

## ATHLETIC CODE /TRAINING RULES

### I. Goals of the Sharon Springs Central Schools athletic program:

1. To develop sportsmanship and a sense of fair play
2. To develop a sense of responsibility.
3. To develop self-discipline.
4. To learn to follow rules and regulations.
5. To develop the ability to make decisions, to lead, and to follow.
6. To develop positive relationships with teammates, opponents fellow participants and peers.
7. To develop the body and mind through physical conditioning and the mental activity of developing strategies in various game and activity situations.
8. To learn to sacrifice oneself and one's own interest for the sake of the team, teammates, and others.
9. To develop a sense of citizenship and loyalty to the school and community.
10. To provide participation in one interscholastic sport per season.

### II. Eligibility

1. Students in grades 7-9 may compete at the modified level. If there is enough interest to support a JV program, generally students in grades 9 and 10 would participate at the JV level. NYSPHSAA guidelines will be followed in a selective classification case. NYSPHSAA recognizes students in grades 7-9 as being eligible for modified competition.
2. The Board of Education, administration, faculty, and coaches at Sharon Springs Central School are committed to academic excellence. **Therefore we seek to make academic achievement of students our primary concern. Although extracurricular activities are part of the education of the total person, student participation cannot be justified at the expense of academic achievement. Therefore the student athletes will follow the schools academic ineligibility policy.**

### III. Rules and Regulations

**\*\*All student athlete participants should commit themselves to act in a sportsmanlike, civil manner at all times, representing positive citizenship, reflecting the pride and self-discipline expected of student athletes representing Sharon Springs Central School.**

1. **Cyber Sportsmanship**- Cyber Sportsmanship has been added to the Western Athletic Conferences by laws; as Sharon Springs Central School is a member of the WAC it is appropriate that we add cyber bullying to our athletic code of conduct.
  - Cyber Sportsmanship: Actions on social networks; examples are, but not limited to, Facebook, Twitter, and Myspace such as trash talking, taunting and/or threatening comments shall not be permitted by or towards players, coaches and or WAC schools.
  - If any of these sportsmanship guidelines are broken, then School officials shall determine the level of the infraction. The Western Athletic Conference recommends the following:

**Violation of Rule #1:**

First offense- Will be a written warning.

Second offense- Suspension from the next league contest.

Third offense- Removal from the sports team

2. **Smoking, consumption of alcoholic beverages, possession of, selling of, and/or use of non-prescribed prescriptions drugs or narcotics, and/or illegal substances will not be tolerated and will serve as the basis of disciplinary action. Any report of this behavior must be investigated by the coach/athletic director and principal.**

**Violation of rule #2:**

1st offense- Suspension from the next regularly scheduled game and a meeting set up with the guidance counselor for counseling on substance abuse will be required.

2<sup>nd</sup> offense- Suspension for the next 3 games, (regular schedule) counseling again required by the student-athlete.

3<sup>rd</sup> offense- Dismissal from the team, and counseling on substance abuse if the student wishes to play on a subsequent athletic team at SSCS.

\*\*The current code of conduct/training rules are in affect for one school year starting at the beginning of the fall season and lasting throughout the conclusion of the school year. A violating student will remain on probationary status for one calendar year from the date of violation.

\*\*In all cases of substance abuse counseling, the student-athlete will be expected to actively work with the counselor. The amount of counseling required will be determined by a trained professional. If outside counseling is recommended for a student-athlete the student-athletes parent or guardian is responsible for the outside counseling.

3. **Disrespect, foul language, or insubordinate conduct directed toward game officials, coaches, teammates, athletes from opposing teams, bus drivers, fans or other personnel will subject the athlete to immediate, appropriate corrective action. This applies to practices as well as games (pre-game and post-game conduct), and bus trips to and from athletic contests. The student athlete should be aware that the use of foul or abusive language will place you in a position whereby the athlete may be prosecuted for harassment in addition to corrective action in school.**

**Violation of rule #3**

1<sup>st</sup> offense- immediate removal from the game or practice, and discussion of behavior by coach.

2<sup>nd</sup> offense-Suspended from the next regularly scheduled game.

3<sup>rd</sup> offense-Suspended for the next 3 games. (Regular schedule)

4<sup>th</sup> offense-Dismissal from team.

4. **Attendance**

**Since a positive attendance record is directly linked to success in academic studies, it is the position of the Sharon Springs Athletic Department that school attendance among student-athletes is of primary concern. The following attendance policy has been developed for the**

**Athletic Department. All athletes are expected to be in school each day unless excused for an acceptable (legal) reason.**

**Daily Attendance**- Student-athletes must attend at least four (4) periods of the school day in order to attend and participate in practice that afternoon. In cases of acceptable reasons, a doctor's note, dentist note, etc must be provided.

\*Acceptable reasons include doctor's appointments, dentist appointments, court appearances, legal appointments, funerals and unforeseen emergencies, (principal's approval is required).

5. **A student athlete who finds it necessary to miss a practice or game with due reason MUST notify the coach and indicate the reason. DO NOT relay a message through other players. A doctor's note will be required if a practice is missed due to a doctor's appointment (Coaches need to keep this on record.) If it is family related (i.e. Funeral, illness, emergency), a note from the parent is required and must also signed by the principal in order for the student athlete to participate. In all other cases the coach will evaluate the reason for the missed practice or game and determine if action is warranted.**
6. **Student athletes will return all school issued equipment and uniforms to the coach within one week following the season or on the date specified by the coach or immediately upon termination of membership on the team.** It is the student athlete's responsibility to take care of his/her uniform and keep it presentable, clean, and in good repair at all times. If for some reason the uniform and equipment are not returned, or is in an unacceptable condition, payment covering cost of replacement will be charged.

Violation of rule #6:

Step one- Reminder from Coach

Step two- Phone call or letter home or speaking to parent/guardian in person.

Step Three-Held out to next season until uniform or equipment payment is received and report card held.

7. **Suspensions:** A student athlete who has been suspended from school or has in school suspension from school for a violation of school rules as spelled out by the Sharon Springs Central School Handbook will not be permitted to practice or play in a game during the period of his/her suspension from school or that of in school suspension. The "period of his/her suspension" is defined by the dates indicated by the school administrator who notifies the parent or guardian of suspension.
8. **Detentions:** A student athlete who has been assigned to detention because he/she has violated school rules will be expected to serve that detention even if he/she misses a practice or an away contest by doing so. While detention will not purposely be assigned on the day of a practice or an "away" contest, neither will detention be avoided on those days.
9. **Travel:** The Athletic Director and Transportation Director will arrange all transportation. All athletes are expected to ride to and from away games with their team. A coach will

accompany the team on all trips. The coach will have a complete travel list. A parent who wishes to transport his/her student-athlete home from the game must sign out said athlete with the coach.

In the event a parent wishes his/her student-athlete to be transported home from the contest by someone other than himself/herself, the following conditions must be met:

- At the beginning of each season, the names of both parents and two other approved adults (immediate relatives, neighbors, parents of teammates, “emergency contacts”) must be submitted to the coach, Athletic Director, and Principal to be kept on record
- When a parent wishes his/her student-athlete to travel with one of these approved adults, the parent must provide a note to the Athletic Director or Principal for verification and approval, NO LESS THAN 24 HOURS prior to the contest. The information will then be communicated to the coach.
- The approved adult must sign out the student athlete at the game with the coach.
- Parents are expected to pick up their children after practices, scrimmages, or games in a timely manner.

10. **Student athletes will conduct themselves in such a manner as to avoid being arrested, prosecuted and convicted of any laws of the village, town, county, state, or nation. Should a person have difficulties in conducting themselves the Committee will meet to determine the extent of disciplinary action. Membership from the team could be terminated. (The committee will be comprised of coach, athletic director, and administrator.)**
11. **Physicals, medical history, and permission slip: All student athletes must have a current sports physical on file with the school nurse. The school provides physicals at certain times throughout the school year. Student athletes are encouraged to take advantage of these opportunities. If you choose to have your own physical done at your own expense, it is necessary to pick up a school form for your doctor to fill out. Students who do not have a current sports physical on file with the school nurse will NOT be allowed to participate until this matter is taken care of. For each sports season student athletes will need to update a medical history sheet with the nurse in case there are any changes. Student athletes may not participate until they have a signed parental/guardian permission slip/medical waiver turned into the coach.**
12. **Hazing: “Hazing” means committing an act against a student, or coercing a student into committing an act, that creates a risk of emotional, physical or psychological harm to a person, in order for the student to be initiated into or affiliated with a student organization (athletic team) for any purpose. The term hazing includes, but is not limited to:**
  - a. **Any humiliating, degrading or dangerous activity demanded of a student to join a group regardless of their willingness to participate. (Conduct which has a potential to endanger the mental or physical health or safety of a student.)**
  - b. **Any harmful, aggressive, destructive or disruptive behavior such as striking, whipping, sleep deprivation, etc. that subjects the students to unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.**

- c. Substance abuse - use of tobacco, alcohol or illegal drugs.
  - d. Any activity that intimidates or threatens the student with ostracism that subjects a student to emotional, physical, or psychological stress.
13. **Quitting:** A student who does not show up to practices and contests, who does not contact the coach as to reasons why he or she has not been to practices or games will be considered to have quit the team and will be asked to turn in his or her uniform at once. He or she will forfeit any “points” accumulated under the Sharon Springs points system
14. **Definitions:** As used in this policy, the following definitions apply.
- a. Drug- defined as a controlled substance in the Penal Law.
  - b. Alcohol - intoxicating liquor/beer containing alcohol.
  - c. In Possession - means the person has a controlled substance or equipment or property in his/her clothing or otherwise on his/her person in an assigned locker, or a vehicle operated by the individual.
  - d. Sell - means to sell, exchange, give or dispose of to another or to offer to agree to do the same.
  - e. Tobacco Product- includes cigarettes, cigars, pipe tobacco, smokeless tobacco, (chewing tobacco, snuff, etc.) and/or tobacco substitutes.
  - f. Quitting - unexcused absence from two or more consecutive practice sessions, or combination of contests and practices.
  - g. Season- shall be defined as that period of time beginning with the first day of practice or action to last team or organizational competition or activity.
  - h. School District Property- any property which is owned, operated, or supervised by the school district or its personnel.
  - i. Insubordinate Conduct- failure to comply with the lawful directives of an advisor, coach, school administrator or other school employee in charge of the student.
15. **General Procedures**
- a. Individual coaches may set up rules pertaining to their particular sport as long as they are reviewed and accepted by the athletic director and administration. Athletes will be informed of these rules and are required to abide by them.
  - b. Students should be at their practices at their scheduled time. The student athletes must be with their coach/advisor at all times.
  - c. Students are not allowed to be in the school unsupervised while practices are going on. They are to stay on the ground floor when arriving and leaving for practice.
  - d. If a practice is scheduled right after school, the students should not be leaving the school grounds.
  - e. Students should not be leaving school grounds prior to bus departure for any away contest that takes place right after school dismissal.
  - f. The coach’s disciplinary action in these areas will remain consistent. Any violation of the rules will result in a form of discipline. Everyone is representing Sharon Springs Central School and we should all be striving to “set a fine example”.

16. **Procedures**

- a. **Parent request for a conference with coach:**
  1. **Call the school and ask to speak to the coach.**
  2. **Discuss the situation on the phone; if you still desire a conference, make an appointment**
  3. **If the coach cannot come to the phone, leave a message with the person who answered the phone and the coach will get back to you.**
- b. **Suspension and dismissal from the team:**
  1. **The coach will immediately inform the student of the suspension/dismissal and of the reason.**
  2. **The coach will inform the parents of the suspension/dismissal and of the reason.**
  3. **A student athlete who has been suspended from a team will not take part in any contests during the suspension. He/she will be required to attend all practices and attend all games on the bench. The student will not be required to be in uniform.**
  4. **A student athlete who has been dismissed from a team will not take part in any games or practices. He/she is not to be admitted to any practices or games.**
  5. **The right of a student to appeal such a decision to the administration is available after every attempt has been made to resolve the appeal request with the coach and athletic director.**
- c. **Appeal process:**
  1. **If you feel the discipline to be unfair you must first contact the athletic director as to the reasons.**
  2. **Next, you would go to the principal (administrator). Follow school procedures from the main office.**
  3. **Next, you would go to the superintendent (administrator). Follow school procedures from the District office.**
- d. **Academic ineligibility - Student athletes will follow the guidelines set forth in the Sharon Springs Central School student handbook which they all receive. The Principal will be able to give you details of procedures set up for student athletes to follow to become eligible.**
  1. **Students must be concerned with their academic performance first and foremost. Student athletes are expected to see their teachers for extra help in areas with which they are struggling.**
  2. **Student athletes will not be penalized for attending extra help sessions from their teachers. This is highly encouraged by the Athletic Department. Student athletes need to let their coach know they are going to an extra help session. This is a legal excuse.**