



MAHOPAC HIGH SCHOOL
Every Child, Every Challenge, Every Day

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Dear Parent/Guardian and Student Athletes,

It is the basic philosophy of the Mahopac Central School District to prepare our students to become productive and contributing citizens of our community and society. We believe that a comprehensive program of student activities is vital to the educational development of our students. The athletic program is an extension of this philosophy.

The athletic program at Mahopac is an integral part of the school's educational program. Interscholastic competition provides students with physical, mental, and emotional experiences, which will benefit not only the individual but the school and community as well. Participants have an opportunity to acquire qualities of total fitness, self-discipline, loyalty, and a sincere devotion to a cause greater than themselves, within a safe and healthy environment. Winning will always be kept in proper perspective at Mahopac.

Participation in the athletic program is a privilege granted to students in return for compliance with certain rules and regulations. This handbook will acquaint you with some specific policies and procedures that are necessary for a well-organized program of interscholastic athletics. Please familiarize yourself with the rules and regulations which govern participation in our program.

Mahopac High School is a member of the New York State Public High School Athletic Association. If you have questions or concerns regarding the Mahopac Central School District athletic program and/or this guide, please contact me anytime – (845) 628-5517.

We hope that all students will participate in some phase of our program. These will be memorable high school experiences that will last a lifetime.

Sincerely,

John Augusta, Director of Athletics

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FALL

Cheerleading	Varsity, JV
Boys' & Girls' Cross Country	Varsity, Modified
Field Hockey	Varsity, JV, Modified
Football	Varsity, JV, Freshman
Boys' Soccer	Varsity, JV
Girls' Soccer	Varsity, JV, Modified
Volleyball	Varsity, JV, Modified
Girls' Tennis	Varsity
Girls Swimming	Varsity

WINTER

Boys' Basketball	Varsity, JV, Freshman
Girls' Basketball	Varsity, JV
Boys' & Girls' Bowling	Varsity
Cheerleading	Varsity, JV
Gymnastics	Varsity
Wrestling	Varsity, JV
Boys' & Girls' Indoor Track	Varsity
Ice Hockey	Varsity, Modified
Skiing	Varsity

SPRING

Baseball	Varsity, JV, Freshman
Boys' Lacrosse	Varsity, JV, Freshman
Girls' Lacrosse	Varsity, JV, Modified
Softball	Varsity, JV
Boys' Tennis	Varsity
Boys' & Girls' Track	Varsity
Golf	Varsity

Mahopac Program Design

The interscholastic athletic program is designed to enable the individual to participate at their level of readiness in order to achieve satisfaction and enjoyment. It requires commitment and personal sacrifice on the part of the student athlete and making such a commitment aids in the development of self-discipline, integrity, dedication, and overall character. The end result is a better citizen carrying these values throughout their life. The following guidelines have been developed to help students, parents/guardians and coaches understand the objectives and guidelines of participation in interscholastic activities at each level.

Varsity Program Philosophy:

Varsity competition is the culmination of each sports program. Seniors and juniors generally make up the majority of the roster. At the varsity coach's discretion, sophomores and freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate socio-emotional development are demonstrated.

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 a contest. It is vital that each team member have a role and is informed of its importance.

Striving for victory in each contest and working to ensure that the maximum potential of the group and individual are achieved are worthy goals at the varsity level. **While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.**

Junior Varsity Program Philosophy:

The junior varsity level is intended for those who display the potential for developing into productive varsity level performers. At this level, student 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, and socio-emotional development. **Junior varsity programs work to achieve a balance between continued player development and striving for victory.**

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. **For all 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 a six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions and games are scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, student athletes participating at the junior varsity level are expected to demonstrate a high degree of dedication and commitment.

Modified/Freshman Program Philosophy:

The modified program is available to students in the seventh and eighth grades. The freshman program is available to our ninth grade students. At these levels, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands placed on the adolescent body, and healthy competition.

The primary objective of the modified/freshman program is to provide a learning environment conducive to promoting self-esteem, teaching life skills and basic athletic techniques. This program is designed to encourage maximum participation and opportunities for our young athletes to experience sport and de-emphasize winning as the main goal. It does recognize that winning is important and enjoyable if kept in its proper perspective. When winning becomes our most important objective, it often results in poor judgment and unsportsmanlike conduct.

At the modified/freshman level, the procedure of cutting potential student athletes is not desirable. However, if the number of students trying out for a team creates a situation that is either difficult to manage, creates a safety problem, or is problematic because of facility consideration, reducing team size may be necessary. Ultimately the number of teams and the size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor and outdoor facilities, and a safe environment.

Student Athlete Responsibility

The appearance and actions of a student athlete in and around school is of great importance. Athletes are leaders and role models and have a responsibility to comport themselves as such. Because athletes are admired and respected, they exert a great deal of influence over the actions and behavior of spectators. The following expectations for athletes are from the NYSPHSAA - Section One Athletics, "Sportsmanship and Sports Standards"

- Accept the responsibility and privilege of representing the school and community.
- Treat opponents with the respect that is due them as guests and fellow human beings.
- Exercise self-control at all times, accepting decisions and abiding by them.
- Respect the official's judgement and interpretation of the rules. Never argue or make gestures indicating a dislike for a decision.
- Accept both victory and defeat with pride and compassion, never being bitter or boastful.
- Cooperate with coaches and fellow players in promoting good sportsmanship.

Spectator Responsibility

Good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of athletes. The following are expectations for appropriate behavior at all athletic contests:

- Visiting team members, adult spectators, and visiting student spectators are guests and should be treated as such.
- Demonstrate a high degree of sportsmanship.
- Respect decisions made by contest officials and coaches.
- Verbal abuse of opposing athletes and/or officials by team members or spectators shall be considered unsportsmanlike conduct.
- Be an exemplary role model by positively supporting teams in every manner possible, including the content of cheers.
- The use of profane or abusive language and behavior is to be avoided.
- Using, possessing or being under the influence of illegal substances, such as drugs and/or alcohol, is prohibited.
- Spectators must remain off of the playing field at all times.
- Acknowledge fields, courts, and equipment as the player's domain during contests.
- Respect the property of the school and the authority of school officials.
- Athletic contests are an extension of the classroom. The Mahopac School District Code of Conduct must be adhered to at all athletic events regardless of the venue.

Good sportsmanship is an expectation at Mahopac. Attending interscholastic athletic high school events is a privilege. Any spectator who chooses to ignore these guidelines and displays poor sportsmanship will be subject to removal from the contest and may be denied admission to future contests. Other consequences may result as per the district code of conduct.

“I think sportsmanship is a little bit forgotten in place of individual attention.” – Cal Ripken, Jr.

“Never give up, never give in, and when the upper hand is ours, may we have the ability to handle the win with the dignity that we absorbed the loss.” – Doug Williams

“What you are as a person is far more important than what you are as a basketball player.” – John Wooden

“Sportsmanship for me is when a guy walks off the court and really can't tell whether he won or lost, when he carries himself with pride either way.” – Jim Courier

“I never thought about losing, but now that it's happened, the only thing is to do it right.” – Muhammed Ali

Parent/Guardian/Coach Communication

As a parent of an athlete, you have the right to understand the expectations placed on your child. Opening the lines of communication between the parent and coach can do this.

Communication parents should expect from the coach:

Philosophy of the coach

- Expectations the coach has for the athletes
- Locations & times of all practices and contests
- Injury treatment procedures
- Discipline that may result in the denial of an athlete's participation

As your child becomes involved with Mahopac Athletics, they will experience some of the most rewarding and valuable moments of their life. It is important to understand that there may also be times when things do not go as your child wishes.

Concerns which are appropriate to discuss with coaches:

- The mental and physical treatment of your child
- Ways to help your child improve his/her skill level
- Concerns about your child's behavior/grades

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals, and their judgments are based on what they believe is best for all students involved. Certain things can and should be discussed with your child's coach. Other issues, such as the ones listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

- Team strategy
- Play calling
- Other student athletes.

There may be situations that require a conference between the coach and the parent. These conferences are encouraged, and it is important that both parties have a clear understanding of the other's position. When a conference is necessary, there is a procedure that should be followed to properly address the area of concern.

Procedures for discussing a concern with a coach:

- Call to set up an appointment with the coach.
- If the coach cannot be reached, call the Athletic Director. He or she will arrange a meeting for you.
- **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parties, and too often meetings of this nature do not promote a resolution.**

Parents are encouraged to discuss issues/concerns with the Athletic Director after a meeting with the coach has proven unsatisfactory.

Changing Sports

With permission of the Director of Athletics a student may change from one sport to another once the selection of teams has taken place. It is legitimate for a student athlete who has been cut from a team to try out for another. Quitting or removal from a sport prior to the completion of the season without consulting the head coach or Director of Athletics may jeopardize the student athlete's participation in athletics the following season.

Outside Competition

Students participating within an outside athletic organization (A.A.U., O.D.P., etc.) while playing on a Mahopac interscholastic athletic team, must honor their commitment to the Mahopac team first and attend all games and practices, or risk removal from the program.

Student Athletes and NCAA Requirements

If it is your goal to be a student athlete at the collegiate level, you must select courses that ensure your eligibility. **NCAA requirements change routinely and with little notice.**

Comprehensive information can be found at the NCAA eligibility center, www.eligibilitycenter.org

All courses at the high school level are not necessarily accepted by the NCAA. It is your responsibility to select courses that meet NCAA requirements. In addition to core course requirements, there are also requirements for test scores, GPA, recruiting practices, and amateur status. Details can be found at the NCAA eligibility center. Additional information can be obtained through the Director of Athletics and Guidance offices.

Since the NCAA approved course list is ever changing at the discretion of the NCAA, students and parents are strongly encouraged to closely monitor the list of approved courses on the NCAA eligibility website, as there are no avenues of local appeals for issues with the NCAA.

Social Media Guidelines for Mahopac Students

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by a large number of Mahopac students in one form or another. Third parties including the media, faculty, college officials, students, and future employers can easily access social media profiles and view all personal information. This includes pictures, videos, comments, and posts.

Inappropriate material found by third parties affects the perception of our school and community. If you're in doubt of the appropriateness of online public material, consider whether it upholds and positively reflects your values and ethics as well as those of Mahopac High School. Examples of inappropriate and offensive behaviors related to social media usage may include the following:

- Posting photos, videos, comments showing the personal use of alcohol, drugs, and tobacco, and which condone drug-related activity.
- Posting photos, videos, and comments that are sexual in nature. This includes links to pornographic websites and other inappropriate material.
- Posting content online that is unsportsmanlike, derogatory, demeaning and/or threatening toward any other individual or entity. Derogatory comments regarding another school, taunting comments aimed at individuals, comments against race and/or gender.
- Posts that depict or encourage unacceptable, violent or illegal activities. Examples include hazing, cyber bullying, sexual harassment, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use.

Those in violation of these guidelines are subject to sanctions as per the Mahopac Central School District's Code of Conduct.

Mahopac School District

Athletic and Co-Curricular Code of Conduct

This Athletic and Co-Curricular Code of Conduct is written with the understanding that athletic and co-curricular activities at the Middle School and High School are integral parts of the overall educational program of the Mahopac Central School District. Participation in these activities is a privilege granted to students who maintain scholarship and citizenship within the rules and regulations of the District. The District believes that it is imperative that parents and the school district work together to set high expectations for student behavior both on and off campus, regardless of whether the athletics and co-curricular activities are in season/session.

The District expects that all students who participate in athletics and/or co-curricular activities will uphold the high standards of academic eligibility and abide by the rules specified by their coach/advisor. As participants in athletic and/or co-curricular activities, students must comply with all the provisions in the District's Code of Conduct and, in addition, pledge to act in season/session and out-of-season/session as follows:

1. Not to use, possess, buy and/or distribute tobacco products in any form, including, but not limited to, cigarettes, cigars, chewing tobacco and/or snuff.
2. Not to consume, possess, buy and/or distribute alcoholic beverages.
3. Not to use, possess, buy and/or distribute illegal drugs, controlled substances and/or related paraphernalia.
4. Not to use, possess, buy and/or distribute prescription drugs without a prescription.
5. Not to use, possess, buy and/or distribute over-the-counter drugs, household products and/or other products with the intent to "get high".
6. Not to use, possess, buy and/or distribute performance-enhancing drugs or steroids.
7. Not to commit a crime (misdemeanor and/or felony).
8. Not to engage in hazing of other students.
9. Not to engage in behavior that brings dishonor to the District.

Any violation found after a proper investigation by school authorities will result in disciplinary action in accordance with this Athletic and Co-Curricular Code of Conduct. Penalties are listed on the chart that follows.

Behavior	1st Offense	2nd Offense	3rd Offense or More
1. Use, possess, buy, and/or distribute tobacco products.	Ineligible to participate in athletic and/or co-curricular activities for three (3) school days.	Ineligible to participate in athletic and/or co-curricular activities for five (5) school days.	Ineligible to participate in athletic and/or co-curricular activities for ten (10) school days.
<p>2. Consume, possess, buy and/or distribute alcoholic beverages.</p> <p>3. Use, possess, buy and/or distribute illegal drugs, controlled substances and/or related paraphernalia.</p> <p>4. Use, possess, buy and/or distribute prescription drugs without a prescription.</p> <p>5. Use, possess, buy and/or distribute over the counter drugs, household products and/or other products with intent to "get high".</p> <p>6. Use, possess, buy and/or distribute performance-enhancing drugs or steroids.</p>	<p>A. Suspension from participation in the athletic team(s) and/or co-curricular activity(ies) for 20% of the season(s) or activity(ies).</p> <p>B. Team captains and organization officers positions will be revoked.</p> <p>C. 25 hours of in-school community service that needs to be completed within a three (3) school month period.</p> <p>D. School parking privileges suspended for one (1) school month.</p>	<p>A. Suspension from participation in the athletic team(s) and/or co-curricular activity(ies) for six (6) school months (excluding summer).</p> <p>B. Team captains and organization officers positions will be revoked.</p> <p>C. 50 hours of in-school community service that needs to be completed within the six (6) school month period.</p> <p>D. School parking privileges suspended for two (2) school months.</p>	Banned from participation in all athletic teams and co-curricular activities for the rest of school career.
7. Commission of a crime (misdemeanor and/or felony), for which student has pled or been found guilty.	Suspended from participation in all athletic teams and/or co-curricular activities for one (1) school year.	Banned from participation in all athletic teams and co-curricular activities for the rest of school career.	Banned from participation in all athletic teams and co-curricular activities for the rest of school career.

8. Hazing	A. Warning, and/or B. Probation, and/or C. Specified period of suspension from the athletic team(s) and/or co-curricular activity(ies), and/or D. Banned from participation in all athletic teams and co-curricular activities for the rest of school career.	A. Warning, and/or B. Probation, and/or C. Specified period of suspension from the athletic team(s) and/or co-curricular activity(ies), and/or D. Banned from participation in all athletic teams and co-curricular activities for the rest of school career.	A. Warning, and/or B. Probation, and/or C. Specified period of suspension from the athletic team(s) and/or co-curricular activity(ies), and/or D. Banned from participation in all athletic teams and co-curricular activities for the rest of school career.
9. Engage in behavior that brings dishonor to the District.	A. Warning, and/or B. Probation, and/or C. Specified period of suspension from the athletic team(s) and/or co-curricular activity(ies), and/or D. Banned from participation in all athletic teams and co-curricular activities for the rest of school career.	A. Warning, and/or B. Probation, and/or C. Specified period of suspension from the athletic team(s) and/or co-curricular activity(ies), and/or D. Banned from participation in all athletic teams and co-curricular activities for the rest of school career.	A. Warning, and/or B. Probation, and/or C. Specified period of suspension from the athletic team(s) and/or co-curricular activity(ies), and/or D. Banned from participation in all athletic teams and co-curricular activities for the rest of school career.

Notes:

- (i) Penalties shall be imposed on all of the student’s athletic and co-curricular activities, including, but not limited to, athletic teams, drama, marching band, Illusion and/or student clubs. For example, if a student is and/or will be participating on an athletic team and a co-curricular club, upon a first time violation of this Code of Conduct for alcohol use, such student would be suspended from participation in his/her sport for 20% of the season (or if such violation occurs in the off-season, 20% of the upcoming active season whether in the current school year or the following school year) and would be suspended from participation in his/her full year club for 20% of the activity which equals approximately eight (8) school weeks.
- (ii) Students who receive suspensions for 20% of a season and/or activity prior to or during try-outs for athletic teams, drama, marching band and/or Illusion shall still be allowed to try-out for such athletic and co-curricular activities. For athletic teams, suspensions will begin on the Monday preceding the first athletic contest of the applicable team’s (teams’) season and the student will not be allowed to participate until such suspension ends. For drama members, marching band members, and Illusion, suspensions will begin upon the start of the applicable activity’s (activities’) regular session and the student will not be allowed to participate until such suspension ends.
- (iii) Penalties will be imposed from school year to school year, when applicable.
- (iv) Penalties may be modified based on case reviews conducted by the Superintendent of Schools, Director of Athletics, Physical Education and Health and/or the appropriate

Building Principal. In conducting such case reviews, the Superintendent, Director and/or Building Principal will review the student's progress on the matter(s) that gave rise to the penalty(ies), including any attendant circumstances presented at that time by the student and his/her parents/guardians, including, but not limited to, the student's satisfactory participation in an evaluation/assessment by a licensed alcohol/drug abuse practitioner, the student's satisfactory participation in an alcohol/drug awareness meeting(s), the student's satisfactory participation in an alcohol/drug abuse program, the student's satisfactory participation in a smoking cessation program and/or efforts made by the student's parents/guardians to engage in an appropriate family support program(s) for the student.

Adopted by Board of Education August 12, 2008

ATHLETIC AND CO-CURRICULAR PLEDGE

The athletic and co-curricular activities at the Middle School and High School are integral parts of the overall educational program of the Mahopac Central School District. Participation in these activities is a privilege granted to students who maintain scholarship and citizenship within the rules and regulations of the District. The District believes that it is imperative that parents and the school district work together to set high expectations for student behavior both on and off campus, regardless of whether the athletics and co-curricular activities are in season/session.

The District expects that I will uphold the high standards of academic eligibility and abide by the rules specified by my coach/advisor. As a participant in an athletic and/or co-curricular activity, I will comply with all the provisions in the District's Code of Conduct and, in addition, I pledge to act in season/session and out-of-season/session as follows:

1. Not to use, possess, buy and/or distribute tobacco products in any form, including, but not limited to, cigarettes, cigars, chewing tobacco and/or snuff.
2. Not to consume, possess, buy and/or distribute alcoholic beverages.
3. Not to use, possess, buy and/or distribute illegal drugs, controlled substances and/or related paraphernalia.
4. Not to use, possess, buy and/or distribute prescription drugs without a prescription.
5. Not to use, possess, buy and/or distribute over-the-counter drugs, household products and/or other products with the intent to "get high".
6. Not to use, possess, buy and/or distribute performance-enhancing drugs or steroids.
7. Not to commit a crime (misdemeanor and/or felony).
8. Not to engage in hazing of other students.
9. Not to engage in behavior that brings dishonor to the District.

I understand that any violation of this pledge found after a proper investigation by school authorities will result in disciplinary action in accordance with the Athletic and Co-Curricular Code of Conduct. I understand that I am expected to conduct myself both in school and in the community in a manner which demonstrates personal integrity and positively reflects on me and the District.

I have read the above and accept responsibility for my actions under this pledge.

Student signature: _____ Date: _____

Parent/Guardian Acknowledgment:

I have read and understand this pledge and have explained the requirements of this pledge to my child. As the parent/guardian, I accept the responsibility to help by child meet their obligations set forth in this pledge.

Parent/Guardian signature: _____ Date: _____

The Dignity Act

Mahopac High School is committed to providing safe, positive, and productive learning experiences for its students. To achieve this goal, we must maintain a productive educational environment in which bullying, including cyber bullying, discrimination and harassment are not tolerated. Additionally, the Mahopac Central School District strictly prohibits all forms of discrimination of students, by students or staff. All MHS administrators, counselors and clinicians have been trained to handle cases of harassment, bullying, and/or discrimination. They should be notified immediately, if you are the subject of any of these things.

All faculty, staff and students have been educated about bullying, harassment and discrimination prevention and intervention. These trainings are designed to raise staff and student awareness and sensitivity to potential discrimination or harassment, as well as enable staff to prevent and respond to discrimination or harassment. In addition, students are provided instruction regarding "tolerance," "respect for others" and "dignity" which shall include awareness and sensitivity to discrimination or harassment and civility in the relations of people of different races, weights, national origins, ethnic groups, religions, religious practices, mental or physical abilities, sexual orientations, genders and sexes.

Anti-Bullying

Bullying shall mean any negative behavior that is intentional, repeated, involves an imbalance of power, and is directed at a student by another student, group of students, or by a staff member and meets one or more of the following criteria:

1. Causes foreseeable harm to the student, or causes the student to reasonably fear such harm
2. Causes foreseeable emotional harm to the student that is unreasonable or malicious
3. Causes damage to or the loss of the student's property
4. Discriminates against the student on the basis of a real or perceived difference, such as: race, color, national origin, ethnicity, creed, religion, gender, disability, sexual orientation, sexual identity, weight.
5. Creates an objectively intimidating or hostile environment that substantially interferes with the student's educational experience and opportunities;
6. Includes, but is not limited to, the misuse of technology whereby harassing, intimidating, threatening, terrorizing, or sexual messages are sent posted via such electronic means as email messages, instant messages, text messages, digital pictures or images, website or blog postings, or social networking sites.

Anti-Harassment

Mahopac High School affirms its commitment to nondiscrimination and recognizes its responsibility to provide an environment that is free of harassment and intimidation.

Harassment shall mean threats, intimidation or abuse via communication (verbal, written, graphic or electronic*) and/or physical conduct that creates a hostile environment for a student, conduct that has or would have the purpose or effect of substantially and/or unreasonably interfering with a student's educational performance opportunities or benefits or mental, emotional or physical well-being; or reasonably causes or would reasonably be expected to cause a student to fear for his or her physical safety. Such conduct, verbal threats, intimidation or abuse includes but is not limited to conduct, verbal threats, intimidation or abuse based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender (identity or expression), or sex.

***Electronic communication devices are any conduit to informational services such as the internet or cellular services. This would include, but is not limited to, email, social networking sites, electronic bulletin boards, instant messaging, and text messaging.**

Anti-Discrimination

All forms of discrimination against students on the basis of actual or perceived race, color, weight, creed, national origin, ethnic group, religion, religious practice, disability, gender (identity or expression), sexual orientation, and/or sex are prohibited.

All reports of bullying, harassment and/or discrimination should be reported to the student's counselor, house principal, or principal, and will be investigated. If, after an investigation, it is determined that bullying, cyber bullying, discrimination, or harassment has occurred, and MHS personnel has the authority to act, swift and appropriate remedial and/or disciplinary action will be taken in accordance with the district's policies and regulations, the Mahopac Central School District's Code of Conduct.

More information on D.A.S.A. is available at <http://www.p12.nysed.gov/dignityact/>

Reporting Violations

All students are expected to report violations of the code of conduct to a teacher, counselor, administrator or other high school employee. Any student observing a student possessing a weapon, alcohol or illegal substance on school property or at a school function shall report this information immediately to a teacher, the Principal, the Principal's designee or the Superintendent of Schools. All students who are witnesses to, or subjected to, incidents of discrimination, harassment and/or bullying by another student, by any District staff and/or by any other visitor on school property or at a school function, are expected to promptly report the matter to a teacher, counselor, administrator or other high school employee.

Academic Eligibility

Rationale for academic requirements: The primary responsibility of Mahopac High School to its students is to provide them with an effective education. We recognize that an effective education has many facets and appreciate the value that social, cultural, and athletic activities add to a student's educational experience. Nevertheless, the core of an effective education is academics. Therefore, it is reasonable to assert that participation in co-curricular activities should be subject to the attainment of some minimum level of academic performance by a student. The goals of these regulations are to:

1. Improve student academic achievement.
2. Foster an environment in which students, parents, administrators, and teachers value and strive for academic excellence.

Applicability: These regulations shall apply to any Mahopac High School co-curricular organization or activity that has an advisor or coach, with the exception of intramural sports.

Minimum academic eligibility standards: To be eligible to participate in any applicable co-curricular organization or activity, a Mahopac High School student must:

- A. Be "passing" in all enrolled classes **OR**
- B. Attend and fully participate in a minimum of two mandatory extra help sessions per week for each class in which "passing" status is not being maintained, and submit a completed weekly progress report with required signatures to the Athletic Director each Friday of the probationary period.

"Passing" is determined every five weeks by way of a report card or interim grade report. There should be no notations of "failing" or "in danger of failing" on a report card or interim report. The most recently issued report cards or interim grade report determines if a student is "passing" for the purpose of these regulations.

If a student does not meet one of these standards, he or she will be on a five-week probationary period academically ineligible to participate in extra-curricular organizations or activities covered by these regulations until such time as one of the standards are met. Any student not meeting Standard A will be informed by his or her teacher upon issuance of a report card or interim grade report. The teacher will also notify the appropriate advisor or coach. The teacher will then assist the student to arrange for mandatory extra help sessions. Once the student begins attending these sessions, his or her academic eligibility will be reinstated under Standard B. The teachers of these sessions will report absenteeism to the appropriate house principal who will document a student's attendance at extra help sessions. If a student misses the required number of sessions each week, except for legitimate excused absences, and/or fails to hand in a completed weekly progress report, that student's academic eligibility will terminate until one of the standards is again met.

Appeal of non-eligibility: A student who is academically ineligible for co-curricular organizations and activities may appeal in the following manner:

1. Appeals of ineligibility under Standard A

There shall be no appeals of ineligibility that arise from a student's failure to obtain "passing" status on a report card or interim grade report. Attendance and active participation in mandatory extra help sessions (unless successfully appealed in accordance with (2) below) is the only way for a student to regain eligibility prior to issuance of the next report card or interim grade report.

2. Appeals Under Standard B

An appeal from mandatory attendance at extra help sessions may be made only if the student's parent/guardian has made arrangements for **bona fide tutoring** outside of school. This appeal must be made to the subject teacher. If the appeal is accepted, a weekly "Verification of Attendance" from the tutor must be submitted to the subject teacher for review. If at any time the subject teacher is not satisfied with the student's progress with the outside tutor, the appeal approval may be rescinded.

Behavioral Eligibility Standards: To be eligible to participate in any co-curricular organization or activity, a Mahopac High School student must be in compliance with the School Board's Student Code of Conduct, as published in this Student Handbook.

A student shall be ineligible to participate in practices, athletic contests, or any extra-curricular activity on any day in which that student serves detention for cutting class or serves suspension (or community service in lieu of suspension) for a violation of the Student Disciplinary Code. Athletic teams and other co-curricular activities may establish more restrictive sanctions.

Attendance and Eligibility: In order to participate in a school activity, a student must be present at least six periods on the day of the activity.

Activities and Clubs

All students are encouraged to participate as a matter of personal interest in an activity. Some activities can be used as support for a career or university choice. There is a publication available from your House Office that describes the clubs available at MHS

Athletics

Mahopac Athletics has a long and proud tradition. Students are encouraged to become involved in one or more sports throughout the year. For guidelines for participation in sports activities, please contact: Mr. John Augusta, Athletic Director, 628-3256, ext. 11450. His office is located in the main office.

After School Extra Help and After School

Extra help is offered between 2:00-3:00 p.m. There is a 3:00 bus. Students who stay after the 1:53 bell must be involved in a supervised activity of some type or in the media center and computer labs for homework/research. For safety reasons, the high school cannot have an open hallway and classroom policy after school. The good news, however, is that there are numerous activities and programs available other than athletics for interested students.

A GENTLE WARNING: Staying after school to participate in activities, sports and extra help is a privilege. The same basic rules apply **any time** a student is in the building. There is an expectation of courtesy to staff and students, respect, and adherence to all safety rules. Failure to adhere to school policies after school hours will result in suspension from the building and buses after "normal" instructional hours. This includes night school.

Academic Support Services

Services are available for any student who desires academic support. These services include, but are not limited to, Night School, STEP, student tutoring, the AIS Center (west main office), alternative scheduling and the New Directions program. Students may be notified by their instructor, counselor, or house principal that they are in need of support because of failing grades. Students and parents may also request services by contacting their counselor or house principal.

Students experiencing significant academic difficulties as a result of being out of compliance with classroom attendance policies may be mandated to participate in Academic Intervention Support. If this program is not followed, students may face disciplinary action involving, but not limited to, removal from the course and loss of credit.

Weekly After School Extra Help

Teacher Sign-in

Student Name _____ Week of: _____

Teacher/Tutors: Please initial under subject/day that you assist the student named above. Feel free to add comments under "Notes".

SUBJECT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
ENGLISH						
SOCIAL STUDIES						
MATH						
SCIENCE						
LANGUAGE						
STEP OR NHS		STEP OFFERED RM. 54		NHS RM 111 STEP RM 56		

Parent Signature: _____

Attendance

School Attendance:

1. Any student athlete who is absent from school may not participate in a practice or contest on that day. In extenuating circumstances the Athletic Director may grant permission for an athlete to practice or play.
2. A student athlete must be in attendance for at least six periods in order to practice or participate in any contest. All extenuating circumstances will be given special consideration by the Director of Athletics.
3. Any student athlete assigned a detention or who receives an in-school suspension will not be permitted to participate in practice or a contest that day.
4. If a student athlete is suspended from school, he or she is also suspended from the team for the corresponding number of days, thus being ineligible to go to practice or to compete in any contest during that time until the suspension is terminated.
5. Any athlete suspended from school on more than one occasion will be subject to further consequences up to and including suspension and/or dismissal from the team.

Practice/Contest Responsibilities:

Players are expected to attend all practice sessions and contests or other squad functions unless excused.

1. It is the responsibility of the student athlete to notify the coach in advance of his/her anticipated absence/tardiness from any squad activity. Coaches may discipline student athletes who are excessively late.
2. An individual student who attempts to participate in too many activities may have a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflicts. There are times when schedules cannot be changed because of league or section regulations and/or facility availability.
3. Student athletes have a responsibility to do everything they can to avoid continuous conflicts. In most cases, contest schedules are complete prior to the start of the season and are distributed to players and parents at the pre-season meeting. Schedule conflicts should be checked at that time and appropriate coaches/advisors notified.
4. Dental and/or medical appointments, interviews, visitations, etc. should be scheduled at such time that avoids conflict with practice and contest responsibilities. If this is not possible, the student athlete must notify the coach in advance.
5. Absence on a day preceding a contest may be reason for not participating in the contest.
6. Student athletes may accompany parents/guardians on vacations during non-school days. Athletes who must go away and miss practice and/or contests during vacation can expect that there could be some effect on their standing on the team, playing time, and/or their chance of making the team when cuts take place. All athletes are expected to fulfill their commitment to the team.
7. Student athletes are expected to participate in their sport from the first day of scheduled practice until the completion of state level competition if the team or athlete has qualified.
8. Any student athlete who has three unexcused absences from practices or contests during the season may be suspended or dismissed from the team.

Sports Certification

- In order to tryout, practice, or participate in any sport the student must have a current sports physical and be certified by the school nurse. Physicals are considered current for 12 continuous months and must be within a year from the beginning of the sports season. Should the date of the physical expire during the sports season a new physical is required.
- Physical exams may be given by the school physician or the student's family physician with review and approval by the school's physician. They must include blood pressure reading and urine test for sugar and albumin.
- The school nurse has sports physical sign-ups several times throughout the year prior to each sports season. The school's physician will be available at the high school to perform sports physicals during this time.
- All paperwork must be fully completed and turned in:
 - "Sport Certification Form"
 - "Interscholastic Sports Permission Slip" to be signed no earlier than 30 days prior to the first day of tryouts.
 - "Concussion Information Sheet"

When the above requirements have been met, the school nurse will certify the students for sports participation.

Injuries

- It is the student athlete's responsibility to immediately report any injury to his or her coach.
- Accident reports shall be initiated by the coach or Athletic Trainer and be submitted to the Athletic Director within 24 hours of the incident.
- Any injured student athlete who has seen a doctor may not return to practice or competition until the Athletic Trainer has received a physician's release. The physician's release is then submitted to the school nurse by the Athletic Trainer.

The Mahopac Athletic Department prides itself in being as safety conscious as possible. Our program takes every precaution to ensure that our facilities are as safe as possible and that our athletes have the opportunity to be the best they can be. These measures include:

- The pre-season physical examination by a school or family physician as well as the parent permission form.
- The medical staff makes coaches aware of any special restrictions required for a student athlete.
- The Athletic Trainer is available to our student athletes prior to practice, during practice and at all athletic contests played on the Mahopac campus.
- All coaches are certified in First Aid and CPR/AED training and have first aid supplies at all practices and games.
- All equipment utilized by our student athletes is top grade quality and meets all safety standards.
- Athletic fields and other playing areas are continually inspected to remove safety hazards.

- The nursing staff is informed of all sports related injuries and appropriate medical follow-up is required before student athletes are permitted to return to athletic participation.

Guidelines for Athletic Transportation

- Student athletes will be transported to and from away contests (games/scrimmages) by school authorized vehicles only, under the supervision of a coaching staff member.
- For special circumstances, parents may request to provide transportation **for their child only**. In such cases, the request must be made in writing using the “School Transportation Waiver and Release Form for Student Athletes.” We ask that parents only request to drive an athlete home in the case of an **emergency**.
- At no time may students transport themselves or other student athletes to or from away athletic contests (games/scrimmages).
- A student athlete is a representative of the Mahopac Central School District. When traveling to and from an athletic contest athletes are expected to act and dress appropriately.
- The bus driver is to be respected at all times.

Awarding of Letters and Pins

Athletes unable to complete a season due to injury, illness or other such circumstances may earn a letter if the coach feels it’s justified. All outstanding debts for equipment (lost or stolen) must be paid prior to the issuance of a letter or insert.

Letter – one varsity letter will be issued for a student athlete’s high school career and will be given following the completion of his/her first year playing at the varsity level in any sport.

Inserts (Designated by Sport) – all athletes competing at the varsity level will receive an insert. Student athletes who already have earned a varsity letter will receive an insert for each additional sport. A student athlete will always receive an insert with his/her first letter.

Certificate – all student athletes will receive a participation certificate.

For more information about our program, including directions, schedules, and permission/physical forms please visit the athletic website at:

<http://mhs.mahopac.k12.ny.us/>, click on “Athletics”.

Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

What are the signs and symptoms of concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
In unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion

Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"
--	--

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs.

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizure
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. ***They can even be fatal.***

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Return to play following a concussion involves a stepwise progression. A student must be cleared by the District's Medical Director for return to play prior to beginning the "return to play protocol," as well as prior to returning to full activities without restrictions. The following is a recommended return to physical activity protocol:

Return to Play Protocol:

- Phase 1:** Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a twenty-four (24) hour period proceed to;
- Phase 2:** Higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over a twenty-four (24) hour period proceed to;
- Phase 3:** Sport specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over a twenty-four (24) hour period proceed to;
- Phase 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a twenty-four (24) hour period proceed to;
- Phase 5:** Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a twenty-four (24) hour period proceed to;
- Phase 6:** Return to full activities without restrictions with clearance from the District's Medical Director/school physician.

It's better to miss one game than the whole season. For more information on concussions, visit:

www.cdc.gov/Concussion

<hr/> Student-Athlete Name Printed	<hr/> Student-Athlete Signature	<hr/> Date
<hr/> Parent or Guardian Name Printed	<hr/> Parent or Guardian Signature	<hr/> Date

INTERSCHOLASTIC SPORTS PERMISSION SLIP

Any student who wishes to participate in the interscholastic sports programs during the school year must bring this form home and have it filled out and signed by a parent. This form must be returned before a student will be allowed to participate in the sports program. A **separate** permission slip must be signed for each sport a student wishes to participate in. A physical examination is required for participation in any interscholastic sport and is subject to the approval of the school physician. Prospective athletes also complete ImPACT baseline concussion test. This test measures multiple aspects of cognitive functioning including working memory, attention span, response variability and reaction time. The exam is administered on a computer by the Athletic Trainer and a member of the coaching staff. It takes roughly 20 minutes to complete and results in the establishment of a baseline score for each athlete. The ImPACT program is designed to assist medical professionals in making return-to-play decisions and is never used as the sole tool or as a diagnostic instrument.

Please check this box if you **DO NOT** want your son/daughter to take the test.

Student Name _____ **Grade** _____ **School** _____

Address _____ **Phone** _____

Please check **only one** sport, and note that a **new permission slip** is **needed** for each sport season.

- | | | |
|---------------------|----------------------|----------------------|
| FALL SPORTS | WINTER SPORTS | SPRING SPORTS |
| FOOTBALL _____ | BASKETBALL _____ | BASEBALL _____ |
| SOCCER _____ | WRESTLING _____ | SOFTBALL _____ |
| CROSS COUNTRY _____ | GYMNASTICS _____ | TRACK _____ |
| TENNIS _____ | BOWLING _____ | LACROSSE _____ |
| FIELD HOCKEY _____ | SKIING _____ | TENNIS _____ |
| VOLLEYBALL _____ | ICE HOCKEY _____ | GOLF _____ |
| CHEERLEADING _____ | CHEERLEADING _____ | TRACK _____ |

**HEALTH HISTORY
TO BE COMPLETED BY PARENT**

Has your child ever had: (please check)

	YES	NO		YES	NO
Seasonal Allergy	<input type="radio"/>	<input type="radio"/>	Elevated Blood Pressure	<input type="radio"/>	<input type="radio"/>
Allergies _____	<input type="radio"/>	<input type="radio"/>	Headaches / Frequent or Severe	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>			
Bee Sting Allergy	<input type="radio"/>	<input type="radio"/>	Head Injury / Concussion	<input type="radio"/>	<input type="radio"/>
Epi Pen Required	<input type="radio"/>	<input type="radio"/>	Heart Problem/Murmur-Chest Pain	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>	Any Bleeding Disorder	<input type="radio"/>	<input type="radio"/>
Inhaler for Sports	<input type="radio"/>	<input type="radio"/>			
Anemia	<input type="radio"/>	<input type="radio"/>	Ankle Injury	<input type="radio"/>	<input type="radio"/>
Arthritis	<input type="radio"/>	<input type="radio"/>	Back Pain/Injury	<input type="radio"/>	<input type="radio"/>
Bladder / Kidney Problem or Injury	<input type="radio"/>	<input type="radio"/>	Fracture-Dislocation Bones/Joints	<input type="radio"/>	<input type="radio"/>
Convulsions / Seizures	<input type="radio"/>	<input type="radio"/>	Knee Pain/Injury	<input type="radio"/>	<input type="radio"/>
Fainting Spells	<input type="radio"/>	<input type="radio"/>	Neck Injury	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	Nose Fracture	<input type="radio"/>	<input type="radio"/>
Ear Problems / Hearing Loss	<input type="radio"/>	<input type="radio"/>	Overnight Hospitalization	<input type="radio"/>	<input type="radio"/>
Eye Problems / Vision Loss	<input type="radio"/>	<input type="radio"/>	Stomach Ulcer	<input type="radio"/>	<input type="radio"/>
Injury to Spleen	<input type="radio"/>	<input type="radio"/>	Viral Infection within Last Month, (i.e. mono)	<input type="radio"/>	<input type="radio"/>
Joint Sprain/Ligament Tear/Muscle Pull	<input type="radio"/>	<input type="radio"/>			

Please **explain/provide dates** for any yes answers on space provided: _____

Does your child have any of the following:

	NO		YES
Severe uncorrectable loss of vision in one or both eyes.....		<input type="radio"/>	<input type="radio"/>
Severe hearing loss in one or both ears.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One kidney.....		<input type="radio"/>	<input type="radio"/>
One testicle.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has your child been ill for five (5) consecutive days?		<input type="radio"/>	<input type="radio"/>

Is your child taking any medications now? ...

If so, why? _____

Has your child ever fainted during exercise?

If so, explain: _____

Has there ever been sudden death or heart problems in a family member under fifty (50) years of age?.....

If so, explain: _____

Has a physician ever restricted or denied your child participation in sports for any heart problems?

If so, explain: _____

Does your child have: orthodontic appliances?

Capped teeth?

Wear contact lenses for sports?.....

I hereby state that to the best of my knowledge, my answers to above questions are complete and accurate.

I have read the attached information on interscholastic sports, and I hereby give permission for my child to participate in the Mahopac Sports Programs. I know of no illness or condition which would restrict him/her from participating fully in the sport checked. Should any illness or condition occur, I will promptly notify the school to withdraw my child from participation.

Parent/Guardian_____

Date_____

