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Handbook for Student-Athletes and Parents

WELCOME

Dear Parents and Student-Athletes:

Welcome to the Rome Interscholastic Athletic program. This handbook has been prepared for you to use as a reference by our student-athletes and their parent/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the policy and procedures for participation in our interscholastic athletics program.

I am very pleased that you have shown an interest in this phase of our school program and it is my belief that participation in athletics is a privilege and honor and provides an opportunity for developing life-long skills that may not be available in the academic classroom. Providing our athletes with a “first class” experience that promotes team and individual growth in a safe and healthy environment both on and off the athletic fields is our goal.

When a student chooses to participate in our athletic program, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies/rules that are necessary for a well-organized and successful athletic program.

The Rome Interscholastic 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, Rome is a member of the New York State Public High School Athletic Association (NYSPHSAA) and Section III.

Please feel free to contact me (338-6571) if you have any questions or concerns regarding the Rome Schools Athletic program. We look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide!

Yours in Athletics,

Michael Stamboly

GOVERNING BODIES IN ATHLETICS

Interscholastic athletics is governed by rules, regulations and guidelines as established by the New York State Public High School Athletic Association (NYSPHSAA), which is directly responsible to the State Education Department (SED) and the Commissioner of Education.

The NYSPHSAA is comprised of eleven sections or chapters in the state of New York, CNY-CL which is referred to Section III, is a member of the NYSPHSAA. It is the purpose of this organization to formulate and adopt policies that will enable public high schools to administer and govern interscholastic athletics in accordance with sound education practices.

The NYSPHSAA and Section III establish many of the rules, regulations and policies that govern public school interscholastic athletic competition.

Season start and end dates

Selection/Classification program (process for moving up)

Eligibility

Schedules (dates of contests), placement (which opponents are played)

Contest rules

Safety policies

Practice mandates

Post season tournament opportunities (league, division, county and state play-offs) are some of the areas governed by these associations.

DEFINITION OF A STUDENT- ATHLETE.

Student – Athlete: Once a student becomes an official member of a sport's roster, he or she is considered a student-athlete for the duration of the sport season including tournament. The official sport's roster is in effect until a new roster is created at the start of the sport's season the next year.

The Rome School District, as a member of the NYSPHSAA and Section III is obligated to comply with the state and section regulations. Therefore, our district policies must parallel policies that govern our athletic programs.

HIGH SCHOOL (VARSITY, JUNIOR VARSITY) SPORTS PROGRAMS

Fall	Varsity	JV
Cheerleading	x	x
Boys Cross Country	x	
Girls Cross Country	x	
Girls Field Hockey	x	x
Boys Football	x	x
Boys Golf	x	
Girls Gymnastics	x	
Boys Soccer	x	x
Girls Soccer	x	x
Girls Swimming	x	
Girls Tennis	x	
Girls Volleyball	x	x
Winter	Varsity	JV
Boys Ice Hockey	x	
Boys Bowling	x	
Boys Basketball	x	x
Boys Indoor Track	x	
Boys Swimming	x	
Cheerleading	x	x
Girls Basketball	x	x
Girls Indoor Track	x	
Girls Bowling	x	
Wrestling	x	x
Spring	Varsity	JV
Boys Baseball	x	x
Girls Golf	x	
Boys Lacrosse	x	x
Girls Lacrosse	x	x
Girls Softball	x	x
Boys Tennis	x	
Boys Track	x	
Girls Track	x	

Appropriate Start/End Dates for the Three Sport Seasons:

Fall: Two weeks before Labor Day to the first week in November (Football begins three weeks before Labor Day).

Winter: Monday before Thanksgiving to the last week of February (post-season play includes February break).

Spring: Second Monday in March to the first week in June (includes the Spring break for all teams).

Dates are subject to change and are determined by the NYSPHSAA and Section III.

Contact the coach or the Athletic Office for exact dates.

***Note – These dates are subject to change and are determined by the NYSPHSAA and Section III**

MODIFIED (MIDDLE SCHOOLS) SPORT PROGRAMS

Fall	7/8
Boys Cross Country	X
Girls Cross Country	X
Girls Field Hockey	X
Boys Football	X
**Boys Soccer	X
**Girls Soccer	X
Winter	
** Boys Basketball	X
** Girls Basketball	X
**Girls Volleyball	X
Wrestling	X
Spring	
**Boys Baseball	X
Boys Lacrosse	X
Girls Lacrosse	X
**Girls Softball	X
**Boys Track	X
**Girls Track	X

Appropriate Start/end Dates for the Four Sport Seasons:

Fall: First day of school through the first week in November.

Winter: Late October through late February.

Spring: late March through early June

The exact scheduled start dates for the modified program are determined in the spring of the previous school year.

Contact the coach or the athletic office for specific dates at that time.

**Please note middle school programs have two modified teams.

A. Organizational Structure:

The Athletic Program is one of several extra curricular activities that the Board of Education directs the school administration to offer secondary students (grades 7-12) at Rome. The Superintendent of Schools, with the School Board's direction, is responsible for the organization of the program. The Athletic Program is coordinated by the Director of Health, Physical Education & Athletics who has the ultimate responsibility for all phases of the program. The Director of Health, Physical Education & Athletics is available to discuss positive development of the Athletic Program. The Director will handle any situation that may arise within the Program and will handle these matters in complete confidentiality. Please feel free to contact the Athletic Director's office at any time, 338-6571.

The Board of Education approves the appointment of all coaches each sport season. **The Head Coach has direct responsibility for the entire program in that particular sport.** The Head Coach will structure and give direction to Modified, Junior Varsity and Varsity Teams. He/She will collaborate with the Director of Health, Physical Education & Athletics regarding Assistant Coaches and organization. The Head Coach is responsible for the development of the particular program to insure that each athlete achieves maximum growth and maturity, as well as, the development of basic skills in his/her sport. The Head Coach will provide direction to the entire program through Assistant Coaches at all levels.

B. Philosophy:

The nature of competitive sport dictates that a primary focus must be on the pursuit of excellence in a very demanding situation that includes stress, concentration, self-sacrifice, hard work, joy, sorrow, elation and disappointment, mentally and physically. Athletics is one place where a person cannot hide the results of his/her effort. Competition does reveal the extreme positive and, unfortunately, sometimes negative human attributes of the players. The sports experience contributes to the overall education of each participant through emphasis on the pursuit of excellence. The focus of our program at Rome has been, and will continue to be, the development of the will to achieve and succeed. **WILL-TO-WIN!** Games and contest are no more important than the boy/girl that plays it.

Competitive sport does not always lend itself to complete fairness. The majority of athletes must work, sacrifice and develop their ability in order to compete. All participants do not always get the same amount of playing time. **The coach will determine the amount of playing time for each athlete.** It is usually a function of the quality of practice time.

The coach will tell each player how much playing time they will get and what he/she can do to improve. This is part of the self-sacrifice that is required to be a team member.

Winning is important in life and sports is a reflection of life.

Winning at any cost is not a reflection of life and has no place in our program. Play hard, play smart, play fair and be satisfied when you have played your best. It is amazing what the “will-to-win” can bring in achievement.

GOAL:

It is the goal of the Rome Athletic Program to support the District Mission Statement:

SPECIFIC OBJECTIVES

- Develop an understanding, appreciation, and sound educational attitude toward interscholastic athletics.
- Develop an understanding and appreciation for good sportsmanship in the school and community, athletes and student body.
- Serve as a focal point for the development of moral spirit and school and community pride.
- To nurture the development of physical and emotional growth, mental alertness and a healthy competitive spirit for all participants while keeping athletics in the proper perspective.
- Provide the opportunity for participants to learn to manage winning and losing properly and to make appropriate decisions for themselves and all other members of the team.
- Develop a feeling of self-confidence and self-esteem through commitment, hard work and dedication to true success in all student-athletes.

ROME ATHLETICS

Interscholastic athletics in the Rome School District is an **outgrowth of our physical education and health program**, and therefore is an integral part of the district's total educational program. The interscholastic competitive environment provides an opportunity for our participants to learn discipline, cooperation, positive work ethic and respect for others. This program provides an opportunity for all to share their commonalities, celebrate their differences, and appreciate physical competition as a lifelong process.

All involved in the program **must show a personal commitment to the goals of the team**, and make the personal sacrifices necessary in order to achieve success. Making such a commitment to excellence nurtures a sense of pride; loyalty and leadership qualities in an athlete, enabling the individual to become more resilient and better prepared to face life's challenges. This unique experience allows students to achieve their full potential as students, athletes, and citizens.

It is the nature of athletic competition to strive for victory.

Striving to win is proposed as the objective that should be adopted by every athlete and coach. The importance of intense commitment and total effort in achieving success in sport and in life are discussed. Sport provides an opportunity for moral development in young people. Young people can develop morally through sport to learn a basic code of ethics that is transferable to a moral code for life.

The competitive athletic environment is one that demands respect for a full effort.

Successful coaches find ways to achieve all three objectives:

1. Produce a winning team
2. Help young athletes have fun
3. Help to develop them physically, psychologically, and socially.

Those who are successful in life are those who have learned to embrace challenge, victory over the opponent.

The Rome Interscholastic Athletic Program offers a wide variety of individual and team sports. The experience begins with a modified three-sport season high school program, which includes opportunities for participation in junior varsity programs and culminating with a varsity level experience for the gifted athlete.

Overall Athletic Philosophy

The interscholastic athletic programs at RCSD are increasingly competitive as students' progress through the middle school, the junior varsity and the varsity levels. The earlier levels will serve as developmental programs for the more advanced levels. Team goals will reflect these goals. Varsity Coaches will work with junior varsity and middle school coaches to coordinate the developmental aspects of the program in each particular sport.

A. **Instructional physical education**: the required physical education program which has as its foundation, planned sequential learning experiences for all students.

B. **Interscholastic activities**: those which provide competition between representatives of two or more schools and which offer enriched opportunities for the selected and more highly skilled individuals.

C. **Intramural activities**: those activities conducted within one school district involving only those pupils enrolled in such school district and which are organized to serve the entire enrollment.

D. **Recreation**: a program which is organized to include types of activities such as arts and crafts, athletics, dramatics, music, rhythms, swimming and water safety provided at the discretion of the city recreation department and or authorities under the partnership and or supervision of qualified personnel designed to provide for the worthy use of leisure by individuals and groups.

E. **Competition**: The process of trying to beat others:
 The process of trying to win something or do better than others.

F. **Contest**: An activity in which people try to win something or do better than others
 The act of competing, as for profit or a prize; rivalry.
 A test of skill or ability; a contest:

Ecology. The simultaneous demand by two or more organisms for limited environmental resources, such as nutrients, living space, or light.

Rome Free Academy supports and fully adopts the NYSPHSAA and Section III philosophies and thus, shapes its statements of philosophy by combining the philosophies of these programs into its Athletic Mission and Purpose of Statement. The purpose of RCSD athletic program is to promote the education and development of students through high school athletic participation. Our school is committed to high standards and the principles of athletics serve as an essential part of the total educational program offered by RCSD. RCSD embraces the concepts of the student athlete and recognizes the importance of the individuality of each student. The school also recognizes the value of the district and its league and conference structure, and the benefits or membership in a national and local association.

MODIFIED SPORTS

The Philosophy of Modified Sports:

Provide an athletic interschool competition (competitive in nature) with an opportunity for competition on an equal basis for all students. A desirable program will encourage participation in intramural competition at several achievement levels and **provide inter-school competition in a modified sports program for the more talented in as large a variety of sports as possible.**

To conduct the athletic program so that educational objectives shall be achieved; so that the **highest ideals of sportsmanship are upheld**; so that no single phase of the educational program is promoted at the expense of other equally important programs.

To realize that the athletic programs must be integrated with all other activities essential to youth, including those that may be conducted by out-of-school groups, to avoid an excessive load for any student.

To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.

To administer the program so that there shall be no over-emphasis, minimum loss of school time, with limited publicity, competent officiating, limited awards (ex. paper certificates, ribbons) and all efforts made to keep in a proper perspective.

To provide qualified faculty leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis of safety procedures.

To cooperate with schools in the area in providing an inter-school athletic administrative unit that will achieve the objectives and will aid in the development of the highest type of cordial inter-school relationships.

To conduct the program so that the proper respect for authority is achieved and so that all evidences of undesirable athletic mannerisms are avoided.

To compete within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and lose graciously.

No league or sectional team or individual championships are to be conducted.

Not comparable with youth league- Please do not compare modified programs with youth leagues. They are completely different.

- Rules & guidelines governed by **Section 3**

While we would like to provide an opportunity for every athlete who expresses an interest in a program, this is not always possible. While we try to avoid cuts at the middle school level, certain factors exist that must be dealt with by imposing a limitation on the number of students that can be accommodated in specific programs.

If the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of:

- A safe environment
- Qualified coaches
- Suitable indoor or outdoor facilities
- Financial resources

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The NYSPHSAA and section III have established sport specific practice guidelines, which govern the number of practices that each individual and team must have in order to be eligible for competition.

There are also established guidelines, which govern the number of contest allowed, and in certain sports, mandate days for rest between scheduled contests. (NYSPHSAA HANDBOOK pg 108-109/ 134-135)

Coaches expect athletes to regularly attend five (5) practices a week, about two hours in duration, in preparation for the eight to twelve contest that are scheduled against opponents from other school districts. Occasionally, practices or contests will be scheduled on Saturdays, and vacation dates. Opportunities for meaningful contest participation for each team member will exist over the course of a season, providing that the athlete meets program expectations.

Athletes, in all programs, regardless of level, are expected to be committed and give a full effort to practice sessions, maintain a positive and cooperative attitude, and show a willingness to meet the team's needs with respect to position and role. Every athlete is expected to demonstrate respect for others and promote positive sportsmanship.

In addition, the athlete must have enough skill and physical maturity to safely participate in the competitive climate.

FRESHMEN

(Baseball, Boys/Girls Basketball, Boys/Girls Soccer)

This program **may** be available to all students in the ninth grade. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on continued learning of various skills and game rules, an expansion on the fundamentals of team play, continued social and emotional growth, and an emphasis on healthy competition. At the freshman level, cutting of students is not our desire, and the one thing that all coaches dislike about their positions. However, if the number of students trying out for a team creates a situation that is difficult to manage and poses a safety problem or is problematic because of facility considerations, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by:

1. Availability of teams and or a schedule in the leagues in which we are members.
2. Suitable indoor or outdoor game and practice facilities.
3. A safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Section 3 of the NYSPHSAA publishes regulations by which practice sessions are governed. The freshman program requires a minimum of a 5-day a week commitment with practices and/or contests occasionally scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

JUNIOR VARSITY (JV)

The junior varsity level is intended for those who **display the potential of continued development into productive varsity level performers**. Although team membership varies according to the structure of each program, sophomores occupy the majority of roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for junior varsity participation. Also, freshmen and in some cases (8) eight grade student athletes may be included on a junior varsity roster.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self development.

To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work toward achieving a balance between continued team and player development and winning.

The outcome of the contest becomes a consideration at this level. The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season, however, A specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays (exception Basketball Tournaments) and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

VARSITY:

Varsity competition is the highest level of competition. **Our goal at this level is winning.** To achieve this end, the most effective student athletes judged by the coaching staff, regardless of grade level, will be given the opportunity to further develop their athletic abilities and to participate at the most advanced levels of interscholastic athletic competition. Coaching emphasis will be placed on helping the members of the team to work together and to develop a strong desire to attain the highest possible levels of team success.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play competitively in the contest.

It is vital that each team member have a role and be informed of its individual roles in pursuit of the team's goals.

While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

Tryouts are what they are an audition, a platform to demonstrate the required athletic skills for a position on the team. Tryouts are seasonal, and student athletes should come to tryouts prepared for competition, there is no entitlement for returning players belonging on a team.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach.

Preparing to win, striving for victory in each contest

Working to reach the group's and individual's maximum potential whether they be league, sectional, and or state titles are worthy goals of a varsity level team.

NIAAA SCHOLARSHIP ESSAY

By Taylor Malmsheimer

I sit on the bench, a five foot tall freshman surrounded by taller upperclassmen. It's the fourth game of my second varsity basketball season. The clock ticks down, nearing the end of the second quarter and I have yet to enter the game. This is not how I imagined it when I was asked to play varsity basketball as an eight grader. I was a star on my seventh grade team. Why have I spent the past two seasons on the bench? Why am I here? I notice my friends in the stands, there to cheer me on, and I hate being that player with their warm up shirts over their jersey, who obviously hasn't been in the game. Suddenly, my team scores and the crowd cheers as the go-ahead point swishes through the netting. I clap and shout out praise. Abruptly, I remember why I'm here. I'm here because someday, I will be one of those players who never steps off the court. I stand, and begin cheering and yelling constant encouragement. In that moment, I realize that I am part of my team and do make an impact, even if I never step foot on the court. In that moment, I also understand that a selfless team attitude is vital to the success of the team and is contagious.

As a sophomore, I walk out of school on a snowy winter afternoon, perfect for drinking hot chocolate. My friend runs up to me, out of breath in the cold, and asks if I'd like to go into town to grab a snack. My afternoon flashes through my mind; lots of homework and basketball practice. I apologize and turn down her offer. I have learned to balance schoolwork and sports and sometimes, that involves small sacrifices

It is twilight on an early July evening and difficult to see outside. The air is silent except for the rhythmic bouncing of a basketball and the scrape of sneakers on asphalt. I refuse to leave my driveway until I reach my goal of making ten fouls shots in a row. Through the window I see my mother tapping her watch and beckoning me inside. Then, I remember sitting on the bench in eight, ninth and tenth grade. I recall every summer league game, every camp I attended for the past three years; I relive turnovers made, passes intercepted, and shots swatted. I turn away, stare down the basket, and drain ten foul shots. In that instant I realize the power that failure has given me. I continue to work into the night to become the best dribbler, passer, and shooter that I can. Seven months later I sit on the bench once again. This time, however, it is my name announced over the loud speakers. Slapping hands with my teammates, I sprint to be the first starter at center court. Looking to my left, I see our team's archrival standing stoically. I recall the previous three sectional games in which I played a total of five minutes. My journey through high school sports flashes before my eyes. My dream of starting and contributing to my team on the court has come to fruition. I have learned the impact of teamwork, perseverance, and hard work. I gather my team around me and speak to them, but also to myself. "We have worked hard and made sacrifices for years. Whether you play the entire game, or not at all, each of us is essential to our team's success. Let's leave it all on the court."

RULES FOR ATHLETES

Rome Free Academy competes and is a member of Section III of the New York State Public High School Athletic Association. Rome is a Class AA based on the average attendance of boys and girls for the year preceding. In order to participate in interscholastic competition a student should meet the following criteria:

- ★ Be a bona-fide high school student in regular attendance in grades 9,10,11,12
 - ★ Must be taking at least four subjects including physical education.
 - ★ Be between the ages of 14 and 19 inclusive AGE ELIGIBILITY
 - ★ A student cannot participate in interscholastic athletics if he/she has reached the age of 19 on or after July 1 the student may continue to participate during that school year.
 - ★ Have an approval of parent(s)/guardian and school doctor
 - ★ Be enrolled during the first 15 days of the current semester or two weeks after transferring from another school.
 - ★ May compete for only four seasons in any one sport unless exceptional status in 8th grade.
 - ★ Be familiar with the rules of the game and the standards of sportsmanship
 - ★ Must be in compliance with **The Rome City School Districts Academic policy.**
 - ★ Behavior of an Athlete-Off Field
-
- ★ In the belief that good sportsmanship is essential for all Rome student-athletes, students and spectators, the following guides for conduct are suggested as a means of continuing and strengthening the ties that exist between competing schools.
 - ★ Cheering for our players is appropriate.
 - ★ Do not act as a distraction at a contest that could come back to have a negative impact on our players.

Conduct of Student-Athletes as a Representative of this School District

- ★ Student-athletes represent this district (or Section III when involved in post season play), the school and their team during home contest as well as when a guest at another school and are expected to abide by all behavioral rules/expectations as if in school.
- ★ When on a trip, students are responsible for their behavior (including meetings, play assignments and curfews) as if in school from the time the team departs school until the group returns (24 hours a day) Individual student-athletes may be released to their own parents at the conclusion of the event, with prior approval from the athletic director and coach for the purpose of (educational, religious and or academic purposes) including Music, Dance, Art or any other extra curricular activity that is part of the academic rating for the class.
- ★ Sportsmanship-Basic Philosophy
- ★ Visiting team members, officials, students and spectators are guests to be accorded all the courtesy and consideration that a friendly, well mannered and well intentioned host would normally give. Verbal abuse of opposing athletes or officials by team members, spectators and or coaches will not be tolerated and shall be considered unsportsmanlike conduct. It shall be the responsibility of authorized school personnel to attending games, either at home or away; to make sure students from their school conduct themselves appropriately.
- ★ Officials are the proper authorities to make decisions regarding rules and their interpretations and these decisions should be accepted.

Under NO CIRCUMSTANCES should students be penalized for failure to attend activities when schools are closed even when special permission to proceed has been granted.

DRESSING/LOCKER ROOMS

Coaches will supervise their dressing facilities. Custodians are expected to clean dressing rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. **DO NOT**; under any circumstances wear cleats inside the buildings or walk across the gym floor.

Combination locks should be affixed to all foot lockers. Athletes are encouraged to secure all valuables in their lockers. The athletic department will not be responsible for lost or stolen personal belongings.

Cheering should be in support of either team and should not be directed toward creating, unfriendly rivalries among athletes or fans. Any spectator who displays poor sportsmanship will be requested to leave and may be denied admission to future contests.

Spectators, athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their schools and that their positive actions can relate directly to the success of their teams.

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

In the Classroom: The academic life of an athlete is paramount. As an athlete, you must plan your schedule so that you give sufficient time and energy to your classroom responsibilities and studies to insure academic success. In addition to maintaining good scholarship, an athlete should give attention to homework, related activities and show respect for other students and faculty at all times.

On the Campus: The way we act and look on campus is of great importance. Athletes should be leaders and models for fellow students.

Players are not allowed in any part of the building except the gym, locker rooms or accompanying corridors. Athletes are not allowed to roam the school once the coach has left and practice has ended. Once the coach has cleared the locker room all players are expected to leave via the doors by the gym. Any rough housing that occurs after practice between student-athletes will lead to disciplinary action.

CODE OF ETHICS-NYSPHSAA.

It is the duty of all concerned with high school athletes:

To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

To eliminate all possibilities which tend to destroy the best value of the game.

To stress the values derived from playing the game fairly.

To show cordial courtesy to visiting teams and officials.

To establish a happy relationship between visitors and hosts.

To respect the integrity and judgment of the sports officials.

To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

To encourage leadership, use of initiative and good judgment by players on the team.

To recognize that the purpose of athletics is to promote the physical mental, moral, social and emotional well being of the individual players while at the same time teaching our student-athletes the importance of life lessons of competition.

To acknowledge that we would like to be victorious in every situation that we face in life, but just like in athletic competition, we sometimes fall short.

NYSPHSAA/SECTION III RULE

Any member of a squad removed from a contest for un-sportsmanship conduct or for a flagrant foul shall not participate in that sport in the next scheduled contest and in some cases (2) scheduled contests or in NYSPHSAA tournament play. Disqualification from one season carries over to the next season of participation.

Any member of the squad, who strikes, shoves, kicks or makes other physical contact with the intent to do so, to an official, shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense.

NOTE: members of the squad included coach, players, managers, scorekeepers, timers, and statisticians.

A player or coach who has been suspended from play may not be present on the school grounds where the contest is played. There is no appeal to the NYSPHSAA/Section III misconduct Rule. The official ruling is final, and not subject to question.

Note: The Rome City School District reserves the right to impose an additional consequence, which may result in school disciplinary action, a longer period of suspension from practice and contests, and/or dismissal from the team by the coach and/or administration.

The following behaviors are prohibited by spectators:

- Unsportsmanlike banners and signs that are posted or displayed
- Any banner or sign that may be carried; banners and signs must be stationary
- Throwing confetti, toilet paper rolls, or other objects
- Provocative antics or stunts
- Sirens, whistles, artificial noisemakers, or portable listening devices without earphones
- Menacing actions and gestures toward opposing players or officials
- Spectators seated behind the free throw lanes disconcerting the free-thrower (Basketball events only)

*** Please note that any violation of this conduct code could result in the offending school being disqualified from further participation in the tournament.

RESPONSIBILITIES OF A ROME ATHLETE

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

Many of our athletes have gone on to collegiate fame. Many other have established league, section and state records. 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 up by the athletic department.

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 that you will now have to say "No". In the long run you and your family will be proud of the sacrifices and dedication that you have put forth to be a member of our athletic teams. If you have taken this opportunity to make yourself a better individual, it will be truly a gratifying education 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 get the greatest possible good from your high school experiences. Your studies, your participation in other school activities, as well as athletics, prepare you for your life as an adult.

Responsibilities to Your School

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

Responsibilities to Others

You have a responsibility to your parents to always do the best you can. When participating in athletics, we sometimes feel that we have failed if we have not won. By trying the best that you can and following all rules set-up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates. 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.

THE ROLE OF THE PARENT IN SCHOOL SPORTS

A very important goal of high school athletics is to make the athletic experience a positive one for the athletes, the parents, and those who choose to watch our teams perform. To achieve that goal we must all work together to support the following ideals:

As a parent I recognize that it is vital that I support the efforts and decisions of the coaching staff.

As a parent I also recognize the importance of being a positive role model. Therefore, I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all contests, both at Rome as well as opposing school sites. I agree to cheer in a positive fashion for outstanding play and will refrain from criticizing the efforts of the officials, the players, (both teams) and the decisions made by the coaches.

Attendance at practice is as priority for all team members. As a parent/guardian of a team member I will make every attempt to assure that my child will be able to attend all practices and contests.

I will support and endorse all the rules, policies and procedures discussed in the rest of this handbook and the athletic code of conduct playing rules for interscholastic athletics.

Parents should be advised that the Rome school policy does not permit spectators to watch team practices as distractions can upset the concentration of the athletes. The gymnasium or field is considered to be part of the classroom environment. Therefore, parents who pick up their child after practice should wait until the conclusion of the practice before entering the training facility.

NOTE: In the event that there is a question concerning your child's role, **first encourage the child to communicate honestly, politely, and openly with the coach in a private setting.** Parents who find it necessary to voice concerns should communicate with the coach and or coaching staff in a respectful, timely, and private setting, but never immediately after a game when emotions are high.

The Role of the High School Athletic Trainer

Athletes and parents must recognize the risk of injury that may occur during physical activity. Our staff is prepared to address injury needs, and is trained to provide appropriate first aid in an emergency.

Rome provides a certified Athletic Trainer to provide emergency medical services for injured and rehabilitating athletes. This professional is qualified to develop prevention strategies through appropriate training methods and physical conditioning programs. The Athletic Trainer insures proper follow-up care after an injury and consults with the parents, school nurse, coach and the school district physician when such communication is beneficial to the well being of the athlete. It is vital for our athletes and/or parents to bring illness, medical problems or injuries to the attention of the athletic trainer, school nurse and coach as soon as possible.

Emergency Plan

Please be advised that the Rome School District has a comprehensive emergency medical plan in place, in the event of an accident or injury that occurs during practices or games. If the injury or illness requires a high level of care, the EMS system will be activated and emergency services called. If the athlete is injured in a practice or game on the home site, and transported to a medical facility, the athletic trainer, a member of the coaching staff, or school personnel will accompany the athlete in the ambulance, wherever possible. The coach is expected to follow up with the parent/athlete after the practice and/or game ends. The coach shall notify the school nurse, and an accident report will be initiated within twenty-four (24) hours of the incident.

When an emergency occurs at an away contest, and there is only one coach, the decision made must protect the interests of all athletes involved. In these circumstances, if the parent or guardian is not present, it is appropriate to send the parent or another athlete, or other adult supervision, if available, with the injured player to the hospital. In this case, the head coach should remain with the team. Parents should not expect coaches to leave their team unsupervised. Therefore, it is critical that coaches have emergency contact numbers where a parent, family member, or designee can be reached during practices and contests.

Student-Athlete Accident/insurance Claims

The Rome School District provides reasonable and customary coverage for claims in excess of a parent's underlying health insurance coverage. Coaches will direct athletes and parents to use their family HMO, PPO, etc. program as required, in order to be eligible for reimbursement of benefit payable under our excess coverage medical plan. In some cases, total costs for medical expenses will not be reimbursed, as the plan is based upon reasonable and customary coverage. Parents and athletes should communicate with the school nurse to insure full compliance with district procedures.

Return to Play After Injury – RCSD website: Board Policy 7203.1

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. If an athlete misses five (5) days of practice due to illness or injury, he or she must be given clearance by a private and/or school physician before returning to play. The school physician has the final authority to determine the physical capability of a student to participate in a sport.

Head Injuries – RCSD website: Board Policy 7203

It is well known that participating in sports can be a highly rewarding experience. However, there are certain risks an athlete must face while involved in competitive athletic situations. One of these risks is the potential for injury. While most injuries are minor and heal over time, one cannot overlook the seriousness of head injuries.

Head injuries may occur in a number of ways: Contact with another player, contact with the ground or other equipment, or a sudden movement or rotation of the head without a force. A mild brain injury may produce various signs and symptoms, which include dizziness, headache, nausea, and blurry vision. A more serious trauma to the head may result in loss of memory and/or brain function. Other types of head injuries can cause small tears and result in bleeding in the brain, a sub dermal hematoma. If a player returns to competition too soon, he or she may also be in danger of a second impact syndrome, in which a mild head injury can become potentially fatal. Head injuries in school interscholastic athletic programs have increased in numbers as the level of competition has risen. Therefore, Rome has taken special precautions to insure the safety of all athletes:

The pre-participation examination health questionnaire screens all athletes for a history of their head injuries. Please give as much information as possible about any head injury that may have occurred in the past.

The high school Athletic Trainer addresses each coach and team about the dangers of head injuries and monitors all athletes who sustain any head injuries during the season.

All coaches make certain that an athlete who has experienced a head injury is immediately brought to the attention of the Athletic Trainer. Head injury instructional guidelines are followed, with appropriate parental notification.

Any athlete, at any level, who suffers a head injury, is required to see a primary care physician and obtain medical clearance before returning to play. The school physician reserves the right to determine the capability of an athlete to return to a sport, and may, in certain instances, require clearance from a specialist (neurologist, etc).

Harassment, Bullying, Hazing

The athletic department is committed to maintaining an environment that protects and promotes dignity, individual worth, and mutual respect for each individual, and is free from harassment, bullying, hazing and cyber-bullying or hazing. Harassment, bullying, hazing and cyber-acts of the same negatively affect morale, motivation, and educational performance and may well be illegal. Such actions are inappropriate, offensive and will not be tolerated.

We are committed to providing an educational and working environment that promotes respect, dignity and equality and that is free from all forms of harassment. To this end, we strictly prohibit all forms of hazing, harassment, and/or bullying on school grounds, school buses and at all school sponsored activities, programs and events including those that take place at locations outside the district representing the athletic department.

Harassment: A student or employee of the district engages in sexual harassment whenever he/she makes unwelcome advances, requests sexual favors, makes unwelcome sexual comments or innuendos or engages in other verbal, non-verbal or physical conduct of a sexual or sex-based nature.

Bullying Definition: Bullying is aggressive behavior, threatening, intimidating or frightening of others with an apparent intent to dominate, control or cause fear for one's safety, one's emotional well being or the safety of one's property. Specific acts of bullying may include but are not limited to the physical, written or verbal statements or threats.

Hazing Definition: Hazing is to subject a person to bodily danger, physical harm, severe emotional harm, extreme embarrassment or personal degradation.

Bullying or Cyber-Bullying: bullying or cyber-bullying is defined by the district to include, but not necessarily be limited to any act of harassment, intimidation or bullying, including acts of sexual harassment or intimidation, that are conducted during practices, games, and during activities while engaged as a member of the athletic program. Through electronic means, whether by telephone call, cell phone, e-mail, text message, hot mail, instant messaging or any other form of electronic communication or electronic imaging. Individuals who knowingly violates this policy, condones, encourages, or fails to report to take action to remediate such behavior may themselves be subject to discipline from the district.

Reporting Complaints: In order for the district to effectively enforce this policy and to take prompt corrective measures, it is essential that all victims of hazing and or bullying and persons with knowledge of hazing or bullying report the harassment immediately. The district will promptly investigate all complaints of hazing or bullying, formal or informal, verbal or written. To the extent possible, all complaints will be treated in a confidential manner. Limited disclosure may be necessary to complete a thorough investigation.

Investigation/Resolution:

If, after appropriate investigation, the district finds that a student, an employee or a third party including parent/guardian has violated this policy, prompt corrective action will be taken.

All complainants and those who participate in the investigation of a complaint or hazing or bullying have the right to be free from retaliation of any kind. The complainant will be notified of the outcome of the investigation.

Guidelines for Spectator Conduct at Interscholastic Athletic Events

Interscholastic athletic events are among the most popularly attended school-sponsored activities. Spectators at an athletic contest, take on the important role of representatives of our school district. Actions are seen and comments are heard by family and friends, opposing fans, local community residents, the media, coaches and athletes. Our school district expects that all spectators will conduct themselves in a way consistent with our theme of respecting the rights, person and property of others. The following rules of sportsmanship for spectators at State College Area School District events outline how you can contribute to making these contests a positive experience for all persons in attendance:

Learn the rules of the sport so that you can understand and appreciate the action that takes place.

Treat visiting players, coaches, cheerleaders and fans with courtesy as you would a guest in your own home.

Accept that athletics are a learning experience for the participants and value the athletes' efforts.

Respect the integrity and judgment of officials.

Cheer for your team, not against your opponent.

Show concern for an injured player, regardless of the team.

Follow the facility rules set by the game-site management/administration.

Do not attend events under the influence of any controlled substances (alcohol, drugs, tobacco, etc.) that will alter your thoughts and reactions to the situations of the contest.

We invite you to support our athletic teams with the "Spirit of the Black Knight" throughout the school year.

Guidelines for Adhering to RCSD Facility Rules

The following behaviors are unacceptable by spectators at RCSD athletic sites:

Cheers/chants/songs/signs/banners and gestures which are obscene, taunting, disrespectful or derogatory

Displays of anger or profanity that draw attention away from the contest

Throwing any object within the stands or onto the playing surface

Standing during play in any area other than the identified student section of the bleachers; no standing on the court during play

Not complying with officials' decisions regarding the use of artificial noise makers (Section 3 contest) and sounds meant to distract players at key times in the contest

Bringing food or drink into the gym; water and sports drinks are allowed only in the team bench area for the athletes and coaches

The use of "silly string," confetti, or like products in the gym

The use of tobacco and alcohol containing products and or any illegal substances on school district property

If these behaviors are observed, RCSD security staff will intervene by removing the student and or observer. Failure to comply with this request will result in a suspension from attendance at future school-sponsored events.

Dressing in "crazy" or unusual attire is permitted at RCSD events. However, please be aware that the attire must be appropriate and that care should be taken by the dressers to protect their regular clothing and valuables that are brought into the facility. Bathrooms and locker rooms should not be used for changing clothes or storage of clothing and valuables without administrative permission.

ATHLETIC DEPARTMENT POLICIES

Academic Expectations

The Athletic Department recognizes that the primary responsibility of student-athletes is educational. Therefore, the Athletic Department supports the concept that student-athletes should work to their potential in the classroom and be committed to achieving maximum academic success. The district has an academic eligibility requirement, so coaches and administrators will require athletes to cooperate with the guidelines established for those individuals who need to focus on greater academic responsibility and achievement.

Commitment to Practice/Games

An athlete's first commitment must be to the school program. Athletes are expected to attend every practice and contest, unless excused by their coach. There are no unexcused absences from practices or games. Excused absences are permitted for extra help, death in the family or family illness, family emergencies, medical reasons, and religious observances. Timely communication between the coach, parent and/or athlete in this situation is essential. Opportunities exist for many student-athletes, especially at the high school level; to participate on non-school sponsored teams, while participating on school-sponsored teams. When these situations occur, sound communication between the student-athlete, parent or guardian, coach and athletic administrator is mandatory.

As discussed in the philosophy portion of this handbook, membership on a junior varsity or varsity team requires a considerable time commitment. The school district is responsible for monitoring the wellness and safety of each of our student-athletes. With this in mind, each situation involving outside school competition must be carefully evaluated on a case-by-case basis. Furthermore, any anticipated conflicts with regard to school commitment and program expectations must be brought to the attention of the coaching staff prior to tryouts. Coaches are not expected to excuse athletes from school practices and/or contest due to conflicts or commitments with outside community club or travel teams practices, contest and/or tournaments. Parents and athletes should not expect coaches to compromise their commitment expectations.

FACILITIES

Many facilities are utilized for interscholastic events. Cooperation is necessary when facilities are shared. The Director of Athletics will make the final determination of the facility schedule after input from the coaches involved. There are times when field conditions are such, that there is a question whether the field should be used for either practice or a game. The Director of Athletics and Supervisor of Maintenance and Operations will collaborate on whether a field should be used. The final determination will be made by the Director of Athletics. **All coaches are responsible for notifying the Director of Athletics if any problems arise with a facility.** In case of an emergency or serious safety hazard, if the Director of Athletics is not immediately available, the coaching staff may contact the appropriate authorities. Coaches and team members are responsible for leaving the facility in proper order for both home and away events. At times, off-campus facilities are utilized for both practice and contests. When that is the case, coaches will remain at the facility until every team member has left the facility. Additionally, supervision is required for all locker rooms, team rooms and the weight room.

Family Vacations

When parents and student-athletes choose to take their family vacation during a sport season, it must be understood that the time missed by the student-athlete could affect team chemistry, personal conditioning, the performance level of individual, and the overall performance of the team. Each and every individual on the team has a role, not just in the game, but in the practice climate as well, regardless of how much playing time the athlete is experiencing. Commitment during the vacation periods involves self-sacrifice, not only on the part of the athlete, but the family as well. During the fall season, high school athletes are expected to be at tryouts during the summer vacation period. For football, this means at least two weeks prior to Labor Day, and for all other high school sports, the start date begins at least one week prior to Labor Day. Fall athletes should be prepared to practice. In the winter, high school athletes should be prepared to give up time during the Thanksgiving recess, winter vacation, and again, for post season play at the varsity level during the February winter break. During the spring season, high school athletes should be prepared to practice and compete during the spring vacation period. All athletes should be expected to plan ahead and attend these practice and/or competitions, if they wish to remain on the team, maintain playing eligibility, and earn an award letter.

Parents who ask for the exception to our practice policy present the coach with an uncomfortable dilemma. Coaches need to set the same standards of expectations for all participants, and asking them to make exceptions for some, and not for others, is unfair to the team. Furthermore, making such exceptions, without consequence, sets the tone for others in the future. **Commitment is a critical component for success.** Keep in mind that the school district has a commitment to the contest schedule and to our opponents, who are also committed to playing a particular contest during the vacation period. A forfeiture of a contest scheduled over vacation impacts the opponent, who is expecting to be provided with a quality competitive experience as well. Student-athletes are expected to make a full commitment to the season, and notify the coach of any potential commitment conflicts at the start of the season, as soon as tryouts begin. In some sports, a problem with commitment may impact the selection process. In other sport programs, depending upon the circumstances, the coach may adjust the player's position and/or playing time, to best meet the needs of the program. If an athlete does not inform the coach during the tryout period of potential conflicts in commitment, the athlete will be subject to dismissal from the team.

Once selected for a team, an athlete is expected to finish the season. As a general rule, an individual who drops out once selections have been made may not try out for another team that season. If the coaches of both teams involved make an appeal to the Athletic director, and are both in agreement that a change would be beneficial, the appeal can be considered. A student dismissed from a team for disciplinary reasons may not try out for another team that season.

POLICIES GOVERNING CONTEST AND PRACTICE ON RELIGIOUS HOLIDAYS

According to the Holy Day Observance Committee Report approved by the Section 3 member school may not schedule a contest or scrimmage on the following dates:

Rosh Hashanah	Yom Kippur	Christmas Eve	Christmas Day
Holy Thursday	Good Friday	Easter	First Day of Passover

Note: Individual schools may compete on these dates outside of Section 3 for example at the Penn Relays on Holy Thursday, if the district approves such participation.

Contest can be scheduled the day after a holiday and coaches can have optional practices on certain holidays as part of the preparation process. These rare circumstances will be addressed and athletes will be informed that the practice is optional, with no implication of any penalty for missing the practice.

SCHOOL-SANCTIONED ACTIVITIES AND FIELD TRIPS

There are numerous educational opportunities for students in our school system. The athletic department supports school-sanctioned programs and trips, but also realized that student-athletes who choose to participate in school trips or school exchange programs may miss substantial amounts of practice time, which affects personal athletic goals and team goals.

Coaches, parents and student-athletes have a responsibility to each other and parents are expected to plan and communicate well in advance of each sport season when considering participation in school sanctioned programs and/or trips.

All attempts should be made to consider the practice and/or game schedule and seek the advice of the coach before making commitments to plans. If an athlete's personal commitments compromise team goals, or present a conflict with respect to the standards and expectations defined for all involved in the program, the athlete should be prepared to make a choice between his/her continued relationship with the team and their commitment to other personal goals.

SCHEDULES

Access to all Rome City school schedules is now available over the Internet.

Up-to-date schedules (both league and non-league), starting times, contest sites and maps with directions are available on the new website digital.sports.com

(Click on <http://leagueminder.digitalsports.com>

Section III has developed a public website at <http://www.section3athletics.org>

Original schedules as well as up-to-the-minute changes are available. All Section III games can be accessed on the Internet at Digitalsports.com

WEIGHT TRAINING PROGRAM

No student is permitted to use the weight room or gymnasium(s) without staff member supervision and proper medical clearance. In-season teams may utilize the weight room while a coach supervises them. In addition, the weight room is opened for those athletes not involved in a sport several days a week. During the summer months of July and August, the weight room is open for all appropriate age and grade level students. All weight room hours during the summer months are 8:00 AM-3:00 PM M-F at the Stadium Support Facility or call 338-6571.

REQUIRED MEDICAL CLEARANCE

The commissioner's Regulations mandate that all athletes must be given a physical examination prior to their participation in interscholastic athletics. Although the Rome School district does allow this physical examination to be completed by a primary care physician, our school district physician, in compliance with state regulations, must review the results of this examination and give final approval in our interscholastic athletic program.

The Athletic Director will arrange for physical examinations to be given, free of charge, by a school physician during the school year. Exams for all sports are given in August prior to the start of the winter and spring season. Athletes are encouraged to complete their physical in August prior to the school year.

All attempts are made to have our female athletes examined by a female physician, and our male athletes examined by a male physician. The scheduled examination dates for fall exams, given in August, are announced through the school, local newspaper, and also addressed via the school district website.

Students should take advantage of the district's physical examination, as it is free of charge and administered in the nurse's office in the school setting. Parents are not inconvenienced with cost factors or schedule time. Furthermore, when the athlete is examined "in school" by the district physician in August for the fall season, or just prior to the start of the winter and/or spring season, the medical clearance process is simplified and timely.

Students will not be permitted to participate in any practice or contest unless the coach has appropriate medical clearance from the school nurse. There is no exception to this policy.

Student-Athlete Accident/insurance Claims

The Rome School District provides reasonable and customary coverage for claims in excess of a parent's underlying health insurance coverage. Coaches will direct athletes and parents to use their family HMO, PPO, etc. program as required, in order to be eligible for reimbursement of benefit payable under our medical plan. In some cases, total costs for medical expenses will not be reimbursed, as the plan is based upon reasonable and customary coverage. Parents and athletes should communicate with the school nurse to insure full compliance with district procedures.

Return to Play After Injury – RCSD website: Board Policy 7203.1

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. If an athlete misses five (5) days of practice due to illness or injury, he or she must be given clearance by a private and/or school physician before returning to play. The school physician has the final authority to determine the physical capability of a student to participate in a sport.

CONCUSSION MANAGEMENT:

The RCSD has implemented a new program for our student-athletes. This program will assist our School Physician/Athletic Trainer/School Nurse in evaluating and treating head injuries (e.g., concussion). In order to more effectively diagnose and manage concussions sustained by our student-athletes, we have acquired a software tool called *ImPACT* (Immediate Post Concussion Assessment and Cognitive Testing). *ImPACT* is a computerized exam used to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during practice or competition, *ImPACT* is used to help determine the severity of the head injury and when the injury is fully healed. Founded by the University of Pittsburgh Medical Center's Sports Concussion Program, this software system is utilized throughout professional sports and has been mandated by the NHL. Used by 18 NFL team, US Soccer and countless colleges and high schools across the country, it is fast becoming the "Gold Standard" in recognizing and managing head injuries. Additional information can be found at this non-invasive test is set up in a "video-game" type format and takes about 25-35 minutes to complete.

Essentially, the *ImPACT* test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed and concentration. It is not an IQ test and this test will not be placed in a student's academic file; only on their medical file. This test will be given once every other school year. If a concussion is suspected, the athlete will be required to retake the *ImPACT* test upon medical request. Both the preseason and post-injury test data are given to our school medical inspector to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all details. The implementation of this program provides the RCSD the best available information evaluating potential concussions and preventing potential brain damage that can occur with multiple concussions. The RCSD is striving to keep your child's health and safety at the forefront of the student athletic experience. If you have any further questions regarding the *ImPACT* program please feel free to contact me or our athletic trainer.

MANDATES FOR PRIVATE PHYSICIAN CLEARANCE

The private physician must use only Rome school district forms for the examination process. A complete packet of forms with written instructions for the process must be picked up from the School nurse

The private physician must conduct the examination and evaluate the athlete according to the criteria as indicated on the Rome examination form.

The parent must answer each and every question on the pre-participation health questionnaire and explain all “yes” answers. The physician must address all items listed on the exam and initial each finding. The form must be filled out in its entirety!

The Private physician must sign and stamp the examination form.

All forms must be brought back to the school nurse, who will review the forms, and if complete, send the forms to our school district physician for final review and signed approval. No faxed copies of exams will be accepted. Forms should not be dropped off or mailed, under any circumstances.

PHYSICAL EXAM MANDATES FROM STATE

Medical examinations may be scheduled at any time during the school year. The results of the examination shall be valid for qualifying a student’s participation for a period of 12 months.

This examination is valid through the last day of the month in which the examination was conducted rather than 365 days from the last examination.

If the 12-month period for the physical examination expires at the start or during a sport season, participants may conclude the season, as long as a health history update was completed prior to the sports season.

ATHLETIC PHYSICALS/PARTICIPATION FORMS PHYSICALS

ALL potential student-athletes are required to have a properly completed physical and permission slip form turned in and approved BEFORE they try out for an athletic department sponsored activity. Physicals and permission slips must be in order to minimize any misunderstanding the following tryout guidelines will be implemented:

1. Coaches will announce in advance when tryouts will be conducted. Dates, times and location of tryout sessions will be clearly articulated to athletes and/or parents at a pre-season meeting.
2. The length of the tryout period (usually 2– 5 days) and the sport specific skills and other criteria to be considered will be discussed with students prior to the tryout session.
3. When cuts are made students will be informed of their status in an individual and personal session with the coach. Strategies to improve skills and other factors will be discussed with each student at that time.

Please Note: Cuts may be made in each sport across all three levels. The necessity for cuts will be determined by the coaching staff and the Athletic Director. Athletes who miss practice during the try-out period and notify the coaching staff in advance (injuries) will be granted additional try-out days as determined by the coaching staff and administration.

The best time to schedule the exam with a private physician is **a couple of weeks prior** to the date set for our scheduled school exams. If this is done, the forms can be given to the nurse in time for the school physician to review the private physician's forms when the doctor is present at school. Due to legal ramifications, it is suggested that students complete the physical directly with our school physician whenever possible. Use of private physicians inevitably causes issues with clarifications which results in delayed clearance of the student athlete.

If the athlete wants to insure participation in tryouts, business must be taken care of in a timely fashion. There will be no exception to this state mandated policy, and no exception made for a student who does not meet the deadline for tryout dates.

An athlete is required to have one physical exam for athletic participation in the school calendar year. If the date of the physical examination is not within thirty (30) days of the start of a given sport season, the state requires that an updated Interval Health History Form be completed and on file in the school health office.

Note: An answer of "yes" to any questions on the Interval Health History Form does not mean automatic disqualification from an interscholastic athletic activity. However, it will require a review and approval by the school physician before the student can report to practice

Athletic Code of Conduct

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

These rules are designed to instill pride, discipline and team spirit in the individual and to achieve maximum physical and/or mental performance in athletics. The individual is required to make a commitment to the community, school, team, coach, and himself by adhering to the established rules and regulations - a condition that must be fulfilled for satisfactory participation in any sport. Obeying the rules is a matter of honor to each individual who makes this commitment. Enforcement of the rules and adjudication of any violations is the responsibility of the Athletic Director.

Athletic participation is a privilege that carries with it responsibilities to the school, to the team, to the student body and to the community. When an athlete accepts this privilege, he/she must also live up to a code of conduct beyond that of the general student body, on and off school property, during season and the off season.

The athlete's code of conduct is that of good citizenship and sportsmanship. This means that athletes will live by the laws of the country, state, county and town and follow the rules and policies of the school district and athletic department.

* For complete rules and regulations please reference the RCSD Athletic Code of Conduct for Student Athletes

COACHING:

- All Rome coaching personnel are certified in accordance with NYSPHSAA standards. As per state mandates, all coaches employed in our district are certified in CPR/AED and First Aid. In accordance with state mandates,
- Rome will always look to find qualified, certified educators to fill coaching assignments.
- If such a qualified educator is not available, the district may appoint a non-certified teacher as a coach.
- Each coach is responsible for guiding their student-athletes through practices, scrimmages, and games appropriate for 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 is responsible for teaching physical skills, moral values, sportsmanship, ethical conduct and fair play, in accordance with school philosophy.
- All activities should always be conducted in an appropriate educational environment.

NEW YORK STATE DEPARTMENT OF EDUCATION (SED)

Coaching Qualification: candidates for initial temporary licensure shall have completed the first aid requirement set forth in section 135.5 prior to the first day of coaching:

<http://www.emsc.nysed.gov/ciai/physed.html>).

1. Philosophy, Principals and Organization of Athletics in Education
2. Health science applied to Coaching
3. Theory & Techniques of Coaching (Specific to the sport coached)
 - Satisfactory Evaluation – Sport – 3 years
 - Workshop Child Abuse
 - Workshop School Violence Intervention and Prevention
 - Fingerprint Clearance
 - School District Recommendation

COACHING OBJECTIVE

Striving to win is proposed as the objective that should be adopted by every athlete and coach. The importance of intense commitment and total effort in achieving success in sport and in life are discussed. Sport provides an opportunity for moral development in young people. Young people can develop morally through sport to learn a basic code of ethics that is transferable to a moral code for life.

Keeping winning in perspective is an important aspect of a coaching philosophy. Successful coaches find ways to achieve all three objectives: to have a winning team; to help young athletes have fun; and to help them develop physically, psychologically, and socially.

***An extension of time to complete these may be applied for an additional 2 years of time.

CUTTING POLICY

The coaching staff is hired for their knowledge and expertise in each particular sport.

- ★ It is at the discretion of each sport's coaching staff to decide who will be members of the squad.

CUTTING POLICY CONTINUED

- ★ It may be necessary from time to time to cut athletes trying out for the team.
- ★ Every athlete trying out for a squad will be given at least a three day tryout period in which to demonstrate his/her skills and abilities.

ATHLETIC COACH

The athletic coach of each sport as well as cheer shall have charge of the entire team and shall arrange and be responsible for the training and practice program of that group of athletes. They shall be responsible for the conditioning of the members of the squad and for their physical welfare. They shall enforce the code of conduct adopted in the athletic handbook. They shall cooperate and accept the decisions of school administrators as well as keep the best interest of student-athletes in mind when it comes to sharing personnel and working with the myriad of activities that students enjoy participating in.

Additional duties and responsibilities of the coach are as follows:

- Verify all athletes have a current, completed physical form on file.
- Protect team issues by never discussing with parents/players other individuals on team.
- Maintain all equipment and uniforms and facilities (especially collection after season).
- Cooperate with local media including the reporting of game scores and stats.
- Insure athletes conduct themselves properly during school and athletic events.
- Follow school, section and NYSPHSAA rules and regulations.
- Certify student-athlete grade checks, and daily attendance/participation eligibility.
- Attend coaches general rules meetings, athletic directors seasonal meeting.
- Report any maintenance/appearance problems within the particular facility.
- Document misconduct, health problems, and injuries immediately.
- Approve ALL purchases through athletic director PRIOR TO ordering.
- Submit all requests for fundraisers to athletic department for approval.
- Compile athletic awards list and present at end of season athletic awards program.
- Keep accurate game by game and season stats and turn in results to athletic department.
- Return all school property (including keys and equipment) when tendering resignation
- Determine up-to-date inventory of equipment including uniforms and supplies

COMMUNICATION

As you become involved in your choice of activities at RCSD, you will experience rewarding moments and times when things do not go the way you wish. At these times, your best choice is to express directly to the coach your concerns. It is always appropriate for the athlete to discuss position, consideration for future play, treatment, behavior, and ways to improve. Also, it is important for each athlete to inform their parent(s) that they are encouraged to discuss treatment, improvement, and behavior with the coach but it is not appropriate for parents to discuss playing time, strategy, play calling, or other student-athletes with the coach.

REQUIREMENTS FOR TRYOUTS

Athletes are expected to participate on the **first day**, and all other dates of tryouts. Athletes who miss the official start date, and express a late interest in tryouts may be denied the opportunity to participate in the program. In those programs where cuts are made, coaches are expected to make their final selections from those who are in attendance at tryouts. Exception to this policy can be considered for those athletes that have a documented medical illness or an injury. Consideration will only be given to those that notify the coach or Director of Athletics in advance of the tryouts. As mentioned previously in this guide, commitment is vital to the success of all involved. There is undoubtedly a sacrifice to be made here, not only on the part of the athlete, but on the family as well. Athletes and parents are expected to make certain that personal plan, work schedules, and/or vacation plans are adjusted so as not to conflict with tryout dates, practices, and contests.

Each year is viewed as independent of another, with respect to tryouts, and the tryout is open to all. Athletes who were involved with the program, the year before are not “guaranteed” a place on the team roster in the next season. All athletes should be prepared to “compete” for membership every year. Some students mature from one year to the next, and may be included on the team after having been cut the year before. Athletes can gain a potential advantage when they make more of a visible commitment to the program and improve significantly after having been involved in summer camps, summer league play, or community and organized club programs out of season. As was mentioned previously, as the level progresses to the varsity level, the size of a team becomes more a function of those needed to conduct an effective and meaningful practice and to play the contest.

TRY-OUT GUIDELINES

Coaches will, at times, have the unenviable task of cutting a squad. It is never easy or pleasant. Cutting a squad is certainly one of the most difficult and uncomfortable moments for a coach. Coaches will base the selection of their team on the following criteria:

- Nature of sport
- The ability to provide playing time
- Instructional/practice time
- Space considerations
- Facility use
- Supervision
- Injury factors

Objective measures of skill assessment and however, in line with our Athletic Philosophy coaches will make every attempt to involve as many students as possible without compromising the safety and productivity of their team. It is never easy to cut a student. Our coaching staff will be sensitive and compassionate towards each child who participated in the tryout process

REQUIREMENTS FOR TRYOUTS (Continued...)

- For coaches to make a conscientious effort and advise students to participate in other seasonal sports that do not have to cut if they are cut from a team.

A note for seniors: One of the most difficult situations coaches face is the dilemma of the senior who has been in the program for years, and now is viewed as a limited role player.

Seniors will not be accommodated with a junior varsity experience, as this is considered a developmental program.

At the varsity level, the best will play, regardless of age, as long as program expectations are met.

Coaches are encouraged to be honest with seniors, and if it is clear to the coach during tryouts that the role of the senior will be limited, that information needs to be communicated.

- ★ The senior presented with the opportunity to remain in the program with a limited role must be prepared to accept this role, and still meet all the expectations of the program with respect to attendance and work ethic, while still showing support for the team. This is a difficult challenge, and the senior must be willing to meet this challenge with a positive attitude if he or she wishes to remain a part of the team.
- ★ If a coach feels that the senior has reached the limits of his or her potential, and the athlete is incapable of adjusting to limited role expectations with a positive attitude, the coach may not provide the senior with the option of staying on the team.
- ★ Each coach has his/her own policy on how he/she selects the team.
- ★ Coaches will explain their policy to candidates before the season/practice begins.
- ★ Skill Development sessions and off season programs and or open facilities (open to all, required for none)

ACADEMIC ELIGIBILITY POLICY

Rome City School District's professional staff and parents believe that active student participation in extra curricular activities is vital to the total development of a well rounded individual. In keeping with tradition, we will continue to encourage student involvement, emphasizing the honor and privilege of representing the Rome City School District.

The eligibility criteria that follows is intended to motivate students to fulfill high standards of attendance, self-discipline, and academics; they are not punitive, they should not discourage any student from active participation in the school's extra curricular program. To achieve these ends, the policy will be administered firmly, but humanely, particularly with regards to the appeals process.

Five (5) week computerized reports consisting of alternating progress reports and report cards will be generated by school-tools from data provided by teachers at Strough and RFA.

If a student is failing (below 65%) two (2) or more subjects he/she will choose between:
Ineligibility or Probation

Probation is a five week period and includes mandatory support classes after school. Support classes will last for one hour after school each day. If a student misses more than three (3) support classes within the five (5) week probation, they will become ineligible. If the student is still not passing at the end of the five (5) week probation period, the student is ineligible for the next five (5) week period.

Students are allowed only one period of probation per semester. A period of probation can only follow a period of eligibility (a student may not have two or more consecutive probation periods). Eligibility for the first five (5) weeks of school will be determined by the previous year's status. A student may attend Summer School to become eligible for the next school year. (Passing a class in Summer School will negate the same failing course from the previous school year). All students will be evaluated at the end of each five (5) week period to determine their eligibility.

Ineligible students may attend practice but may not participate in games.

It is expected that the advisor/coach maintain consistent communication with the parent/guardian, Ms. Henry, and the guidance councilor of the student who is in jeopardy of being academically ineligible to participate in your club or on your team.

NYSPHSAA SELECTION/CLASSIFICATION PROGRAM

The Selection/Classification program is a process for screening student-athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. The intent of this program is to provide athletes in grades 7-12 an opportunity to safely participate at an appropriate level of competition based upon readiness, rather than age and grade.

Implementation of the Selection/Classification Program

The Rome School District participates in the Selection/Classification program and provides an opportunity for middle school athletes to move up in all sports.

This program has been designed to assess a student-athlete's physical maturation, physical fitness, and skill, so that the athlete may be placed at a level of competition which should result in increased opportunity, an appropriate competitive environment for the ability level and maturity of the student-athlete, and greater personal satisfaction.

The Selection/Classification program was designed for mature and exceptionally skilled students to advance to a more challenging level of play, and to provide an opportunity for less developed students to participate at an appropriate lower level that is suited to their development and ability. It is aimed at the few select student-athletes who can benefit from such a placement because of their level of readiness.

A criterion has been formulated by the State Education Department, which gives an accurate measurement for eligibility, and highlights the inherent differences in the various individual and team sports. The commissioner of Education (Section 135.4) governs rules, regulations and guidelines for this program.

Normally, a student is eligible for high school athletic competition in a sport during each of four consecutive seasons, commencing with the youngster's entry into the ninth grade. However, by satisfying the requirements of the Selection/Classification program, a student may receive extended eligibility to permit:

- Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- Participation during six consecutive seasons in the approved sport after entry into the seventh grade. (**Only for sports in which we do not offer a modified program**)

Moving Up and Bypassing a Modified Program

For those sports where an eighth grader is presented with an opportunity to participate in a Junior Varsity or Varsity program. Please be advised that this program is designed to qualify the most elite athletes providing an opportunity for them to excel at a higher level of competition. This program is not intended to fill a roster.

The head coach in each sport, in consultation with the athlete's middle school coach and physical education teacher, recommends those individuals to be selectively classified. In addition to the criteria mentioned above, the social and emotional maturity of each athlete is carefully assessed, along with the student's academic profile. It is expected that those athletes recommended for participation in the Selection/Classification program demonstrate a commitment to academic achievement. When an athlete is being considered as a candidate for selective classification

The competitive demands of a high school program are greater than those at the middle school level, and participation at a higher level will present a challenge with respect to time management skills and a student's commitment to academic achievement.

Moving Up When a Modified Program Opportunity Is Not Provided

Student-Athletes that are not provided an opportunity to participate at the modified level for certain sport programs; (Gymnastics, Bowling, Golf, and Indoor Track and Field) shall be allowed an opportunity to be selectively classified at the **7th** and 8th grade level.

If the athlete has had training and an appropriate competitive background in the sport, and demonstrates the academic, social and emotional maturity for play at the high school level, the student will be recommended for Selection/Classification testing.

Selection Classification Process

- **Created by New York State Public High School Athletic Association (NYSPHSAA), New York State Athletic Administrators Association (NYSAAA) and the State Education Department (SED)**
 - **Provide for students in grades 7 & 8 a mechanism for them to participate safely at an appropriate level of competition based upon readiness rather than age and grade**
 - **Selective Classification was designed to assess a student physical fitness, physical maturation and skill, so that the student may be placed at a level of competition that should result in a fairer competitive environment, reduced injury and greater personal satisfaction**
1. **Request must be made by a lower level certified coach and or physical education teacher.**
 2. **7th grade students must play (1) year of modified sports and thus will not have an opportunity for selective classification.**

*****Exceptions (Sports that do not provide opportunities at the modified level)***

SELECTIVE CLASSIFICATION GUIDELINES

- Parental/Guardian Permission Form submitted
- Selection Classification (maturity test administered)
- Athletic Performance Test is administered
- The student receives a tryout opportunity and is evaluated by the coaching staff
- The Athletic Director reviews all paperwork and notifies Section III

JV/V will be considered for 7th grade student athletes that are interested in a sport where no opportunities exist at the middle school level.

- (Golf, Ice Hockey, Bowling, Tennis, Gymnastics)

A committee will meet during July/August prior to the upcoming school year to review all Selective Classification requests. The committee will consist of the following staff:

- Athletic Director
- Coaching Staff

The committee will review the

- Social/emotional and academic profiles of each student, as well as his/her fitness and maturity tests.
- Parent/Guardian forms signed and submitted
- Maturity test administered
- Physical Fitness Test administered

Standards of Performance and SED Fitness Testing

If the youngster is approved to participate in the Selection/Classification program, the following procedures apply:

1. The school physician must administer a physical examination and determine the athlete's physical health and readiness through a state-mandated examination and a physical maturity evaluation.
2. An authorized physical education teacher, appointed by the Director of Athletics, must administer an Athletic Performance Test, as required by the State Education Department. The specific tests mandated and qualifying scores are sport specific. No one else other than the designated district staff member may administer the required tests.
3. If the school physician gives an athlete medical clearance, and the physical performance standards are met, the athlete will be permitted to participate in tryouts for a three-day period (possibly longer for those trying out for golf or tennis).
4. The athlete will be contacted with the final decision immediately after the three-day tryout period. If the athlete is denied the opportunity to participate in the high school program, he or she will be eligible to participate in that sport, if offered at the modified level

Rome Free Academy High School Athletic Department
Off-Season Philosophy & Guidelines

The philosophy of the athletic department of the RCSD is to provide an atmosphere where student-athletes have an opportunity to participate in a broad range of activities. As stated in the athletic handbook,

The Rome City School Districts Athletic department will NEVER run mandatory attendance programs in the offseason. We encourage kids to play multiple sports and to make commitments ONLY to "in season" sports

This philosophy encompasses working toward group cohesion among the coaching staff with an emphasis on developing working relationships based on respect and loyalty. We wish to establish a coach's common goal of providing programs that are in the best interest of the student-athlete..

The goal is to encourage the **Development of Multi-Sport Athletes.** Research indicates that multi-sport student-athletes at the high school level, who participate in a number of different competitive situations, are less likely to "burn out" and drop out of competitive athletics altogether than their counterparts who specialize and play only one sport year-round (Anderson & Aberman, 1999).

35% of children drop out of sports each year. Reasons were cited including:

- No longer interested in playing the sport
- No longer having fun
- Conflicts with the coach
- Financial concerns- too much money to be able to stay involved
- Wanting to do something different

WHY SCHOOLS ARE LOSING MULTI-SPORT ATHLETES

- Driven by the belief, parents will invest in private lessons, emphasize playing games in one sport and spending thousands of dollars for camps and schools for the purpose of achieving a college athletic scholarship.
- Research shows that there is a very low probability of attaining a full athletic scholarship or athletic money of any amount. **LESS THAN 1%** of youths will receive an athletic scholarship. The Ratio of Academic Scholarships to Athletic Scholarships is **70 to 1**

Coaches are to refrain from coercing athletes to not play another sport at Rome Free Academy High School so they can specialize and participate in their sport's offseason program..

STUDENT-ATHLETE POSSESSIONS

All athletes are provided with a locker for their personal use located in the stadium support facility and the physical education locker room or team room facilities. Since these areas are used by a number of students throughout the course of a year for all three sport seasons and off season programs, and teams dismiss their athletes at various times, it is impossible to make certain the locker room facility is secured at all times. If the athletes leave their personal possessions and belongings unlocked, or out on the team bench in the locker room facility, they are inviting theft.

Athletes are to be discouraged from bringing valuable personal items to school, where they will be left in the locker room facility. Excess cash, expensive jewelry and electronics should be locked up or left at home!

Coaches will attempt to provide adequate supervision within the facility, but athletes are expected to do their part as well. More often than not, when personal belongings are taken, the athlete has not assumed his/her responsibility to secure them in an appropriate manner. Despite our best efforts at supervision, thefts sometimes occur.

TEAM UNIFORMS AND SCHOOL ISSUED EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to secure all school issued equipment items and uniforms in a locker and or locker room that is locked during the course of a season. Please do not keep the team uniforms in the locker room facility for long periods of time. They are best laundered and left at home until the day of a game. The expense of a uniform and its replacement charge is significant, and if the athlete forgets to lock his or her locker, the athlete will be expected to pay for the school issued athletic equipment and/or uniform.

CARE AND MAINTENANCE OF UNIFORMS AND EQUIPMENT

All athletes and parents are responsible for the cleaning and maintaining of all uniforms and equipment issued to them during the course of a season. Some of our most costly items may shrink, fade, or bleed color if washed in hot water. In addition our logos, numbers, and screens may crack and peel off if temperature settings for washing and drying are too hot. Therefore, do not wash uniforms in hot water and avoid drying on hot temperature settings. Please wash uniforms in cold water and hand to dry! Be sure to read the tags on the clothing for washing and drying instructions, and when in doubt, speak to the equipment manager and or coach before laundering uniforms. If uniform needs to be replaced, the athlete will be expected to pay for the replacement item.

Athletes are not permitted to alter their uniforms, warm ups, practice attire or protective equipment without the permission from the coach. If sleeve ends, leg ends, and necklines on uniforms are altered purposely; cut or torn, the athlete will be expected to pay for the uniform.

Protective gear issued by the school such as helmets, shoulder pads, arm pads, gloves etc., should not be modified in anyway, unless permission is given by the coach and or equipment manager

Return of School Issued Uniforms and Equipment

It is the responsibility of the athlete to personally return all school issued equipment to their coach at the end of their season. All team uniforms and equipment are to be returned to the coach immediately after the last practice or contest where the item is needed. The athlete is not responsible for the cleaning or washing of uniforms, as all items in our inventory are sent out to a professional reconditioning and cleaning service. Turning in equipment and uniforms “on time” insures that all items in the team inventory are available for pick-up by the reconditioning company on the scheduled date set for the end of the season.

Athletes should never give their school issued equipment or uniform to any one else to return for them. Coaches keep accurate records of school issued inventory, and if there are any items not returned at the end of the season, the athlete will be placed on an indebted list.

Indebted Policy

Once a coach has signed off with the Director of Athletics at the end of their season, they can no longer accept the return of equipment or uniforms from an athlete. At this time, to clear indebtedness, an athlete will have to return his/her inventory items to the Athletic Equipment Manager. In order to insure full accountability on the part of all, no one at building level is authorized to take a returned uniform from an indebted athlete, as inventory records must be updated when items are returned or paid for. If an athlete or parent leaves the uniform with someone else at building level, the student will not be cleared from the indebted list.

Athletes are not permitted to keep their uniforms at the end of a season. In an interscholastic athletic program, “jerseys are never retired”. Uniforms are costly to replace in small quantity, and allowing student-athletes to keep their uniforms would be fiscally irresponsible. In addition, many of our uniforms are custom made, and cannot be matched.

All parents are asked to support our inventory policies and make every effort to see to it that their child’s uniform and protective equipment is returned to the coach immediately following the last game of the season.

Please be advised that it is more beneficial to have the inventory item returned than to have the item paid for. Family cooperation is essential. Please make all attempts to locate and return all school issued athletic inventory at the end of the season.

Athletes who are indebted will not be issued any other school uniform or protective equipment for another sport season until they clear their indebtedness with the Director of Athletics. If the uniform is lost, or ruined, the athlete will be held responsible. Coaches will also be instructed to withhold the presentation of athletic awards until the missing items of inventory have been returned or paid for. Building Administrators may take additional action with regard to the athlete’s indebtedness as well.

TRANSPORTATION

Athletes are expected to use transportation provided by the school “to” and “from” all athletic contest. Student-athletes are expected to arrive for bus departures on time, and may not drive to site. If a student does not make the bus, and arrives at the site without administrative approval in advance, the athlete should not expect to participate.

In special cases, a parent may need permission to transport their child to a game site on a given date. In such cases, the request must be made to the Athletic Director and/or Coach in advance of the contest. These shall be considered only as the “Exception” and should be reserved for emergency situations.

Athletes at away are expected to remain “on site” and under the direct supervision of the coach at all times. All students will be expected to conduct themselves appropriately when traveling with the team. All athletes are expected to return to school with the team after contest as a continuation of the team experience. Parents should not expect to take their athlete home from the game site unless it is the exception. In any case, the coach can only approve such a request if the parent personally approaches the coach at the game site. This is the only way we have of making certain that the athlete is, in fact, leaving with their parent. Under no circumstances will a parent be allowed to take any other child home but their own. Nor will a child be permitted to leave an away game with anyone other than his or her own parent. Failing to comply with our transportation and supervision policies at away contest may jeopardize an athlete’s team eligibility.

School transportation will not be provided for athletes after a practice or home contest. Parents are expected to pick up athletes in a timely fashion after home games, or when the athlete returns from an away contest. Athletes should check with the coach for the estimated time of pick up.

Parents should be advised that the Athletic department and coaches philosophy does not permit spectators to watch team practices as distractions can upset the concentration of the athletes. The gymnasium or field is considered to be part of the classroom environment. Therefore, parents who pick up their child after practice should wait until the conclusion of the practice before entering the training facility.

Transportation to Post –Season Contests

Any athlete participating in a Regional, Intersectional, or State Championship Event must travel to the event on the transportation provided by Section III if available. Coaches can transport their athletes to any post-season contest at the regional level or beyond Section III provided that sectional transportation is not provided.

An athlete may travel home with their parents provided that a written request is presented in advance of the departure date, to the Section III sports Chair Coordinator. If approval has not been given in advance, the athlete will be expected to return home from the contest with the Section III team.

HEAT INDEX POLICY

Administration of Heat Index Procedures:

Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.

The athletic trainer, athletic director, or school designee will use the accuweather.com website (see link below) to determine the heat index for the area of the contest/practice

If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions: RealFeel (Heat Index) under 79 degrees		Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.

A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.

The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice.

If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill) temperature is 11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: RealFeel (wind chill) 36 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches' dress in layers of clothing.
	Wind Chill Watch: RealFeel (wind chill) 29 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches' dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: RealFeel (wind chill) 9 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches' dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when ReelFeel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: RealFeel (wind chill) 11 degrees or lower	No outside activity, practice or contest, should be held.

WHAT TO DRINK DURING EXERCISES:

For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well tolerated, an excellent thirst quencher, and cost effective.

Traditional sports drinks with appropriate CHO and sodium may provide additional benefit for the following individual conditions:

- Poor hydration prior to participation
- Increased sweat rate
- Poor caloric intake prior to participation
- Poor acclimatization to heat and humidity
- A 6-8% addition of CHO to water is the maximum that should be utilized. Any greater concentration will produce slow emptying from the stomach and a bloated feeling to the athlete.
- The other ingredient that may be helpful is a low concentration (0.3 - 0.7 g/L) of sodium which may help with cramping.
- All fluids should be served cold to optimize gastric emptying.

WHAT NOT TO DRINK DURING EXERCISE:

Fruit juices and soda can both result in a bloated feeling and abdominal cramping.

Beverages containing caffeine, alcohol, and carbonation.

"Power drinks or fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label are not guaranteed.

Many of these beverages, which claim to provide additional power, energy, etc., have additional ingredients that are not necessary, some that are potentially harmful, and some that actually include substances banned by such governing bodies as the NCAA and the USOC.

HYDRATION TIPS AND FLUID GUIDELINES:

In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.

Drink early, by the time you're thirsty, you're already dehydrated.

Drink before, during, and after practices and games. Specifically, the American College of Sports

Drink 16 ounces of fluid 2 hours before exercise.

Drink another 8 to 16 ounces 15 minutes before exercise.

During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.

After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours. The volume and color of your urine is an excellent way of determining if you're well hydrated. Large amounts of clear urine mean you're hydrated, small amounts of dark urine mean that you need to drink more! A Urine Color Chart can be accessed at: <http://at.uwa.edu/admin/UM/urinecolorchart.doc>

The NFHS SMAC strongly recommends that coaches certified athletic trainers, physicians, and other school personnel working with athletes not provide or encourage use of any beverages for hydration of these youngsters other than water and appropriate sports drinks that meet the above criteria. They should also make information on the potential harm and lack of benefit associated with many of these other beverages available to parents and athletes.

PARENT MEETING

In order to communicate the beliefs and needs of the various athletic programs, there will be a **Parent Night** for each program before each athletic season in that particular sport. It is strongly recommended that parents and student/athletes attend these informational meetings. **The meeting will include a discussion on the following items:**

1. Introduction of the coaching staff.
2. Purpose of Athletics.
3. Rules and Regulations.
4. Eligibility.
5. Head Coach's Philosophy.
6. Winning verses participation.
7. The Athletic Code of Conduct.
8. Game and Practice Schedules.
9. Health and Physical Conditioning.
10. Sportsmanship, safety, fair play, motivation, winning and losing, model behavior and leadership, and game rules.
11. Procedure for care of injuries.
12. Coaches' Needs.

POINTS TO REMEMBER AS A PARENT DURING AN ATHLETIC SEASON

- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions when your children bring home tales of woe, or heroics.
- Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, his/her sportsmanship, and his/her actual skill level.
- Be helpful, but don't coach.
- Teach him/her to enjoy the thrill of competition. Don't say, "Winning doesn't matter," because it does.
- Please try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride.
- Don't compete with the coach. Remember in many cases the coach becomes a hero to his/her athletes, a person who can do no wrong.
- Don't compare skill, courage, or attitudes of your child with that of other members of the team.
- You should always get to know the coach so you can be sure his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to expose your child to him/her.
- Make sure your child knows that win or lose, you love him or her, appreciate their efforts, and are not disappointed in them.
- Make a point of understanding courage, and the fact that it is relative. Courage is not absence of fear, but rather it is doing something in spite of fear.

PARENT-COACH RELATIONSHIP

Parent-Coach 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 child becomes involved in our athletic 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. Prior to the start of each season, the coach will host an introductory meeting for all students interested in trying out for the team. The date and time of the meeting will be announced and posted in school for the fall, winter and spring season. Prior to the start of the fall season communication will be delivered via website, local newspaper, etc. Specific items relative to the sport i.e., rules, policies, try-out period, practice and game schedules are reviewed and discussed at this time. By design, athletic participation is filled with great challenges and great rewards. Parents, your role in your child's overall athletic experience is paramount. By encouraging your child's full commitment, by supporting coaches and official's decisions and by instilling the principles of sportsmanship, you will prove invaluable to your child's athletic experience. It is important to understand that Preparing to win is a vital component of interscholastic athletics. Many of life's important lessons, such as, discipline, commitment, teamwork and perseverance can be derived through participation in a well-designed athletic program. The communication between the coach and the parent is essential to having an effective athletic program. The following coach-parent communication guidelines have been designed to foster appropriate lines of communication between the parent and the coach.

Communications you should expect from your child's coach.

1. His/Her Team Philosophy.
2. Expectations the coach has for your child as well as all the players on the team.
3. Location and times of all practices and contests.
4. Team requirements.
5. Procedure to follow if your child is injured during the season.
6. Consequences for breaking team rules.

Communication Coaches expect from parents.

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

Your child will experience some of the most rewarding moments of their high school lives when they become involved in the athletic program, However, it is important to understand that there may also be times when things do not go the way you or your child would like. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches.

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

It is very difficult to accept your child's lack of playing time. Coaches are trained professionals. They make judgment decisions based on what they believe to be best for the team as a whole.

PARENT-COACH RELATIONSHIP Continued)

As noted, certain issues can and should be discussed with your child's coach. Other issues, such as the following, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches.

1. Playing time.
2. Team Strategy
3. Play Calling
4. Other student-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 others position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

Call or email the coach that you would like to meet with to set up an appointment.

Please do not attempt to confront a directly coach before or after a contest or practice.

These can be emotional times for both the parent and the coach. Meetings of this nature rarely result in resolution.

What can a Parent do if the Meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Director of Athletics to discuss the situation.
2. At this meeting the appropriate next step will be determined.

SECTION III CHAMPIONSHIP GUIDELINES

Who may enter Sectional Tournament play:

In the team sports listed below, teams must have achieved a minimum of **.400** in at least one of the following manners to qualify for sectional play:

Overall record

League record

Record against schools in their own class (minimum of 4 games played)

Baseball

Boys Basketball

Girls Basketball

Field Hockey

Boys Soccer

Girls Soccer

Softball

Girls Team Tennis

Boys Lacrosse

Girls Lacrosse

Boys Volleyball

Girls Volleyball

In the team sports of football and ice hockey the committees will use their present system of selecting teams based upon standings and tiebreaker procedures already addressed in their guidelines.

The following sports will have a qualifying standard to enter the tournament i.e.: a qualifying time or distance, or a qualifying score on a proper course, etc.:

Girls Gymnastics

Boys Gymnastics

Track and Field

Tennis

Golf

Wrestling

Boys Swimming

Girls Swimming

In Girls and Boys Individual Tennis, individuals must have a .500 record to qualify for sectionals. The following sports may conduct open sectional tournaments. (All member school teams may participate):

Boys Cross Country

Girls Cross Country

Girls Indoor Track

Girls Cross Country

Boys Bowling

Girls Bowling

Boys Indoor Track

Beginning with the 2003-2004 winter season, in team sports that have only 6 or 7 schools that meet qualifying standards, the sports committees shall be authorized to select a team or teams to complete the bracket of 8. To compete, teams must submit seeding form by the established deadline, and established seeding criteria will be used to select the teams to qualify.

SECTION III CHAMPIONSHIP GUIDELINES (Continued)

1. Seeding:

Effective beginning with the 2000-2001 school year, 20% of each Section III schools' schedule in a sport must be played against schools in it's own class or higher class, or that school may not be seeded higher than fifth in any sectional tournament unless the specific sport committee strongly agrees that that team or teams deserve a higher or lower seed, based on objective evidence.

2. Splitting classes:

When there are 16 schools that qualify for a tournament, the sports committee may choose to split the class. When there are 17 or more schools who qualify for a tournament, the sports committee must split the class.

3. Sites:

Neutral sites must be secured for all semifinals and finals unless the Athletic Council approves other arrangements. The committees must select sites for finals for the next year as soon as possible after the season, and well ahead of the time when league scheduling takes place (usually in spring). All final games and contests should be played on the best available stadiums and gyms across the Section. Championships should be played at college sites or the very best High School or other sites where and whenever possible. Boys and girls as well as all class schools must get the same consideration when selecting sites. All sites for class competitions should be selected well enough in advance to properly plan and carry out the tasks necessary to conduct quality championship events.

4. Officials:

We will assure that the very best available officials are chosen to work the Sectional games. We will achieve this with open communication with our official's chapters through the officials Coordinating Committee and the assignors. Committees are to work with assignors to assure that the best officials are selected for sectional play.

In the sports of Soccer, Football, Basketball, Ice Hockey, Volleyball, Baseball, Softball, and Lacrosse, no official will be assigned to two (2) consecutive Section III contests involving the same school. (Field Hockey was removed from this list by a motion approved at the 3/27/03 Athletic Council meeting.)

5. Ties:

Sectional championship contests that end in ties when possible will be broken by the regular overtime procedure as spelled out in the specific sport rulebook. In the event a game ends in a tie and the maximum number of overtimes has been completed without a winner being determined co-champions will be declared. A "shootout procedure" will only be used for advancement.

SECTION III CHAMPIONSHIP GUIDELINES (Continued)

6. Uniforms:

Athletes will be required to wear their school uniform or Section 3 uniform at the State Tournament. (1/16/03)

7. Noisemakers:

Noisemakers (thunder sticks, cow bells, air horns, etc.) are not allowed at contests at Section 3 schools or Section 3 sponsored events. (3/27/03)

8. Scouting:

Scouting by coaches and other school related personnel shall be allowed in compliance with those rules and guidelines set up and adopted by leagues and/or Section III through Section III sports committees. It shall be illegal to use any means of scouting not approved by the fore mentioned groups. Using video for scouting purposes is allowed for all sports. (4/3/03)

9. Six Event Rule:

The Executive Committee shall administer appeals of the six-event rule.

10. Practice at Neutral Sites:

When during the course of Section III tournament play, competition reaches the level necessitating the scheduling of contests at designated neutral sites, participating teams will not be permitted to practice at such sites without permission of the appropriate Section III sports committee coordinator. (5/25/89)

11. Souvenirs:

- Section III personnel shall not approve selling of any souvenirs that involve Section III logos or Section implications, unless approved in advance by the Section III Executive Committee.
- B. The selling of T-shirts, sweats, or souvenirs of any kind at Sectional playoff contests shall be permitted with the prior approval of the Section III Executive Committee, and with the understanding that the Section III treasury will be reimbursed at 10% of the profits from such sales. (12/1/94)

12. Pep Bands:

Pep bands must have uniforms (can be T-shirts) and a supervisor

SECTION III THUNDER & LIGHTNING POLICY

The potential danger from lightning should not be underestimated. All cautions must be taken to insure student/athlete and spectator safety.

School district and site personnel should be aware of the signs indicating thunderstorm development, and a plan for shelter should be set up prior to the start of any contest.

Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion – thunder is thunder, lightning is lightning.

PROCEDURE:

When thunder is heard and/or lightning is seen, the following procedures should be adhered to:

1. Suspend play and direct participants to go to shelter, ideally a building normally occupied by the public, or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
2. Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
3. After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition. Should the event be canceled, the rules of the particular sport regarding such cancellations shall apply as to the event becoming official or to be resumed at a later date.

Refer to NFHS “Sports Medicine Handbook” pages 15-18

NYSPPHSAA GUIDELINES FOR EMERGENCY CANCELLATION & DECLARED EMERGENCIES

EMERGENCY CANCELLATION Cancellation of school(s) or cancellation of an interscholastic athletic contest(s):

If an event is postponed, it will be rescheduled at a date and time mutually agreed upon by both school districts according to the policies of the league, and/or conference and/or Section. If there is a dispute on a rescheduled date or time, the league president (if there is one) or Section Executive Director, in accordance with Section policy, will make the final determination.

If a contest cannot be rescheduled, the contest will be declared as a “no contest”. Therefore, no win or loss will be recorded on the team’s season record. Sections will adjust the seeding procedure to ensure no negative impact will be imposed in the seeding procedure.

DECLARED EMERGENCY POLICY In the event an emergency is declared by a BOCES or governmental agency at the local, state and/or national level the NYSPPHSAA policy will be: LOCAL and COUNTY (included in this category are league, conference, Section, BOCES, etc)

If a local emergency is declared, schools will be expected to adhere to the constraints placed on the local school districts. In the event the postponement of scheduled interscholastic contests is required, the rescheduling of these contests will be determined by the league, conference or section policies.

STATE If a state emergency is declared, all schools/school districts will determine whether they should postpone scheduled contests.

If a school/school district determines it is in its community’s best interest to postpone a scheduled contest that is a decision that rests with the Chief School Officer of both schools after consulting with each other. Nevertheless, if one Chief School Officer decides it is in the best interests of his/her school not to play; the contest will be postponed and rescheduled when and if possible. If an interscholastic athletic event is postponed, it will be rescheduled at a date and time mutually agreed upon by both school districts according to the policies of the league, and/or conference and/or Section. If there is a dispute on a rescheduled date or time, the league president (if there is one) or Section Executive Director in accordance with Section policy will make the final determination.

If a contest cannot be rescheduled, the contest will be declared as a “no contest”. Therefore, no win or loss will be recorded on the team’s season record. Sections will adjust the seeding procedure to ensure no negative impact will be imposed in the seeding procedure.

The NYSPPHSAA will follow all appropriate directives and will determine whether interscholastic athletic competition will continue for its member schools.

**NYSPHSAA GUIDELINES
FOR EMERGENCY CANCELLATION & DECLARED EMERGENCIES (Continued)**

NATIONAL

- If a national emergency is declared, the NYSPHSAA will follow all appropriate directives and will determine whether interscholastic athletic competition will continue for its member schools.

SECTIONAL

- If a declared emergency is called during sectional events, the Section will make the determination whether to continue play after consulting with all appropriate health, NYSED and governmental agencies.

NYSPHSAA/STATE

- If a declared emergency is called during NYSPHSAA events, the NYSPHSAA will make the determination whether to continue play after consulting with appropriate health, NYSED and governmental agencies.

Please note: Member schools should go to the NYSPHSAA web site (www.nysphsaa.org) or your Section web site for specific directions and instructions. Approved May 1, 2009

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

Dear College-Bound Student-Athlete:

If you are a high school student-athlete who has the goal of playing any college sport at the **NCAA Division I or Division II** level you must submit your "core" class high school transcripts and standardized test scores (ACT or SAT) to the NCAA Clearinghouse.

Division III

These requirements currently do not apply to Division III colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference and other NCAA regulations.

Here is what the NCAA recommends:

"Students should register with the clearinghouse after the completion of their junior year in high school. At this time, a transcript, which includes six semesters of grades, should be sent to the clearinghouse from the high school. Additionally, students should have their SAT or ACT test scores forwarded directly to the clearinghouse whenever they take the exam."

You can send your Clearinghouse forms in early -- it will not delay the process. At the end of your junior year you simply ask your high school guidance counselor to forward your transcript (updated).

Your final transcript (at the end of your senior year) will also have to be sent to the NCAA, by your high school.

How Do I Get The Clearinghouse Information?

Your school guidance counselor should have the NCAA packages, they are free.

From the NCAA:

"Your counselors can obtain registration materials, at no cost, by calling the clearinghouse at 319/337-1492."

In order to be registered with the clearinghouse, you must complete the student-release form and mail or fax the top (white) copy of the form to the clearinghouse along with the \$27 registration fee. Give the yellow and pink copies of the form to a high-school official who then sends the yellow copy, along with an official copy of your high-school transcript, to the clearinghouse. Your high school should keep the pink copy for its files. After graduation and before the school closes for the summer, your school also must send the clearinghouse a copy of your final transcript that confirms graduation from high school.

Several additional points about the NCAA's initial-eligibility requirements should be emphasized:

This rule sets a minimum standard only for athletics eligibility. It's not a guide to your qualifications for admission to college. Under NCAA rules, your admission is governed by the entrance requirements of each member school.

The General Education Development (GED) test may be used under certain conditions to satisfy the graduation requirement of Bylaw 14.3 but not the core-course or test-score requirements.

All NCAA athletes must meet the initial eligibility requirements:

Graduation from high school

Minimum core GPA

Minimum ACT or SAT I test score

Completion of 14 core courses.

Your participation as a student-athlete will complement your academic education while teaching you life skills not available in the classroom. Growing as a person, both on and off the field, and getting your degree should be your top priority. This new phase of your life can be a wonderful experience if you work hard and prepare for it.

Core GPA and Test Score Sliding Scale

<http://www.ncaa.org/wps/wcm/connect/public/ncaa/home/index.html>

<http://professionals.collegeboard.com/guidance/prepare/athletes/clearinghouse>

<http://www.ncaa.org/divisionii>

<http://www.ncaa.org/divisioniii>

RFA Athletics

TO STAY INVOLVED:

BE COMMITTED TO YOUR ACADEMICS – Know your goals...make a plan...get a diploma. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to teachers when you are having a problem. Get extra help when you need it.

BE COMMITTED TO CLASS – Treat teachers, trainers, support staff, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir, yes ma'am and give people the benefit of the doubt.

BE COMMITTED TO DOING THE RIGHT THING – We have plenty of team and school rules... know them. Realize if you just try to do the right thing you will be OK. Try to do the next thing right and you are as close to perfect as any person can be.

BE COMMITTED TO THE PROGRAM – We realize that our players are in a fish bowl at RFA. Every word and action will be watched. We must be committed in building traditions in our program starting today and respect those that have gone before us and paid the price.

TO PLAY HERE:

BE COMMITTED TO HARD WORK – Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason we are going to become the best...we work at it.

BE COMMITTED TO BECOMING A SMARTER PLAYER – Our players must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions; we must play with poise. We prepare mentally for practice and games

BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT – We must have players who believe in our team concept. Our program is built on the concept that the team / program is bigger than any one player...We need unselfish players.

COMMIT YOURSELF TO A WINNING ATTITUDE – Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game and not just our opponent. We never quit. We are always looking for a way to win.

TO WIN HERE:

BELIEVE IN OUR SYSTEM – Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept your role and do it the best you can.

BELIEVE IN YOURSELF – Play with confidence...think positive...realize you are a great player in a great program. Don't get down when you play poorly...realize you were chosen to be here...be a leader. Lead by example.

BELIEVE IN YOUR TEAMMATES – Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We understand that we are all different – be tolerant of teammates and others.

BELIEVE IN YOUR COACHES – Understand that your coaches are trying to help make you better people and players. Ask questions...don't whine and complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.

Guidelines for the Use of Social Networking Media

As an educational institution, The Rome City School District supports and encourages the rights of individuals to free speech. However, student/athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, their community and /or The Rome City School District. This includes any activities conducted online through social networking sites (i.e. Facebook, MySpace, Friendster, podcasting, blog sites, You Tube, or chat rooms among others).

Participation in athletics at The Rome City School District is a privilege, not a right. As a student-athlete at The Rome City School District, you are a representative of the school and the community, and as such, you are always in the public eye. This fact places certain additional demands upon how you must live your life. Keep the following guidelines in mind as you participate in any of the aforementioned public media:

1. Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control at the moment it is placed online, even if you limit access to your site.
2. You are not to post information, photos, or other items that could embarrass you, your family, and your team, the Athletic Department or the district. This includes items that may be posted on your page by others.
3. You should not post your address, phone numbers, birth date, or other personal information. You could be opening yourself up to predators or stalkers.
4. Exercise caution as to what information you post on your website about your whereabouts or plans. This will help prevent stalkers or other criminally minded individuals from gaining access to you.
5. Be aware of who you add as a friend to your site. Many people are looking to take advantage of student-athletes or seek connection with student-athletes to give them a sense of membership on a team.

Coaches and athletic department administrators can and do monitor these websites. Disparaging remarks about teammates, coaches, or school officials can serve as grounds for suspension from competition or dismissal from teams, as well as possible legal ramifications. Student-athletes will face disciplinary measures for violation of team policies, athletic department policies, state athletic association guidelines and/or state and federal laws. Any admissions of conduct in violation of any of these policies or laws found on a student-athlete's website will subject him or her to disciplinary measures. Any depictions of conduct in violation of any of these policies or laws found on a student-athlete's website will be subject to a full investigation. Also keep in mind that local police or sheriff's offices or other law enforcement agencies may check these websites regularly. Be cognizant of the fact that many employers and colleges also monitor these sites. You should be aware that any information posted on these websites may prevent you from obtaining a job or prevent you from attending the college of your choice

Rome Public Schools Athletic Code of Conduct

Playing Rules for Interscholastic Athletics

A Message to the Student Players

We welcome you as a member of the privileged group who will represent Rome Free Academy on an athletic team. We cherish the many traditions of loyalty and achievement associated with Rome Free Academy teams throughout its history. The interscholastic athletic program provides you with an opportunity for interschool competition. This opportunity is a privilege for which you assume certain responsibilities. As a squad member you are responsible for maintaining high standards through your behavior, manners, appearance and conduct. You should be proud of the opportunity to represent your school. To secure and maintain a place on a team, you must work hard, listen carefully and cooperate for the general welfare of the team.

THE TEAMS

Students may try out for any sport they desire. In most activities participation is held on three levels – varsity, junior varsity and modified. All 9 through 12 students may try out at Junior Varsity and Varsity levels. Ninth grade students may participate at the modified (where leagues allow), 9th grade, junior varsity or varsity level depending on their skill level. Eighth Grade students must try out for the 7th/8th modified team or, under special circumstances, he/she may try out for the freshmen squad. **With a coach’s recommendation, an 8th grader may try out for JV/V level through the selection/classification process. All seventh graders must try out for the 7th/8th modified team.**

PARENTS’ CONSENT FORM

Before you participate you must pass an athletic physical GIVEN BY THE SCHOOL PHYSICIAN and return a Parent’s Consent form (enclosed) signed by your parent(s) or guardian(s) to your coach. As a candidate and a member of the squad, **you must obey all rules governing team participation.** Failure to do this will result in a penalty. If you incur a penalty, you may not participate in any interscholastic activity until the requirements of the penalty have been fulfilled.

TRY OUT

At the organizational meeting, the coach will announce the date of the first practice. The final “cut date” will be on or before the first interscholastic contest. Players are cut from the team during the tryout period due to ability level, attitude or conduct on and off the field. If you are not cut by the final cut date, you are a member of the team for the duration of the season. Once the team is made the decision is final.

QUITTING THE TEAM

Prior to the final cut date, any player who wishes to withdraw from the squad may do so without penalty, providing he/she discusses the matter with the coach and leaves the team in good standing, having returned all equipment issued to them. When a sport penalty has been issued by a coach the student athlete will adhere to the following rules:

- A. Junior Varsity or Varsity Team - Ineligible for the remainder of the season and the

- **The following sport season as defined** (student athlete when signing up for a sport in the next sport season will be required to attend all practices but will NOT be eligible to participate in any scrimmages, tournaments and/or games. If said student athlete does not abide by all conditions set forth by the Coach for that season, the student athlete will immediately continue to serve the violation for the next sport season)

B. Modified - Grade (7, 8 & 9) - First violation - remainder of the season. Second violation - remainder of the season and the following sport season.

INJURIES

Report any injury to the coach immediately, no matter how small. Early treatment may prevent serious complications. The coach will refer you to the Athletic Trainer. The Athletic Trainer is a certified health professional who will evaluate the injury, provide first aid, and refer you to a physician if necessary. The Athletic Trainer works closely with the team physicians and coaches to return the athlete to participation quickly and safely.

**** IMPORTANT: If the Athletic Trainer refers you to a physician (including an emergency room physician) or if you see your own physician, YOU MUST BE CLEARED BY THAT PHYSICIAN and the Athletic Trainer before returning to the activity.**

If you are sent home by a nurse and/or administrator for any reason, it is your responsibility to contact your coach immediately.

INSURANCE

The Rome Board of Education provides insurance for each athlete under the Commercial/Travelers Group. Only excess coverage is provided on a scheduled basis with no duplication of benefits. **THE PARENT/GUARDIAN INSURANCE PLAN IS THE PRIMARY SOURCE** for claims with the Commercial/Travelers Group as a secondary source of claims.

The Athletic Trainer is in charge of supervising the athletic insurance. The Athletic Trainer will handle all questions concerning athletic injuries and claims.

SCHOLASTIC REQUIREMENTS

Any bona fide student of the Rome Public Schools who meets the requirements established by the State Commissioner of Education and the New York State Public High School Athletic Association is eligible to participate. As stated in district policy 7200, Participation in Extracurricular Activities (*Please see the student academic eligibility policy*):

- Student athletes are expected to maintain a high level of academic achievement to that end; a student athlete will never be penalized by the academic department for missing a practice or a game due to an academic responsibility.

PURPOSE

The Athletic Code of Conduct consists of both academic and behavioral requirements. Participation on any athletic team is contingent upon the student's willingness to commit to its provisions as evidenced by his/her completing and signing an official letter of commitment. The purpose of this athletic code of conduct is to reinforce the expectations the Rome City School District has for students/athletes participating in interscholastic athletics. Athletics help teach students about many important qualities that they will need following their graduation from Rome Free Academy.

These qualities include discipline, responsibility, honesty, integrity, self-control, dedication, sportsmanship and respect toward self and others. Our student athletes have voluntarily chosen to make additional commitment in their educational experience and in doing so have agreed to follow the expectations set forth by the Rome City School District.

ADDITIONAL ELIGIBILITY REQUIRMENTS

In addition to the academic requirements for participation on any interscholastic team, student athletes are required to avoid any action(s) or participate in any activity which might bring embarrassment or any unfavorable view on the athlete, his/her teammates, coaches, family, school or community.

Alleged violation(s) of this prohibition(s) will be subject to review and action under the code. Examples of some behaviors which would be considered as violations of the Athletic Code of Conduct are made part of the commitment letter to be signed by both the athlete and parent. Due to the fact that many teams and individuals are training year-round for their athletic teams, it is expected that all athletes will adhere to the athletic code year-round.

Application of the Code

The Code will apply to each student athlete for one calendar year (including summer) from the date of his/her most recent signature and will be in effect at all times, in all locations, including non-school activities. Violations of the Code will result in penalties as determined formally by the Athletic Committee.

******* Each coach also has the right to establish and distribute additional guidelines specific to his/her particular team. *******

****ATHLETIC PLAYING RULE VIOLATIONS AND CONSEQUENCES****

(Not intended to be all inclusive)

1. **Student Code of Conduct Violations:** Student athletes will refrain from any activities that result in an **out of school suspension**. Any violations of the **Student Code of Conduct** resulting in an out-of-school suspension (Levels B-E SCOC) will result in a minimum of two (2)-five (5) days out-of-school suspension or for Level D up to one (1) year out-of-school suspension.
2. **Possession and/or Use of Tobacco Products:** The possession or use of tobacco products is strictly prohibited. (Level C Infraction SCOC)
3. **Possession and/or Use of Drugs or Alcohol:** The possession or use of drugs, drug paraphernalia or alcohol or the consumption of drugs or alcohol at any time is strictly prohibited.
4. **Possession and/or Use of Chemical Drugs:** Athlete will **refrain from using or possessing any mind or performance-altering drugs or substances** (Level D infraction SCOC)
5. **Stealing:** Stealing of any kind, including athletic clothing belonging to Rome City School District or our opponents, will not be tolerated.(Level C Infraction SCOC)
6. **Gambling:** All forms of gambling are strictly prohibited during the sport season. (Level B infraction SCOC)
7. **Hosting of Drinking/Drug Parties:** Student athletes are prohibited from hosting/attending a party that involves alcohol, drugs, marijuana or other controlled substances. Attendance at any bar or party where tobacco, alcohol or drugs are being illegally used is prohibited. Athletes who go to a party and notice tobacco, alcohol or drugs being illegally used are required to leave immediately. (Level D infraction COC)
8. A student athlete will **fulfill his/her commitment(s)** to his/her team unless the coach and Athletic Director agree that it is in the best interest of the team and the individual to not fulfill the commitment.
9. **Vandalism or Property Destruction:** Vandalism or property destruction may result in internal or external suspension (Level C/D infraction SCOC)
10. **Attendance:** Student athletes will attend school and classes each day school is in session unless legally excused by a parent(s) (*See State Education Attendance Policy*) (Level B infraction SCOC)
 - **ABSENCE FROM PRACTICE/CONTESTS WITH A VALID REASON:** Absence from practice/contests for a valid reason and with prior permission from a parent or guardian will not result in a VIOLATION
 - **ABSENCE FROM PRACTICE/CONTESTS WITHOUT A VALID REASON:** Absence from practice without a valid excuse and without prior written permission from a parent or guardian will result in a VIOLATION.

⇒ As outlined (refer to the penalty section)
11. **Sportsmanship:** All athletes and team members will conduct themselves in a mature and sportsmanlike manner at all times, **on and off** the field, as representatives of the team, athletic program and school.

12. **Poor Sportsmanship:** Student athletes, whether participants or spectators, will observe courteous behavior during all sporting events. Name calling, obscene gestures, fighting or arguing with the referee(s), teammate(s), opposing player(s), etc. is strictly prohibited and will not be tolerated. (Level C infraction SCOC)

For violations 3 and 4

3. Possession and/or Use of Drugs or Alcohol

4. Possession and/or Use of Chemical Drugs (any mind or performance altering drugs or substances)

**Any Student/Athlete who is found guilty of using any of the above substances will be suspended immediately until a drug test shows that all substances are removed from the body.

****** ANY VIOLATION OF THE DRUG, ALCOHOL AND CHEMICAL USE POLICY/ RULES WILL AUTOMATICALLY RESULT IN THE LOSS OF YOUR RIGHTS TO CAPTAINCY AND ALL POST-SEASON AWARDS.**

13. **Authorized Transportation:** Team members will obey all rules set forth by the school, Athletic Director, coaches, and bus drivers involving away trips. Team members (including managers, statisticians and helpers) must ride the bus provided for them to and from games. Parent(s)/guardian(s) may transport their own children from an athletic event if the Parent(s)/guardian(s) notifies the coach personally and the coach approves. Parents/guardians are required to sign the bus waiver sheet before leaving the event.
- A student may be allowed to ride from an event with another team member's parent/guardian once the first student's parent/guardian and second student's parent/guardian have both signed a Transportation Waiver Form granting such permission.
14. **Unauthorized Transportation:** Any team member who does not return on the bus with the team without a reasonable excuse **may be suspended or removed from the team for the remainder of the season.** (Level C infraction SCOC)

This rule does not apply to the team members who have valid permission.

- ** **Responsibility for Equipment/Uniforms:** Equipment/Uniforms issued to each athlete must be properly cared for and not abused. It is the responsibility of the athlete to keep track of and store the gear in a secure location. All gear issued must be turned in after the last scheduled game or within the first school week following the last scheduled contest. All lost equipment/uniforms and equipment/uniforms returned in an unsatisfactory condition must be paid for by the athlete. The athlete will not be permitted to participate in further sports activities until the above obligations are met. The athlete forfeits all awards in that sport for the season until the above obligations are fulfilled.

15. **Appearance:** Athletes who represent the Rome City School District should be neat and dress in good taste. (Level A/B Infraction of the SCOC)
16. **Language/Gestures:** Profanity and inappropriate gestures are not permitted at any time. The coach will take whatever action is deemed appropriate. (Level B infraction of the SCOC)
17. **Curfew Violation:** Curfew is set at 11:30 on nights before school days and on nights prior to a game or practice session; otherwise, curfew is 1:00 A.M., with parental discretion advised. On special occasions you or your parent(s) may request permission for you to be excused from the curfew and practice requirement, and the coach, at his/her discretion, may grant the request. (For church, school or family activities, etc.) (Level B/C infraction)

Season Defined: Parent(s)/Guardian(s) and the student will sign one contract that will cover the athletic sports year. This will begin with the first day of practice for the Fall Season and end with the last day of school in June. (An athlete's contract will begin with the first sports activity in which he/she participates.)

- **Spring & Summer Season:** Legal starting date as defined by the league and Section 3 for spring sports practices to legal starting date for football practice.
 - **Winter:** Legal starting date as defined by the league and Section 3 for winter sport practices to last scheduled contest
 - **Fall:** Legal starting date as defined by the league and Section 3 for football practice to the last scheduled contest.
- ◆ **Health Forms:** A STUDENT MUST HAVE an updated health form (The Rome City School District Health Form MUST be used. If your child is to receive a physical by his/her own physician, your child must bring with him/her a **Rome City School District Interscholastic Health Physical forms to be signed by the doctor.** Forms must be completed before the beginning of each season (FALL, WINTER, and SPRING). Athletes may not practice until the Health Form is completed and returned.

Penalties

Alleged Violations shall be reported to the Director of Athletics or the building principal. The building Principal and/or Athletic Director shall conduct an investigation regarding the alleged violation within (3) school days of the reported incident. If the investigation indicates that a violation of the athletic eligibility rules may have occurred, the Athletic committee shall conduct an informal hearing within (3) school days of the principal's or Athletic Director's determination. The investigating official will present the information to the Athletic committee. Penalties for violation shall be determined by the Athletic Committee consisting of the Athletic Director, Principal, student representative (teacher, staff member in the district) appointed by the building principal and/or athletic director, and the coach of the student's sport. The consequences for a violation of the set-forth expectations shall be determined by the Student Code of Conduct and the Athletic Committee.

** Prior to the student being reinstated the student and parent must meet with the athletic administration to review the incident. A student in violation of the school Code of Conduct (alcohol and illegal drug segment of this policy) will be required to participate in an in-school and/or out-of-school drug counseling program.

- **Violation of expectations 1-10** will carry a penalty (as outlined in the **Student Code of Conduct Policy 1026**) of 3-5 days of out-of-school suspension. The student athlete will be ineligible for **(25) percent** of the regularly-scheduled consecutive contests according to the policy.
- **For a Level D/E up to one year suspension.** (Student will be suspended from any and all participation in extracurricular activities for the school year.)
- **Violation of expectations 11-15** will carry a penalty (as outlined in the Student Code of Conduct Policy 1026) of 1-2 days of out-of-school suspension for level B/C infraction. The student athlete will be ineligible for minimum of **(10) percent** of the regularly-scheduled consecutive contests according to the policy.
- The number of ineligible contests will be determined by using the number of regularly-scheduled contests.
- Scrimmages **are not** considered scheduled contests.
- Playoff games will be counted as part of the regular contests in order to fulfill the penalty.
- The athletic committee will also have the authority to recommend counseling for violations deemed appropriate.
- Penalties which cannot be served during the sport season in which they are imposed **will be carried over for completion in the next sports season** in which the athlete participates. The penalty assigned will be adjusted proportionately based on the number of regular season scheduled contests in the subsequent season.

First Offense:

Effective on the date when penalties under the code are imposed, the athlete will be placed on **probation for one calendar year.**

- During the period of probation, the athlete will be expected to practice with the team (unless directed otherwise by the coach), but will not be allowed to participate in the team's scheduled competitions according to the eligibility chart. (For example, a player on a team with an 8-game schedule found guilty of smoking would be expected to practice with the team but would not be permitted to participate in the first (2) two scheduled contests).

Second Offense

If a second offense occurs during the probationary period, all provisions set forth in the first offense will apply. However,

- the game penalty will be increased from 25% to 50% of total contests for violations ranging from 1-10;
- the game penalty will be increased from 10% to 25% of total contests for violations ranging from 11-15;

- In addition, *a new probationary period of one calendar year* will be assigned, beginning on the date the second penalty is imposed.
- For a second offense (within the same sport season), the athlete will be suspended for the remainder of the season.

Third Offense

If a third offense occurs during **the new probationary period**,

- The athlete shall be removed from participation in **all interscholastic athletics for one calendar year beginning on the date the penalty for the third offense is imposed.**

** It should be noted, notwithstanding the above chart of penalties, that the facts of an incident **may warrant immediate removal from the team if the Director of Physical Education and Athletics and the Administration believe that the offense committed by the athlete warrants such action.****

An athlete who participates in activities resulting in his/her arrest or in formal charges being filed by law enforcement against the student/athlete may face additional penalties under this Code. If the district has adequate and competent evidence that the student participated in the offense for which he or she is charged, **a penalty may be imposed pursuant to this Code prior to completion of the criminal proceeding.** If the district does not have such evidence and the student is convicted of a crime, the penalty pursuant to this Code will be imposed upon conviction. In the latter case, the athlete may continue to participate in his/her sport until resolution of the matter by the judicial system.

Due Process: Prior to imposition of any penalty under the Code, the Director of Physical Education and Athletics will notify the athlete of the nature of the infraction and the student will be given an opportunity to explain his/her side of the story.

Appeal Procedure: The student and/or parent/guardian have the right to appeal penalties imposed under the Code to the school Principal and Director of Physical Education and Athletics. Appeals must be made in writing within three (3) days of assignment of a penalty for a code violation. Within three (3) school days after receipt of the letter by the Director of Physical Education and Athletics, he will respond to the appeal.

ATTENDANCE POLICY

It is generally recognized by all that regular classroom attendance is essential to education. There is a critical relationship between engaged time and student performance.

EXCUSES: State Education of New York Attendance Policy has provided each district with a list of absences that are identified as legal vs. illegal.

- An excuse must be provided in all instances of absence.
- Excuses will be accepted up to three **(3) school days** following the absence and must include the following: Date and time, reason, parent/guardian signature.

ABSENCE FROM PRACTICE/CONTESTS WITH A VALID REASON: Absence from practice/contests for a valid reason and with prior permission from a parent or guardian will not result in a VIOLATION. Valid reasons for an excuse **may** include illness, doctor's appointment, personal or family emergency, tutoring, conflicting extra-curricular activity, school-approved family vacations.

A student who is absent because of a personal illness during the afternoon session of a school day may not practice or participate in any scheduled games for that day or night. A Friday absence because of illness may exclude a student from playing on Saturday. However, there remains the possibility that the student may sufficiently recover. In this instance, a parent's permission is required for the student to play.

LEGAL ABSENCES

- Personal illness
- Impassable roads
- Military obligations
- Religious observance
- Approved College visits
- Any other reason approved by the Commissioner of Education
- Serious illness or death in the family
- Quarantine
- Suspension
- Incarcerated Youth Program
- Approved co-op programs
- Court appearances
- School-related activities
- School-approved family vacation
- Health Clinic

ILLEGAL ABSENCES

- Vacation
- Cold weather
- Shopping
- Needed at home
- Babysitting
- Missing bus
- Oversleeping
- Anything not mentioned in legal absences unless deemed otherwise by the building principal

Tardy Policy to School: All students arriving after 7:45 A.M. are considered tardy. At the time of sign-in with the first period teacher the student will present a written legal excuse. If a student arrives after the completion of 1st period, they are expected to sign in with the attendance office.

Exemptions: It shall be the responsibility of the District to tutor students who are required by a doctor to be absent from school for an extended period of time. It is the parent and/or guardian's responsibility to notify the school in the instance where home tutoring is required.

Excused Absences: A written excuse signed by parent/guardian or a phone contact is required each time a student is excused during school hours and leaving school grounds.

ABSENCE: (SICKNESS/LATENESS): A written, signed parental/guardian excuse or a phone contact is required each time a student is returning from an absence or when tardy to school with listed reason. Excuses will only be accepted up to three (3) days following the absence. Parents/students are to contact the attendance office and the guidance counselor offices to obtain information relative to absence and homework/school assignments if a student has an extended absence.

NOTE: IF YOU ARE ABSENT BECAUSE OF ILLNESS OR ARE ILLEGALLY ABSENT FOR A DAY OR PART OF A DAY, YOU MAY NOT PRACTICE OR PLAY THAT DAY. If you miss part of a day for a reason other than illness and you provide a written excuse from a parent/guardian or doctors office, you may play/practice that day.

NOTE: IF YOUR LEGAL ABSENCE WAS DUE TO ILLNESS, YOU MAY PARTICIPATE THAT DAY PROVIDED YOU SIGNED IN TO SCHOOL PRIOR TO **THE START OF 5th PERIOD.**

Practice or contests during vacations: Regular practices and contests are usually scheduled during vacation periods. The coach will announce at the start of the season the practice and contest schedules for vacation. It is expected that players will fulfill their obligation and commitment to the team by attending practices and contests during the vacation period. If you cannot attend a practice or a contest during vacation, it is your responsibility to properly and promptly notify the coach ahead of time with a written explanation from your parent(s). Failure to provide proper notification will result in a violation of 25% of the regular season contests.

Acknowledgement of Risk: You and your parents/guardians recognize that participation in interscholastic sports involves a risk of injury. In the event of an accident or injury, coaches and other school personnel are hereby authorized to provide first aid and arrange for such other emergency treatment that they consider necessary.

Fundraisers are considered a practice day (these are prescheduled dates that are reserved by the head coach) If a student/athlete does not attend a fundraiser without either a valid excuse and/or prior arrangements having been made and acknowledged by the coach, the student/athlete will be considered absent from practice without an acceptable reason.

BOARD OF REVIEW

A Board of Review composed of the Superintendent, Principal of Rome Free Academy and Director of Physical Education will hear any appeals that are made within a period of 10 days after violation of any rule has been reported. The Board will consider the circumstances, determine the validity of the violation and grant or deny the appeal. The principal of Strough will be a member of the Board of Review when a student of that school is involved in an appeal. The decision of the Board of Review may be further appealed to the Board of Education and the Commissioner of Education.

Revised 7/26/2010

Sports Participation Forms Packet

This packet contains three forms that must be completed and returned to the coach and nurse prior to the student participating in the sport.

1. SPORTS PARTICIPATION PARENTAL CONSENT FORM (Coach)

2. CODE OF CONDUCT (Student Athletes Regulation Commitment Letter)
(Coach)

3. SPORTS ATHLETIC HEALTH HISTORY FORM (Nurse)

- Must be turned into the NURSE prior to first practice.

Note: If all three of the following forms are not completed and returned to the coach prior to practice, STUDENTS WILL NOT BE ABLE TO PARTICIPATE IN PRACTICES OR GAMES.

Rome City School District Athletic Health History

Student Name: _____

Birth Date: _____

School Name: _____

Grade: _____

Participation in athletics is voluntary and is not a required part of the regular physical education program. Identify any sports in which you do not wish your child to participate:

This form must be completed and returned to the School Nurse in order to participate in the sports physical.

Health History To Be Completed By Parent:

Has your child ever had: *(please check)*

	Yes	No		Yes	No
Allergies/Hay Fever	<input type="checkbox"/>	<input type="checkbox"/>	Stomach Ulcer	<input type="checkbox"/>	<input type="checkbox"/>
Bee Sting Allergy	<input type="checkbox"/>	<input type="checkbox"/>	Fast Heart Rate	<input type="checkbox"/>	<input type="checkbox"/>
Medicine Allergy	<input type="checkbox"/>	<input type="checkbox"/>	Elevated Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Asthma/Chronic Cough	<input type="checkbox"/>	<input type="checkbox"/>	Heart Problem/Murmur	<input type="checkbox"/>	<input type="checkbox"/>
Anemia	<input type="checkbox"/>	<input type="checkbox"/>	Chest Pain	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Headaches	<input type="checkbox"/>	<input type="checkbox"/>
Bladder/Kidney Problem or Injury	<input type="checkbox"/>	<input type="checkbox"/>	Head Injury/Concussion	<input type="checkbox"/>	<input type="checkbox"/>
Convulsions/Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Nose Bleeds <i>(frequent or severe)</i>	<input type="checkbox"/>	<input type="checkbox"/>
Fainting Spells	<input type="checkbox"/>	<input type="checkbox"/>	Ankle Injury	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Back Pain/Injury	<input type="checkbox"/>	<input type="checkbox"/>
Ear Problems/Hearing Loss	<input type="checkbox"/>	<input type="checkbox"/>	Broken/Dislocated Bones/Joints	<input type="checkbox"/>	<input type="checkbox"/>
Eye Problems/Vision Loss	<input type="checkbox"/>	<input type="checkbox"/>	Knee Pain/Injury	<input type="checkbox"/>	<input type="checkbox"/>
Injury to Spleen	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury	<input type="checkbox"/>	<input type="checkbox"/>
Joint Sprain	<input type="checkbox"/>	<input type="checkbox"/>	Nose Fracture	<input type="checkbox"/>	<input type="checkbox"/>
Ligament Tear	<input type="checkbox"/>	<input type="checkbox"/>	Rheumatic Fever	<input type="checkbox"/>	<input type="checkbox"/>
Muscle Pull	<input type="checkbox"/>	<input type="checkbox"/>			

Has your child been unconscious or lost memory from a blow on the head?

Has your child ever had numbness/tingling in an extremity?

Has your child ever fainted during exercise or become ill from the heat during exercise?

Has any family member died of heart problems or of sudden death before age fifty (50) years ?

Please explain any yes answers: _____

(over)

Does your child have any of the following:

	<u>Yes</u>	<u>No</u>
One eye or severe uncorrectable loss of vision in one or both eyes?	<input type="checkbox"/>	<input type="checkbox"/>
Severe hearing loss in both ears?	<input type="checkbox"/>	<input type="checkbox"/>
One kidney?	<input type="checkbox"/>	<input type="checkbox"/>
One testicle?	<input type="checkbox"/>	<input type="checkbox"/>
Any hernia?	<input type="checkbox"/>	<input type="checkbox"/>
Any current skin conditions (rash, fungus, blisters, etc)?	<input type="checkbox"/>	<input type="checkbox"/>
Severe viral infection such as mono or myocarditis within the past month?	<input type="checkbox"/>	<input type="checkbox"/>
An orthodontic appliance?	<input type="checkbox"/>	<input type="checkbox"/>
Capped teeth?	<input type="checkbox"/>	<input type="checkbox"/>
Contact lenses for sports?	<input type="checkbox"/>	<input type="checkbox"/>
Glasses for sports?	<input type="checkbox"/>	<input type="checkbox"/>
Has your child ever had an illness, condition or injury that required him/her to stay in the hospital?	<input type="checkbox"/>	<input type="checkbox"/>
Please explain: _____		
Has your child ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
Please explain: _____		
Is your child under medical care now?	<input type="checkbox"/>	<input type="checkbox"/>
Please explain: _____		
Has your child taken any medication in the past year?	<input type="checkbox"/>	<input type="checkbox"/>
What medicine/why? _____		
Is your child taking medication now?	<input type="checkbox"/>	<input type="checkbox"/>
What medicine/why? _____		
Since your child's last physical examination, has your child had any injury or illness?	<input type="checkbox"/>	<input type="checkbox"/>
Please explain: _____		

Female athletes:

	<u>Yes</u>	<u>No</u>
Are you pregnant now or have you delivered within the past six weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Are you still being treated?	<input type="checkbox"/>	<input type="checkbox"/>

I am the legal parent/guardian of this student. I hereby give my permission for _____ to have a medical examination, as arranged by the school, prior to sports participation. I agree with the above answers and consent to participation of my child in the interscholastic program of his/her school, including practice sessions and travel to and from the athletic contests. I also agree to emergency medical treatment as deemed necessary by the physicians designed by school authorities.

Parent/Guardian Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

To Be Filled Out by School Nurse:				Screening Date:				
Ht:	Wt:	BP:	Eyes (Far)	(L)	(R)	(Near)	(L)	(R)
			Ears:	(L)	(R)	Date DT:		

PARENTS' CONSENT

TO ATHLETES AND PARENTS

Students engage in interscholastic athletic activities on a non-compulsory and voluntary basis. You should be aware that anyone who participates in any type of athletic activity in which the body is in motion or in which an object is in motion is exposing himself/herself to a risk of severe injury, paralysis or even death.

I, Mr./Mrs./Ms _____, have read the rules governing all athletic activities of the Rome Public Schools and will cooperate with the school authorities in their enforcement. I give my permission for:

Student _____ Age _____ Date of Birth _____

School _____ Grade _____ to play _____ (Sport) this year.

I, _____, have read the athletic playing rules and agree to abide by such rules during the sport season(s) in which I participate.
(Student's Signature)

Home Address _____ Home Phone _____
Parents' Phone During Day _____ Extension _____
Emergency Contact Person _____ Phone Number _____
Family Physician _____ Physician's Phone Number _____
Hospital Affiliation _____ Religion _____
Hospital Coverage for Above Named Minor: _____

_____ Insurance Company or Government Program I.D. or Contract Number _____

MEDICAL POWER OF ATTORNEY

The undersigned, being the parent(s) or legal guardian(s) of _____, a student athlete of the Rome City School District, does(do) hereby appoint a member of the Rome City School District medical or coaching staff as their attorney-in-fact to act on their behalf in authorizing all necessary medical or dental care in the event of injury to said student athlete at a time when they are not present to personally authorize such care. This authorization shall be effective for the following period: from _____ to _____.

In signing this authorization, the undersigned acknowledge(s) that (s)he/they are aware that it is intended to be presented to a physician, dentist or the appropriate hospital representative in the event that the student athlete requires unforeseen medical or dental care.

Date _____, 20____.

Parent or Legal Guardian _____

**CONDUCT FOR STUDENT ATHLETES REGULATION
COMMITMENT LETTER/STUDENT HANDBOOK**

Dear Student Athlete and Parent:

Participation on an Athletic Team is a privilege which should elicit great pride in both the student athlete and his/her family. It is also a responsibility which requires an extra commitment, both academic and otherwise, by those who wear our school colors and represent their teammates, coaches, school, and community. Standards of behavior are necessarily high and a willingness to live up to them is a condition for participation. Consistent with these standards, and as a continuing condition of eligibility, student athletes are required to meet prescribed academic standards and sign this letter of commitment.

***** The student athlete's signature, along with that of his/her parent/guardian, indicates they both recognize and understand this responsibility and that the student athlete agrees to adhere to the basic concepts of good citizenship, proper training regulations and those positive examples with which every athlete should be identified.*

**Application of the Code
Receipt of Athletic Handbook**

The Code will apply to each student athlete for one calendar year (including summer) from the date of his/her most recent signature and will be in effect at all times, in all locations, including non-school activities. Violations of the Code will result in penalties as determined formally by the Director of Physical Education and Athletics. Each coach also has the prerogative to establish and distribute additional guidelines specific to his/her particular team.

Each student athlete is required to sign and return to his/her coach a copy of this commitment letter indicating he/she has read, understands, and will abide by the Athletic Code of Conduct and Regulation.

Sincerely,

M. Stamboly

Michael Stamboly
Director of Physical Education and Interscholastic Athletics

Your signature indicates you have read and understand the Rome City School District Athletic Code of Conduct.

Signature of Parent

Date

White-Coach

Yellow-Director

Pink-Parent
