

Bath Central  
School District

Interscholastic  
Athletics  
Handbook



for

Students and Parents

# Haverling Central School District

## Introduction

This handbook has been prepared to be used as a reference by students and parents of students participating in Modified, J.V. or Varsity teams at Haverling Central School. This is an effort to define student and parent responsibilities as they pertain to the rules and regulations as well as policies and procedures for participation in the interscholastic program at Haverling Central School.



## Haverling Central School Athletics

*"Home of the Rams"*

25 Ellas Ave., Bath, NY 14810

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Dear Athletes and Parents,

There are many important aspects of interscholastic athletic competitions that can serve as a springboard for the rest of your life. Some of those would include: The ability to work together in groups for a common goal or cause, the interaction that takes place among opposing players, coaches and officials, and last but not least, is the sportsmanship that you as an athlete or fan demonstrate at our contests.

You have the opportunity every time a game is played to be a positive reflection of our Bath community, please embrace this chance.

If at any time during the school year you have any questions about athletic issues, please feel free to call the athletic director at (607) 776-4107 ext. 1112 at school or email [athleticdirector@bathcsd.org](mailto:athleticdirector@bathcsd.org).

I wish all of our athletes, teams and coaches a successful season and school year.

Athletic Director  
Haverling High School

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## **Summary of Expectations For Student-Athletes**

(For a complete explanation and details, please refer to the table of contents to locate the appropriate page)

### **I. Attendance**

- A. Arrival after 10:00 AM makes an athlete ineligible for practices & contests
- B. Tardy = coming in late, but before 10:00 AM
- C. Second Tardy and beyond = ineligible that day for practices & contests
- D. Excused for illness = ineligible that day for practices & contests
- E. Absent from school = ineligible that day for practices & contests

### **II. Good effort in the Classroom**

An athlete may be placed on academic probation for any of the following situations: please see pages 13-14 for specific explanations regarding procedures.

Parent(s) and Coaches will be notified if an student-athlete is placed on probation. At the end of the week, the athlete will be required to take a re-evaluation form to their teacher(s). To earn their eligibility for the next week, this evaluation form will need to be returned showing improvements have been made.

### **III. Avoid use and possession of drugs, alcohol, and tobacco.**

- A. Principal, Dean of Students (HS), School Resource Officer, Assistant Principal (MS), Director of Educational Services and/or Coach will investigate. (Procedures to be followed on page 18)

### **IV. Good School and Community Citizen**

- A. In School Suspension
  - 1 day = Ineligible to practice or compete on the days of the ISS.
  - 2 or more days = Ineligible to practice or compete on days of ISS plus a minimum one game suspension.
- B. Out of School Suspension = potential violation of training rules (see page 17) or a minimum 2 (two) contest suspension
- D. Repeated disciplinary instances = potential violation of training rules (see pg. 17)
- E. Criminal conduct = potential violation of training rules (see pg. 17)

Coaches may require stricter team rules. If applicable, coaches will hand out team rules and explain expectations which must be signed by the athlete and parents.

**N.Y.S.P.H.S.A.A., Inc.**  
**Code of Ethics**

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

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, fan, community, state or nation.

## **Out of Season Activities**

In response to the increasing number of activities offered to our students outside of the sports season, the coaches have engaged in a discussion regarding these offerings. We certainly recognize and appreciate the efforts of many members of our staff, with regards to the extra hours they spend and the positive activities they offer to our students. After discussion the following understandings with regards to these offerings were developed.

### **A. Athletes' Responsibilities**

1. Interscholastic Sports Teams must take priority.
  - a. Athletes must realize their first priority is to their school team.
  - b. If there is a conflict, the school team must come first.

### **B. Coaches' Responsibilities**

1. Coaches will not restrict the participation of an athlete in an outside activity.
2. No athlete will be pressured to participate in outside activities.
3. Promises as to “making a team,” “playing time” or “being a captain” will not be made with regards to whether a player participates in outside activities.

### **C. Parents' Responsibilities**

1. Parents should express their concerns to the coach involved or the Athletic Director if they ever feel the out of season demands placed on their son/daughter are too great.

## **Policies and Procedures for Participation in Interscholastic Athletics on Modified, JV, and Varsity Teams**

### **1. Eligibility**

**1.1** Only those out-of-district students who have been officially approved by the Board of Education and registered through the HS Guidance Office may participate in school-related activities.

**1.2** Each athlete will participate under the eligibility requirements, rules, and regulations of the NYS Commissioner of Education and the NYS Public High School Athletic Association, as well as the local Board of Education.

**1.3** Equal opportunity to participate in interschool competition, either on separate teams or in mixed competition on the same team, shall be provided to male and female students, except as outlined in the Commissioner's Regulations and regulations of the NYSPHSAA.

**1.4** *For each team of which he/she is a candidate, an athlete must return an eligibility card to the coach with the consent form and medical form signed by the parent/guardian. The athlete will not be permitted to participate in his/her initial practice session until this requirement is completed.* Prior to the athlete's first day of practice in a school year, a meeting of the parent(s) and students must take place with the coach to review the consent form and team rules, answer parent questions, discuss expectations and sign the consent form.

**1.5** A student shall be eligible for interscholastic competition in grades 9, 10, 11, 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.

### **2. Health and Medical**

**2.1** Once each school year, every athlete must pass a sports physical examination prior to practice or participation in any interscholastic sport. **THE ATHLETE IS RESPONSIBLE TO REPORT FOR THE PHYSICAL EXAMINATION BY THE SCHOOL DOCTOR.** If you choose to have the physical done by your family doctor you must use the school form for evaluation purposes. These can be found at the high school nurse's office. This should be scheduled at least 2 weeks prior to the start of practice so that the school doctor has enough time to look at the completed form. Once completed, this form must be returned to the school nurse as soon as possible

**2.2** The athlete/parent must report all injuries, no matter how minor, to the coach.

**2.3** Any time an athlete is injured so that treatment by a physician is required, a current district accident report form must be completed by the athlete or a parent/guardian, and returned to the school nurse as soon as possible.

**2.4** If a student has a physician-attended injury, or is absent from attendance in school or at practice sessions, due to illness, for five or more consecutive school days, he/she must have the approval of the Chief School Physician before participating in a practice, scrimmage, or game.



**2.5** **WARNING:** Participation by a student in athletic activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it contact or non-contact sport. Further, many injuries are truly accidental in nature and involve no negligence by anyone, including a student. By volunteering to participate in school-sponsored athletic activity, a student and his/her parent(s) assume the risks for injuries to occur.

**2.6** Medical Insurance is provided to all athletes through the districts insurance carrier under the following provisions:

- a. The bills for medical expenses must be submitted to the family's medical reimbursement plan(s) first.
- b. Expenses not covered under the family's reimbursement plan(s) may then be submitted for payment under insurance coverage taken out by the school district.
- c. Claim forms and filing instructions are available through the district office.

**2.7** Athletes having puffers or inhalers must have a doctor's note and parent permission letter on file in the appropriate health office.

**2.8** In order for student-athletes to participate in the athletic programs of the Bath Central School District, all student-athletes will undergo a baseline cognitive assessment using ImPact.

**2.9** All athletes with suspected concussions will be referred to a physician for a post-injury medical evaluation to rule-out more serious intracranial pathology and neuropsychological examination. The return to play protocol will be implemented, only upon clearance by the school physician. The school physician will base his decision on documentation provided by the school nurse (which may include additional ImPACT results) and/or from the student's personal physician. If there are still questions or concerns, an in person exam/interview may be required.

Return to play will follow the following stepwise protocol (generally 24 hours in between protocol phases):

1. **Light aerobic exercise** such as walking or stationary bicycling: 10-15 minutes total and reassess for symptoms.
2. **Sport-specific exercises.** Moderate aerobic activity. 20-30 min of jogging. Use body weight for resistance training, squats, push up etc.
3. **Non-contact training drills.** Maximize aerobic activity. Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
4. **Full contact training.** May return to practice and full contact (if appropriate for the sport) in controlled practice.
5. **Game play.**

\*Progress to the next stage may occur every 24 hours as long as symptoms do not return. \*

**2.9A** Parents should become familiar with the new state law (July 1, 2022) regarding Sudden Cardiac Arrest Prevention. Information is included on pages 26 and 27 of this handbook.

### **3. Conduct**

**3.1** Athletes are expected to exemplify good citizenship in both school and the community at large. The athlete will also display good behavior both in practices and games.

**3.2** Athletes will allow officials to deal with abusive opponents during game play. Under no circumstances will an athlete provoke or otherwise engage in verbal or physical confrontations outside the rules of the game.

### **4. Attendance**

**4.1** A student athlete is expected to be in attendance in homeroom and all classes from the beginning of the school day, i.e. 7:30 a.m. or beginning school time as designated by the administrator in order to participate in a practice or a contest on that day.

**4.2** Athletes are allowed one tardy (legal or illegal) per season. To be considered a tardy, the athlete needs to be in attendance by 10:00 AM. Anyone arriving after 10:00 AM will be ineligible to participate that day in a practice or contest. The Principal and his/her designee, will monitor the attendance of the athletes and notify the coach of an athlete arriving late

**4.3** If an athlete is late to school because it was necessary to see a doctor or dentist, this appointment must be verified in writing by the parent upon the student's arrival to school and is subject to verification by the administration. This type of situation will not count as a tardy against the athlete.

**4.4** If an athlete becomes ill during the course of the school day, they must first obtain a signed pass from their teacher before reporting to the Health Office. If the athlete is sent home from the Health Office due to illness the athlete will be ineligible to participate in that day's practice and/or athletic contest.

**4.5** If an athlete needs to leave school for an extenuating circumstance or an appointment during the school day, excluding illness, the athlete will need to obtain permission from the assistant principal or principal.

**4.6** An athlete should provide prior notification (as early as possible) to his/her coach concerning any anticipated absence. Any such absence should be for legal reasons (see school handbook for legal reasons).

### **5. Rules of Conduct While on Team**

**5.1** Incidents that results in administrative disciplinary consequences:

A. In School Suspension

1 day = Ineligible to practice or compete on the days of the ISS.

2 or more days = Ineligible to practice or compete on days of ISS plus a minimum one game suspension.

B. Out of School Suspension = potential violation of training rules ( see page 17) or a minimum 2 (two) contest suspension

C. An athlete who receives multiple disciplinary consequences (administrative detention, School on Saturday, ISS, OSS) = potential violation of training rules (see pg. 17)

**5.2** Athletes are allowed to accompany parents, guardians on vacation(s) during official school recesses. However, upon return, an individual athlete will be allowed to participate in game play only at such time as he/she displays to the coach satisfactory physical conditioning, and knowledge of skills or strategies missed while away to warrant participation.

- 5.3** Rules of conduct, as stated in the Student Handbook, will be followed on all school sponsored trips. Special attention will be given to the following:
- a. Students must not get on or off the bus using the emergency doors.
  - b. There will be no eating or drinking on the bus.
  - c. No electronic devices should be brought on the bus unless they are used with ear phones.
  - d. Language should meet acceptable school standards.
  - e. There will be no yelling or throwing objects from bus windows.
  - f. Students should find a seat and remain seated until the trip is completed.
  - g. Litter should be picked up and the bus left as clean as possible when the trip is completed.

**6. Members of Athletic Teams Riding to and from Athletic Contests.**

All members of our interscholastic athletic teams and cheerleaders will ride on the school bus to and from their scheduled athletic events– games and scrimmages. Members of our athletic teams may ride home with their parents/guardians, if the parent/guardian signs their son/daughter out with the coach or assistant coach. A parent/guardian may request permission for their son/daughter to return with another adult individual by having the form below completed. This form must contain all required signatures and be given to the coach prior to the contest. The indicated adult will then need to sign the student athlete out with the coach or assistant coach following the contest. The form is available to print from the school’s webpage under the Athletic link, then Handbook and Other Forms link.

Members of our athletic teams are not allowed to drive their own cars to and from any athletic event–game or scrimmages– at any time.

**Haverling High School  
Permission to Return with Another Adult Individual**

\_\_\_\_\_ has my permission to ride home from \_\_\_\_\_  
Name location  
on \_\_\_\_\_ with \_\_\_\_\_  
Date

Student Signature: \_\_\_\_\_

Parent’s Signature: \_\_\_\_\_

Signature of Driver: \_\_\_\_\_

**6.1** Coaches, teachers, or chaperones will be in charge of students and responsible for behavior. If a student’s actions should endanger property, safety, or ability of the driver to drive safely, such actions will be brought to the attention of the person in charge of students. Drivers,

according to the law, have final responsibility for property, safety and adherence to laws and regulations. Therefore, they cannot ignore conduct which affects their responsibilities.

## **7. Athletes Excused Early from Classes**

**7.1** There is no reason for any member of any athletic team to be excused early to come to the locker room before the end of the school day unless the team has a specific reason (i.e. sectional contest) to leave early in which case the administration will notify the staff.

**7.2** If team members are excused from physical education class, either by the school nurse or a doctor, they cannot play or practice that day.

## **8. Uniforms and Equipment**

**8.1** Athletic uniforms and equipment must be used only at scheduled practices and contests. The athlete is responsible for all equipment issued to him/her and must return all of it at the coach's request.

Steps for uniform collection:

- a. Team collection time will be determined
- b. Individual contact with student
- c. Parent contact by coach
- d. Awards withheld at banquet
- e. Bill for unreturned equipment will be sent by certified mail to the students' mailing address. This will be done by the Athletic Director.
- f. AD notifies the office

**8.2** The athlete will be required to pay for lost equipment and for equipment damages through misuse. Failure to do so will result in ineligibility for participation in any other sport.

## **9. Transportation and Parking**

**9.1** When practicing after school or on weekends, team members must park in the student parking lots or the back parking lot by the new gymnasium. Athletes are prohibited from using the parking spots in front of the District Office and inside the fenced area.

**9.2** Away team trips will load and unload in the back parking lot by the high school gym. Team members must park in the student parking lots when going on away trips. Cheerleaders will load and unload in the front circle by the high school office.

**9.3** Team members can also remind their parents of the additional parking in the parking lot by the cafeteria. That entrance is always open nights for our activities.

## **10 Communication with athletes, parents, administration, Athletic Director, and coaches is vital to the success of all athletic programs.**

During the course of the season, concerns arise. The following communication process should be followed:

1. Player arranges meeting with coach
2. Parent arranges meeting with coach
3. Parent arranges meeting with Athletic Director
4. Parent arranges meeting with Athletic Director and Principal
5. Parent arranges meeting with the Superintendent.

## 11. FAILURE TO COMPLETE A SEASON

Any student who fails to complete a season after a tryout period or who is dismissed from a team by the coach (for violation of team rules and/or behaviors/actions having a negative impact on the team) will forfeit any athletic awards they may have otherwise earned. The athlete will receive a contest suspension from their next sports season that he/she competes in according to the following chart:

Number of Scheduled Contests	Number of Contests suspended
19 and above	3
11-18	2
10 or less	1

. All athletes who decide not to finish a season will be required to meet with the Athletic Director and complete a “Failure to Finish Season Form”.

Once a student is dismissed from a team or chooses not to finish the season with a team, he/she will not be allowed to compete on any other team during the same sports season not finished.

## Academic Policy for H.S. Athletes

Team Rosters will be distributed to all teachers at the end of the 2<sup>nd</sup> week of the season.

Athletes may be placed on academic probation due to a lack of effort or for failing grades.

**LACK OF EFFORT** – referrals filled out by classroom teachers on Fridays

**One referral** – attends Athletic Study Hall (ASH) Mon.-Thurs. – 2:20-3:00 pm  
- evaluation sheet (see sample on Page 17) taken to the teacher on Friday – returned to office

Good evaluation = off probation

Not acceptable = ASH continues & ineligible for competition next week

**Two or more referrals** – attends ASH & ineligible for competition next week  
- evaluation sheet taken to the teachers on Friday

Improved in all classes = off probation

One or more classes not improved = ASH continues & ineligibility continue for the next week

**GRADES** – Failure list will be evaluated at the end of each Marking period.

**Failing one class** – Athletic Study Hall (ASH) Mon.-Thurs. – 2:20-3:00 pm  
- Evaluation sheet taken to teacher on Friday - returned to office

Passing work & Effort - continue ASH, eligible for competitions next week

Not passing or Unacceptable effort – ASH & Ineligible for competition next week

**Two or more Failing Grades** - ASH & Ineligible for competitions next week  
- Evaluation forms taken to teachers on Friday

Passing work & Effort – continue ASH, eligible for competitions next week

Not passing or still unacceptable effort in one or more – continue ASH & ineligible for competitions next week

ASH locations should be attended in this order

- 1) Teacher of the class that the athlete is on probation for (if available)
- 2) Another staff member in that subject area
- 3) Any teacher the athlete is scheduled with
- 4) Library

Students on academic probation for grades will continue to attend ASH and earn their eligibility on a weekly basis throughout the next marking period. If a teacher recognizes a vast improvement in a student's average, they may sign the student off probation at any time during the marking period.

Special situations:

\*\* A week is from Monday to Saturday. Therefore a student ineligible for competitions for a week would be ineligible from Monday – Saturday. If improvement was shown, they would be off probation beginning the following Monday.

\*\* High School Student with failing grade(s) at the end of the first semester would do a run around sheet for all their second semester classes in place of a specific evaluation sheet.

\*\* Any combination of failing grades and lack of effort referrals will be treated like two failing grades and the student will earn their eligibility on a weekly basis.

## **ACADEMIC PROCEDURES FOR MIDDLE SCHOOL ATHLETES (7<sup>th</sup> and 8<sup>th</sup>)**

An athlete may be placed on academic probation due to a **lack of effort** or for **failing grades**.

**LACK OF EFFORT**-referrals filled out by classroom teachers on Fridays

**One or Two referrals**-attend Learning Center (LC)/or Teacher Help Sessions  
(THS) M-TH 2:20-3:00 pm

- Evaluation sheet taken to the teacher on Friday - returned to the office.
- Good Evaluation = Off Probation
- Not Acceptable = LC and/or THS continues & ineligible for competition next week.

**Three or more referrals** - attend LC and/or THS & ineligible for competitions next week

- Evaluation sheet taken to the teachers on Friday & returned to the office.
- Good Evaluation in all classes = Off Probation
- One or more classes not improved = LC and/or THS continues ineligible for another week.

\*\*\*\*\*

**GRADES** - Failure list will be evaluated at the end of each 5 weeks

**Failing one or two classes**- Learning Center (LC) and/or Teacher Help Session (THS)  
M-TH – 2:20-3:00 pm

- Evaluation sheet taken to each teacher on Friday & returned to the office.
- Passing work and effort – Continue (THS) and/or LC, eligible for competitions next week.
- Not Passing or Unacceptable Effort – THS/LC & ineligible the next week

**Three or more failing grades**- THS / LC & ineligible for competitions the next week

- Evaluation form taken to teachers on Friday & returned to the office.
- Passing work & effort – continue THS/LC, eligible the next week
- Not passing or Unacceptable Effort in one or more-continue THS/LC& ineligible for next week.

Students on academic probation for grades (**at the end of each 5 weeks**) will continue to attend THS and/or LC and earn their eligibility on a weekly basis throughout the next 5 weeks. If a teacher recognizes a vast improvement in a student's average, they may sign the student off probation at any time during the marking period.

\*Any middle school athlete playing a JV or varsity sport WILL follow the high school eligibility policy.

\*\* A week is from Monday-Saturday. Therefore a student ineligible for competitions for a week would be ineligible from Monday-Saturday. If improvement was shown, they would be off probation beginning the following Monday.



## **Training Rules for the Interscholastic Athletic Program**

*The training rules will apply for the duration of an athlete's career. These rules are expected to be followed during the athletic season of participation.* The training rules, as set forth below, have been established to promote the general health and welfare of student-athletes. They have been established to insure the physical wellbeing, mental alertness and the moral characteristics that are so necessary for the participation in athletics. They also have been established to insure and safeguard the high esteem in which each of our athletes is held by the coaching staff, his/her teammates, fellow students and adults everywhere. It is the obligation of each athlete, therefore, to live and abide by these training rules.

**Since participation in our athletic program is a privilege, following the training rules is a responsibility that each athlete accepts when he/she becomes a member of an interscholastic athletic team.**

These regulations are intended as a minimum expectation of all athletes. **Individual coaches may insist on higher standards, such as establishing a curfew for their athletes. If this is the case, coaches will hand out team rules and explain expectations which must be signed by the athlete and parent.**

The training rules are as follows:

1. An athlete shall be subject to disciplinary action for possession or use of tobacco products such as cigarettes, snuff, chew, electronic cigarettes, Vaper Pens, or any look-a-like products.
2. An athlete shall be subject to disciplinary action for being in the presence of, possession of, consumption of, or being under the influence of an alcohol. Alcoholic shall mean and include alcohol, spirits, liquor, wine, beer, and cider having alcoholic content.
3. An athlete shall not use, be in possession of, sell, or make a gift of any drug or controlled substance, including marijuana or any instruments for the use of such drugs, controlled substance or marijuana, such as a pipe, syringe, or other paraphernalia. Excepted is any drug taken in accordance with a current prescription signed by a physician or with approval of the school doctor which is to be taken by that particular student at the time in question.
4. Each athlete will conduct him/herself as a good school and community citizen. Discipline problems in and out of school (including criminal conduct) may result in disciplinary action.

\* If a student-athlete attends a party where alcohol or drugs are illegally present, the student-athlete must leave within a reasonable amount of time of learning that alcohol and drugs are present. A reasonable amount of time is defined as 15 minutes. Student-athletes are encouraged to contact a coach or administrator to establish their role in connection with the event. The purpose of the call is to protect student-athletes who have made the right choice from future allegations regarding the specific event.

## **Training Rules for the Interscholastic Athletic Program continued**

Information regarding noncompliance with the training rules may be brought forth by any of the following:

1. All members of the coaching staff.
2. All members of the faculty and administration.
3. Any adult willing to come forth to provide proof of violation of the training rules. This adult will meet with a committee consisting of the high school principal, the athletic director, and the coach involved.
4. Admission by the individual involved, if confronted by his/her coach.
5. Student confessing to a violation of training rules may provide information about other athletes.

Once information regarding noncompliance of the training rules is obtained, the following procedure will be followed:

1. Current season Coach, Athletic Director (AD), Assistant Principal or Dean of Students (DoS), Principal and Director of Educational Services will be notified of possible violation.
2. One of the individuals listed in #1 above notifies the parents of a possible violation and offers the parent the opportunity to be present when athlete meets with coach, AD and administrator/DoS.
3. The athlete's coach, AD, and administrator/DoS will meet with the athlete (and parent) to discuss the potential violation and possible consequences.

The AD and administrator/DoS may need to investigate further if additional information is needed. Additional meetings with the athlete and parent may be held as needed while the appropriate consequences are determined.

NOTE: The accused athlete will be allowed to participate with his or her team until it has been determined that he/she has violated a training rule on page 19.

4. The administrator/DoS or AD will notify the athlete and parent of the consequences.
5. The administrator/DoS or AD will complete the "Athlete Disciplinary Form" and provide the parent, athletic director, assistant principal/DoS, and building principal with a copy.

**Violations of training rules are cumulative in effect throughout the athlete's athletic career for grades 7-12. However a Modified athlete will be given the opportunity to erase one offense upon transition to the High School athletic programs.**

Violation of these rules will result in the following:

**1st Offense:**

A student-athlete who violates training rules will be suspended from any and all participation in that interscholastic athletic season for the remainder of the season. The student-athlete must attend four (4) weekly counseling sessions. The counseling sessions will be specified by the administration, but may include certified drug/alcohol counselors from Bath Hope for Youth or Steuben County Mental Health. District Guidance Counselors may also be utilized based on the severity of the offense and the availability of certified drug/alcohol counselors. Student-athlete who fail or refuse to attend such counseling will not be eligible to participate in interscholastic athletics until they attend four (4) weekly sessions.

**2nd Offense:**

A student-athlete who violates training rules will be suspended from any and all participation in that interscholastic athletic season for the remainder of the season. The student-athlete must attend four (4) weekly counseling sessions as set forth above. Student-athletes who fail or refuse to attend such counseling will not be eligible to participate in interscholastic athletics until they attend four (4) weekly sessions. Additionally the student-athlete will provide 10 hours of community service to the school or athletic program.

**3rd Offense:**

A student-athlete who violates training rules will be suspended from any and all participation in any interscholastic athletic season for an entire year (365 days). The District will recommend the student-athlete seek counseling from an outside agency at this time.

**4<sup>th</sup> Offense:**

A student-athlete who violates training rules will be banned from any and all participation in any interscholastic athletic activity for the remainder of their career in the Bath Central School District.

## **Student-Athlete Eligibility:**

As a student you are eligible to participate in athletics:

1. If you are a high school student in regular attendance in grades 9, 10, 11, and 12.
2. Between your 14th and 19th birthdays. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.
3. If your parents and the school physician approve.
4. If you are enrolled during the first 15 days of this semester.
5. Two weeks after transferring from another school.
6. For eight consecutive semesters, beginning with the semester in which you entered grade nine.
7. For only four seasons in any one sport unless the candidate qualifies for more under selective classification.
8. If you have not violated the all-star game rules.
9. If you have not played or practiced with any college team.
10. If you are an amateur, having never used your athletic skill for gain, and if you have never competed under an assumed name.
11. If you are taking at least four subjects, including physical education.
12. If you are familiar with the rules of the game and the standards of sportsmanship.

### **Information Specific to Level of Play Modified/Junior Varsity/Varsity**

#### **A. Modified**

1. The Modified Athletic Program in the Livingston Conference Athletic Association has proposed a 5-season athletic schedule: Fall, Winter I, Winter II, and Spring.
2. All seasons are from 6-10 weeks long.
3. All students at the 7th and 8th grade level are encouraged to participate for the interscholastic athletic teams at Bath Central School.
4. Every team member will participate in every contest if they:
  - a. Meet all NYSPHSAA requirements (passes school physical exam and fulfill number of practice requirements).
  - b. Meet all school requirements.
  - c. Meet all standards of conduct as set by the coaches.

#### **B. Junior Varsity:**

1. The junior varsity level of competition is the program where increased emphasis is placed upon team play, physical conditioning and refinement of basic skills.
2. Winning at the junior varsity level is considered important and participants should be taught how to cope with losing and crowd influence during contests.
3. An attempt will be made to play as many participants as possible. However, there may be specific situations where all participants may not play in every contest, (ex: safety issues, competitive contests.)
4. All members of the team that participate and finish the season in good standing will receive an equal award.

- C. Varsity:
1. The varsity level of athletic competition is the culmination for the high school athletic program.
  2. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at the varsity level.
  3. The team definitely plays to win the contest but varsity contestants should accept the fact that important lessons are to be learned from losing.
  4. It is recognized that not all participants play in every contest.
  5. All members of the team that participate and finish the season in good standing will receive an equal award.

### **Team Selection Guidelines:**

All Bath Central School coaches will follow the guidelines of NYSPHSAA, Inc. and the Bath Central School Athletic Philosophy at each level while making decisions on team selections.

### **8 Rules of Good Sportsmanship for Parents and Coaches**

1. Follow the Golden Rule of sports competition: Treat opposing players, coaches, and officials the way you'd like to be treated.
2. Respond immediately when any player gets hurt and stop the game. Show kids that attending to an injured player is more important than the game.
3. Cheer for your child and his or her team to play well. Don't cheer against the opponent.
4. Do not tolerate trash-talking or taunting by any player.
5. You can disagree with a ref or an umpire, but don't use abusive or obscene language, don't embarrass the official, your child or yourself, and don't make a scene.
6. Respect an opponent's abilities and applaud the opposing team when it makes a good play.
7. Encourage fair play at all times.
8. Teach kids that every athlete knows the bitter taste of defeat and that the true test of a champion is being a good sport after losing the big game, not after winning it.

Source: Rick Wolff, author and sports psychologist

## **I. Section V Sportsmanship Policy**

The Section V Athletic Association is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all interschool activities. We will oppose instances and activities which run counter to the best values of athletic competition in order to insure the well-being of all individual players. We will expect acceptable standards of good citizenship and propriety with proper regard for the rights of others.

We are further committed to the belief that schools participating in interschool activities should be held responsible for the conduct of their players, coaches, faculty members, and spectators. Conduct which is detrimental to the educational value of athletic activities may be deemed just cause for the school's reprimand, probation, suspension from a particular sport, or suspension from sectional activities.

## **II. Student Athletes Code of Conduct**

It is the responsibility of the student to:

- (1) Demonstrate self-control and respect for others at all times whether they be officials, spectators or other athletes.
- (2) Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
- (3) Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
- (4) Respect the integrity and judgment of the officials.
- (5) Remember that improper behavior while in uniform reflects poorly upon yourself, your family, your school and your community.
- (6) Understand and abide by the rules and regulations of the game.
- (7) Accept victory with grace and defeat with dignity.
- (8) Remember that the use, abuse and resulting negative influence of drugs, including alcohol and tobacco, is detrimental to the game and its participants.

## **III. Grounds for Disqualification from a Contest/Game**

There are grounds for disqualification when a player's misconduct is flagrant and unsportsmanlike. When his/her behavior is abusive of opponents, officials or insightful of spectators, it is a serious breach of the previously stated Code of Conduct for Student Athletes.

## DUAL SPORT/SAME SEASON PARTICIPATION POLICY YEAR BY YEAR TRAIL (APPPROVED FOR 2022-2023)

If a Haverling student-athlete desires to participate in two sports, they must agree to and meet the following requirements:

1. The student-athlete must be in 11th-12th grade and is for varsity sports only.
2. Approval of the parent/guardian is required for the student-athlete to participate in two sports in the same season.
3. The Haverling Director of Athletics will oversee the dual sport participation and be the final authority in all matters related to a student-athletes' involvement with both sports.
4. Team sports (i.e. soccer, football, volleyball, basketball, baseball, etc.) take precedent over individual sports (i.e. cross country, wrestling, golf, tennis, etc.). The team sports will be the "primary" sport. In the case of an athlete participating in two team sports, one of the sports must be designated as the primary, with the other being the secondary. After conferring with the coach of the secondary sport, the coach of the primary sport will provide the athlete and secondary sport coach with the schedule of practices and events the athlete will attend.
5. The coaches of both sports involved must give their approval before participation begins:
  - a. A mandatory meeting (will be held with the individual coach, athletic director, student athlete, and parent(s).
  - b. Approval of participation of and each set of team guidelines is to be written and signed by the coaches, Director of Athletics, student athlete, and parent(s).
6. Dual-sport student-athletes must maintain their academic work according to Haverling Athletic Policy. Any ineligibility in one sport will automatically signal ineligibility in the other sport. Further, an athlete who becomes ineligible or suspended for any reason, including behavior problems at school will have suspensions/penalties affect both sports.
7. A student-athlete who is removed from a team due to disciplinary reasons will also be removed from any other team they are participating on for the remainder of that season.
8. A dual-sport student-athlete who quits one/both of their teams will not have the option to participate in any dual sports for the remainder of the school year.

It is our goal to have continuous communication between the student/athlete, coaching staff, and athletic department to avoid putting the athlete in a difficult situation. Dual sporting may not be the best situation for all students. For this reason, the meeting between all parties involved is paramount.

## VALUE OF INTERSCHOLASTIC ATHLETICS

- A. High school athletes have higher grades and lower dropout rates and attend college more often than non-athletes.  
*-Women's Sports Foundation Survey*
- B. Student-athletes have a higher grade point average (2.84) than the average student (2.68) and are absent from school less (7.44 days a year vs. 8.76).  
*-Minnesota State High School League*
- C. Students who do not participate in sports average 2.39 GPA, while those who participate in one sport average 2.61 and those active in two sports average 2.82.  
*-Iowa High School Athletic Association*
- D. Students who participate in activities average 3.32 GPA, while nonparticipants average 2.48. Further, participants miss an average of 4.9 days of school (including .7 for activities), while nonparticipants miss 10.8 days per year.  
*-North Dakota High School Activities Assn.*
- E. Grade point average of athletes improve the grade average of the general student population in every school (5) in every category (in-season, out-of-season, minority).  
*-South Bend (Indiana) Community Schools*
- F. "High activity" students (those involved in four or more activities average 3.05 GPA, while "low activity" student averaged 2.54 GPA).  
*-Indiana University Study*
- G. Athletes averaged 86% compared to 79% for the general population (based on 4.0 GPA as 100%). Athletes averaged 4 absences vs. 7 for the general population. Eleven percent of athletes had discipline referrals, compared to 25% of the general population. No athletes dropped out of school, while 3.7% of the general populations were dropouts  
*-Randolph (North Carolina) County Schools*
- H. Ninety-six percent (96%) of dropouts in 14 school districts in 7 regions of the nation were not participating in activities programs.  
*-National Federation of State H.S. Assns.*
- I. University of Chicago research suggests:  
a) By a 2 to 1 margin for males and a 3 to 1 margin for females, student-athletes do better in school, do not drop out and have a better chance to get through college.  
b) Student-athletes take average and above average courses.  
c) Student-athletes' parents are more involved with their educational process.  
d) Student-athletes tend to focus more on long-term life accomplishments than short term goals.  
e) Student-athletes are more self-assured.  
f) ninety-two percent (92%) of participants do not use drugs.
- J. Ninety-five percent (95%) of school principals believe activities programs contribute to the development of "school spirit" among the student body.  
*-Indiana University Study*
- K. Participation in activities is a much better indicator of overall college performance than other yardsticks.  
*-Educational Testing Service & the College Board Study*
- L. The one yardstick to predict "success" in later life (self-satisfaction and participation in a variety of community activities two years after college) is achievement in school activities. Not useful as predictors are high grades in high school or college or high ACT scores.  
*-American College Testing Service*
- M. Nearly 7 in 10 Americans say high school sports teach students lessons about life they can't learn in a classroom: 9 in 10 believe sports contribute to health and fitness.  
*-USA Today*
- N. Extracurricular participation is a school's best predictor of an adult's success.  
-"Fulfilling Lives-Paths to Maturity & Success," by Douglas H. Health, based on a 40 yr. survey
- O. Ninety-five percent (95%) of Fortune 500 executives participated in school athletics (only 47% were National Honor Society members).  
*-Fortune Magazine*



## Information from NYS Regarding Cardiac Arrest Prevention Act

Dear Parents/Guardians,

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.<sup>1</sup>

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life<sup>1</sup>. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

### The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

### Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.<sup>2</sup>
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

### Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age

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<sup>1</sup> Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

<sup>2</sup> [SCA Prevention Toolkit – Eric Paredes Save A Life Foundation \(epsavealife.org\)](#)

- Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
  - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
  - Arrhythmogenic Right Ventricular Cardiomyopathy
  - Heart rhythm problems, long or short QT interval
  - Brugada Syndrome
  - Catecholaminergic Ventricular Tachycardia
  - Marfan Syndrome- aortic rupture
  - Heart attack at 50 years or younger
  - Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.

## NOTES