

BEACON ATHLETICS



STUDENT ATHLETE & PARENT HANDBOOK

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Dear Athletes and Parents,

Welcome to the Beacon City Schools District's Athletic Program. This information is presented to you because of your expressed desire to participate in interscholastic athletics. Your interest in this phase of our school program is gratifying. We believe that participation in athletics provides the opportunity for developing lifetime skills that will help students in becoming well-rounded individuals capable of making decisions and handling problems. These skills will enable you to lead a happy and prosperous life.

The main goal for the Beacon Interscholastic Athletic program is to provide competitive experiences that are fun, successful, and promote individual growth within a safe and healthy environment. These experiences will become high school memories that will last a lifetime.

When you son/daughter chooses to participate in one of our sports programs, they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with the specific policies and rules necessary for a well-organized program of interscholastic athletics. Our program is governed by the New York State Public High School Athletic Association and the Beacon City School District Board of Education.

Rombout Middle School and Beacon High School are members of the NYSPHSAA and Section One. We compete as Class A school, and our League affiliation is Conference I.

If you have any questions or concerns regarding the Beacon Athletic Program or this handbook, please contact me at 838-6900, ext 3218.

Sincerely,

Marty Nemecek

Director of PE, Athletics,
Health Services, and Recreation

**BEACON CITY SCHOOL DISTRICT
STUDENT/ATHLETE – PARENT
ATHLETIC HANDBOOK**

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I. Beacon Athletic Department Philosophy

- ❖ Modified Program – This program is available to all students in the seventh and eighth grade. At this level, the focus is on participation, learning athletic skills and game rules, fundamentals of team play, social and emotional growth, physiologically appropriate demand on the adolescent body and healthy competition.

In certain modified sports, “cuts” are made to determine team rosters.

- ❖ Junior Varsity Program – This program is intended for those who display the potential of continued development into productive varsity level performers. At this level, athletes are expected to have visibly committed themselves to the program, team, and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, in addition to social and emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level. The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. With the goal of becoming a varsity player clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.
- ❖ Varsity Program – A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a strong commitment. The components of the philosophy of the junior varsity program are further developed and enhanced at the varsity level. In the determination of the team roster, participation on the varsity team during the previous year does not guarantee a spot on the team the subsequent year. Those demonstrating the best level of skill and attitude will be selected.

II. NYSPHSAA Eligibility Rules

Additional state regulations may be found in NYSPHAA’s Handbook (www.nysphaa.org). In order for a student to be eligible to participate in an interscholastic sports program he or she must:

- Bona Fide Students – As per the Regulations of the Commissioner of Education 135.1g: Means a regularly enrolled student who is taking sufficient subjects to make an aggregate amount of three courses and who satisfies the physical education requirement.

- **Age** – a student shall be eligible for inter-school competition in grades 9, 10, 11, and 12 until his/her nineteenth birthday. If the age nineteen years is reached on or after July 1, the student may continue to participate during that year in all sports.
- **Duration of Competition** – a student will have four consecutive seasons of each sport beginning with the season in which the student entered grade 9. If in 7th grade a student may go through the Athletic Placement Process (APP). Students who have qualified will have 6 seasons beginning with participation in grade 7.

III. NYSPHSAA Sportsmanship

Individual players who commit serious violations of their responsibilities as participants may be subject to disciplinary actions per NYSPHSAA and Section 1 regulations. More information can be found at www.nysphssa.org and/or www.swboces.org

IV. School District Policies and Student Responsibilities and Requirements

A. Beacon School District Sportsmanship Policy

The Beacon School District Interscholastic Athletic program is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all sports activities, which run counter to the best values of athletic competition in order to ensure 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 interscholastic athletic 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 schools reprimand, probation, suspension from a particular sport, or suspension from interscholastic athletic activities.

Parent/Spectator Code of Behavior/Ethics

It is the responsibility of the parent/spectator to:

1. Keep cheering positive. There WILL be no profanity or degrading language/gestures.
2. Avoid actions that offend visiting teams or individual players. Ex: No name-calling, specific numbers, etc.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Those spectators or parents deemed detrimental to the values of good sportsmanship will be removed from a contest or suspended from further contests.

Student-Athlete Code of Behavior/Ethics

It is the responsibility of the student/athlete to:

1. Demonstrate self-control and respect for others at all times be they officials, spectators, or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Opponents must be treated with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of 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. The use, abuse and resulting negative influence of drugs, including alcohol and tobacco, is detrimental to the game and its participants and will result in removal from the team or activity.

B. Health Clearance Procedure

***ALL HEALTH REGISTRATION MUST BE DONE BY USING "FAMILY-ID". <https://www.familyid.com/pages/home>**

1. **Health Appraisal (Physical)** - Athletes are required to have a complete physical examination, either by their personal health care provider or the school practitioner, and the physical record must be on file with their school nurse prior to the start of the sport season. A physical is valid for one year, until the end of the month in which it was performed by the health care provider.
2. **Health History Form** - Athletes are also required to submit a complete Health History form, signed by their parent or guardian, to their school nurse before the start of every sport season in which they intend to participate. This form cannot be submitted more than 30 days before the start of the sport.
3. **Final Approval** - Once the forms noted above are submitted to the school nurse, they will be reviewed along with the student's health record and submitted to the school practitioner for final approval. If there are any medical concerns or unresolved medical issues, the athlete will need to obtain medical clearance from their private health care provider and the school practitioner will then reevaluate the case.
4. **Coach Notification** - Once an athlete completes the health clearance process, the school nurse will notify the coach that he/she can participate.

*The "Family ID" registration web-site can be found on the District's website under Athletics or Nurse.

STUDENTS CAN NOT TRY OUT UNTIL THE HEALTH CLEARANCE PROCEDURE HAS BEEN COMPLETED.

C. School Attendance

1. Any athlete who is absent from school **may not** participate in a contest or practice session that day.
2. Athletes must be in school and signed in by 11 AM to be eligible to practice or participate in any contests. Students must be in attendance for a minimum of four (4) periods to be eligible to practice or participate in contests. This does not apply when a student leaves school early due to illness. In this case, no matter how many periods of school they have attended, they will not be allowed to practice or participate in contests that day.

3. Tardy to School: Any student who is consistently tardy to school is subject to the Beacon High School Code of Conduct as described in the high school student handbook. The enforcement of this provision of the Code of Conduct may result in an athlete being declared ineligible to practice or compete.
4. An athlete **must** be in school on Friday to play in a Saturday contest.
5. An athlete must be in school the day before a vacation to be eligible to play in any contest during vacation.
6. The only exception to this rules 1, 2, 4 and 5 will be when an absence or lateness is for reasons beyond the control of the athlete, ie: college visitations, funerals. Participation will be allowed with **PRIOR CONSENT** from the Athletic Director. (24 hour notice)
7. If an athlete has received an **out-of-school suspension**, he or she is also **suspended** from the team for the corresponding number of days, thus being ineligible to go to practice or to compete in any contest during that time until the suspension is terminated.
8. Any athlete who receives a second **out-of-school suspension** during the same season shall be expelled from the team.

D. Practice and Contest Responsibilities

Players are expected to attend all practice sessions and contests or other squad functions unless excused. High school athletes are expected to dedicate themselves to the current in-season sport in which they are participating; participating in other productions, events, or athletic programs may result in the athlete losing playing time and/or their position on the team as per the discretion of the head coach.

1. It is the responsibility of the player to notify the coach in advance of his/her anticipated absence/tardiness from any squad activity. On non-school days, it is the obligation of the player to notify the coach, directly if possible, when he/she will be absent from practice or a contest.
2. It is at the in-season coaches' discretion to allow student-athletes to participate in other athletic off-season workouts, recreation leagues, or any other extra-curricular activity. Failure to abide by the head coaches decision may result in losing playing time and/or their position on the team.
3. Athletes are expected to arrange doctors, dentists, interviews, test appointments, visitation, etc. so as to avoid conflict with practice and contest responsibilities. If this is not possible, the athlete must notify the coach in advance.

4. Athletes who miss team practices, games or functions during the sport season are subject to losing playing time and/or their current position on their team as per the discretion of the head coach. Athletes are expected not to miss required practices/games during their season for vacation or non-emergency reasons.
5. It is the responsibility of the student-athlete to be on time for all practices and contests. Coaches will discipline athletes that are excessively late. Athletes who arrive late to team functions are subject to losing playing time as per the discretion of the head coach.
6. Student-athletes are expected to participate in their sport from the first day of scheduled practice, until the competition of state level competition if the team or athlete is qualified.
7. If conflict with current in-season sports can be avoided or permission is granted by the current in-season head coach, students are encouraged to attend off-season involuntary workouts whenever possible. Not attending these workouts will have no bearing on whether or not a student will make the team, however, the student's participation, effort, behavior, punctuality, and physical abilities during the off-season involuntary workouts may be referred to during overall team decision making process.

E. Equipment, Facility and Personal Property Responsibilities

Athletes are responsible for all equipment issued to them. They should not expect managers, coaches or others to assume that obligation.

1. Failure to return all or any part of the uniform issued or failure to make restitution for said uniform will preclude your ability to participate in future BCSD athletic programs.
2. Lost, stolen, misused, damaged equipment will be charged to the individual responsible for it and he/she will be required to make restitution. The athlete will be charged for equipment at replacement value.
 - a) Damaged equipment: It is expected that all equipment be returned in the condition in which it was distributed within reason. Normal wear and tear is expected but outright damage and destruction will not be accepted.
 - b) Damaged uniforms: It is expected that uniforms will be returned clean and without damage. Normal wear and tear is expected but outright damage, destruction, and discoloration will not be accepted.

F. Physical Education Class Failure:

1. Athletics is an outgrowth of the Physical Education Program. Those students demonstrating outstanding skills, attitude, and effort are encouraged to participate in athletics. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports, and team sports. Because of the importance of physical education, all athletes will be required to participate and pass physical education throughout the year. Athletes who are illegally absent from school will not be permitted to attend practices or contests on the day of the absence. Any athlete failing physical education will be automatically suspended from participation until a passing grade is earned. If the student should repeat the cycle of failing within the same season they will be dismissed from the team. No student will be considered for tryouts for any athletic program who is failing physical education. If a student is failing due to medical reasons they will be allowed to attend practice but cannot participate in any scrimmages or contests until eligibility status has been restored.

G. Transportation Regulations

1. Only coaches and individuals on the team roster may ride on the school bus to and from away contests.
2. All team members must be transported on District vehicles to and from away contests. Only parental requests, in the event of extenuating circumstances, will be honored for any deviation of this policy. Only parents, legal guardians or family member can pick up athletes with prior approval from the Director of Athletics and they **MUST** be indicated in the area of **"Emergency Contact"** on Family-ID.
3. It is the responsibility of the coach to see to it that athletes remain seated and orderly on the bus and that they do not reach or yell out the windows.
4. Parents or legal guardians may transport their child (and their child ONLY) back from away contests after signing out their child with the coach.
5. Any deviation from the district transportation policy must be pre-approved by the Director of Athletics, 24-48 hours prior to the contest.

New York State Education Law

Where the district has provided transportation to students enrolled in such district to a school sponsored field trip, extracurricular activity or any other similar event, it shall provide transportation back to either the point of departure or to the appropriate school in the district, unless the parent or legal guardian of a student participating in such event has provided the school district with written notice, consistent with district policy, authorizing an alternative form of return transportation for such student or unless intervening circumstances make such transportation impractical. In cases where intervening circumstances make transportation of a student back to the point of departure or to the appropriate school in the district impractical, a representative of the school district shall remain with the student until such student's parent or legal guardian has been (a) contacted and informed of the intervening circumstances which make such transportation impractical and (b) such student had been delivered to his or her parent or legal guardian.

H. Procedures for Reporting Injuries and Filing Claims

1. An athlete must report an injury to the coach or athletic trainer immediately.
2. An accident report must be filed by the coach and returned to the school nurse.
3. The Board of Education maintains a student accident insurance policy. The school nurse will process the necessary insurance forms based upon the accident report from the coach.
4. It is the **responsibility** of the injured student's parent or guardian to complete the claim form within 90 days of the accident and send it to the specified school insurance company. Students are covered by school insurance only after their own medical insurance has been used. For further transactions a parent or guardian may contact the Beacon City School District Office at (845) 838-6900.
5. Once an accident report has been submitted to the school nurse, an athlete cannot return to play until they have been evaluated by their private health care provider and they have provided the school nurse with a clearance note from the provider.

I. Concussion Policy

The following New York State mandated concussion management policy should be followed for all student athletes in the Beacon City Schools that display signs and symptoms of a head injury. This includes interscholastic athletes as well as students in physical education classes.

Concussion Management

1. Athletes will be medically evaluated immediately following all head injuries using the Concussion Checklist.
2. If the athlete shows ANY signs or symptoms of a head injury or concussion, he/she will not be allowed to return to play in the current game or practice.
3. Depending on the athlete's condition, EMS will be summoned or the athlete will continue to be monitored until he/she is picked up by the parent, or guardian, or their designee (over the age of 18).
4. A head injury warning sheet will be given to the adult that picks up the athlete.
5. A follow up call will be made by the person that cared for the athlete within 24 hours of the injury.
6. The injury must be reported to school nurse. See section - Procedure for Reporting Injuries and Insurance Claims
- 7. The athlete must follow the return to play protocol.**

Return to play Protocol

- During the first few days following a head injury or concussion physical and cognitive rest is required. Activities that require concentration and attention may exacerbate the symptoms and delay recovery.
- Once an athlete provides the school nurse with a note from his/her healthcare provider stating that he/she is medically cleared to return to sports and he/she has been symptom free for a minimum of 24 hours without the use of any medication, the return to play protocol can begin.
- It is a six step process which will take a minimum of 7 days from day of the injury, and it will be monitored by the school athletic trainer.
- The athlete will only continue to the next step, on the next day, if he/she is asymptomatic. If any post-concussion symptoms occur, the athlete will return to the previous step at which he/she was asymptomatic and can try to progress again after 24 hours.

- Step 1. No activity, complete rest.
- Step 2. Light aerobic exercise such as walking or stationary biking.
- Step 3. Moderate sport specific exercise such as jogging or briefly running.
- Step 4. Non-contact activities.
- Step 5. Full contact practice.
- Step 6. Game play.

- Once an athlete has successfully completed the return to play protocol, the school athletic trainer will submit the completed checklist to the school nurse for final processing.

J. Academic Eligibility

1. ***Philosophy*** – This regulation is intended to be remedial as opposed to punitive. Students who become academically ineligible will have the opportunity to regain their full eligibility status.
2. ***General Academic Eligibility Statement*** – The Beacon Academic Eligibility regulation is a mandatory part of the Athletic Program and for participation in Co-Curricular Activities in Beacon High School and Rombout Middle School. It is required that all students maintain a level of eligibility in order to participate in the Athletic Program and Co-Curricular Activities.
3. ***Eligibility Statement*** – In order for a student to maintain eligibility, he/she must be failing NO MORE than one (1) subject at any time during the season or activity he/she participating.
ALL subjects carry equal weight in determining eligibility.
 - A) Any student failing two (2) or more subjects is academically ineligible for a period of 5 week.
 - B) However, after two (2) weeks the ineligible student may apply for full eligibility status by having a Teacher Recommendation Form signed by the teacher(s) of the class' he/she is failing as well Building Principal.
 - 1) **During this two-week period the student must be seeking extra help, handing in homework assignments, completing all quizzes or tests and not have any illegal absences from the class' he/she failing.**

- 2) **At any time after the two-week period, the teacher and Building Principal may recommend the student for full eligibility status. The student does not need to be passing if he/she has met the above criteria and has the recommendation of the teacher whose class' he/she is failing.**
- C) Ineligible students may practice but cannot play in any scrimmages or contests and participate in any Co-Curricular Activity (i.e. play, field trips).
- D) Students who are ineligible for two consecutive marking periods are not entitled to the two-week probationary period and, therefore, are ineligible for five weeks. During this time students will not be permitted to participate in any manner.
- E) The determination of a student's eligibility status will be done via the Progress Reports and issuance of the Report Cards. Notification will be made no more than two days after the dates designated in the Beacon High and Rombout Middle School handbook.

K. NCAA Initial-Eligibility Clearinghouse

Student athletes must register with the NCAA Initial-Eligibility Clearinghouse to be eligible to play NCAA Division I or Division II sports in college. (Athletes playing in NCAA Division III do not have to register.)

The NCAA Initial-Eligibility Clearinghouse is the organization that determines whether prospective college athletes are eligible to play sports at NCAA Division I or Division II institutions. It does this by reviewing the student athlete's academic record, SAT or ACT scores, and amateur status to ensure conformity with NCAA rules.

The NCAA recommends that student athletes register with the clearinghouse at the **beginning of their junior year** in high school, but many students register after their junior year. There is no registration deadline, but students must be cleared by the clearinghouse before they receive athletic scholarships or compete at a Division I or Division II institution.

For more information regarding the rules, please go to <http://www.ncaa.org/>. Click on "Academics and Athletes" then "Eligibility and Recruiting." You may also visit the Clearinghouse website at <http://www.ncaaclearinghouse.net/> .

L. Coaches/Team Communication

Coaches may use the following "Cell Phone APPs" to communicate with their teams:

- **"TEAM APP"**
- **"REMIND"**

V. Interscholastic Code of Conduct

All students/athletes in the Interscholastic Athletic Program of the Beacon City School District are subject to the following Code of Conduct.

A. Dignity Act

The Dignity Act prohibits discrimination and/or harassment of students on school property and at school functions by students and/or employees. However, harassment can include, among other things, the use, both on and off school property of information technology, including, but not limited to, e-mail, instant messaging, blogs, chat rooms, pagers, cell phones, gaming systems and social media websites, to deliberately harass or threaten others. This type of harassment is generally referred to as cyberbullying. Although the Dignity Act does not specifically address cyberbullying, it is considered a form of harassment, like bullying.

B. Substance Use and Possession

Participants are not to use, or be under the influence of alcoholic beverages, illegal substances (drugs), tobacco products or performance enhancing drugs. This provision is in effect at the start of the fall season through the last day of the spring season, regardless of whether the athlete is participating in that sport season. Suspensions carry over from season to season and school year to school year.

Any violation of the above Substance Use and Possession Policy will result in the following:

- **First Offense** – Two week suspension from participation (practices and contests). On the first offense, students may have their suspension reduced to as little as one week providing they complete an intervention/education program offered by the Guidance Department.
- **Second Offense** – Removal from the athletic program for one sport season or two months whichever is longer.
- **Third Offense** – Removal from the athletic program for one year.

C. Behavior Code

1. Conduct unbecoming an athlete as per the Beacon City School District Code of Conduct and summarized in the Beacon High School and Rombout Middle School Student Handbooks.
2. Conduct unbecoming an athlete as per the Student Athlete Handbook.
3. Fighting.
4. Abusive language directed at a coach, staff member, spectator, or student.
5. Unsportsmanlike behavior.
6. Direct insubordination to coach.
7. Possession of stolen property.
8. Violation of Dignity Act

Any violation of the above Behavior Code will result in the following:

- **First Offense** – suspension for one or more contests.
- **Second Offense** – One or more week suspension from participation in contests and practices.
- **Third Offense** – Suspension from participation in the athletic program for one year.

VI. Student-Athlete Appeal Procedures

This is the procedure to be followed in the event that a student feels they have been expelled unjustly from an athletic squad.

1. Within five days, parents or guardians must make a written appeal to the Athletic Director to review the case.
2. The Athletic Director will review the case and determine whether the appeal necessitates further discussion. If so, an Appeal Board consisting of a neutral coach, the Athletic Director and a building administrator will meet with the coach involved and the student-athlete's parents or guardians.
3. The Appeal Board will either agree with the coach's decision or reinstate the athlete to the squad.

VII. NYS PHYSA - Athletic Placement Process (APP)/BCSD Procedure

1. Coaches Recommendation
2. Athletic Directors Approval
3. Parent/Guardian Permission Slip
4. Physical Maturity Form
5. Coaches Sport Skill Evaluation
6. Physical Fitness Testing
7. Notification

The APP can be read in its entirety at:

<http://www.p12.nysed.gov/ciai/pe/documents/Athletic-Placement-Process.pdf>