

NYACK PUBLIC SCHOOLS



INTERSCHOLASTIC ATHLETIC HANDBOOK

FOR STUDENTS-ATHLETES AND PARENTS

Dear Parent and Student/Athlete,

Congratulations on making the decision to participate in the Nyack School District Interscholastic Athletic Program. Your involvement in our sports program will give you the opportunity to meet and work with our diverse, talented student body and our outstanding, dedicated coaching staff.

The Nyack Indian coaching staff cares about our athletes. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our fine coaches serve as excellent, positive role models for our students and we are very proud of them and their achievements.

The main goal of the Nyack Interscholastic Athletic Program is to provide experiences that are fun and promote individual growth within a safe and healthy environment. 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.

When your daughter/son chooses to participate in one of our sports programs, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some specific policies that are necessary for a well-organized program of interscholastic athletics. The program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities.

Nyack High School is a member of the New York State Athletic Association, competing as a Class A school in Section One.

If you have any questions or concerns regarding the Nyack Public Schools Interscholastic Athletic Program and/or this booklet, please do not hesitate to call:

The Athletic Office (845) 353-7135 or 7136

Sincerely,

Joe Sigillo
Director of Physical Education,
Health, Wellness, and Athletics

Nyack Union Free School District Athletic Department

The following lists of sports indicate those activities open to athletic competition between schools at the County, Section and State level. You will find a “V, JV, F, or M” marked in boxes. A “V”=Varsity, “JV”=Junior Varsity, and “M”=Modified (Middle School) level sports.

Students in grades 7-12 are welcome to try-out for and participate on sport teams during the fall, winter and/or spring seasons.

BOYS' SPORTS	ACTIVITY LEVEL	SEASON OFFERED	GIRLS' SPORTS	ACTIVITY LEVEL	SEASON OFFERED
Baseball	V, JV, M	Spring	Basketball	V, JV, M	Winter
Basketball	V, JV, M	Winter	Cheerleading	V	Fall & Winter
Cross Country	V, M	Fall	Cross Country	V, M	Fall
Fencing	V, JV	Winter	Fencing	V, JV	Winter
Football	V, JV, M	Fall	Field Hockey	V, JV, M	Fall
Golf	V	Spring	Lacrosse	V, JV, M	Spring
Ice Hockey	V, M	Winter	Soccer	V, JV, M	Fall
Lacrosse	V, JV, M	Spring	Softball	V, JV, F, M	Spring
Soccer	V, JV, 2M	Fall	Swimming	V	Fall
Swimming	V	Winter	Tennis	V, JV	Fall
Tennis	V, JV	Spring	Outdoor Track	V, M	Spring
Outdoor Track	V, M	Spring	Winter Track	V	Winter
Winter Track	V	Winter	Volleyball	V, JV, M	Fall
Wrestling	V, JV, M	Winter			

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It is the basic educational philosophy of the Nyack Public School District to prepare our students to become productive, 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.

Within this context, it is the purpose of Nyack's athletic program to foster and promote:

- A. Appropriate physical, social and psychological development.
- B. The ideals of competition, teamwork and sportsmanship while achieving the twin goals of success and participation.
- C. The development of self-confidence, self-discipline, organization, decision making skills and goal orientation. Desire and dedication need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty and overall character. The final outcome is a better citizen carrying these values throughout their life.
- D. The concept of an integral relationship between a sound mind and a sound body leading to a lifetime appreciation for physical fitness and good health habits.
- E. A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents, coaches and the community as a whole.
- F. The development of self-esteem and a healthy self-concept. Regardless of the role students play on a team, they should complete their experience in athletics feeling good about themselves.

Finally, the interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times, the athletic program will be conducted in a manner reflective of a positive, growth-oriented activity.

PROGRAM DESIGN

Our school district believes that a comprehensive program of student activities is vital to the educational development of the student. We believe the primary objective of a well-designed program is to be challenging and enjoyable. We further realize that our student athletes expect coaching, teaching, responsibility and discipline.

Our program is designed to allow for the individuals to participate at their level of readiness and be able to achieve satisfaction and enjoyment. The program shall emphasize fun, enjoyment, and opportunities for all students and a strong emphasis on the building of skills at all levels.

The following guidelines have been developed to help students, parents and coaches understand the objectives and guidelines of participation in athletic activities at each grade level.

MODIFIED ATHLETICS PROGRAM PHILOSOPHY

The modified program's primary objective is to provide a conducive learning environment that promotes positive self-esteem and teaches 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 a main goal. However, it does recognize that "winning" is important and enjoyable if kept in its proper perspective. When "winning" becomes our most important goal, it often results in poor judgment and unsportsmanlike conduct. Students participating in modified athletics must understand the importance of commitment and dedication to the program. Attendance at all practices and games is an expectation.

At the modified level, the procedure of cutting student/athletes is not desirable but can be unavoidable. If the number of students trying out for a team creates a situation that is difficult to manage, poses safety concerns, reducing team size might be necessary. Ultimately, number of teams and the size of the squad in any sport will be determined by the availability of financial resources, suitable indoor/outdoor facilities, and a safe environment.

Selection Classification - Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department Program called Selection Classification. In order for students to be considered, they should be projected as starters or major contributors to the high school team based on the current make up of the squad. Permission for this program begins with the coach's recommendation. The coach of the respective sport will be responsible for completing a skill evaluation of the athlete. The athlete's skill level must be such that they can compete on the junior varsity or varsity level and contribute at a high level. A mutual decision should be made by the varsity and modified coaches. Additionally, students must display an advanced degree of socio-emotional maturity before a try out is granted. Upon receiving this recommendation, the student-athlete will need to complete the following procedures in this order:

Please see the school nurse at the middle school to acquire the necessary paperwork.

- 1) Parental approval is required. Parent must sign the paperwork and student will bring the form back to the nurse.
- 2) Medical approval is required. The school nurse will be responsible for the medical approval and appropriate developmental rating.
- 3) The athlete must pass all parts of the athletic performance and development standardized test. The paperwork will explain exact details that the student-athlete must meet. Note, you must achieve a passing score on all tests.
- 4) All signed paperwork must be returned to the Director of Athletics.

It is very important to begin this process early to ensure that the athlete will be ready to begin the sport season.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential for developing into productive varsity level performers. Although team membership varies according to the structure of each program, sophomores occupy the majority of roster positions, although in certain situations, juniors and freshman may be included on a junior varsity roster and middle school students who pass selection/classification.

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 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 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 and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, students participating at this level are expected to demonstrate a high degree of dedication and commitment.

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. Middle school students who pass selection/classification and demonstrate the above criteria may be included as well.

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 the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their 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.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sports seasons. While contests and practices are rarely held on holidays and Sundays, they sometimes may be scheduled during school vacation periods. The dedication and commitment needed to conduct a successful varsity sport should be taken seriously.

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, and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

TRYOUTS

Every effort will be made to provide an athletic opportunity for any Nyack student wishing to participate. In those sports when cutting may be necessary, every opportunity will be made to give students a fair chance to demonstrate their talent.

Final decision will be based on the coaches' experience and best judgment and shall rest in the hands of the coach. He or she will assess the candidate's skill, fitness, knowledge and attitude as well as the overall needs of the squad.

RESPONSIBILITIES OF A NYACK STUDENT-ATHLETE

Being a member of a Nyack athletic team is a privilege and an 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 fulfilled. A great athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic team at Nyack, you have inherited a great tradition. Your actions will reflect not only on those with whom you are associated with now, but those who have contributed so much to our school in the past, and those who will follow you.

Many of our athletes have gone on to collegiate fame. Many others 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. You must learn to say "NO" to risky lifestyle choices. In the long run you and your family will be proud of the sacrifices and dedication that you will have put forth to be a member of our athletic teams. If you take this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The experiences of athletic competition are the result of hard work,

dedication and discipline and are rewarded with the accumulation of fond memories and personal achievements.

The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities, as well as in athletics, prepare you for your life as an adult.

Another responsibility you assume as a team member is to your school. Nyack 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.

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 the rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates. Younger students will look up to you and it is your responsibility to set a good example for them. They will imitate many 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.

STUDENT ELIGIBILITY FOR SPORTS - ACADEMICS

Students may participate in (insert activity), on probationary terms in accordance with the following guidelines. Eligibility will be established at report card time for the end of each marking quarter. For semester and year courses, *the final grade will be used, depending on whether the course is a year or a semester course.* For activities beginning in the fall, the final grade for the year or spring semester will be used. Exact dates to be determined by the date quarter grades are entered. Eligibility and probation period are in effect until the next grade review.

FOR 2010-2011

- Each student-athlete who failed one or more classes at the end of the marking quarter prior or during their athletic/extracurricular season will have a mandatory meeting to discuss their acceptance and involvement into the Probationary Program. Requested to be present at this meeting will be the student-athlete, parent or guardian, coach/advisor and the Director of Athletics or Principal's designee. As per New York State guidelines, any student who fails physical education is ineligible to participate in interscholastic athletics.
- If a student fails one or more subjects he/she will earn eligibility to practice and compete in events by attending the Academic Center and by submitting weekly Academic Progress Reports (APR) to the Athletic Director or Principal's designee. Students can attend an extra help session with a teacher in lieu of the Academic Center. Proof of attendance at the extra help session must be given to the Academic Center Advisor. Students must also maintain 100% attendance in all classes. Legal absences will not be counted towards this requirement. Only illegal absences will be counted. Attendance requirements in the Academic Center will be as follows:

1. 1 failure – attend 1 day per week
2. 2 failures – attend 2 days per week
3. 3 or more failures – attend 3 days per week

Procedure:

- Students wishing to maintain academic eligibility status must attend the Academic Center the days that it is open, for forty-one minutes. Students will be required to hand in their APR on Friday mornings to determine their eligibility status. Signed sheets will be handed to the Athletic Director (for sports) or Assistant Principal, or designee for co-curriculars showing that the student has met the established criteria for probation status that week. Positive comments regarding effort, homework, and attendance are required to maintain eligibility. If comments are not reflecting appropriate improvement in those areas for the courses in jeopardy or the student fails to produce the APR on Fridays, or the student does not meet the attendance requirement, they will face immediate consequences (parameters for extracurricular activities will be determined by the Principal and the club advisor).
 - First *violation of procedure* - student is ineligible to practice with team or attend extracurricular event.
 - Second *violation of procedure* – student is ineligible to participate in next game/event.
 - Third *violation of procedure* – student is ineligible to participate in games/event for one week.
 - Fourth *violation of procedure* – student will be removed from team or extracurricular for the remainder of the season *or* five calendar weeks if not an athlete.
- At the end of a marking period, any student who is in the program will be evaluated by the Athletic Director or Principal’s designee. This evaluation will look at:
 1. Participation in the academic center and extra help
 2. Class attendance
 3. Academic standing (assignments, grades, discipline)
- At this point the Athletic Director or Principal’s designee will determine if progress has been made. Determination of progress will be made through collaboration between the Athletic Director or Principal’s designee with guidance counselors and teachers.
- If it is determined that no progress has been made, the student will be ineligible to practice and compete in events for a period of two weeks. Following the two week period progress will be checked again. If it is deemed that progress has occurred, the student will return to probationary status.
- This proposal will be used for all extracurricular activities, except elected student government officers. It applies to sports including cheerleading, the weight room and pre-season conditioning programs; clubs, drama, Indianettes, flag corps, etc. This proposal includes the middle school so there is consistency for grades 6-12. The middle school will adjust the helping periods according to its schedule.

**N.Y.S.P.H.S.A.A. *STUDENT ELIGIBILITY FOR SPORTS:
AGE, GRADE, DURATION, AND TRANSFERS**

Upon entry into the 7th grade, a student is eligible for Modified Program competition. A student is ineligible for Modified Athletics when an 8th grader attains his/her 15th birthday after the season's start date as determined by NYSPHSAA. Sport offerings are determined by the existence of leagues, student interest, and the relationship of the high school program.

The high school program consists of junior varsity and varsity teams. A student shall be eligible for such competition in grades 9, 10, 11 and 12 until his/her 19th birthday. If the age of 19 is reached on or after July 1, the student may continue to participate during that school year in all sports.

A pupil shall be eligible for high school athletic competition in a sport during each of four consecutive seasons of such sport, commencing with the pupil's entry into the ninth grade and prior to graduation.

Transfer Students may be ineligible for up to one sport season depending on the circumstances. Contact the Athletic Director for specific regulations.

NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department Selection/Classification Program. The 15-year-old below the 9th grade needs to meet selection/classification maturity standards to be eligible at the high school level.

*NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

ATHLETIC CODE OF CONDUCT

As an athlete you represent the school in a special way. Therefore, you must maintain a high standard of conduct, both in and out of school, on or off the playing field, as a host or guest of an opponent, and in all your activities in the community. All athletes must adhere to the following rules:

1. Abide by the rules and regulations as specified by the New York State Public High School Athletic Association, District, and the school.
2. Abide by all team and training rules as specified by the coach and Athletic Director.
3. Comply with academic eligibility requirements as established by Nyack Public Schools.
4. Demonstrate good citizenship and appropriate behavior at all times as a representative of the school and community.

The complete Training Rules and Interscholastic Activity Consent packet is distributed to and signed by every Nyack Student-Athlete prior to the first contest of the season. This form can be found at the end of the handbook.

SPORTSMANSHIP & FAIR PLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

HAZING

The National Federation of State High School Associations defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate. Hazing in any form, including initiation which is degrading, is strictly forbidden by the Nyack Public School District. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, and personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to District discipline and immediate dismissal from the Interscholastic Athletics Program.

ABSENCE REGULATIONS

The school recognizes that there are circumstances that may require athletes to be absent for extended periods of time. Some of those absences may be beyond the control of the athletes. Others may involve choices that the athletes decide to make. When athletes make a choice to miss competitions or practices to participate in another event, they should understand that those absences may affect their role on the team. Depending upon the length and nature of the absences, athletes may miss competitions, lose their position on a team or even be dropped from a team.

Individual absences, excused or unexcused, will be treated as specified in each coach's program regulations. Those regulations will be designed to promote fairness and will take into consideration the best interests of individuals and the team. Copies of the regulations will be kept on file in the athletic office.

PRACTICES AND CONTESTS

- All student/athletes must make a commitment to attend all practices and contests on time.
- Athletes must be in attendance a minimum of three periods of the school day in order to participate in that day's practice or athletic contest. A student must attend and participate in their physical education class in order to practice or compete.
- The Coach will notify athletes and their families of the team's games, practices and time

schedules.

- If an athlete is going to be late or absent from practice it is his/her responsibility to notify the Coach.
- An excused absence is for family emergencies only (illness or death of a family member or a legally mandated absence).
- Absence on a day preceding a contest may be a reason for not participating in the contest.
- Dental and/or medical appointments should be made after school hours whenever possible.

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 procedure should be followed to help promote a resolution to the issue of concern:

Call to set up an appointment.

Nyack Athletic Office

353-7135

If a coach cannot be reached, call Joe Sigillo, the Athletic Director. Mr. Sigillo 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 the parent and the coach. Meetings of this nature do not promote resolution.

The next step:

What can a parent do if the meeting with the coach did not provide satisfactory resolution?

1. Call and set up an appointment with the Athletic Director. The parent/guardian, coach, and Athletic Director will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

Parents are encouraged to discuss issues and problems with the Athletic Director. However, if a parent has specific complaints regarding the coach, then the coach must have the opportunity to be present to meet with the parent.

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult jobs. 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 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.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child, as well as all the players on the squad.

3. Locations and times of all practices and contests.
4. Team requirements (i.e., fees, rules, and special equipment).
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

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.

As your children become involved in the Nyack Interscholastic Athletic Program, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with the 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 not playing as much as you may think is appropriate or deserved. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those 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.

GUIDELINES FOR PARENTS OF STUDENT/ATHLETES

- To encourage your child to do his/her best and cheer for your team.
- To be mindful of the fact that coaches have a job and objectives that he/she tries to accomplish and that one coach's objectives will differ from those of another coach. Let the coach be the coach.
- Do not coach your son or daughter during a contest. Cheering and coaching are two different things.
- To understand at different levels, there are different expectations and objectives that must be met.
- To have respect for officials, coaches, other parents and athletes.

- Praise athletes for just participating, regardless of their athletic skills.
- Look for positives in athletes; avoid ridicule or sarcasm.
- Remain calm when mistakes are made, and help athletes learn from mistakes.

SPECTATOR CODE OF CONDUCT

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students. Therefore we ask that all spectators become active participants by;

- Demonstrating a high degree of sportsmanship by modeling appropriate behavior and also by monitoring the behavior of our crowd.
- Showing team support by making only positive comments and by using appropriate language.
- Showing positive respect for the judgment of coaches, officials, and referees.
- Acknowledging that fields, courts, bench area and equipment are the player's domain during a contest. Spectators should remain within the designated areas.
- Monitoring the safety of children at all times.
- Adhering to Section One of Code of Ethics.

TRANSPORTATION

- An athlete is a representative of the Nyack School District. When traveling to or from a game, athletes should dress appropriately.
- It is expected that teams will travel together to all games. A member of an athletic team may not drive himself/herself to or from an athletic event.
- Proper decorum is a must when traveling to and from all contests and scrimmages.
- Athletes must respect the bus driver at all times.
- NO PROFANITY AT ANY TIME.
- No yelling or screaming on the bus.
- Once the bus is in motion all athletes must be seated.
- Unless there are extenuating circumstances, there will be no eating or drinking on the bus.

- If a trip is coming back late and food is allowed, the athlete must clean up before leaving the bus.

All student-athletes must utilize school transportation for all interscholastic contests and must travel to and from school in buses provided by the Nyack School District. In special cases, a parent or guardian may request to provide transportation for his/her child only. In such cases, a written request must be submitted to the coach and then approved by the Athletic Director. **It is understood that his/her parent or guardian must transport the athlete only. If this procedure is not followed, the student-athlete may have his/her position or playing time adjusted.**

EQUIPMENT/UNIFORMS

The district lends equipment to the athlete for use on a daily basis during the season. The student assumes the responsibility for the return of all equipment at the appropriate time.

Athletic equipment provided by the district is costly to purchase or replace. It is the athlete's responsibility to protect all equipment. The district's policy regarding this equipment is as follows:

- In order to protect personal and district equipment, the athlete should utilize a padlock for his/her locker.
- All equipment loaned to an athlete must be returned.

ATHLETIC AWARD SYSTEM

- Any equipment destroyed or lost and therefore not returned must be paid for. The athlete will be charged the cost of replacing the item. This obligation must be addressed prior to the end of the school year or graduation.

Each individual coach will establish the criteria for earning a varsity letter in his/her sport. This award is not given for participation and attendance alone. Athletes unable to complete a season due to injury, illness or other such circumstances may earn a letter if the coach feels it is justified. Athletes must finish the season to be eligible for an award.

The following awards are available in Nyack:

VARSITY LETTER – Cardinal/Black N 6" letter awarded to first year/first time varsity athlete.

SPORTS PIN – Metal sports pin attached to the varsity letter awarded after the completion of each varsity season.

TEAM AWARDS – Each coach has the opportunity to give up to three athletic department awards: Most Valuable Player, Most Improved Player, and Coaches Award.

MANAGER/CAPTAINS PIN – Awarded to participating students for team service.

STEPS TO PARTICIPATION

The Co-Curricular and Interscholastic Activity Consent Form, Training Rules, Sport Health History Form, and Triplicate Form Participation Consent Form, the Athletic Health must be returned as soon as possible after being completed. All can be found in the back of this handbook.

IF YOU WOULD LIKE TO PLAY AN INTERSCHOLASTIC SPORT (ANY SEASON)

You must have a physical examination by either your private physician or by one of our school physicians. School physician exams are scheduled by the Nurse's office. School physician physicals are planned according to need. Both private and school physician physicals are good for up to one year. The private physician physical examination form is available in the nurse's office, athletic director's office, or it can be downloaded from the Nyack Public School's Athletic Website. You must bring this form with you when getting your private physical.

If you want to guarantee that you will start the season, have the private physician physical handed in to the Nurse's office at least two weeks prior. The School Medical Director must co-sign all of the private physician physical forms. This means they must be taken to his office and later picked up. The school physician has final say and approval on all of the private physician physicals.

If your physical is less than one year old (private physician's or school form) and the nurse has a copy on file, all you need is medical update within 30 days of the start of the sports season. This allows the nurse to review your health record and make sure you have everything you need to play. If cleared, the coach will be given your medical clearance card, which allows you to begin playing. You cannot start participation until the coach receives this clearance.

BECOMING MEDICALLY CERTIFIED OR RECERTIFIED

Student/athletes must be medically cleared ***BEFORE*** beginning practice each season. The athletic physical is required before a student may participate in practice and/or competition. Athletic physicals are provided at no charge to interested students. These physicals will be arranged by the athletic office. The following information summarizes requirements for medical certification.

Physical exams must be completed by the school or family physician and are considered current for 12 continuous months. Student athletes are required to obtain a completely new physical exam if the previous physical date expires before or during the upcoming season.

All student-athletes and their parents must complete the Sport Health History Form prior to each sport season. Your school nurse will review this information in order to ensure safe participation.

Each student/athlete must have a medical conference with the school nurse prior to each season.

A situation may arise wherein a medical condition is discovered that will make a prospective athlete medically ineligible for participation in the sports program. Parents are always encouraged to contact their physician in order to further evaluate the condition that renders the student medically ineligible.

Any student required to seek further medical follow up, because of either medical ineligibility or as the result of an injury, will require specific medical clearance in writing. Once cleared medically by the treating physician and the district's physician, the student will then be permitted to participate in his/her sport.

RETURNING AFTER AN INJURY

Any athlete who has seen a doctor must be released (signed statement) by the doctor that treated your child in order to resume participation with their team. If you have to go to the emergency room for care, please obtain the release (written) prior to leaving the hospital because many times the attending physician may not be there the next time you visit. The release must be filed with the school. It is the athlete's responsibility to get the release to the school nurse: do not leave this responsibility to some other person (coach, teacher, friend etc.)

CHANGING SPORTS

Students may change from one sport to another sport provided that they have received permission from the coaches involved and the Athletic Director. If he/she has been cut from one team, it is legitimate to try out for another. The athlete must understand that practices are sport specific and cannot count from one sport to another.

AWARENESS OF RISKS

The participation in interscholastic sports, as in most of life's physical activities, carries a degree of risk of injury, perhaps even death, that cannot be ignored. While these risks do exist in all athletic programs, our coaches, school nurses, teachers and administration are committed to reducing the possibilities of such occurrences through an emphasis on sound training and adherence to the procedures and guidelines contained in this Athletic Handbook. It is extremely important to report any injury an athlete suffers immediately to his/her coach.

MEDICAL INSURANCE

The Nyack school district carries insurance coverage for student injuries that occur within its supervised activities. Please be aware that a family's personal insurance coverage must first be used to its allowable limits. The school's coverage makes payment toward any unpaid balance incurred due to the injury. Our state "Pupil Benefit Plan" is a "scheduled excess" plan that may not cover the entire balance left after your insurance is used.

FOR PARENTS --- A WORD ABOUT SAFETY

As you are aware, the possibility of accidents and injuries is inherent in all sports activities. No matter how many precautions are taken, accidents and injuries do happen. Please take a moment to read what measures are taken at Nyack to prevent accidents and injuries from happening to your child, and what procedures to follow in the event your child requires medical care for injuries received while participating in sports activities.

PRECAUTIONARY MEASURES:

1. The pre-season physical examination by a school or family physician and a nurse evaluate students for athletic participation. Past medical histories are reviewed and recommendations regarding participation in various activities are made. No student is permitted to participate in try-outs, practices, or games until full approval is granted by the medical staff.
2. The medical staff (certified Athletic Trainer) makes coaches aware of any special restrictions required for your child.
3. All coaches are certified in CPR/AED and First Aid techniques and have first aid supplies at all practices/games.
4. All equipment utilized by athletes is top grade quality and meets all safety standards.
5. Fields and other playing areas are continually inspected to remove safety hazards.
6. The nursing staff is informed of all sports-related injuries and appropriate medical follow-up is required before students are permitted to return to participation.

IF AN INJURY DOES OCCUR:

1. The coach informs the Certified Athletic Trainer and they complete the student incident form.
2. The coach or trainer notifies parents as soon as possible when appropriate.
3. The parent should take the athlete for necessary medical treatment and utilize family insurance coverage, if applicable.
4. After reimbursement is made from the family insurance policy, the parent submits unreimbursed medical costs, if applicable, to the school insurance by using the carrier's claim form, which is available at the athletic office.
5. The student accident policy will cover injuries that occur as a result of a sports related incident. Upon the insurance company's approval of coverage for that specific injury, they will reimburse a portion of the balance of cost not covered by the family insurance.
6. The student accident policy does not cover the costs of medical supplies/equipment, eg. crutches, braces. The cost for such appliances must be assumed by the family insurance or by the parents.

GOAL SETTING

Every one of us wants to be successful. However, very few of us actually create a plan to achieve our success. It is important to remember that we all need a plan. A major portion of this plan should be your goals. The process of goal setting is very simple and with a little effort will bring tremendous results.

Guidelines for setting goals are fairly simple. First and foremost the goals must be written down. Studies support the notion that writing down the goals causes the individual to have a concrete focus for the task at hand. Goals need to be realistic and stated in a positive form and be as specific as possible. Goals should be measurable and not up to subjective interpretation.

Since life is not always perfect and all athletes do not achieve all their dreams, a competitor must be willing and prepared to occasionally re-adjust the goals. Injuries, illness, family situations and other factors may cause (what seemed to be) a realistic goal to be unachievable. Likewise, tremendous improvement might also render a goal obsolete, and goals may have to be adjusted to a higher level.

Setting and resetting realistic goals is important. However, a key ingredient in the achievement of goals is the preparation necessary for achievement. An athlete must be disciplined and consistent in the pursuit of goals. Dedication and dependability are other key factors. Be aware that reaching goals takes time and HARD WORK. Beyond a strong work ethic, you must also have a plan in order to achieve the goal. While you might be able to drive to Florida without a map, the trip certainly is faster and less stressful if you follow a mapped route. Likewise, in the pursuit of goals, the athlete and coach need a map to arrive at the desired destination.

The journey will also be much shorter and much more achievable when you believe in the set goals. All the goal writing in the world will not have a positive effect unless this is something you actually believe you are capable of accomplishing. Once you exceed the goal for the first time, the belief factor rises tremendously and those goals (which seemed so unrealistic at one time) now become realistic. Most athletes who truly believe in their goals will amaze themselves and easily surpass many of their original goals. Then it is time to immediately establish new goals.

Learning to set goals is a rather simple process, but like all valuable skills, it must be monitored at the beginning. Ask the coach for help with the preparation of your goals.

People new to the goal setting idea have a tendency to be extremely vague. Be very specific in your goals. Keep the number of goals short. In the beginning try five short-term, five medium-term, five long-term and five career goals. An example of five short-term goals includes: I will attend all practices this week. I will increase my flexibility by doing my stretching daily. I will learn the names of all the members on our team. I will do all my geometry homework. I will read one book about my desired profession. These short-term goals are all stated positively and they do not depend on another individual's performance. They are all measurable. At the end of the time period, the athlete and the coach will have a very good idea of whether or not these goals are achieved. Keep a copy of your goals and review them on a

regular basis. Some athletes post the goals above their bed or on the refrigerator so that they can view them constantly and reinforce their goals in their minds.

Goal setting can certainly have amazing results. While every goal will not be reached, it is amazing the positive effect goal setting has on your team and its performance. Each week, you can take tiny steps towards a season-long progression. If we shoot for little improvements, the big improvements will eventually come!

TIME MANAGEMENT

Life is full of choices and one of the choices you have made is to participate in a sport. This is a commitment that will involve time. Practice time is needed, but so is study time. And it is important to spend time with those people who occupy the same house as you do. Girlfriends, boyfriends, jobs, social life and a variety of other commitments all tug on your shirt sleeve, demanding that valuable time. How do you organize that important commodity?

First of all, you set priorities. What is most important to you? Family should be on top of the list. Most teenagers spend less than 10 minutes a day talking to their parents. Schedule time for your family daily.

Secondly, school needs time. How you do academically in school will probably be some type of determining factor on the quality of the occupation you are allowed to choose for life. Regardless of your academic achievements, make time for schoolwork, teachers and tests.

School usually takes six hours a day. Time with family involves another two hours a day. Most of us need eight hours of sleep. That means we have another eight hours to divide among practice, homework, friends, jobs, free time, recreation and eating. From the start to finish, practice may take two hours on the average. Now you are down to six hours and you still have a “million” things to do. Homework still has to be done and somewhere along the way you must find some free time to relax. How can you do all this?

Very simply, you need to plan out each and every day. You will get more done during the course of the day if you create a schedule. Do this not only daily, but weekly and monthly. Just as you would create a training schedule, create a time schedule. Thus, when it gets hectic, you know that somewhere along the line you have scheduled in a little free time for that special activity. As we get older the demands on our time do not decrease. However, if we train for positive use of our time, the stress of the demands on our time will decrease and our ability to use time effectively increases.

Most people involved with athletics are the “doers” on the campus. Therefore, you are constantly looking for that little extra time to complete the many projects you are involved with at this particular time. Just as with training, if you make a plan, you will get more done. Also, if you commit plans to writing, you can check your progress. Make a homework list, a list of activities you need to do daily and a responsibility list of roles you need to fulfill at home. You will be truly amazed of how much more you can get done when you have a plan.

Co-Curricular and Interscholastic Activity Consent Form

Dear Parents:

Please take a few minutes to reflect on the following matters before you place your signature on the permission slip. Talk them over with your son or daughter. Students may not participate in activities without this signed consent form.

1. Students participating in co-curricular and interscholastic sports are expected to work up to their capacity in all subject areas. Their conduct is to be that of a good school citizen at all times. Conduct unbecoming of a good school citizen, in or out of school, in or out of season, will result in appropriate disciplinary action by the coach, advisor, or administrator. Such action may result in an automatic suspension from activities pending investigation and may result in denial of the privilege of participating in co-curricular or interscholastic sports activities. An academic eligibility code is also enforced in order to ensure that your son/daughter is meeting graduation requirements.
2. Every student athlete and cheerleader must have a physical exam before he or she may practice. Physicals are given free of charge by the school doctor each season. All school physicals are confidential and will be conducted by the school doctor with the presence of a school nurse only.
3. Athletic equipment, play scripts, uniforms, and other school supplies become more costly each year. No student should have any equipment, uniforms or other supplies at home after the season or play. Your son or daughter is financially responsible for all equipment used. Should he or she fail to return an item issued, it must be paid for, and by your signature, you are guaranteeing that the material will be returned or that you will reimburse the district for its replacement value. No new uniforms or equipment will be issued for subsequent seasons or activities until outstanding issues are satisfied.
4. I give my son/daughter, as a participant in interscholastic or co-curricular activities, permission to travel to interscholastic contests and co-curricular activities.
The following pertain to athletic activities:
 5. Training and conditioning are beneficial aspects of athletics. The student athlete must attend every practice session and athletic contest. The athlete should strive to improve his or her body and skills throughout the year. There will be practice on some Saturdays, holidays, and over vacations. Fall sports begin before school opens. Students who fail to attend practices and games may be dismissed from the team.
 6. Your son or daughter is asking to participate for a complete sports season. Not every student will be a starter. All teams need a full squad for practice contests, and the development of future starters. Make sure your child completes the season.
 7. The weight room is an adjunct to the Nyack High School athletic program. Nyack High School team members and N.H.S. students may use the weight room as long as they follow the rules for such usage.
 8. I grant permission, authority and consent to the Nyack Union Free School District and to the Madison Square Garden Varsity Network ("MSG") for the use and/or broadcast of the image and voice of my child on MSG's Varsity Network cable channel in connection with my child's participation in contests, games and other competition as a member of the Nyack' athletic program. I understand and agree that such images and voice may be broadcast live or at a later time. In addition, I also give my permission, authority and consent for any MSG employee or person so designated by MSG to interview my child on air, for live broadcast and/or for broadcast at a later time on MSG's Varsity Network cable channel. I agree to hold the Nyack Union Free School District harmless from any claim arising from the use of my child's image and/or voice by MSG Varsity Network or any other person or entity or from my execution of this form
9. I have read the Student-Athlete Parent Handbook. I understand its contents.

Note: Realize that participation in all sports, contact or non-contact, involves a certain amount of risk from injury.

_____ has my permission to play or participate

(print name)

in _____

(sport)

Signature of Parent or Guardian

Date

TRAINING RULES

(Regarding Alcohol, Nicotine, and other Dangerous Drugs)

It is the overwhelming opinion of health educators, physicians and coaches that athletes perform best when they follow training rules which include abstinence from Alcohol, Nicotine (in any form) and other Dangerous Drugs. Medical research clearly substantiates the fact that the use of Alcohol, Nicotine, and other Dangerous Drugs produces harmful effects on the human body, particularly during adolescence.

The coaches of the Nyack Public Schools, concerned with the health and well-being of the student/athletes of this school community, are convinced that athletics and the use of Alcohol, Nicotine, and other Dangerous Drugs are not compatible. As a result, any athlete who after proper investigation, is found to have possessed, sold, or used Alcohol, Nicotine (in any form) or other Dangerous Drugs in the public sector (school or community) will have violated Training Rules. This will result in the following actions which will be cumulative throughout the athlete's years of eligibility:

FIRST OFFENSE

1. **SUSPENSION:** Suspension from participation in two (2) games if the season consists of twelve (12) or fewer scheduled contests; four (4) games if the season consists of more than twelve (12) contests. The suspension will begin with the next scheduled contest of the regular or post season.

2. **CONTACT WITH STUDENT ASSISTANCE COUNSELOR:** The student/athlete is required to contact the Student Assistance Counselor within three (3) days of confirmation of violation of Training Rules. A determination will be made by an assessment team regarding the appropriate course of educational and treatment options. Failure to contact or continue with educational and counseling sessions scheduled by the Student Assistance Counselor will result in suspension for the season. **FUTURE PARTICIPATION WILL BE CONTINGENT UPON COMPLIANCE WITH THE RECOMMENDATIONS OF THE ASSESSMENT TEAM.**

SECOND OFFENSE

1. **SUSPENSION:** The student/athlete will be suspended from the team for the remainder of the season. Should this take place near the end of the season, the suspension will be six (6) weeks and will carry over to the athlete's next season, beginning with the official starting date (first day of practice) of the subsequent season.

2. **CONTACT WITH STUDENT ASSISTANCE COUNSELOR:** Same as above: **FUTURE PARTICIPATION WILL BE CONTINGENT UPON COMPLIANCE WITH THE RECOMMENDATIONS OF THE ASSESSMENT TEAM.**

THIRD OFFENSE

1. **SUSPENSION:** The student/athlete will be suspended for a minimum of twelve (12) months.

2. **CONTACT WITH STUDENT ASSISTANCE COUNSELOR:** Same as above: **FUTURE PARTICIPATION WILL BE CONTINGENT UPON COMPLIANCE WITH ASSESSMENT TEAM.**

I have read, and I understand the above conditions and will support the Athletic Department in assuring that my son/daughter adheres to these Training Rules.

Signature of Parent/Guardian

Date

I have read and I understand the above conditions established by the Athletic Department for my health, safety and performance level.

Signature of Student/Athlete

Date

****MUST BE RETURNED BEFORE THE FIRST DAY OF PRACTICE****

**NYACK PUBLIC SCHOOLS
SPORT HEALTH HISTORY FORM**

A PARENT/GUARDIAN MUST COMPLETE & SIGN THIS FORM

SPORT HEALTH HISTORY FORMS MUST BE COMPLETED FOR EACH SEASON

SCHOOL SPORT PHYSICAL DATES can be found on the School Calendar and the District Web Site

www.NyackSchools.org

REMINDER

*Students are not allowed to self carry any medication in school with the exception of Asthma Inhalers & Epipens
THE NURSE'S OFFICE REQUIRES A PHYSICIAN'S ORDER FOR ANY STUDENT WHO NEEDS MEDICATION
ADMINISTERED DURING THE SCHOOL DAY, THIS INCLUDES ALL OVER-THE-COUNTER MEDICATIONS*

_____, _____
PRINT: Student's Last Name First Name Sport Season
Grade

ALLERGIES: No Yes - **List:** _____ **Asthma** No Yes - **Medication:** _____

Within the past 6 MONTHS, has your child experienced any change in the following? Please check all that apply:

	No	Yes	Problem with or disease of:	No	Yes
Frequent headaches	<input type="checkbox"/>	<input type="checkbox"/>	Lungs	<input type="checkbox"/>	<input type="checkbox"/>
Fainting, dizziness	<input type="checkbox"/>	<input type="checkbox"/>	Kidneys	<input type="checkbox"/>	<input type="checkbox"/>
Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Back	<input type="checkbox"/>	<input type="checkbox"/>
Loss of Consciousness	<input type="checkbox"/>	<input type="checkbox"/>	Spleen	<input type="checkbox"/>	<input type="checkbox"/>
Heart Murmur	<input type="checkbox"/>	<input type="checkbox"/>	Skull Fracture	<input type="checkbox"/>	<input type="checkbox"/>
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Orthopedic Problem	<input type="checkbox"/>	<input type="checkbox"/>
Mononucleosis	<input type="checkbox"/>	<input type="checkbox"/>	Fracture	<input type="checkbox"/>	<input type="checkbox"/>
Blood Disorder	<input type="checkbox"/>	<input type="checkbox"/>	*If yes – Where: _____		

Wears glasses No Yes Do you use a leg, back
Wears contact lens No Yes ankle or knee brace? No Yes Type: __

Reduced vision in either eye? No Yes Recent Surgery No Yes
Neuromuscular disorder No Yes

If yes, which eye: R L

For FEMALE athletes: Has your daughter had two regular menstrual cycles immediately prior to this sport season: Yes No

If your child is currently taking any medication, please list medication & dosage below:

If your child has suffered any illness or injury in the past 6 months, a clearance note from your child's doctor is required, unless previously submitted.

REQUIRED:

I hereby state that my child has had no serious illness or history of serious illness other than that noted above which has come to my knowledge through either physician or practitioner who has treated him/her in the past. To the best of my knowledge he/she does not have a serious condition which might prevent his/her safe participation in school athletic activities.

Parent/Guardian Signature _____ **Date** _____