

F.D.R. HIGH SCHOOL HAVILAND MIDDLE SCHOOL

Student Athlete Handbook



Home of the Presidents

HYDE PARK CENTRAL SCHOOL DISTRICT

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HYDE PARK SCHOOLS



DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, AND ATHLETICS

HOME OF THE PRESIDENTS

Amy McArdle-Rausenberger, Ph.D.
Director of Physical Education, Health & Athletics (845) 229-4020 ext. 6880/6881

Dear Parents and Student-Athletes,

Welcome to the Hyde Park Central School District Interscholastic Athletic Program. Our district recognizes that athletics are an excellent learning experience. We hope that we can meet the needs of the students and promote their optimum physical, mental, and social development.

Parents and student-athletes are encouraged to carefully read the entire Athletic Handbook. This booklet contains information that will be important throughout the sports season.

For your convenience, please logon to the MHAL website at www.mhal.info. This website provides access to scheduling information, game times and site directions.

If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact me at 845-229-4020.

Thank you and have a great season,

Amy McArdle-Rausenberger, Ph.D..

Amy McArdle-Rausenberger, Ph.D.
Director of Physical Education, Health and Athletics

Profile

F.D.R. High School offers athletic opportunities for students primarily in grades 9 through 12 on varsity and junior varsity level teams. Haviland Middle School offers athletic opportunities for students in grades 7&8 on modified teams.

FDR currently sponsors the following activities for the fall, winter and spring seasons:

Fall	Winter	Spring
Cheerleading Cross Country (Boys and Girls) Football Golf (Boys) Soccer (Boys and Girls) Swimming (Girls) Volleyball (Girls)	Basketball (Boys and Girls) Bowling (Boys and Girls) Cheerleading Gymnastics Indoor Track (Boys and Girls) Swimming (Boys)	Baseball Crew (Boys and Girls) Lacrosse (Boys and Girls) Softball Tennis (Boys) Track (Boys and Girls)

Haviland sponsors the following activities for the fall, winter, and spring seasons:

Fall	Winter	Spring
Cheerleading Cross Country (Boys and Girls) Football Soccer (Boys and Girls) Volleyball	Basketball Cheerleading	Baseball Softball Track (Boys and Girls)

Mid Hudson Athletic League — Section IX

Hyde Park Central School District competes as a member of the New York State Public High School Athletic Association, the state governing body for interscholastic athletics and activities, which is directly responsible to the State Education Department (SED) and the Commissioner of Education. The NYSPHSAA is comprised of eleven sections/chapters in the NY. Hyde Park Central School District is a member of Section IX, specifically the Mid Hudson Athletic League (MHAL).

For interscholastic athletic competition, schools are grouped by enrollment. Currently, FDR competes as an AA school, the largest classification. We are governed by the rules and regulations set forth by the State, Section, and League, as well as Hyde Park CSD policies.

For most sports, Hyde Park Central School District is a member of the MHAL. The schools in this league are:

Coleman High School	Ellenville High School	<i>FDR High School</i>
Highland High School	Marlboro High School	Millbrook High School
New Paltz High School	Onteora High School	Pine Plains High School
Red Hook High School	Rhinebeck High School	Poughkeepsie HS
Saugerties High School	Spackenkill High School	Rondout High School
Webutuck High School		Wallkill High School

For Indoor Track, Lacrosse, and Swimming, FDR/HMS belongs to the O.C.I.A.A. The schools in that league are:

John S. Burke	Florida	Middletown	Pine Bush
Chapel Field	Goshen	Minisink	Port Jervis
Chester	Greenwood Lake	Monroe Woodbury	Roscoe
Cornwall	Kingston	Narrowsburgh	Sullivan West
Delaware Valley	Liberty	Newburgh	Tri Valley
Eldred	Livingston Manor	O'Neill	Tuxedo
Fallsburgh	Family School	Monticello	Valley Central
Warwick	Washingtonville		

Philosophy of Athletics

The HPCSD recognizes that athletics are an excellent learning experience. We believe that athletics are an extension of the classroom and that they contribute greatly to the overall education of the student-athlete. Athletics should provide opportunities for students to develop their talents in a structured program under the guidance of competent coaches. By supporting more than just a varsity-level team in most sports, a large number of students can participate in athletics and develop skills they can use well into adulthood.

Interscholastic athletics are privileged activities involving great amounts of time and effort. It is important for all those involved to remember they represent the Hyde Park CSD and the community it serves. Therefore, all athletes are to demonstrate good citizenship and the finest displays of sportsmanship at all times.

We believe that athletics are not only about competition between individuals or teams representing different schools but also about the philosophy that discipline, good character and hard work result in eventual success. The motivation necessary to develop teamwork, leadership qualities and special skills in the pursuit of excellence, is most often exemplified by striving for victory. Ultimately, however, winning is secondary. Guiding the team to attain maximum potential is the ultimate goal. We will strive to provide an opportunity for the complete development of the student-athlete – personally, academically, and athletically. Mindful of both the positive contribution of athletics and the potential for undesirable consequences, we hereby set forth the goals of our athletic program.

Hyde Park CSD – Athletic Department Goals

- To recognize and support the role of athletics as a vital part of the education process.
- To provide a well-planned and well-balanced program for as many secondary students as possible, consistent with available facilities, personnel and financial support.
- To promote athletic competition as part of the total education program and to be concerned with the total development of the student.
- To develop the desire for excellence among athletics in terms of team play, fair play, sportsmanship and character development.
- To encourage competition, not only for the tangible rewards but also for the intrinsic values that make athletic competition valuable and worthwhile.
- To develop the proper attitudes towards individual health habits, appearance on and off the field, and citizenship in and out of school.
- To conduct a sports program in accordance with the letter and the spirit of the rules and regulations of our school, MHAL, Section IX, and the NYSPHSAA.

With these goals in mind, the student-athlete, coaches, and administration will work together to abide by the regulations and goals of the sports program. Participation in the athletic program is a **privilege** that must be continuously earned by student-athletes and coaches. By adhering to these goals and standards of conduct, we will maintain the best possible climate for personal growth, spirited competition, and loyal community support.

Modified Athletics:

Modified athletics include seventh and eighth grade students. This program introduces students to a healthy form of competition. During these years the demands are of a minimal nature. The objective of this level is to give as many students as possible the ability to participate in as many sports as possible.

Coaches should hold athletes accountable for their team commitment in terms of practice and games. Time should be spent on basic skills and strategies of the sport. Game experience should be a large part of this program for all, but is still must be earned through hard work and dedication.

Junior Varsity:

The junior varsity experience is a more intense experience paralleling that of a varsity program without the additional stress caused by the media, public attention and championship titles. These athletes are expected to eventually take the final step to varsity. Junior varsity teams are made up of primarily freshmen and sophomores. However, it is possible to have juniors and even seniors on a junior varsity team. Athletes should always be placed on teams according to their individual ability, not grade level. Playing time at this level will most likely be given to top performers, hard workers and dedicated players. It will not be equal for all.

Varsity:

The varsity experience is the most intense level of competition featuring divisional and league titles, individual state, section and league awards as well as the added pressure of a supportive community featuring newspaper and media coverage. This level team has the highest expectations in terms of team dedication, discipline, skill, knowledge, ability and citizenship. The highest level of sportsmanship and overall positive citizenship is essential. This level usually consists of eleventh and twelfth grade students.

The competitive nature of this program may lead to unequal playing time. Coaches will base their decisions on what is best for the team, program, and the athletes. Decisions are based on many factors inclusive, but not limited to, team dedication, attitude, skills, fitness and knowledge and leadership abilities.

Athlete/Parent/Coach Communication

With involvement in the Hyde Park Central School District Athletic Programs, some of the most rewarding experiences will be developed. There will be times when things do not go the way you or your athlete wishes. If there is a disagreement between coach and player or parent, the following steps must be followed to resolve the situation:

1. The student should speak with their respective coach.
2. Next, the parent should call the coach to set up an appointment. If the coach cannot be reached, call the athletic office to ask for assistance in setting up the meeting. *Please do not attempt to confront a coach pre/post contest or practice. These times can be emotional for both the parent and coach. These types of meetings do not promote resolutions.*
3. If these concerns are not resolved, the student or parent should set up an appointment with the athletic director to discuss the situation.
4. If necessary, student or parent requests a joint meeting with the coach and the director of athletics.
5. If necessary, student or parent informs the principal of situation in writing, and the principal can call together all parties for a meeting.

Coaches and school administration believe that following this procedure offers the best chance for positive resolution of problems. Note following these steps may delay resolution.

NOTE► Nothing in this provision supersedes the authority of the principal or other administrator to discipline a student-athlete or the policies and procedures set forth in the Student Code of Conduct.

Parent Meetings

At the beginning of each season, the coaches will conduct a parent information meeting. This meeting's agenda will cover the following: coach's rules, athletic standards of conduct, student eligibility provisions, and the risk of injuries, transportation policy, season schedule, and any other information pertinent to a particular sport.

Related Publications

The Mid Hudson Athletic League website has listings of schedules, directions to events, etc. League member schools and their individual representatives are required to observe and comply with its policies. League schedules are also available on the OCIAA website.

Locally, Hyde Park Central Schools maintains a student handbook with current school rules and regulations regarding student behavior.

For more information on a specific regulations or game schedules, visit these websites:

- Mid Hudson Athletic League (MHAL): <http://www.mhal.info>
- Orange County Interscholastic Athletic League (OCIAA): <http://ociaa.ouboces.org>
- Section IX: <http://ociaa.ouboces.org/IXPAGE.HTML>
- Hyde Park Central School District: <http://www.hydeparkschools.org>

Eligibility

Hyde Park offers students in grades 7 through 12 the opportunity to participate in interscholastic athletics provided they meet the following New York State Public High School Athletic Association (NYSPHSAA) individual eligibility rules. The NYSPHSAA Handbook contains interpretations and exceptions for many of the individual eligibility rules to aid students and schools in complying with them.

Highlights of the NYSPHSAA “Individual Eligibility Regulations: General Rules Applicable to All Students”

Bona Fide Student Rule

A student must be enrolled in and in good standing in the school he or she represents. The student must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program at two schools may represent only the home school.

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

College

A student is no longer eligible to represent that school in that sport season if the student participates in practice/competition with/or against any college athletic squad during that season.

Health Examination

A student who may engage in interschool competition must receive an adequate health examination and health history update when required, and may not participate or practice without the approval of the school medical officer.

NOTE: The physicals shall be valid for a period of 12 months. Unless the medical examination is conducted within 30 days of the start of the season, a health history update is required.

Amateur Rule

A student who represents a school in an interscholastic sport shall be an amateur. An athlete forfeits amateur status in a sport by:

- Competing for money or other compensation.
- Receiving an award or prize of monetary value which has not been approved by the N.Y.S.P.H.S.A.A.
- Capitalizing on athletic fame by receiving money or gifts of monetary value.

15 Signing a professional playing contract in that sport.

Age and Grade Rule

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

Transfer Rule

A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (other persons shall reside for 6 months) shall become eligible after starting regular attendance in the second school.



Here's the Bottom Line:

**TO BE A PRESIDENT
YOU MUST:**

1. Be a full-time, regular bona fide student in good standing academically, behaviorally, and emotionally at FDR
2. Complete a school physical
3. Fill out and return all the necessary forms
4. Maintain a clear mind and well-conditioned body
5. Commit to being part of a team
6. Read and abide by all the rules in this handbook

Required Forms

Athletic Participation/Parental Consent/Physical Examination Form

All student-athletes must submit to the school nurse completely filled in and properly signed, prior to participating in any practice or tryout. No other forms are acceptable, and no exceptions will be made. This form is available in the nurse's office.

► Penalty for providing false information

Any student, parent or guardian who gives false information, written or verbal, regarding a student's eligibility will cause that student to be declared ineligible at FDR/HMS for a period of up to one year from the date the information is certified as being false. This penalty applies to any MHAL eligibility rule and includes attempts to use fake, forged or expired physical exam information.

Publicity Consent Form

By signing the acknowledgement form, parents and students give their consent for their picture, name and likeness to appear in school or athletic publications. Consent is not mandatory, but parents or a guardian must complete and return the form prior to the athlete's participation in any scrimmage or contest (Appendix F).

Athletic Handbook Acknowledgment Form

Hyde Park Central School District requires student-athletes to read and abide by the Athletic Standards of Conduct Code (Appendix A) and read and sign the Athletic Handbook Acknowledgment Form (Appendix F) prior to athletic participation. Signed forms need to be given to the appropriate sports coach.

Health History and Status Review (Supplement to Physical Exam Form)

Any changes in a student's medical or physical condition must be provided to the coach using this form (Appendix C).

Student-Athlete Drop Form

Any student dropping a sport must complete this form and return it to the director of athletics (Appendix E).

Tryouts

Students must meet all eligibility requirements, including having the results of a valid physical exam on file, in order to try out for a FDR HS athletic team. Because there is no guarantee a student will make the team, the school does not reimburse a student for any expense associated with trying out—including, but not limited to, the cost of the athletic physical or equipment purchased in anticipation of making the team.

Procedures

The dates, times and format for team tryouts are posted by the respective coaches and director of athletics via signs in the school and on the school's PA system or a letter home. Prospective athletes must follow the tryout procedure set by the coaches. Absences from tryouts for any reason may hinder a student's chances of making the team. Athletes should discuss matters of this type with the coach and director of athletics. Candidates are expected to be present for all sessions. Weather conditions may necessitate an indoor format and may extend the tryout period.

The goals of the tryout process are:

- 15** To judge the relative ability of the candidates and determine which candidates are likely to contribute the most to the program.
2. To select the candidates that will benefit the most from the experience.
3. To maintain a roster size that maximizes practice and playing opportunities for participants.
4. To maintain a roster size that can be properly uniformed and equipped within the constraints of the athletic department budget.

Drops

A 'drop' is defined as a decision by an athlete, parent or guardian that the student will no longer participate in the sport for the remainder of that season. When dropping from a team, an athlete must discuss the situation with the coach before the drop is finalized. If the drop is finalized, all equipment that was issued must be returned in good condition as soon as possible. Dropping from a team is a very drastic step that disrupts much of the work the team accomplished up to that point. A student-athlete and his or her parent or guardian should consult with the coach prior to making this decision.

The following policies stress the importance of making the decision to participate and to fulfill that commitment:

- An athlete **may not** drop from a sport that conducted tryouts and subsequent cuts, and then participate in another sport in the same sport season.
- An athlete wishing to change from one sport (that did not have a tryout and cut) to another sport during that season must request and be granted permission from each of the coaches involved.
- An athlete who drops from a team after the first scrimmage or contest (whichever is earlier) must meet with the director of athletics and his or her parent or guardian before he or she is allowed to participate in another sport in another season.

An athlete dropping a sport **MUST** fill out the drop form (Appendix E) and return it to the director of athletics.

Athletic Code and Training Rules

As a participant in the athletic program, a student-athlete receives special opportunities for personal development and, in return, agrees to abide by the athletic code (Appendix A) and training rules. Individual coaches may impose additional rules appropriate to their sport. The coaches will communicate these rules to the athletes and their parents or guardians.

The Hyde Park Athletic Department places a strong emphasis on good training habits, not only during the training season, but also for life. By staying physically fit and drug and alcohol free, student-athletes can perform their best and meet their responsibilities on the playing field and in the classroom. Student-athletes who do not adhere to these rules risk losing their eligibility to participate in athletics for part or all of the season.

Attendance at School

Athletes should maintain exemplary attendance records at all times. To participate in any after-school practice or competition, a student must be in school by 3rd period and remain in school for the rest of the day in order to participate in practice or game. If an athlete is dismissed from school prior to the end of the regular school day to attend an athletic event, he or she must have attended the entire school day prior to dismissal and must not leave school grounds prior to leaving for the event (which will be on school-provided transportation).

If an athlete must be absent from school for appointments or family emergencies, the principal or director of athletics may allow participation in the sport, with the following provisions:

- In the case of an appointment, a written request should be made in advance of the appointment.
- In the event of a family emergency, the student should contact the principal or director of athletics when he or she returns to school, and the principal determines whether participation in the sport is allowed.

Athletes suspended for any disciplinary infraction will not be allowed to practice or participate in any contest until reinstated back in school.

Academic Requirements

All athletes are expected to fulfill their academic requirements to the best of their ability. Every effort will be made to avoid disturbances to the academic program; however, they may occur. Students are responsible for academic material missed. It is the responsibility of the athlete to see their teacher prior to missing class. Athletes' primary responsibility is to their studies; therefore, they must give priority to make-up tests, tutoring sessions, reviews, etc.

Participation in practices or late-ending games is not accepted by the faculty as a reason to postpone taking a test or handing in a project. Generally, athletes know of assignments and exams well in advance, and part of being a quality student-athlete is managing time to achieve maximum performance, first in the classroom, and then on the field.

Academic Eligibility

HPCSD maintains high academic standards for all of its students. The academic eligibility policy applies to all students in all extra-curricular activities. A student's academic standing is reviewed every five weeks, using both the 10 week Grade Report and the 5 week Progress Report.

Eligible

Students who are passing all courses on their reports are considered eligible; they are able to fully participate in all extra-curricular activities without restriction.

Probationary

Students who are failing one course on their reports are considered Probationary; these students may continue practicing and competing with their organization. The student is required to complete a Weekly Eligibility Yellow Card. This serves as a check of the student's grades. This card must be given to the coach.

Restricted

Students who are failing two courses on the reports are considered Restricted; these students may continue practicing with their organization, but they are not allowed to compete with their team. In accordance with NYS policy, a student who is failing Physical Education is on Restricted status. A Restricted student is required to complete a Weekly Eligibility Yellow Card. If teachers' indicate he/she is passing all courses, or that the student is putting forth considerable effort to improve his/her academic performance, the student will be able to fully participate for one week, Monday to Monday.

Ineligible

If a student fails three or more courses, he/she is removed from all rosters. He/she may not attend practices or contests. Ineligible students are strongly encouraged to complete the Weekly Eligibility Yellow Card. The card will serve only as a check of the student's progress and will not entitle him/her to any temporary change in eligibility status. A student's parent or guardian may file an appeal on behalf of the child if they believe extenuating circumstances contributed to the failures.

Fall Eligibility

All students who are Restricted/Ineligible at the end of the school year will begin the following year on Restricted status.

Weekly Eligibility Cards

Cards are available in the Main Office and Athletic Director's office. Students who are listed as Probationary, Restricted, or Ineligible, **MUST** obtain this card by **Thursday noon**. They must request that each of their classroom teachers indicate if they are passing or failing at that point in time. The student **MUST** then **RETURN** the card to the Athletic Director's Office by the end of the school day on **Friday** for verification of their status for the week. Eligibility will run from Monday to Monday of the following week. Failure to complete the weekly card places the student on Ineligible status until the card is completed.

Appeals Process

Parents/Guardians of students who fail courses and become ineligible as a result may appeal their student's status if they believe extenuating circumstances caused that failure. The appeal is due five days after the student-athlete is notified of his/her status.

Practices and Contests

Schedules

Coaches make practice schedules available prior to the start of each sport's season. Changes to the schedule are communicated to team members as far in advance as possible. Parents should make every effort to schedule appointments around practice schedules. Athletes should be aware that there are practices and events on Saturdays and during holidays, as well as during school vacations.

Attendance

All athletes are required to attend all scheduled team practices and contests unless specifically excused for medical, religious, or other reasons deemed appropriate by the coach and/or director of athletics. Athletes should be prepared to practice on Saturdays and during school vacations. Athletes who miss practice will be subject to discipline by the coach and/or director of athletics. This policy does not apply to absences for religious reasons.

****NYSPHSAA** requires a minimum number of team and individual practices prior to entering competition with another school.

Practice Attire

For safety reasons, athletes should not wear necklaces, rings, earrings, or watches while training, practicing or participating in games. Athletes should bring appropriate clothing for workouts in various weather conditions and dry items for after practice. Members of outdoor teams must keep gym shoes in their lockers in case practice is moved indoors.

****Student Pick-Up Following Practices and Games****

Since the coaches or designated school officials are required to remain on site until all team members have vacated the premises, athletes and their parents must make transportation arrangements in advance. Habitual failure to be picked up on time may result in dismissal from the team. Parents should be on time for pick up after games and practices.

Dual Sport Participation

No athlete can participate in two or more sports seasons that run concurrently or nearly concurrently without special permission granted by the two coaches and the director of athletics.

Equipment and Uniforms

Team uniforms, warm ups, and equipment are the property of F.D.R. High School and should be treated with care. Student-athletes are required to follow the guidelines listed below to maintain their appearance and quality.

Care and Maintenance

- **Keep your uniform clean**—Follow the provided laundry instructions and wash your uniform regularly.

- **Wear your uniform only on game or meet days**—Uniforms and warm-ups are for game use only and not for street wear. They may not be worn for personal use as a jacket or for practice sessions.

- **Replace damaged equipment**—Look for and return any damaged equipment for replacement if no longer safe or functional.

- **Keep your uniform and equipment safe**—Each athlete is solely responsible for all the equipment and uniform components signed out in his or her name. Lost, stolen or intentionally damaged uniforms or equipment must be replaced at the athlete's expense.

- **Report any loss, theft or damage to your coach**—Lost, stolen, or intentionally damaged uniforms or equipment must be replaced at cost. Cost may include replacing a complete set when items cannot be replaced individually. The athlete is notified in writing of the amount he or she owes.

NOTE► The athletic department supervises maintenance and usage of sports-appropriate protective equipment, including mouth guards recommended for contact and collision sports.

Return Policy

All uniforms and equipment must be returned in good condition and on the date specified by the coach, or athletes are charged the replacement cost. Compensation is required *regardless of whether or not the athlete still has the item!* It is more beneficial to have the inventory item returned than to have the item paid for. Family cooperation is essential. Please make all attempts to locate and return all school issued athletic inventory at the end of the season.

Penalties

Failure to return equipment and uniforms in good condition and on time will result in the following consequences:

1. Athletes will not receive athletic awards.
2. Athletes are not permitted to practice or tryout for another sport until the school is compensated for all unreturned items.
3. Athletes will not be allowed to participate in extra curricular activities (school dances, proms, etc.) until all obligations are met.
4. Athletes may be required to pay a deposit before a subsequent season's uniform is issued.
5. The school may seek reimbursement for the equipment by all lawful means.

In addition, senior athletes who are delinquent returning their equipment at the end of the school year will not be issued caps and gowns until the equipment and uniforms are turned in and/or paid for. School transcripts will not be forwarded to colleges or specified institutions until student athletes' obligation is finalized.

Locker Room

Athletes should not leave personal items anywhere in the locker room, gym, hallways or field areas. The school will not be responsible for lost or stolen items. Report any missing items to your coach immediately. In-season teams will be responsible for the general cleanliness of the locker rooms. Team members may have to remain after practice or arrive on the weekends to remedy any problems.

All spiked or cleated shoes are to be taken off outside before entering the building/locker room. On muddy days, wipe off sneakers before entering. NO GLASS containers are permitted in the locker room.

When Hyde Park teams are competing, athletes should make every effort to avoid being in the locker room when it is being used as a team meeting space by another sports team. On days when Hyde Park hosts a visiting team, the physical education locker rooms will be off-limits to students one hour before the contest. Hyde Park athletes must remove any items in the locker room prior to this time. Any athlete entering a locker room after this time will be subject to disciplinary action as required. Please be considerate when the “away” team, our guests, is using FDR HS locker rooms. Do not enter the area under any circumstances. If an athlete must get into the locker room, he or she must see the director of athletics, coach, or an administrator; only they have the authority to let an athlete into the locker room when a visiting team is present.

Medical Clearance

The Commissioner’s Regulations mandate that all athletes must be given a physical examination prior to their participation in interscholastic athletics. State mandates require that the date of the actual physical examination must be current for the full upcoming school calendar year.

The school physician must approve all physicals. This process requires time and the athlete runs the risk of missing tryout dates when the medical clearance process is not completed in a timely manner.

If the athlete wants to ensure participation in tryouts, responsibilities must be taken care of in a timely fashion. There will be no exception to this state mandated policy, and no exception made for a student who does not meet the deadline for tryouts. Hyde Park Central School District forms are the only accepted forms to clear students for participation in athletics. Forms can be obtained from the coaches, athletic office or nurses’ office. Faxes will not be accepted.

PHYSICAL PROCEDURES

1. Obtain forms from the nurse’s office.
3. Fill out the “Athletic Permission Form”.
4. Return all completed forms to the nurse’s office.
5. The appointed district physician will approve physicals.
6. The nurses will give the clearances to the Athletic Director who will sign off and give to the coaches.
8. The Health History Form (medical update)- If the date of the physical examination is not within thirty (30) days of the start of a given sport season, the state requires that a medical update form be completed and on file in the school health office. This form is to be completed by the parent/guardian.

NOTE ► Please remember- this process takes time. No exceptions will be made. Waiting until the last minute, might result in the inability to participate on a school team for that season. The tryout period will start on the first day of the season.

Parking

Athletes driving to school MUST keep cars in restricted student parking areas. Athletes who violate this policy are subject to dismissal from the team and/or having parking privileges revoked.

Travel Rules***Away Contest Procedures and Transportation***

Athletes representing Hyde Park should dress and act appropriately at all times while visiting another school. Foul language and obscene gestures will not be permitted. Athletes who cannot conduct themselves appropriately will be prohibited from traveling/competing with the team.

Athletes are strongly advised not to travel with expensive jewelry, large amounts of cash, compact discs, Ipods, or other valuable items. An athlete who does so is responsible for the safekeeping of these items; Hyde Park CSD or the host school may not be held responsible for damage, loss or theft.

Transportation to all athletic contests is provided by the school via school bus, commercial coach, or rented vehicle. All athletes and support personnel must travel to and from the contest in school transportation. Athletes are not permitted to drive themselves, drive other students, or ride with other students to athletic contests. Athletes may only be released to their **OWN** parent at the conclusion of the event with the travel release form filled out. (Appendix D)

Athletes are expected to be ready to board the bus at the time designated by the coach. Coaches are instructed not to wait for tardy athletes. Habitually tardy athletes may face disciplinary action by the coach or director of athletics. Athletes are expected to travel to contests in appropriate attire as dictated by the coach. Coaches inform team members of the appropriate travel attire at a pre-season meeting or on the first day of practice. Spikes or cleats are not to be worn on the bus.

Overnight Travel

Occasionally, a team travels overnight for a contest or tournament. Athletes are held to all school policies for the duration of the trip. Essentially, the athlete will be “on school grounds” for the entire trip, and any violation of school policy triggers the appropriate disciplinary action by the school. If an athlete disrupts the team or is a danger to himself or others, the parent or guardian is called and the athlete is sent home. If the parent or guardian cannot pick the athlete up in a timely manner, the athlete may be placed on public transportation at the athlete’s expense.

N.Y.S.P.H.S.A.A. Code of Ethics

It is the duty of all student athletes in High School Athletics:

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

Student Athlete Code of Behavior:

- Be courteous to visiting teams and officials. Shake hands after the competition and congratulate them on their performance.
- Retain his or her composure at all times and never leave the bench or enter the playing field or court to engage in a fight. Improper behavior while in uniform reflects properly upon yourself, school and your community.
- Be modest when successful and be gracious in defeat.
- Understand and observe and abide by the rules and regulations of the game and the standards of eligibility.
- Respect the integrity and judgment of officials and accept their decisions without questions.
- Respect the facilities of host schools and the trust entailed in being a guest.

Spectator Code of Behavior:

- Realize that he or she represents the school just as definitely as does the member of a team, and therefore has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Recognize that victory or defeat is of secondary importance to the primary purpose of promoting the physical, mental, moral, social and emotional well-being of the players through the medium of competition.
- Treat visiting teams and officials as guests, extending every courtesy. Be modest in victory and gracious in defeat.
- Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

Coaches Code of Behavior:

- To promote good sportsmanship, by setting a positive example while coaching your athletes.
- To respect the integrity and judgment of the sports officials.
- To approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
- To recognize that the participants in individual or team sports are young men and women with human frailties and limitations, who are capable of making mistakes.
- To not use crude or abusive language with players, opponents, officials or spectators.
- To instruct the players in the elements of good sportsmanship and remove players from competition who demonstrate unsportsmanlike behavior.
- To avoid behavior that will incite players, opponents or spectators.
- To avoid and eliminate negative comments to radio, TV and newspaper reporters.

Penalties for Code, Handbook, and Training Rules Violations

Student-athletes at FDR High School and Haviland Middle School are subject to the same standards of student conduct that apply to all students. Student-athletes are further subject to standards of conduct described in this handbook, in the provisions of the school handbook and in the athletic department's training rules.

Because of the rigorous demands of competition and the responsibility to their team, athletes who violate these rules, in or out of season, may be denied the opportunity to become members of an athletic team for part or all of an athletic season.

There may be circumstances in which a student-athlete's behavior triggers consequences under more than one set of rules. It is necessary, therefore, to set a priority for application of these rules.

Violation of an athletic training rule or locally adopted rule contained in the Hyde Park Central School District Athletic Handbook

If a student-athlete violates an athletic training rule or a locally adopted rule contained in the athletic handbook, the coach, in consultation with the director of athletics and high school principal, determines an appropriate sanction.

The proposed sanctions may include:

- assignment of additional team responsibilities
- an assigned probationary period—during which a violation would trigger further sanctions
- suspension from practices or contests
- dismissal from the team

Penalties for School Disciplinary Action

An athlete may lose the privilege to participate in any athletic practice or contest as a disciplinary measure. Specific penalties associated with the following disciplinary actions are:

- ***In-school suspension***— An athlete serving an in-school suspension is *ineligible* to participate in any athletic practice or contest on the school day that the in-school suspension is served.
- ***Out-of-school suspension***— An athlete serving an out-of-school suspension is *ineligible* to participate in any athletic practice or contest for the duration of the out-of-school suspension.

An athlete declared ineligible by the principal/director of athletics is not allowed to practice with the team until eligibility is restored. (If a student-athlete is suspended on Friday, the student-athlete is ineligible to practice or compete on Saturday or Sunday unless eligibility is restored by principal and/or director of athletics.)

Section IX Unsportsmanlike Rule

“The N.Y.S.P.H.S.A.A. and Section IX recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the N.Y.S.P.H.S.A.A. and Section IX has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular and post-schedule play.”

A student-athlete who is ejected from a contest for unsportsmanlike behavior, including a basketball player who receives two technical fouls or a soccer player who receives a red card, may not participate or attend the next scheduled competition. The athlete is required to meet with the director of athletics on the next school day before he or she is allowed to practice again with the team.

Upon the second occurrence during the same season, the athlete is suspended from participation and attendance for the next two contests. The athlete and his or her parent or guardian is required to meet with the coach and the director of athletics prior to returning to practice.

A third occurrence during the same sport season results in the athlete’s dismissal from the team for the remainder of the season. The athlete and his or her parent or guardian are required to meet with the coach and the director of athletics prior to the student becoming eligible to participate in any other sport in Hyde Park. If the season has ended, the player cannot attend or participate in the next three scheduled contests in his/her next season of competition.

Any member of the squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. (Members of the squad include players, managers, scorekeepers, timers and statisticians).

Hazing

Hyde Park Central School District forbids hazing of any kind. Athletes determined to be a part of any hazing activity are removed from the team and face additional appropriate disciplinary action from the school. Violators are referred to the appropriate local authorities.

Theft & Vandalism

Any athlete found to have committed a theft or vandalism—no matter how inconsequential—on campus or at a visiting school, may be dismissed from the team and suspended from participation in the athletic program. Additional school or police action may also be appropriate.

It is well documented that injury is reduced and performance enhanced when health, fitness, and safety training are supported. Any changes in a student’s medical or physical condition must be provided to the coach using the Medical/Physical Update: Hyde Park Supplement to Physical Form (Appendix C).

Blood Drives

For safety reasons, athletes whose sport is in season are advised not to donate blood on practice or contest days.

Conditioning

The athletic department provides information for training and conditioning appropriate to the sport. A weight room is also available to help meet training requirements.

Injuries

The coaching staff endeavors to reduce the risk of injury by maintaining professional standards; however, as a condition of participating in sports, the athlete and his or her parent or guardian must sign the parental consent on the physical form. Participation in athletics may result in injury, paralysis or even death; choosing to participate acknowledges these risks.

Proper immediate care will help reduce the amount of time a student athlete will miss team competition. All injuries should be reported immediately to the coach, athletic trainer and school nurse. As often as possible, the athletic trainer provides first aid and injury assessment. Appropriate measures are taken in the event of an incident, and parents are called, if necessary. The selection of a physician or a facility for follow up treatment or rehabilitation is a personal choice, but consultation with the athletic trainer usually results in better medical decisions.

If an athlete receives an injury that prevents full or customary participation in practice or games, he or she will be placed on the school's "Restricted Activities List." The student may not resume full team activity until cleared to do so by a physician, the school's athletic trainer, the coach, the director of athletics and the parent or guardian. Any of these parties has the authority to restrict an athlete's participation.

Any student who suffers serious illness or injury is suspended from athletic participation until pronounced physically fit to participate by a physician. Athletes must complete and return the Medical/Physical Update form.

Nutrition

The Hyde Park Athletic department will:

- (1) encourage proper nutritional conditioning for the athlete's sport
- (2) encourage appropriate diets and hydration for athletic performance
- (3) discourage inappropriate diets for weight loss
- (4) discourage inappropriate performance-enhancing drugs and activities

Hyde Park Central School District Athletic Standards of Conduct Code

- Contribute all that you can to the athletic program, to the best of your ability.
- Conduct yourself in a safe, orderly and respectful manner at all times—both on and off the playing field.
- Respect school faculty, staff and fellow students. Maintain good attendance, seek excellence in academic performance and practice good citizenship. Promote the learning environment and show school spirit. Be a positive leader.
- On the field, respect your teammates, opponents, fans, officials and coaches. Know and abide by all rules of the game, and exhibit exemplary sportsmanship at all times in victory and defeat.
- As a guest at opposing schools, be a model representative of FDR High School, and the team. Be courteous and respectful of the host school and its facilities.
- Do not drink or possess alcoholic beverages.
- Do not use or possess narcotics or other illegal drugs.
- Do not use or possess tobacco in any form.
- In season, abide by the training rules regarding curfew, nutrition and other requirements of your individual sport.
- During the off-season, make every effort to meet or exceed the training requirements of your coach.
- Commit to being part of a team and willingly accept the personal sacrifices that come with participation.

**NYSPHSAA H.S. SPORTS STANDARDS CHART (1) 2 NIGHTS FOR SCRIMMAGE / ** INCLUSIVE OF
SECTION CHAMPIONSHIPS**

SPORT	# PRACTICES PRIOR TO 1 ST SCRIMMAGE		# PRACTICES PRIOR TO 1 ST CONTEST		TEAM & INDIVIDUAL MAX # CONTESTS	MINIMUM TIME BETWEEN CONTESTS	INDIVIDUAL LIMITS PER DAY	RULES
	TEAM	IND	TEAM	IND				
BASEBALL BATTERY	8 10	6 8	10 15	8 13	20	1 NIGHT	2 GAMES	NF
BASKETBALL	8	6	10	8	18	1 NIGHT	1 GAME	NF- BOYS NCAA- GIRLS
CROSS COUNTRY	10	8	15	13	16	2 NIGHTS	5,000M/ 3.1 MILES	NF
FIELD HOCKEY	8	6	10	8	16	1 NIGHT	1 GAME	NF
FOOTBALL	11	11	15	15	9	4 NIGHTS(1)	1 GAME	NF
GOLF	TRAINING		TRAINING		18	1 NIGHT	1 GAME	USGA & LOCAL COURSE RULES
GYMNASTICS	10	8	15	13	16	1 NIGHT	6 EVENTS	USAJO- GIRLS
LACROSSE	8	6	10	8	16	1 NIGHT	1 GAME	NFHS- BOY'S/ US Lacrosse- GIRL'S
SKIING	8	6	10	8	16	1 NIGHT	3 EVENTS	FIS & USSA
SOCCER	8	6	10	8	16	1 NIGHT	1 GAME	NF
SOFTBALL	6	4	8	6	20	1 NIGHT	2 GAMES	ASA
SWIMMING	12	10	12	10	16	1 NIGHT	4 EVENTS	NF
TENNIS	6	4	8	6	18	1 NIGHT	1 CONTEST	USTA
OUTDOOR TRACK	10	8	10	10	16	1 NIGHT	4 EVENTS	NF
WINTER TRACK	10	8	15	13	16	1 NIGHT	3 EVENTS	NF
VOLLEYBALL	6	4	8	6	20	1 NIGHT	15 GAMES	NCAA
WRESTLING	10	8	15	13	20 pts.	1 NIGHT	4 BOUTS	NF

HYDE PARK CENTRAL SCHOOL DISTRICT
30 DAY INTERVAL HEALTH HISTORY FOR SPORTS PARTICIPATION
AND PARENT CONSENT FORM

Prior to the start of tryout sessions or practice at the beginning of *each* season, state regulations mandate a health history review for each athlete.

STUDENT NAME: _____ SPORT: _____ GRADE: _____ M or F (please circle)

HISTORY WITHIN THE LAST 12 MONTHS -TO BE COMPLETED BY THE PARENT OR GUARDIAN
SHOULD BE SUBMITTED NO EARLIER THAN 30 DAYS BEFORE A SEASON BEGINS

Please check either "YES" or "NO" NOTE: "YES" to any of these questions does not mean automatic disqualification from an interscholastic activity.

HAS YOUR CHILD (Please check "YES" or "NO"):

YES NO

- 1) Experienced any type of diagnosed head injury or concussion requiring medical Attention?
Date of Injury /Concussion: ____/____/____ Date of Injury/Concussion: ____/____/____
Date of Injury' Concussion: ____/____/____ Date of Injury'Concussion: ____/____/____
- 2) Been diagnosed with asthma?
- 3) Developed any allergies? (Circle One) Yes No
List Allergies: _____
Medication(s) needed (Circle One) Yes No
List Medications: _____
- 4) Received any injury requiring medical attention?
- 5) Had any surgical operations, joint injuries, or fractured bones?
- 6) Been treated in a doctor's office, hospital or emergency room?
- 7) Been diagnosed with any condition requiring ongoing medical attention?
- 8) Missed any practices and/or games due to illness or injury?
- 9) Been absent from school for five (5) or more consecutive days (or an equivalent period during the summer) due to an accident or illness requiring medical care?
- 10) Been prevented by injury or illness to participate in exercise or other athletic activities?
- 11) Experienced any feelings of faintness, dizziness or fatigue after exercise or exertion?
- 12) Experienced any change in vision, such as wearing glasses or contact lenses?
- 13) Had a family member who died prematurely (before age 50- sudden or otherwise)?

Describe the condition or situation that caused any questions listed above to be answered "YES":

List all Medications: _____

*I will notify the school nurse and coach of any changes in my child's health status.

ARE THERE ANY SPORTS IN WHICH YOU DO NOT WISH YOUR CHILD TO PARTICIPATE?

CIRCLE ONE: YES NO

IF YES, PLEASE LIST: _____

PARENTAL CONSENT MUST BE SIGNED BELOW

I, the undersigned, clearly understand these questions are asked in order to decide if my child can safely participate in the interscholastic activity listed below. All answers are correct as of this date. I hereby give my consent for my child:

_____ to participate _____ in practices and contests.
(PRINT students name) (sport/activity)

SIGNATURE OF PARENT OR GUARDIAN

Updated January 20 14

DATE

**Hyde Park Central School District
Declination and Release Form For School Transportation
From School Trip**

Student Athlete: _____ Sport: _____

I _____, hereby acknowledge that I am declining the opportunity for
(parent's name)

my child, _____, to be transported by the District
(child's name)

from the school trip at _____ on
(location)

_____, and I further confirm that I am making
(date(s) of trip)

other arrangements for such transportation.

I hereby agree to release the Hyde Park Central School District, its agents and employees, from and against any and all liability, loss, damages, claims or actions to the extent permissible bylaw, arising out of transportation to and from the above-mentioned school trip.

Signed,

Signature of Parent or Guardian

Date

Printed Name

**Hyde Park Central School District
Student-Athlete Drop Form**

Name of Athlete: _____

Sport/Level: _____

Coach: _____

Date Left Team: _____

Date Equipment/Uniform Turned In: _____

Date Spoken with Coach: _____

Reason for Leaving: _____

**Please fill out form completely and return to Amy McArdle-Rausenberger, Ph.D.,
Director of Physical Education, Health and Athletics.**

**Hyde Park Central School District
Athletic Handbook Acknowledgment Form**

Student Athlete: _____ Sport: _____

As a student participant in the FDR High School/Haviland Middle School Athletic Program, I have read and understand the Hyde Park Central School District Athletic Handbook. I recognize that I must abide by all policies therein in order to remain eligible to participate in the athletic program, and understand that violating the policies will result in the loss of that privilege. Therefore, I support and accept the policies of the school, including those that prohibit the use of alcohol, drugs and tobacco, while I am involved in any athletic activity.

I am also aware of the potential for accident or injury to occur during my participation in interscholastic athletics.

Signature of Student Athlete Date

As the parent or guardian of this student, I have read and understand the Hyde Park Central School District Athletic Handbook. I recognize that my child must abide by all policies therein in order to remain eligible to participate in the Athletic Program, and understand that violating the policies will result in the loss of that privilege. Therefore, I support and accept the policies of the school, including those that prohibit the use of alcohol, drugs and tobacco, while my child is involved in any athletic activity. I am also aware of the potential for accident or injury which is involved in the interscholastic activity in which my child participates.

I understand that my student-athlete is responsible for reviewing the handbook and adhering to the expectations, rules and regulations therein expressed.

Signature of Parent or Guardian Printed Name Date

PUBLICITY CONSENT

I give permission for _____ to have his/her name and pictures appear on the Hyde Park Central School District Website.

Signature of Parent or Guardian Printed Name Date

Please detach this page and return it to your coach.

CONCUSSION PROGRAM HYDE PARK CENTRAL SCHOOL DISTRICT ATHLETIC DEPARTMENT

PARENT/GUARDIAN: In accordance with the regulations outlined by the Hyde Park Central School District and the New York State Public High School Athletic Association, I/We have carefully read and agreed to abide by the regulations stated in the concussion information sheets provided.

Athlete _____

Sport/Level _____

Signature of Parent/Guardian

Date

