

RED CREEK CENTRAL



SCHOOL DISTRICT

**ATHLETIC
HANDBOOK
FOR
STUDENT - ATHLETES
AND PARENTS**



RED CREEK CENTRAL SCHOOL DISTRICT

Interscholastic Athletics Handbook for Student-Athletes and Parents

Dear Parents and Student-Athletes:

Welcome to the Red Creek Ram Interscholastic Athletic program. This handbook has been prepared to be used as a reference by our student-athletes and their parent/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the policy and procedures for participation in our interscholastic athletics program.

I am very pleased that you have shown an interest in this phase of our school program and it is my belief that participation in athletics is a privilege and honor and provides an opportunity for developing life-long skills that may not be available in the academic classroom. Our main goal is to provide “first class” experiences that promote team and individual growth in a safe and healthy environment both on and off the athletic fields.

When a student chooses to participate in our athletic program, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies/rules that are necessary for a well-organized and successful athletic program.

The Red Creek Interscholastic Athletic program is governed by the regulations of the New York State Commissioner of Education’s and the Red Creek Board of Education’s basic code for extra class athletic activities. In addition, Red Creek is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section V and competes in the Wayne County Public School Athletic Association (WCPSAA).

Please feel free to contact me (754-2050) if you have any questions or concerns regarding the Red Creek Rams Athletic program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide! GO RAMS!

Yours in Athletics,

Matthew S. VanOrman

PHONE NUMBERS

Red Creek Central School District

Nickname: Rams / Mules
Colors: Red / White
Enrollment: Grades 9 – 11 (284)
League: Wayne County League
Section: V
State Association: NYSPHSAA
Athletic Website: www.rccsd.org/athletics.cfm
Matthew S. VanOrman – Director of Athletics & Phys. Ed.
754-2050(W)

Main Office 754-2040
High School Nurse 754-2056
Transportation 754-6547
Fax Number 754-2068

Red Creek Jr. Sr. High School
South Street
P.O. Box 190
Red Creek, N.Y. 13143

ATHLETIC OFFERINGS

FALL

J.H./J.V./Varsity	Boys Soccer
J.H./J.V./Varsity	Girls Soccer
J.H./Varsity	Cross Country

WINTER

J.H./J.V./Varsity	Boys Basketball
J.H./J.V./Varsity	Girls Basketball
J.H./Varsity	Wrestling
Varsity	Boys Bowling
Varsity	Girls Bowling
Varsity	Basketball Cheerleading
Varsity	Indoor Track and Field

SPRING

J.H./J.V./Varsity	Baseball
J.H./J.V./Varsity	Softball
Varsity	Golf
J.H./Varsity	Boys Outdoor Track and Field
J.H./Varsity	Girls Outdoor Track and Field

RED CREEK ATHLETICS MISSION STATEMENT

The interscholastic athletic program is an integral part of the entire educational process in the Red Creek Central School District. Our goals are to develop a competitive athletic program and to install quality athletic education and lifetime values. These values include sportsmanship, wellness, and high academic achievements for the development of lifetime skills, which will ensure that students/athletes become productive members of society.

It is expected that students/athletes demonstrate citizenship both in and out of the contest involved. As a representative of the school, community and family the student/athlete is to conduct themselves within appropriate standards set forth by Red Creek Central School District, Wayne County and the State of New York.

Sportsmanship involves appropriate respect towards coaches, fellow players, opponents, officials and spectators. Disregard for citizenship and/or sportsmanship can result in disciplinary action from the coach, athletic director, principal or superintendent dependent on the severity of the behavior.

The Athletic Department recognizes that the primary responsibility of student athletes is their education. Therefore, the Athletic Department supports the concept that student-athletes should work to their potential in the classroom and be committed to achieving maximum academic success. The Athletic Department strictly enforces the district policy on academic eligibility and no athlete will be permitted to participate unless eligible.

Junior High – Students in Grades 7-8. This program of competitive sports focuses on the fundamentals of the game, rules, training, and basic skills. Emphasis is placed on basic skill development and maximum participation is desired. All participants who attend practice regularly will play approximately the same amount of time during game play. All members of the team that participate the entire season will receive a recognition award.

Junior Varsity – Students in Grades 9-10. The junior varsity level of competition is the program where increased emphasis is placed upon team play, physical conditioning, and refinement of basic skills. Winning at the junior varsity level is considered important and participants should learn how to cope with losing and crowd influence during contests. All participants who attend practice regularly will be given a chance to play in each game, time amounts at the discretion of the coach. All members of the team that participate the entire season will receive a recognition award.

Varsity – Students in Grades 9-12. The varsity level of athletic competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are very important aspects of competition at the varsity level. The team definitely plays to win the contest but varsity contestants should accept the fact that important lessons are to be learned from losing. It is recognized that not all participants will play in every contest. All members of the team that participate the entire season will receive a recognition award. Ability and attitude will be the determining factors in making the team at the varsity level.

NEW YORK STATE INTERSCHOLASTIC ELIGIBILITY RULES FOR ATHLETES AND CHEERLEADERS

In order to participate in interscholastic competition a student should meet the following criteria:

- 1) Be a bonafide high school student in regular attendance in grades 9, 10, 11, or 12
- 2) Be between the ages of 14 and 19 inclusive
- 3) Have the approval of parent(s)/guardian and school doctor
- 4) Be enrolled during the first 15 days of the current semester
- 5) Two weeks after transferring from another school
- 6) May compete for eight consecutive semesters beginning with the semester in which the student enters grade 9
- 7) Compete for only four seasons in any one sport, unless exceptional status in 7th or 8th grade
- 8) Be familiar with the rules of the game and the standards of sportsmanship
- 9) Must be in compliance with Red Creek's Academic Eligibility Policy

Student-athletes must receive medical clearance from the school Health Office before they may practice or tryout for an athletic team. The following guidelines outline the process for obtaining this clearance:

- 1) Physical exams MUST be done by the school district physician and are considered current for 12 continuous months. Student-athletes are required to obtain a completely new physical if the previous physical date expires before or during the upcoming sport season.
- 2) All student-athletes and their parents must complete the *Health History Form* prior to each sport season. The school nurse will review the information to ensure safe participation.
- 3) Questions or information regarding medical clearance can be obtained by calling the Health Office in the student's school.

INSURANCE AND INJURIES

All information regarding school insurance is available in the school Health Office, and distributed to the parent/guardian upon completion of the accident report. Other questions regarding insurance can be answered by contacting the Business Office.

Students injured at school are first subject to any insurance coverage which their family may have. The school district has voluntarily purchased a student accident policy which may cover some expenses when students are injured at school. This is only a basic policy that provides limited coverage for families without insurance and for injuries which might not be covered or are partially covered by a family's policy. As in most accidents, medical expenses not covered by insurance become the parent's responsibility. Any bus-related injury, according to NYS Law, must first be submitted to the parent's auto insurance. If your child is injured at school please be sure that the school nurse has been informed or notified. The school nurse will be ready to assist you in completing any accident or insurance claim forms.

It is the student-athlete's responsibility to immediately report any injury to his or her coach. The coach will notify the nurse and complete an accident report. If the student-athlete has been injured and has required medical attention, he / she cannot return to participation without written permission from their physician. Red Creek Central School reserves the right to require additional written permission from the school physician.

GENERAL RED CREEK ATHLETIC GUIDELINES

The Red Creek Central School District believes that participation in extracurricular activities such as athletics is a privilege and when a student athlete chooses to become a member of a team he/she must abide by certain rules, responsibilities, and guidelines that accompany participation in such a program. Student athletes will adhere to the rules set forth by the Red Creek School District, Wayne County League, Section V, and the State of New York. All policies of the Red Creek Central School District and the athletic department, including academic eligibility standards, are to be followed both on and off school property.

The consequences for violating the school code of conduct will be based on the nature of the misconduct, the level of severity, and the number of times it has occurred.

PRACTICE SESSIONS: The New York State Public Athletic Association outlines the required number of practices needed prior to entering a scrimmage and/or contest for each sport. Each coach will set up his or her own rules on practice requirements beyond the New York State mandated requirements. Coaches will provide for students/athletes a practice schedule, practice attendance requirements, general team rules and consequences for rule violations. To maintain the appropriate physical conditioning student/athletes under disciplinary review will continue to attend any practice or meeting associated with the sport unless otherwise directed by the principal and/or athletic director. Student athletes are expected to be at every practice and game. Unexcused absences may be reason for suspension from contests based upon the coach's discretion. It is suggested that potential conflicts be discussed with the coach prior to the conflict.

QUITTING A TEAM: 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.

CHANGING SPORTS: It is important that athletes try and make the right choice when selecting a sport, especially at the JV and varsity levels. A student-athlete may not change from one sport to another once a team has been selected, without the permission of the Athletic Director. If he/she has been cut from one team it is legitimate to try out for another.

EQUIPMENT: Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to return to the coach all clothing and equipment issued. No one should have any equipment home after the season without school permission. Failure to turn in all equipment will result in the student-athlete being billed for the missing items. Athletes not returning equipment from one season will not be issued any for the next season until restitution is made.

TRANSPORTATION: Red Creek Central School District will provide transportation to and from all athletic contests. Students are required to ride to each competition by school approved transportation only. Students wishing to ride home with their parents must be signed out with the coach by their parents at the end of the event. Any parent wishing to have their son/daughter ride home with another adult MUST submit a written permission slip to the school no later than the morning of the event. The school administrator prior to the event must sign the permission slip. The coach CANNOT grant permission.

SPORTSMANSHIP AND FAIRPLAY

Students learn immeasurable unique lessons through interscholastic athletic participation.

Students who learn to value and practice sportsmanlike behavior are developing the characteristics of good citizenship. Honesty, generosity, self discipline, a sincere concern for others, ethical behavior and a commitment to fair play are all demonstrated in sportsmanship.

New York State Public High School Athletic Association member schools make sportsmanship a premier concern.

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly well mannered, well intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school 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.

Remember that an athletic contest is only a game—not a matter of life and death for player, coach, school, official, fan or community.

Failure to adhere to basic sportsmanship guidelines may result in appropriate disciplinary action.

Red Creek Central School takes good decorum at sporting events very seriously. It is our goal to provide an enjoyable athletic experience for everyone. We hope both parents and students will embrace that initiative and support our efforts in that direction.

WAYNE COUNTY LEAGUE POLICY ON SPECTATOR BEHAVIOR

1. It is expected that all spectators will display good sportsmanship.
2. Any spectator, who enters the playing area in a disrupting manner, will be asked to leave the school premises. Any mass intrusions may cause removal of all spectators. Further problems may cause the termination of the contest.
3. There will be no noisemakers allowed at sporting events. This includes but is not inclusive of the following: sirens, whistles, bells, horns, radios, and all other devices of a distracting nature.
4. Pounding and stomping on the bleachers is discouraged. If there is damage or destruction of school property, the individual(s) responsible will be held accountable.
5. Any spectator who leaves the building, without permission may not re-enter.
6. Any unruly or disruptive spectators will be removed from the school premises.

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult vocations. 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 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

1. Information on the annual "Meet the Coach Night" meeting
2. Philosophy of the coaching staff
3. Expectations the coach has for your child as well as all the players on the squad
4. Locations and times of all practices and contests
5. Team requirements such as fees, special equipment, off-season conditioning
6. Procedure if your child becomes injured during participation

COMMUNICATION THAT COACHES EXPECT FROM PARENTS

1. Attendance at annual "Meet the Coach Night" meeting
2. Concerns expressed directly to the coach
3. Notification of any schedule conflicts well in advance
4. Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in the athletic program at Red Creek, they will experience some of the most rewarding moments of their lives. It's important to understand that there will also be times when things don't go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH 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 that your child is not playing as much as you may hope. But remember that, coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those on the following page, must be left to the coaching staff.

INAPPROPRIATE ISSUES TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

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.

IF YOU HAVE A CONCERN WITH A COACH YOU SHOULD

1. Contact the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director, Mr. VanOrman. He will help to set up a meeting for you.
3. Please do not attempt to confront a coach before or after a contest or during a practice session.

THE NEXT STEP

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

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

CHAIN OF COMMUNICATION

If you have a question, problem, or concern regarding athletics at Red Creek, the following is the appropriate chain of communication to follow:

STUDENT ATHLETE OR PARENT



COACHING STAFF



ATHLETIC DIRECTOR

SIGNIFICANT ATHLETIC ACHIEVEMENTS

- | | |
|----------------|--|
| 1 time | - New York State Scholar Athlete Champions - Baseball |
| 1 time | - Wayne County Baseball Sportsmanship Award |
| 3 time | - Wayne County Boys Soccer Sportsmanship Award |
| 4 time | - Wayne County Girls Soccer Sportsmanship Award |
| 2 time | - Thomas Emmanuel IAABO 60 Sportsmanship Award |
| 6 time | - New York State Boys Soccer Champions |
| 1 time | - New York State Girls Soccer Champions |
| 22 time | - Section V Boys Soccer Championships |
| 13 time | - Section V Girls Soccer Championships |
| 2 time | - Section V Girls Basketball Championships |
| 1 time | - Section V Wrestling Championship |
| 1 time | - Section V Bowling Championship |

ATHLETIC PENALTIES AND CONSEQUENCES

ATTENDANCE: A student may become ineligible to participate in an event if he/she is not in full attendance on the day of an event. Any exceptions must be ruled upon by the Principal or Athletic Director. Also, students must be in school (full time) the next day (if a regular school day) following an event. If a student violates this regulation his/her eligibility for the next event will be ruled upon by the Principal or Athletic Director (depending on the activity).

Consequences and Interventions for attendance issues will be as follows:

- 1st Offense – Discussion with Administrator
- 2nd Offense – Suspension from next event (dependent on activity)

INFRACTIONS: The use of alcohol, tobacco (in any form), illicit drugs (such as marijuana, cocaine, steroids, performance-enhancing, amphetamines, hallucinogens, and all other controlled substances) is covered under the school's code of conduct. Conduct such as hazing, theft, fraud, gambling, destruction of property, vandalism, fighting; illegal or unauthorized possession; use or sale of firearms or other dangerous weapons; or illegal actions or behaviors are also covered under this code.

PROCEDURES AND CONSEQUENCES: Each violation or infraction of the school's code of conduct and/or the athletic training rules is cumulative throughout grades 7-12 or for any student athlete participating on a Junior High, Junior Varsity or Varsity team. The consequences, in addition to those of the school code of conduct, are as follows:

First Offense – Step 1 (Grades 7-12)

- Parent Notification Immediately.
- Meeting with principal, coach, athletic director, student athlete, and parent/guardian or parent representative for the purpose of reviewing incident.
- **Suspension of Contests** – A maximum of 20% or minimum of 10% of total scheduled contests (scrimmages are not contests). (Round fractional numbers up).
- Possible leniency within maximum and minimum guidelines for honesty and self-admissions will be considered.
- Student/athlete must practice/suit up and attend all contest and team functions unless otherwise directed by the Athletic Director or Principal.
- Possible community service
- Possible counseling
- Student/athlete may be subject up to permanent suspension from athletic activity for serious school violations as determined by a Superintendent's Hearing.

Second Offense – Step 2 (Grades 7-12)

- All components of Step 1
- **Suspension of 100% of team's scheduled contests including post season.**
- Unused percentage (%) of suspension will carry over into student/athlete's next season of participation.
- The student athlete and parent(s) or guardian(s) must agree to have the student assessed for possible counseling. Additionally, student athlete and parent/guardian must sign all releases so that results of the assessment can be forwarded to the school district for use by the Athletic Review Board.

- Assessment will be administered by a guidance counselor or psychologist that is on the Red Creek staff or an approved outside source. An Athletic Review Board consisting of the principal, student/athlete, parent/guardian or parent representative, impartial coach, and athletic director to review the assessment and the student/athlete's willingness to follow the recommendations of the assessment. **Dependent on the assessment and the student/athlete's progress in rehabilitation, the suspension may be reduced to 50% by the Athletic Review Board.**

Third Offense – Step 3 (Grades 7-12)

- All components of Step 2
- Reinstatement for substance abuse offenses would be considered during the year of suspension after acknowledgement of successfully completing a state licensed, accredited counseling program (cost to be borne by parent). The Athletic Review Board will meet to review the assessment evaluation of the counseling program and a "No Use" contract with the student/athlete. The post-assessment evaluation will be important for consideration of reinstatement. This will be signed by all parties.
- Reinstatement for all other offenses may be considered if the equivalent counseling is completed as determined by the Athletic Review Board.

Fourth Offense – Step 4 (Grades 7-12)

- Parent Notification Immediately.
- Meeting with principal, coach, athletic director, student athlete, and parent/guardian or parent representative for the purpose of reviewing incident.
- **Student/athlete is ineligible for further participation in athletics while enrolled in the Red Creek Central School District.**

OTHER BEHAVIOR RULES

Students who are assigned the following consequences may not practice or play on the assigned day:

- 1) Extended detention being assigned.
- 2) In-school suspension.
- 3) Out-of-school suspension.

ALMA MATER

Of our noble Alma Mater

Loyally we sing,

In the heart of every student

Let her praises ring!

Red Creek Central, stand and cheer her,

May her fame ne'er die,

While we live, we'll always cherish

Happy days gone by.



RED CREEK CENTRAL SCHOOL

PO Box 190, South Street
Red Creek, NY 13143
(315) 754-2040

ATHLETIC CREED

I, _____, wish to participate in the athletic program provided by the Red Creek Central School. I realize that this is both an honor and a privilege.

I have read and will uphold the Athletic Training Rules. As a team member, I represent this organization and realize my conduct reflects not only myself, but my school, coach, teammates and family. I realize that being an athlete is a full-time responsibility and does not end when I leave the match or training session.

I am aware that the coaches will keep an attendance record of my involvement with this team. I understand that there will be consequences for missing practice(s) or games that will be outlined by the coach.

I will keep myself groomed in a fashion outlined by the coach. The coach will discuss with the team and myself what will be acceptable when a member of this team is representing the school and community.

I understand that I am responsible for laundering my uniform and will turn it in at the end of the season in clean condition.

I realize that once I earn a position on a team, I may not switch to another sport during that season. If I quit a team, I realize that I forfeit all privileges for awards and may jeopardize my chances for future participation.

I realize that any violation of the "Athlete's Creed" will result in disciplinary action as outlined in the Athletic Training Rules and that four (4) offenses throughout grades 7-12 deem me ineligible for the remainder of my years at Red Creek.

Student Signature

Date

TO PARENT OR GUARDIAN:

I have read and fully understand these regulations. I will do my best to help _____ uphold these regulations and will support the coach, Athletic Director and school when enforcement of these rules is necessary.

I realize that any violation of the "Athlete's Creed" will result in disciplinary action as outlined in the Athletic Training Rules and that four (4) offenses throughout grades 7-12 deem my child ineligible for the remainder of his/her years at Red Creek.

(Signature of Parent/Guardian)

ATHLETIC AWARDS

1. All students/athletes who participate on a junior high team and complete this season in good standing will receive a junior high participation award.
2. All students/athletes who participate on a junior varsity team and complete the season in good standing will receive a junior varsity participation award.
3. To earn a block RC varsity letter, a student/athlete must complete the season in good standing if a member of a team sport.
4. In individual sports, the athlete must earn a required number of points as set by the coach and Athletic Director prior to the start of the season.
5. A senior may earn the block RC if he or she is a dedicated team member and has been unsuccessful in his or her senior year and previous years to earn a varsity award. This will be determined by the coach. (A senior, without previous participation may not decide to participate his or her senior year for the sole purpose of receiving a varsity award.)
6. An accumulation of six (6) varsity letters will qualify an athlete for the senior award provided that he or she is a worthy recipient.

ACKNOWLEDGEMENT OF RISK

_____ has my permission to participate in
(Student's Name)
_____ during the _____ season.
(Name of Sport) (Year)

My child has viewed the film, Informed Consent. The purpose of this film is to make students and parents aware of the risks and injuries common to physical activity and athletic participation.

I realize there is a possibility that my child may suffer mild to severe injury, paralysis or death, as a result of participating in physical activities during physical education class, intramurals or interschool athletic competition.

Student Signature Date

Parent Signature Date