in the form of an email to the coach, Athletic Director, and Head of the Upper School before the afternoon of the game.

- All coaches must be students of their craft, seeking opportunities to attend clinics, workshops, lectures, and conferences that will enhance their knowledge of the sport, their ability to implement different strategies and their ability to interact with players.
- All coaches will have an end-of-the-year review with the Athletic Director and Assistant Athletic Director at the conclusion of their respective seasons.