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TUPPER LAKE CENTRAL SCHOOL DISTRICT

...Where excellence is no accident



Tupper Lake, NY 12986
www.tupperlakecsd.net

District Offices
294 Hosley Avenue
518-359-3371 ext. 1000
518-359-7862 (fax)

Middle/High School
25 Chaney Avenue
518-359-3322 ext. 2000
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294 Hosley Avenue
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Dear Parents and Student-athletes,

The primary goal of the Tupper Lake Central School District is to educate the whole student; first by stimulating the student academically, and then by offering a number of experiences designed to develop the social, emotional, physical and ethical development of the individual. Sports and other extracurricular programs are designed to provide such experiences and are, therefore, considered an integral part of our education program. These programs are, however, a privilege, and a student must maintain a good academic and behavioral standing in order to earn the right to participate.

It is the hope of the Athletic Department that all students will participate in some phase of the sports program. In order to insure a memorable and positive experience as well as a smooth running athletic program, we would like to make each parent and athlete aware of the basic policies which govern interscholastic athletics at Tupper Lake. **It is important, therefore, that you read thoroughly, and discuss the information in this booklet with your child before either of you sign any of the permission or agreement forms that follow.**

The guidelines provided in this booklet reflect the principles of the many governing bodies that oversee interscholastic sports at Tupper Lake Central School; the National Federation of High Schools, the New York Public High School Athletic Association, Section 10, The Northern Athletic Conference and the Tupper Lake Central School Board of Education.

Game information and updates can be accessed through the link on the Tupper Lake CSD website (tupperlakecsd.net)

If any of the attached information raises questions or concerns, please contact the Middle-High School athletic office at 359-3322 ext. 2000.

We look forward to working together with you to provide the best possible experience for your child.

Russell Bartlett
High School Principal

Dan Cook
Athletic Director

Philosophy and Beliefs

The Athletic Department at Tupper Lake Central School is centered on the belief that interscholastic athletics provide an opportunity for student-athletes to enhance their basic education and to extend the District's vision, mission, and core beliefs beyond the normal academic school day.

Participation in the Athletic Program will provide the student-athlete with a positive learning environment in which they will; develop individual skills, learn to adopt roles within the framework of a team, learn the advantages of lifetime fitness and maximize their leadership potential. Regardless of contest outcome, the Tupper Lake Middle/High School Athletic Department will encourage student-athletes to provide a positive effort, exhibit sportsmanship, and show continuous respect for teammates, opponents, spectators, and officials.

Each school year, prior to the start of his/her child's first sports season, each student athlete and a parent/guardian must attend a general preseason meeting with the athletic director. The consent form and handbook agreement will be distributed there and must be signed prior to the start of practice.

Once the parent/guardian has attended this meeting and the child has participated in a sport, the parent/guardian does not have to attend another general session during the school year. All consent forms for a second or third sports season must still be signed prior to the first practice.

Each level of our athletic program focuses on a specific set of individual and team goals appropriate for the age and ability level of the athlete.

Modified Sports

The modified athletic program is the beginning of interscholastic competition. The emphasis at this stage is on teaching and implementing fundamental skills, teamwork, sportsmanship, and team discipline. Contest outcomes are of no special significance at this level; rather, an emphasis should be placed on effort, attitude, and the team concept. Each team member in good standing will be given an opportunity to play in game situations throughout the season, with coaches selecting appropriate opportunities for players to succeed given the skill, ability, and physical stature of each individual. Contest-specific playing time and team contribution will be at the discretion of the coach.

JV Sports

The junior varsity level is intended for those who display the potential of continued development into productive varsity level participants. Although team membership varies according to the structure of each program, freshman and sophomores occupy the majority of roster positions. At this level, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. The outcome of the contest becomes a consideration at this level. The value and importance of practice sessions is premise that is vital to a successful junior varsity coaching staff, 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. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

Varsity Sports

Varsity sports are the culmination of continuous commitment and dedication to a particular sport. Athletes at the varsity level participate in a highly competitive interscholastic league schedule and a high level of expectation is placed on the student-athlete be committed to the team. Team philosophy will be most highly emphasized, with success measured by setting and meeting team goals. Playing time is entirely at the discretion of the coach.

Parent/Coach Communication & Relationship

It is our belief that the most meaningful communication your child can have during a sport season is direct player-coach discussion. Although rare, there may be times that you feel as though a different avenue of communication is necessary. Please keep in mind that this should result only after player-coach discussions have taken place.

Issues *not appropriate* for parents to discuss with coaches

- Playing time
- Team strategy
- Other student-athletes

Issues appropriate to discuss with coaches

- The mental and physical treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.

There are situations that may require a conference between the coach and the parent, and these are to be encouraged once the student-athlete and coach have discussed the issue. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to promote a resolution to the issue of concern. When such a meeting becomes necessary, please follow the procedure outlined here:

- Call the Athletic Director at 359-3322 ext. 2003 to schedule an appointment with the coach.
- Meet with the coach at the agreed upon time. **It is strongly encouraged that the student/athlete also be present at this meeting.**
- Please do not attempt to meet with or confront a coach before or after a contest or practice. These can be emotional times for the parent, the player and the coach. Interactions of this nature are generally not constructive and tend to do more damage than good to the relationship.
- If the parties involved feel as though the meeting did not provide a satisfactory resolution, you are encouraged to call the Athletic Director, 359-3322 ext. 2003 to

schedule another appointment. The parent/guardian, student-athlete, coach and the Athletic Director will meet together to discuss the problem.

We hope this information will help to make you and your child's experience with the Tupper Lake Middle/High School Athletic Program more enjoyable and rewarding.

Parent/Coach Relationship

Parenting and coaching are both highly personal jobs. In much the same way that parenting differs from person to person, coaching styles differ. By establishing an understanding of each position, we are better able to work together to provide the greatest benefit to children. As parents, when your children become 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:

- Team philosophy, rules and regulations, as well as;
- Consequences for failure to adhere to those rules.
- Locations and times of all practices and contests.
- Special team requirements such as specialized apparel or equipment.
- A procedure to follow should your child be injured during participation.

Communication coaches expect from parents and student-athletes:

- Accurate and timely information regarding injury, illness or medical conditions.
- When possible, advance notice of absences from contests or practices.
- Information that may affect student-athlete performance or participation.

It is often very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on hours of observation during practices and contests and these decisions are ones that they believe to be in the best interests of the entire team. Discussions related to playing-time are almost always best left strictly between coach and student-athlete.

Responsibilities of a Tupper Lake Student-Athlete

Being a member of a Tupper Lake athletic team is both a privilege and an honor. This privilege carries with it certain traditions and responsibilities that must be accepted. As a member of an athletic squad at Tupper Lake, you have inherited a great tradition of self-sacrifice, hard work, and dedication. Your actions now reflect not only on you and your current teammates, but those who have contributed so much to our school in the past.

Many of our athletes have gone on to compete in college. Many others have established league, section and State records. Because of this tradition, a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set by the athletic department.

Sportsmanship at Tupper Lake

One of the missions of co-curricular school activities is to serve as an extension of the classroom. There are important lessons to be learned in athletics. One of those lessons is to set and maintain high standards of sportsmanship, ethics and integrity in our schools and our society. It is up to us to provide the direction under which good sportsmanship can prosper and have a positive impact on our children.

Tupper Lake has joined a statewide campaign sponsored by the New York State Public High School Athletic Association, Inc., to promote sportsmanship at our events. We feel the need to stress the type of exemplary behavior that should be exhibited by all players and spectators at our events.

The value of the lessons learned by exhibiting good sportsmanship will last a lifetime. If we ever lose sight of that, then athletics, or any co-curricular activity, is not worth sponsoring. The positive actions of a coach, athlete or spectator at an event can influence how our school is perceived in our community and the communities of those schools we meet on the field of play.

We are asking for your support in this effort by emphasizing to your son or daughter what is expected of them at an athletic event as a competitor or spectator. After all, such events are an extension of the school day, and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom. We urge you to ask your children to demonstrate self-control and self-discipline and at the same time, enjoy the games.

Finally, we ask you to set a good example as a spectator at an event. It is only through these efforts that we can clearly communicate what is acceptable behavior. We hope that your positive example will help set the tone for those around you so we may all enjoy the games in which our athletic teams are involved. When you attend an athletic event, you are given the privilege to view the action and to voice your support of our teams. We want the support to be in a positive tone so that the educational value of these events is completely developed and clearly communicated to our students.

Code of Sportsmanship and Ethics

It is the duty of all players, coaches, spectators and anyone associated with interscholastic athletics to:

- Emphasize sportsmanship, ethical conduct and fair play at all times.
- Eliminate all situations that tend to destroy the best values of the game.
- Stress the values derived from playing the game fairly.
- Show courtesy to visiting teams, their fans and coaches.
- Respect the integrity and judgment of the game officials.
- Achieve a thorough understanding and acceptance of the rules of the game.
- Encourage leadership, self-discipline, and good judgment by student-athletes.
- Recognize that the purpose of athletics is, above all else, to promote the physical, mental, moral, social and emotional well being of the individual players.
- Remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

Athletic Opportunities

Fall **

Boys Modified Football

Boys JV Football

Boys Varsity Football

Boys Modified Cross Country

Boys Varsity Cross Country

Girls Modified Soccer

Girls Varsity Soccer

Girls Modified Cross Country

Girls Varsity Cross Country

Girls Modified Volleyball

Girls Varsity Volleyball

Varsity Cheerleading

Winter **

Boys Varsity Basketball

Girls Varsity Basketball

Boys Modified Basketball

Boys JV Basketball

Girls JV Basketball

Girls Modified Basketball

Elementary Boys Basketball

Elementary Girls Basketball

Boys Modified Indoor Track

Girls Modified Indoor Track

Boys Varsity Indoor Track

Girls Varsity Indoor Track

Boys Varsity Ice Hockey

Varsity Cheerleading

Cross Country Skiing

Spring **

Modified Baseball

Varsity Baseball

Boys Modified Track

Boys Varsity Track

Modified Softball

Varsity Softball

Girls Modified Track

Girls Varsity Track

Varsity Golf

** Other athletic opportunities may be available through merger agreements with other school districts.

Academic Eligibility

The Tupper Lake Academic Eligibility Policy is designed to enable all students to participate in athletics without sacrificing academic achievement. While participating in athletics teaches a student many things, the District recognizes the students' highest priority is their education. Representing their school in athletics is an honor and privilege attained once academic concerns have been satisfied. The rationale for the policy is to identify those athletes academically at-risk as early as possible and provide the necessary resources to give those students every chance to succeed.

Middle School Eligibility Policy

If a student athlete in grades seven or eight is failing a course, the subject matter teacher must identify the student to the principal and athletic director via an academic report. The athletic director will schedule a meeting with the student-athlete as soon as reasonably possible, and the student will be required to follow a tutorial schedule set forth by the teacher involved. Any unexcused absences from that tutorial schedule will result as follows:

- ***First unexcused absence from tutorial:*** One week suspension from competition. The student may continue to practice with the team and attend competitions, but will not be eligible to compete.
- ***Second unexcused absence from tutorial:*** One week suspension from team activities. During this time, the student may not attend practices or competitions as a member of the team.
- ***Third unexcused absence from tutorial:*** Suspension from team activities until such time as the student is passing all courses.

High School Eligibility Policy

If a student athlete in grades 9-12 is failing a course, the subject matter teacher must identify the student to the principal and athletic director via an academic report. Those students will be considered on academic probation and will be required to meet with the subject matter teacher to schedule a tutorial plan. The subject matter teacher will monitor and assist probationary student athletes during scheduled tutorial periods. Unexcused absences from tutorial will result in a loss of eligibility to participate in athletics until passing all courses.

During the probationary period, the student is required to show progressive improvement in the subject area of concern. 'Progressive improvement' is defined as follows: (1) steadily improving grade averages for the failing course toward the goal of passing the course; (2) completion of all homework assignments on time and of

acceptable effort and quality to the teacher; (3) where allowed by the teacher, all past due assignments will be completed in a satisfactory manner.

*Any student in grades 9-12 failing more than one course will be declared ineligible. An ineligible student athlete **may not** participate in practices.*

If an ineligible student regains eligibility, he/she will remain on academic probation as long as he/she is failing a course and will be required to continue progressive improvement as defined above. Any student athlete who was declared ineligible and regains eligibility shall immediately be declared ineligible should they be failing more than one course again at any time and shall remain ineligible until passing all courses.

Academic eligibility status continues from one sports season to the next, and **student grades will not be considered toward the eligibility requirement (including reinstatement) until after three weeks of a new course or academic quarter have been completed.** Once the first three weeks of a given course or new academic quarter have passed, however, a student's grades will be considered at any point thereafter through the completion of the sports season.

Parents will be informed as soon as possible if a student is designated as being on probation, becomes ineligible or regains eligibility.

Student/Athlete Eligibility

New York State Public High School Athletic Association Ruling:

- **Age and Grade:** According to the Regulation of the Commissioner of Education, 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, except as otherwise provided in the Athletic Placement Program. The Athletic Placement Program permits pupils in the 7th and 8th grades to compete in senior high school competition provided that they meet the standards of this program.

A pupil shall be eligible for interschool competition in grades 7, 8, 9, 10, 11 and 12 until his/her 19th birthday. A pupil who attains the age of 19 years on or after July 1 may continue to participate during the school year in all sports.

- **Amateur Status:** A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the benefits derived from participation. An athlete forfeits amateur status in a sport by:
 - Competing for money or other compensation (travel, meals, lodging, etc);
 - Receiving an award or prize of monetary value which has not been approved by NYSPHSAA. (Only awards/prizes less than \$50 value will be approved.);
 - Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to higher institutions are exempted);
 - Signing a professional playing contract in that sport.
- **Assumed Name:** Participating under an assumed name in any athletic contest shall make the student/athlete ineligible in that sport for one year from the date of violation;
- **Bona Fide Students:** A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including physical education;
- **College:** A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any college squad;
- **All-Star Contests:** The only all-star contests that an athlete may participate in are exceptional senior athlete contests that are approved by the NYSPHSAA.
 - Only seniors who have completed their eligibility in that sport may compete in these contests.
 - A contestant may participate in no more than one approved exceptional athlete contest in the same sport during the school year.

School Attendance

Students who are **illegally absent** or **tardy** will not be eligible to participate in practices or contests on that day. A legal excuse must be presented before students will be allowed to compete or practice on the day of the tardiness or absence. Students serving in-school or out-of-school suspension may not participate in practices or contests until reinstated to normal status. In addition, student athletes will be required to attend the same number of practices that were missed due to the suspension before they are eligible to return to competition.

Hazing

Hazing activities among athletes is defined as any humiliating or dangerous activity expected of an athlete to join a team or continue as a team member, regardless of their willingness to participate. Hazing may include, but is not limited to:

Substance Abuse – forcing, requiring, and/or coercing another athlete to use tobacco, alcohol, or drugs.

Humiliation – forcing, requiring, and/or coercing another athlete to perform humiliating, socially offensive activities or isolating the athlete from others or the team.

Dangerous activity – forcing, requiring, and/or coercing another athlete to perform hurtful, aggressive, destructive or disruptive behavior.

Even if the hazing victim participates willingly in the activity, or there was no intent by the hazer to harm or injure, hazing is **against school district policy** and may be **subject to criminal prosecution**.

Hazing Punishment

Any student athlete who is guilty of hazing will be dismissed from their team for the remainder of the season. The Athletic Director and the High School Principal will make this determination.

Training Rules

The following rules and standards apply throughout the next ten school months. Enforcement of the rules and standards will begin with the signing of the first consent form and will be in effect throughout the next ten school months. Athletes violating the rules at any time during the school year, even between sport seasons, will be disciplined in the subsequent sports season.

The following are prohibited:

- Use or possession or attempted possession of alcohol or attendance at any location or event where alcohol is being used. Any student hosting or present at a party where alcohol or illegal drugs are present will be treated as an offender of these rules.

Exceptions to the rule above will only be made when attendance at an event or in a location where the student is physically in his/her parent or guardian's company and when the coach has been advised in advance of such attendance. Only the attendance and not the use of alcohol are permitted.

- Use or possession or attempted possession of illegal drugs or attendance at any location or event where illegal drugs are being used.
- Use of a tobacco product.

Discipline:

Violation of the above rules will result in the following disciplinary actions:

Step 1: For the first offense, the student will be suspended from competition and/or participation for 20% of the team's scheduled contests. The student must meet a minimum of three times with the school prevention education counselor prior to being reinstated. At the conclusion of the suspension, the timing of reinstatement to competition is at the discretion of the coach.

Step 2: For the second offense, the student will be suspended from competition for three school months. The student must meet with the school prevention education counselor at least once each week during the three-month suspension period prior to being reinstated.

Step 3: For the third offense and any succeeding offense, the student will be suspended from any sport for ten school months. The student must meet with the school substance abuse counselor and successfully complete all aspects of any program recommended by the counselor. An evaluation by an independent licensed alcohol or substance abuse counselor other than the school counselor may be directed as part of such program to assist in the development of a treatment plan. The cost of such dependent evaluation and treatment shall be borne by the student and not by the School District.

Any student who successfully completes all aspects of his/her counseling under Steps 1 and 2 and does not commit another rule violation for three calendar years from the date of the most recent violation will drop back one Step for the purposes of further discipline under this policy.

For students at Steps 2 and 3, the determination whether the student should be suspended from the team or activity entirely or be allowed to participate in practices for the duration of the suspension will be made by the coach or advisor. Primary consideration will be given to what is in the best interest of the team or activity. Suspended student athletes who will not regain eligibility during the course of a season will not be allowed to practice during their suspension.

An individual who sells alcohol or illegal drugs will be suspended from participation in athletics (including practices) for a period of ten school months.

Any student who becomes eligible to participate after the season/activity schedule has begun will be allowed to participate at the discretion of the coach/advisor and athletic director/principal.

Self-Referrals:

The Board of Education encourages individuals who feel they are at risk of drug or alcohol abuse to seek help. If a student (or his/her parents) who is participating in an interscholastic athletic activity wishes to seek help in correcting the problem (and do not do so merely to avoid the discipline established herein), the following will occur:

- A meeting will take place between the student's guidance counselor, coach, athletic director, principal, and parent.
- The student may continue participation on the team if certified physically capable of doing so by the school physical or the student's personal physician, and provided the student participates in a counseling program as recommended by the guidance and/or prevention education counselor.
- A second self-referral within one calendar year will require a leave from athletics. The student and his/her parent(s) or legal guardian must meet with the principal and athletic director to determine when reinstatement will occur. It is expected that the student will participate in a rehabilitation program.

Enforcement and Due Process:

1. Upon a credible report to any school official of an alleged violation of this policy, the athletic director, building principal or designee shall interview the student involved. Such interview will be conducted in private and the student's parent(s) or legal guardian need not be informed of the interview or otherwise be entitled to be present.
2. In the enforcement of this policy, school authorities are not bound by the same rules of evidence as a court of law.
3. Upon completion of the investigation, the building principal, athletic director, and/or coach shall conduct a meeting with the student. Immediately after such meeting, the administration of discipline as outlined in this policy shall be imposed and the parents/guardians notified. It is the responsibility of the principal to determine a date beyond which no further evidence of a training rule violation will be considered for each individual under investigation. The date shall not exceed beyond 21 days from the time the school official learned of the alleged incident. This statute of limitations does not preclude the principal from investigating individuals who were not initially reported.
4. The student or parent(s) or legal guardian may appeal the decision by requesting, in writing within five calendar days, a conference with the Superintendent of Schools. The conference will take place within five calendar days of the date of receipt of the written request, if at all possible.
5. All decisions of the Superintendent of Schools relative to any appeals shall be final. Nothing shall preclude any student or parent or legal guardian from asking the Board of Education to reconsider the action of the Superintendent if such action can be demonstrated to have been made in error or not in conformance with the process established by this policy. Such petition to the Board of Education must be in writing and submitted to the District Clerk within 10 calendar days following the determination of the Superintendent.

Sports Physicals

Every student in grades 7-12 who intends to participate in interscholastic athletics (including cheerleading) must have a sport physical.

A student may choose to have a physical exam by his/her family doctor, but it must meet the requirements of the school physical and must be reviewed and approved by the school physician before participation may take place. No student may practice or participate before he/she has received a sport physical, which must be renewed each school year.

Statement of Risk of Injury

While the coaching staff and other responsible school officials will do everything within reason to protect your child against injury, including the provision for appropriate equipment, safe facilities and training designed to reduce the impact of accidents; injuries will occur and on a very rare occasion may be serious and disabling. It must be understood that the risk of injury is inherent in all sports and the injuries received may be severe, including the risk of fractures, permanent paralysis, or death.

Injury Notification

An athlete must notify his/her coach at the time an injury is sustained in order to receive proper medical treatment and school insurance coverage. The coach and student athlete should both report the injury to the school nurse.

- A report of the injury will be filed with the insurer by the business office within 30 days in order to be eligible for a claim.
- All Tupper Lake students who have passed the required sport physical, have properly reported an injury, and have received medical attention are covered by school insurance (which is secondary coverage).
- Students may resume an activity following an injury after compliance with State Law which reads, "If a student is absent from school five or more consecutive days or has received an injury, he/she must have an examination by the school physician before returning to competition."

Returning to an Athletic Team after an Injury or Illness

Any athlete who is seen by a doctor for injury or illness must present a signed medical release from the doctor that treated your child in order to resume participation with his/her team. If you have to go to an emergency room for care, please obtain the release (written) before leaving the hospital because many times the attending physician may not be there the next time you visit. This release must be filed with our school nurse. 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.)

Any athlete who is treated for a head injury can only be cleared to resume participation by the school physician, and must follow the District's 'Return to Play Protocol.

Games and Practice Sessions

Team members must be present and on time for all scheduled practice sessions and games. Any athlete who is present in school but absent or late to the athletic activity without prior permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to suspension to dismissal from the squad. Remember, once you have been placed on a team roster, you are making a commitment to that team for the full season.

Exceptions are made in cases of:

- Sickness
- Emergency appointments (doctor, dentist, court appearance, college visitation)
- Funerals
- Religious obligations
- Special examinations, tests, or overlapping seasons

It is the responsibility of the athlete to inform the coach in advance (if possible) prior to missing a practice or game for any of the above reasons. It should be noted that the Athletic Department realizes that unusual situations arise when the athlete must miss practice.

Equipment Issuance

Most uniforms and equipment for athletic teams are provided by the school. All such school property **must be** returned to the coach in acceptable condition at the end of the season. The **student assumes full responsibility** for all equipment and must keep it secure **at all times** so it is not lost or stolen. Failure to return any equipment will result in the student athlete paying for replacements. Student athletes will be ineligible for participation until all unfulfilled responsibilities from the previous season are settled.

Transportation

All athletes will ride school-provided transportation to an event. A student who fails to do so will be disqualified from participating in that event. Athletes and their parents/guardians should also be aware of the following:

- Any student who leaves an activity early without a written excuse or causes undue tardiness will be disciplined at the discretion of the coach.
- A student may be picked up and dropped off in front of his/her house (or a friend's house, if proper permission has been granted) only if it is located on the route taken to and from the game **and the coach is notified before the trip is made.**
- A coach may release a student to his/her parents/person(s) in parental relation, legal guardian or an adult (21) years of age or older they designate for transportation from an interscholastic event upon the receipt of a **written request** from the parent(s)/person(s) in parental relationship, legal guardian or the adult they designate **before leaving Tupper Lake.** The person designated must be **present at the event and personally make the release in writing.**

One-Sport Participation

Tupper Lake Central School District policy states that a student may only participate in **one** sport at a time. A direct conflict with sport participation and other activities will be handled by the individual coach's policy (which will be explained to the team members before the season begins). Each coach has the right to maintain a policy in which participation in a sport and a conflicting activity will not be allowed. Arrangements will be made for any sports seasons that overlap.

Dropping an Activity

If a student athlete finds a need to terminate participation on an athletic team after the roster is posted, a conference between the coach, the student and the Athletic Director will be held. The Athletic Director will determine what is best for the student and/or the school. This could result in a continuation of participation, the dropping of the activity without loss of eligibility or ineligibility for up to one twelve-month period.

Dismissal from Activity

A student participating in interscholastic athletics shall be required to conform to all rules and regulations established by the coaching staff for the sport in which he/she is participating. Penalties for infractions of any team rule not included in this handbook shall be left to the discretion of the coach and may result in dismissal from the team for the remainder of the sport season. Any student athlete found to be involved in hazing, harassment or bullying of any other athlete, at any level, will be immediately suspended from the team and may be subject to criminal prosecution. Additional penalties may be imposed depending on the severity and time frame of the infraction. Prior to dismissal from a team, the coach will inform the Athletic Director and Principal.

If an athlete is dismissed from a team by his/her coach, a conference between the coach, athletic director and parent(s) will be scheduled. During the conference, a decision based on the student's and the school's best interests will be reached regarding continued eligibility for athletics.

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.

Individual Sport Rules and Expectations

There are different requirements for certain sports depending on their nature and rules. Some are outdoors, some indoors; some are team oriented, others individual and some are both. The number of participants and degree of participation range widely from sport to sport, level to level, and team to team.

Therefore, coaches may have specific rules for a sport in addition to the general requirements of the NYSPHSAA, Section X, Northern Athletic Conference, and school rules. For instance, these rules may deal with such things as practice sessions, actual contests, training and transportation. These rules should be made clear to all team members and their parents at the beginning of the season. In addition, any disciplinary actions for infractions should be known beforehand.

Any athlete or parent who has questions or difficulties with the sports specific rules should communicate with the coach involved. It is hoped that in this manner, athletes, parents and coaches will cooperatively work toward the success of our individual teams and our entire athletic program.

Athletic Awards

Participants will be awarded a varsity letter under the following conditions:

- Grade 12 athletes must be team members in good standing.
- Grade 11 athletes must compete in 50% of the contests.
- Grade 10 athletes must compete in every contest.
- Grade 9 and 7th and 8th grade athletes must compete in every contest and demonstrate a high level of proficiency in the sport—e.g. One of top two competitors, All Northern designation, State recognition.
- Athletes must be present at all practices, unless excused, demonstrate a positive attitude and contribute to the overall team effort.

The coach may award a letter to an athlete he/she feels is deserving, but has not met one of the above criteria or was unable to participate fully because of an injury suffered during the season.

Note: A student athlete who is suspended for a **violation** will not be eligible for end-of - season awards other than recognition, including a letter in that sport.

The first time a varsity letter is earned the student athlete will receive a certificate, a six-inch block “**T**” and a pin to be attached to the block “**T**”. Any varsity letters earned after that will be recognized by a certificate and a pin to be attached to the block “**T**”.

Transfer Students and Eligibility

Any student-athlete transferring into the Tupper Lake Central School District must meet with the Athletic Director prior to beginning a sport.

NCAA Eligibility and the NCAA Clearinghouse

The NCAA Initial-Eligibility Clearinghouse has been established for review of core courses and high school transcripts for all students who plan to play at an NCAA Division I or Division II school.

The Athletic Director and Guidance department will assist interested students through this process.

TUPPER LAKE CENTRAL SCHOOL DISTRICT
STUDENT-ATHLETE CODE OF CONDUCT CONTRACT
AND PARENT CONSENT FORM

Student-athlete name (Print)

Grade

Sport

Level

I have read the Tupper Lake CSD Athletic Handbook and understand the expectations and responsibilities that come with being a member of a Tupper Lake Central School athletic team. I agree to meet the expectations set forth in this document as well as team rules presented by my coach and I understand the consequences that I will encounter if I fail to do so.

Student-athlete signature

Date

Parent/guardian name (Print)

I have read the Tupper Lake CSD Athletic Handbook and understand the notifications, rules, and regulations contained within it including the statement of risk. I have discussed the contract and consequences with my child, and agree that I will encourage my child to abide by it at all times. By signing this form, I further acknowledge my understanding that as a parent/guardian, I am a role model for other individuals around me at sporting events and agree to conduct myself in a sportsmanlike manner at all times during both home and away events. I also understand that I may be asked to remove myself from an event if I cannot abide by the expectations of Sportsmanship and Ethics outlined in this contract.

Parent/guardian signature

Date

Received:

Coach signature

Date

Athletic Director Signature

Date