

CLARKSTOWN CENTRAL SCHOOL DISTRICT

Parent and Student-Athlete Athletic Handbook

2022-23

**Clarkstown South High School
Clarkstown North High School
Felix V. Festa Middle School**



TABLE OF CONTENTS

1. Welcome Parents and Student/Athletes
2. Title IX Policy
3. A Philosophy of Interscholastic Athletics
4. A Code of Ethics
5. Athletic Participation Numbers
6. Athletic Eligibility - NYSPHSAA
7. Physical Education Requirement
8. Daily Eligibility Rules
9. Responsibilities of a Clarkstown Athlete
10. Responsibilities to Your School and Community
11. How Do I Get To and From Games and Practices
12. Can I Change Sports?
13. Accessing Daily Schedules and Directions to Schools
14. Clarkstown's Athletic Teams
15. Issuing School Uniforms and Equipment
16. Games and Practice Sessions
17. Conflicts with Other School Activities
18. Athletic Participation and Attendance
19. What About Academics?
20. Substance and Social Media Abuse
21. Violations of Training Rules
22. Suspensions From School
23. Hazing
24. Wellness and Safety
25. Athletic Trainers
26. Benefits of Conditioning
27. Getting Ready to Play
28. Returning To Play After an Injury
29. What do I Need to do to Play College Athletics?
30. What Clarkstown Athletes Cannot Do
31. Athlete and Parent "Fair Play Agreement"
32. Spectator Expectations

Clarkstown Central School District

Superintendent of Schools

Dr. Marc Baiocco

Board of Education

Mrs. Tamara Bierker

Mr. David Gosman

Ms. Christine Alia

Mr. Brian Montes

Mrs. Zizette Deutsch

Mr. John Maltbie

Ms. Irene Tagaris

District Coordinator of Health Services

Ms. Sue Sherlock, F.N.P.

*Any CCSD employee can be reached via email using first initial then last name @ccsd.edu
Example: John Smith would be jsmith@ccsd.edu*

Secondary School Principals

TBD - North High School

Ms. Debra Tarantino - South High School

Dr. Diane Mitchel, Dr. Michael St. John - FFMS 7 & 8 Principals

Mr. Jonathan Slaybaugh - Birchwood School

Athletic Staff

**Dr. Christopher Serra - District Director of Health, Physical
Education, Athletics, and Aquatics**

Ms. Tess Brogan - Clarkstown North Athletic Coordinator

Ms. Lindsay Zekus - Clarkstown South Athletic Coordinator

Mr. Andrew McGuire - Felix V. Festa Athletic Coordinator

*Any CCSD employee can be reached via email using first initial then last name @ccsd.edu
Example: John Smith would be jsmith@ccsd.edu*

1. Welcome Parents and Student/Athletes

Welcome to the Clarkstown Central School District's Interscholastic Athletic Program. This handbook is presented to you because you have been selected to participate in interscholastic athletics.

Parents and student athletes are encouraged to carefully read the entire handbook. This booklet contains information that is important throughout a sports season.

If you have any questions or concerns regarding our interscholastic program please call Dr. Christopher Serra, the District Director of Health, Physical Education, Athletics, and Aquatics at 845-624-3970 x5565, Ms. Tess Brogan, the Athletic Coordinator at North High School, Ms. Lindsay Zekus, the Athletic Coordinator at South High School, or Mr. Michael Butler the Felix V. Festa Middle School Athletic Coordinator at 624-3970 x5857. For Health related matters, please contact the District Coordinator of Health Services, Ms. Sue Sherlock, at 845-624-3970 x5580

2. Title IX

The Clarkstown Central School District hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, color, national origin, sexual orientation or handicap discrimination on any of the bases mentioned above are available. Inquiries regarding the nondiscrimination policy may be directed to:

Mr. Jeff Sobel, Title IX and Chapter 504 Coordinator for Employees and Chapter 504 Coordinator for Students, Clarkstown Central School District, 62 Old Middletown Road, New City, New York 10956 (845)-639-6300. Copies of the grievance procedure to follow if you feel you have been discriminated against because of sex or handicap are available in all school and guidance offices and the Office of Human Resources.

3. A Philosophy of Interscholastic Athletics

The Clarkstown Board of Education encourages participation in athletic activity by interested and qualified students. The goal of the interscholastic athletics program is to encourage such participation and to allow students to benefit from competing at a level appropriate to their interest and ability.

4. A Code of Ethics

The Clarkstown Central School District embraces the code of ethics of the New York State Public High School Athletic Association (N.Y.S.P.H.S.A.A.).

It is the duty of all concerned with student athletics to:

1. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. Eliminate all possibilities which tend to destroy the best values of the game.
3. Stress the values derived from playing the game fairly.
4. Show cordial courtesy to visiting teams and officials.
5. Establish a happy relationship between visitors and hosts.
6. Respect the integrity and judgment of the sports officials.
7. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. Encourage leadership, use of initiative and good judgment by players on the team.
9. Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of individual players.
10. Remember that an athletic contest is only a game—not a matter of life or death for player, coach, school, fan or community.

5. Athletic Participation Numbers

It is the policy of the Clarkstown Central School District that, to the extent student interest permits, every interscholastic team sponsored by the Clarkstown Central School District shall be a complete team. A complete team is defined as one in which all of the available slots are filled. The number of available slots on a team will be determined by the Athletic Director and Athletic Coordinators in conjunction with the coaching staff.

6. Athletic Eligibility for Students – N.Y.S.P.H.S.A.A.

The following list of standards are the rules of the New York State Public High School Athletic Association, Inc. and apply to students in grades 7-12. All Athletes must meet all standards of eligibility for practice and competition. “All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions.” NYSPHSAA Inc. Constitution, Article II. (2). For further details the NYSPHSAA handbook can be found at www.NYSPHSAA.org

- | | |
|---|--|
| 1. Age and Grade | 16. National Team/Olympic Development Programs |
| 2. Amateur | 17. Non-federation Member Schools |
| 3. Appeal Procedure | 18. Outside Agencies |
| 4. Approved Officials | 19. Penalties |
| 5. Assumed Name | 20. Post-Schedule |
| 6. Bona Fide Students | 21. Post Season |
| 7. College | 22. Practice Sessions |
| 8. Duration of Competition | 23. Professional Tryouts |
| 9. Foreign Students | 24. Recruitment and Undue Influence |
| 10. Health Examination | 25. Representation |
| 11. International Contests | 26. Senior All-Star Contests |
| 12. Interschool Scrimmage/Practice Sessions | 27. Sportsmanship |
| 13. Interstate Contests | 28. Sports Seasons |
| 14. Middle or Junior High School | 29. State Championship Contests |
| 15. Mixed Competition | 30. Transfer |

7. Physical Education Requirement

Athletics are an outgrowth of the Physical Education Program. Students who demonstrate outstanding skill, attitude and effort are those encouraged to participate in athletics. However, 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 currently failing Physical Education will be ineligible to compete in interscholastic athletics until their grade is satisfactory.

8. What are the daily eligibility rules for athletes?

To be eligible to compete in a daily athletic event (game, practice, meet, etc.) you must:

- o Attend every class on your schedule on the day of that event.
- o Miss no more than 20 minutes from any class period throughout the day.
- o Must participate and receive full credit in physical education.
- o Not spend 20 or more cumulative minutes in a nurse's office.

If you fail to satisfy any of the aforementioned criteria you will be ineligible to participate in that day's event!

Students who are not in class but are properly accounted for, and in the school environment, by means of a legal pass will be exempt from this policy.

Students who need exemptions for other reasons not associated with school events (scheduled doctor's appointment, legal appointment, pre-approved appointment, etc.) must provide a note from the appointment/doctor for clearance and from a parent that serves to make the absence from school a legal absence. If you fail to do so, you will be ineligible.

If you participate in an athletic event and have not attended every class that day you will be in violation of this policy. You will be suspended from the next two regularly scheduled games.

9. Responsibilities of a Clarkstown Athlete

It is an honor and privilege to represent your school. It is not a right. As an athlete on a Clarkstown team, you represent yourself and your family, your school and your community. Your conduct before, during and after games will reflect on you and everyone else associated with your school and the school district.

We want our athletic teams to succeed. Many of our athletes have been successful college athletes and still others hold league, section and state records. But, most of all, Clarkstown teams are recognized for competing hard and fairly. Your challenge is to set high standards and to achieve them.

Being on an athletic team requires sacrifices. You must make choices between all of the activities that are appealing to you. Please understand that by participating in interscholastic athletics, you are making a commitment to your coach and to your teammates. Attending practices and games is an essential part of this commitment. In addition it is understood that you will not schedule unexcused absences, such as personal or family vacations, throughout your entire athletic season. Keeping yourself in shape by choosing not to use alcohol, tobacco products, and/or consume illegal drugs, not abusing social media, making good decisions and adhering to school rules are a part of this commitment as well. Maintaining your academic standing is crucial.

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your secondary school experience. Your studies and your participation in other school activities as well as athletics prepare you for your life as an adult. Therefore you are expected to remain in good academic standing.

You are expected to refrain from using tobacco products, drinking alcoholic beverages, using illegal drugs of any kind, and misusing social media to display negative behavior against yourself or others.

In the pages that follow, your responsibilities are described in more detail. If you have any questions about anything that you read, please ask. Your coach and your school's athletic coordinator will be glad to answer your questions and to help you in any way they can.

10. Responsibilities to Your School and Community

By participating in athletics to the maximum of your ability, you are contributing to the reputation of the school and community. Therefore you are expected to display proper citizenship and to conduct yourself properly on and off the playing field at all times. In short, you will conduct yourself in a way that reflects well on your school and community. Remember, you are an ambassador of the District and community and are expected to demonstrate respectful and appropriate behavior at all times.

11. How do I get To and From Games and Practices?

It is the preference of the Clarkstown Athletic Department that all athletes are transported to and from practices and/or contests, as a team, by school authorized vehicles only. When the need for an exception to this policy arises and parents wish to transport their child to or from a practice or contest, a written request from the parent or guardian must be provided prior to the date of the request and approved by the athletic coordinator. When a parent or guardian wishes to have their child transported from an athletic practice or contest by another adult, a Carpool Transportation Waiver must be obtained, received, and approved by the District prior to the date of the request. Should the need arise for a student-athlete to transport themselves to or from an athletic practice or contest, a Transportation Waiver must be obtained, received, and approved by the District prior to the date of the request. Please note, the District reserves the right to deny a Transportation Waiver at any time based upon the rationale

provided in the request and/or any other circumstances specific to the event.

12. Can I change sports?

If a student athlete has been cut from one team, it is legitimate to try out for another team where final cuts have not been completed. Permission from the Athletic Coordinator and coaches involved is necessary. The athlete must understand that practices are sport specific and cannot count from one sport to another.

13. Accessing daily schedules and Directions to schools

A parent/guardian or student may access the daily schedule of your team and locate directions to Section One Schools by going on line to:

http://sportspak.swboces.org/sportspak/oecgi3.exe/O4W_SPAKONLINE_HOME

Daily sports schedules, changes and cancellations are available by visiting each school's Web Page or calling the North High School, South High School and the Middle School telephone numbers below:

North High School	-	845-639-6580
South High School	-	845-624-3448
F. F. Middle School	-	845-620-2008 (Hotline)

14. Clarkstown's Athletic Teams

	<u>Varsity</u>	<u>JV</u>	<u>7 & 8</u>
<u>Fall</u>			
Boys Cross Country	X	X	X, APP
Girls Cross Country	X	X	X, APP
Dance Team	X		APP
Girls Field Hockey	X	X	X, APP
Football	X	X	X, APP
Girls Soccer	X	X	X, APP
Boys Soccer	X	X	X, APP
Girls Swimming	X		APP
Girls Tennis	X	X	APP
Boys Volleyball	X	X	APP
Girls Volleyball	X	X	X, APP
Traditional Cheerleading	X	X	APP
<u>Winter</u>			
Boys Basketball	X	X	X, APP, * Freshman
Girls Basketball	X	X	X, APP * Freshman
Dance Team	X		
Boys Swimming	X		APP
Girls Ice Hockey	X		APP
Boys Ice Hockey	X		X (7, 8, 9)
Girls Winter Track	X		APP
Boys Wrestling	X	X	X, APP
Girls Gymnastics	X	X	APP
Boys Skiing	X	X	APP
Girls Skiing	X	X	APP
Competitive Cheerleading	X	X	APP
Boys Bowling	X		APP
Girls Bowling	X		APP
Boys Fencing	X		APP
Girls Fencing	X		APP
<u>Spring</u>			
Boys Baseball	X	X	X, APP * Freshman
Boys Golf	X		APP
Girls Golf	X		APP
Boys Lacrosse	X	X	X, APP
Girls Lacrosse	X	X	X, APP
Girls Softball	X	X	X, APP * Freshman
Boys Tennis	X	X	X, APP
Boys Track & Field	X		X, APP
Girls Track & Field	X		X, APP
Crew (Girls/Boys)	X		APP
Unified Basketball	X		APP

For Information on Athletic Placement Process (students in grades 7th or 8th grade wishing to test up to a Freshman, JV, or V team) please visit: <https://www.ccsd.edu/Page/1686>

15. Issuing of School Uniforms & Equipment

Uniforms and equipment are essential parts of athletics. They protect you and identify you as a team member. At the beginning of a season, you will be issued uniforms and equipment. Any equipment required for your sport and not provided by the school must be provided by you. You must take care of your equipment. Any equipment needing repair must be brought to the coach's attention immediately. You are responsible for all of the equipment issued to you.

It is your responsibility to return to the coach all clothing and equipment issued during the season. If you do not do this in a timely fashion, you will be required to pay to replace the missing article(s). If you do not pay for the missing articles you may not be allowed to participate in school functions until the obligations are met.

16. Games and Practice Sessions

Team members must be present and on time for all scheduled practice sessions and games. Any athlete who is present in school but absent or late to the athletic activity without permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to suspension to dismissal from the squad. Remember that once you have been placed on a team roster, you are making a commitment to that team for the full season. “Games and practices may be rescheduled on short notice and students are expected to attend.” Exceptions for non-attendance at scheduled practice sessions and games are limited to:

1. Sickness
2. Medical/Professional appointments (e.g., doctor, dentist, legal)
3. Funerals
4. Religious obligations
5. Special examinations, tests, academic extra help sessions, or overlapping seasons
6. Visitation for the purpose of college placement will require prior approval from the Athletic Director/Coordinator. This approval

must include the following information: The name and location of the institution, the name, contact information and title of the individual you met with during the visitation, and the length of stay at the institution. Upon return to practice, in order for the visitation to be approved as a legal absence, the student-athlete must provide written documentation from the institution validating the trip.

It is the student's responsibility to inform the coach in advance (if possible) prior to missing a practice or game.

17. Conflicts with Other School Activities

An individual student who attempts to participate in too many activities will undoubtedly be in a position of conflicting 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 belonging 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.

18. Athletic Participation and Attendance

Students electing to join school teams are required to participate in all practices, scrimmages, and competitions. Such participation is essential to achieving and maintaining physical fitness and to instilling positive values such as good citizenship and sportsmanship. Honoring this commitment also avoids disruption to the team's improvement and success in competitions. Therefore, attendance at practices, scrimmages, and contests is required except in the case of an unavoidable excused absence (e.g. illness). Student-Athletes must be in attendance for the entire tryout period of a sport in order to be considered for the team. Athletes missing the tryout period cannot be

considered once other student-athletes have already been cut from the team.

Penalties which will be associated with unexcused missed practices and missed games as well as a failure to complete the full season including postseason games are detailed below.

Attendance:

- A. Athletes who voluntarily fail to complete the season will be suspended for 25% of the next season in which they choose to participate. The athlete will not be eligible for post-season recognition, receive a varsity letter, certificate (FFMS), or be eligible to attend the athletic dinner for their respective sport.

FAILURE TO COMPLETE A SEASON includes the last game or match, whether occurring at the end of the regular season, playoffs, or in a post-season tournament.

- B. Unexcused absence from practice including practice missed during school vacations.

1st Offense

Before the athlete is eligible to participate in a game, he/she must attend a regularly scheduled practice.

2nd Offense

The athlete will miss a game.

3rd Offense

The athlete will miss two games.

- C. Unexcused Absence from a game

1st Offense

The athlete must sit out the next regularly scheduled game before they are eligible to participate.

2nd Offense

The athlete must sit out the next two regularly scheduled games before they are eligible to participate.

3rd Offense

Repeated Offenses same as number 2.

19. What about academics?

You are a student athlete; your responsibilities as a student come first. You must realize that your main purpose for attending school is to receive an education and obtain a high school diploma. As an athlete, you must plan your schedule so that you give sufficient time and energy to ensure acceptable grades. Athletes are encouraged to take advantage of extra help and tutoring as needed. You must attend class, schedule the appropriate number of classes and remain in good academic standing in order to participate in interscholastic sports.

20. Substance and Social Media Abuse

The use or possession of illegal drugs, performance enhancing substances, alcoholic beverages, tobacco products (electronic cigarettes and/or vaporizing pipe) **is prohibited**. These products are a detriment to sound health and athletic improvement. The use or possession of these substances, or any other illegal substance by any student/athlete, shall not be tolerated either in school or out of school throughout the year, and shall result in consequences.

The Clarkstown Central School District recognizes a student-athlete's rights to freedom of speech, expression, and association, including the use of technology-based social media. In the area of social media however, each student-athlete must acknowledge that participating in an athletic program is a privilege. As a student-athlete, you represent the Clarkstown Central School District and are expected to portray yourself, your team, the school district, and community in a positive manner at all times. Consequently, conduct deemed as inappropriate over any means of social media throughout the year will be subject to disciplinary action. Such

conduct may include, but is not limited to, inappropriate language, inappropriate photos or video, inappropriate action, bullying, and/or evidence of possession or use of controlled substances.

21. Violations in Training Rules

In the event an athlete fails to comply with the athletic standards stated in Section 20 of the Athletic Handbook, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in our program.

Athletes found in violation of the training rules stated in Section 20 will be subject to the following consequences:

1st Offence

- Suspension for 25% of scheduled seasonal contests from date of violation and must participate in an administration approved Illegal Substance Abuse Workshop.

2nd Offence

- If the second violation occurs during the same season as the first violation, the student athlete will be immediately removed from the team.
- If the second violation occurs while the student is not actively participating in an athletic season, the student athlete will be suspended for 50% of seasonally scheduled contests during the next active athletic season.
- If the second violation occurs during a subsequent active athletic season, the student will be immediately removed from the team.

3rd Offence:

- Suspension from all athletic team participation for one year from date of observed violation

* Illegal Substance Abuse Workshop will include a review and discussion of District Policy pertaining to illegal substances and discussion as to the hazards of illegal substance abuse.

** Any penalized game(s) not observed during the season will be enforced during the next active athletic season.

Students (with parents/guardians present) in all cases will be given due process, prior to the school's final decision.

22. Suspension from School

Misbehavior as an athlete may also result in suspension from school.

A student on in-school suspension shall be ineligible for any athletic event (practice, scrimmage or competition) on that day. A student on out-of-school suspension shall be ineligible for any athletic events during the period of suspension.

23. Hazing

Clarkstown Central School District has a zero tolerance for hazing or bullying of any type.

It is a Clarkstown Central School District Policy of the Board of Education that no person be subjected to harassment while on district property or while involved in a district related activity. All forms of harassment, such as "hazing" as defined in this policy, are particularly troublesome and deserve special attention. The Board of Education finds that hazing activities of any type are inconsistent with the educational process and are prohibited at all times.

What is hazing?

"Hazing" is defined as any behavior exhibited by students or other persons towards students arising in the context of so-called initiation rites for new club or team members, or students new to a school or the district, or activities of a similar nature, whose intent or effect is to degrade, demean, humiliate, place at risk of physical or emotional harm, cause physical or emotional harm, or place at risk of punishment by school or civil authorities.

Examples of hazing include, but are not limited to, the following:

- A. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
- B. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, rigorous calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- C. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the students to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- D. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school or in the club, team or activity involved.
- E. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or regulation, or of the school district's policies or regulations.

Consequences of Hazing:

A student who hazes another student may lose the privilege of playing a sport for Clarkstown. Any student who is found to have participated in a hazing activity will be subject to suspension for all or part of the sports season in which the incident occurred. In addition, that student may be prohibited from participating in other sports in other seasons, as well.

- A. A student engaged in hazing shall be subject to discipline, including possible suspension or expulsion, according to Education Law Section 3214, Policy 5150 and Administrative Regulation 515.
- B. A staff member engaged in hazing shall be subject to discipline, including possible suspension without pay or termination,

- according to the applicable sections of the Education or Civil Service Law, associated regulations, and the district's policies and regulations.
- C. Any person engaged in hazing on district property or while involved in a district activity shall be subject to removal from the property or the activity.
 - D. In addition, since hazing which causes physical harm or which tends to cause physical harm is a crime punishable under Penal Law Sections 120.16 and 120.17, activities of such a nature shall be reported to the appropriate law enforcement officials making any person engaged in criminal hazing subject to possible prosecution.

Reprisal:

The District shall discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor or other employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person who testifies, assists or participates in an investigation, or against any person who testifies, assist or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

Notice:

Electronic copies of this policy will be made available on each School's Athletic Website, to all parents, students, employees, and volunteers where applicable, following its official adoption by the Board of Education. In addition, this policy will be incorporated into building, staff, and student handbooks and will be the subject of discussion at employee staff meetings or in-service programs. It is understood that any student participating in interscholastic athletics agrees that they will not participate in any form of hazing in any location whatsoever. Violation of this pledge will be subject to disciplinary action.

24. Wellness and Safety

All Clarkstown coaches are New York State certified with current certification in First Aid, CPR, AED and Concussion Awareness. Each coach is responsible for guiding their student/athletes through practices, scrimmages and games appropriate to their age and level of play. These activities are conducted so that the physical welfare, health, and safety of the participants are protected and fostered. The coach teaches physical skills, moral values and proper ideals of sportsmanship, ethical conduct and fair play in accordance with the Clarkstown Athletic Philosophy.

25. Athletic Trainers

The athletic trainer provides emergency service for student/athletes and develops prevention strategies through appropriate training methods and physical conditioning program. To insure proper follow-up after an injury, the trainer consults with parents, the school nurse and/or the school physician.

Any student/athlete under treatment by a private physician must have written permission from his/her physician in order to return to active status in the sports program. The chief school physician must be consulted in situations that warrant further review.

26. Benefits of Conditioning

The obvious benefit of superbly conditioned athletes is the potential for the team or individual to compete at the highest possible level. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long-term. Simply, we want our student/athletes to be exercisers for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength and endurance and flexibility is an important goal for anyone involved in our athletic program. With this philosophy, one can understand why practice sessions are considered as important, if not more important, than contests.

27. Getting Ready to Play

Prior to the start of each season, the coach will conduct a pre-season meeting. Important information will be distributed at this meeting which is prior to the first try-out session. It is encouraged that all interested athletes attend these meetings to gain important information.

On-line Sign Up Form required to participate in Interscholastic Athletics

The online “Sign-Up” form must be completed by Parent/Guardian. This is found on the school’s home page and will be made available approximately three weeks prior to the season start date. The Student’s ID number is needed in order to complete the form – this is found on the student’s schedule, progress report, or report card. **STUDENTS WHO COMPLETE THE FORM THEMSELVES WILL BE DISQUALIFIED FROM THE SPORT.**

Please note: When completing the signup form, by checking the appropriate consent boxes, it is understood that both the student-athlete and parent(s) have read, understood, and will agree to abide by all material present in the Athletic Handbook.

Health History Update Requirements to be Medically Cleared:

- Current physical exam – **dated within one year of the start of tryouts-** must be submitted to the school nurse. The exam **MUST** include a blood pressure reading, a urinalysis result and a statement that the student is cleared to participate in all Physical Education and Athletic activities.
- Students who have health issues such as allergies or medication needs must complete additional forms.
- Physical exams for those who do not have a private health care provider are offered by the school doctor prior to the winter season and in late spring.
- Students will be cleared as soon as feasibly possible after all requirements are met.

Remember to submit all medical paperwork to your School Nurse in your building/wing.

28. Returning To Play After an Injury

In order to protect an athlete who has sustained an injury during either a school sanctioned event or participation in an out-of-school activity, return to play involves a strict progression through a full rehabilitation protocol with the end goal of becoming asymptomatic and fully healed. There are many risks from premature return to play following a concussion, damage to muscle or bone, lacerations involving stitches, or other injuries. To this end, the Clarkstown Central School District reserves the right to contact a student's physician to discuss return to play protocol and that the Coordinator of Health Services in conjunction with the District Medical Director will make the final determination as to when a student athlete will be permitted to return to play.

29. What do I need to do to play College Athletics?

A. Apply to the National Collegiate Athletic Association (NCAA) Clearinghouse

B. Meet the Requirements for NCAA Initial Academic Eligibility

You need to complete the following:

1. Graduate from high school;
2. Complete core course requirements;
3. Present a minimum grade-point average (GPA) in those core courses;
4. Present a qualifying test score on either the ACT or SAT; and
5. Complete amateurism questionnaire and request final amateurism certification.

DIVISION I

16 Core-Course Rule

16 Core Courses:

4 years of English.

3 years of mathematics (Algebra I or higher).

DIVISION II

14 Core-Course Rule

14 Core Courses:

3 years of English.

2 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).
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 non-doctrinal religion/philosophy).

2 years of natural/physical science (1 year of lab if offered by high school).
2 years of additional English, mathematics or natural/physical science.
2 years of social science.
3 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

Division III – Eligibility is based on academic acceptance by the institution. Athletic scholarships are not provided.

C. Athletic ability to compete at any collegiate level is determined by the recruiting institution.

If you are interested in participating in collegiate level athletics go to www.ncaa.org for more information and inform your guidance counselor and coach.

30. What Clarkstown Athletes Cannot Do!

1. Cannot participate against Any College Level Team during the season!
2. Cannot compete for money or other compensation (travel, meals, or lodging).
3. Cannot participate in athletics under an assumed name.
4. Cannot participate in athletics unless taking four subjects and Physical Education.
5. Cannot play in an All-Star game unless the game is sanctioned and their eligibility in that sport is over.
6. Students are discouraged from bringing money, jewelry, or any other valuable items to the athletic or the Physical Education locker room area at any time! Middle school

students should lock their valuables in their school locker. High school students should use one of their school assigned lockers.

30. Athlete and Parent Fair Play Agreement

Promoting sportsmanship in Clarkstown Athletic Programs is an essential part of the athletic experience. Student-athletes develop physically, socially and emotionally through athletics. It is crucial for parents to encourage their children to uphold the values of good sportsmanship. In addition, parents of student-athletes are expected to be models of good sportsmanship by demonstrating fairness, respect, self-control and ultimately leading by example.

For the athlete and parent:

I agree to be responsible for my words and actions while attending and participating in Clarkstown Athletic Programs and agree to abide by the following Fair Play Agreement:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
3. I will not engage in the use of profanity.
4. I will treat any coach, parent, player, participant, official or any other attendee with respect.
5. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
6. I will always respect the rules of the district, coach and contest.
7. I will show appreciation for good players and good plays, even if by the opponents.
8. I will demonstrate control of my temper at all times.
9. I will demonstrate great sportsmanship at all times.

I agree that if I fail to follow the Fair Play Agreement while attending or participating in a Clarkstown Athletic Program home or away

event, I will be subject to disciplinary action. Including but not limited to the following:

- Verbal warning issued by a school official, school designee or game official.
- Written warning issued by a school official or designee.
- Immediate ejection from a contest by a school official, school designee or game official.
- Suspension from multiple athletic events by school official or designee.
- Season suspension or multiple season suspension issued by a school official or designee.

31. Spectator Expectations

Spectators attending any Clarkstown Central School District Contest, including both home or away events will:

- Remember that they are at the contest to support and cheer for their team and to enjoy the skill and competition, not to intimidate or ridicule the other team or its fans.
- Remember that the athletes competing are children and teenagers that can hear you from the stands.
- Understand that school athletics is a learning experience for students and that mistakes are sometimes made.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- Understand that admission into a contest is a privilege, not a license to verbally assault others or be generally obnoxious.

- Learn the rules of the game so that you can understand and appreciate why sport situations take place and certain calls are made by officials.
- Show respect for the opposing players, coaches, spectators, school staff, officials, and support groups at all times.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team by cheering appropriately.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
- Understand that parents and spectators should be aware that the home or visiting school can remove them from the premises and prohibit them from attending future contests due to undesirable behaviors.
- Understand that game officials have the ability to stop a contest and ask that school administrators have unruly fans removed from the facility before restarting any contest.
- Understand there is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct themselves accordingly.
- Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

- Understand that the school is responsible for the behavior of their spectators and that the school district and specific athletic team can be sanctioned by Section 1 Interscholastic Athletics for actions of patrons in violation of State, Section, or Local standards and rules.
- **Understand that using obscene, belligerent, or disruptive language and/or gestures in any manner to any one at any time, taunting players, coaches, officials or other spectators by means of baiting, ridiculing, jeering, threatening physical violence or actual physical violence, and throwing any object in the spectators' viewing area, players' benches, game area, or public area will result in immediate removal from the facility with further disciplinary action possible.**