

**FDR HIGH SCHOOL  
And  
HAVILAND MIDDLE SCHOOL**



**STUDENT ATHLETE  
& PARENT HANDBOOK**

Updated April 2023

Dear Athletes and Parents,

Welcome to the Hyde Park School 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.

The main goal for the Hyde Park 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 your 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 Hyde Park School District Board of Education.

Haviland Middle School and FDR High School are members of the NYSPHSAA and Section Nine.

If you have any questions or concerns regarding the Hyde Park Athletic Program or this handbook, please contact me at 229-4020 extension 6881.

Sincerely,

*Thomas Cunningham*

Thomas Cunningham

Director of Physical Education,  
Health and Athletics

**HYDE PARK SCHOOL DISTRICT  
STUDENT/ATHLETE  
ATHLETIC HANDBOOK**

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## **I. Hyde Park Athletic Department Philosophy**

The Hyde Park School District recognizes that athletics are an excellent learning experience. We believe athletics are an extension of the classroom and that they contribute greatly to the overall education of the student athlete.

❖ **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.

❖ **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. 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 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.

The competitive nature of this program may lead to unequal playing time. Coaches make their decisions on what is best for the team and program. Decisions are based on many factors inclusive, but limited to athletic ability, team dedication, attitude and knowledge and leadership abilities. 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.

## **II. NYSPHSAA Eligibility Rules**

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

● **Bona Fide Students** – a contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education.

● **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 7<sup>th</sup> grade a student may go through the Advanced Place Program (APP). Students who have qualified will have 6 seasons beginning with participation in grade 7.

## **III. NYSPHSAA and Section IX Sportsmanship**

Individual players who commit serious violations of their responsibilities as participants may be subject to the following penalties:

a) Any player ejected from a contest for unsportsmanlike conduct, including taunting or a flagrant foul, is ineligible to play in that sport until after the next previously scheduled contest. In basketball a player who receives 2 technical fouls or a soccer player who receives a red card is declared ineligible for the next contest. Disqualifications will carry over to the next season of participation. The player may not attend the contest in which he or she is suspended from.

b) 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/her parent/guardian are required to meet with the coach and the Director of Athletics prior to returning to practice.

- c) A third occurrence during the same season, results in the athletes dismissal from the team. The athlete and his/her parent/guardian are required to meet with the coach and the Director of Athletics prior to participating in any other sport.
- d) Any member of a team (player, manager, scorekeeper, timer and statistician) who strikes, shoves, kicks, or makes 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.

#### **IV. School District Policies and Student Responsibilities and Requirements**

##### **A. Hyde Park School District Sportsmanship Policy**

The Hyde Park 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 should be no profanity or degrading language/ gestures.
2. Avoid actions that might offend visiting teams or individual players.
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. Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.
9. Those spectators or parents deemed detrimental to the values of good sportsmanship may be removed from a contest or suspended from further contests. If you should have a concern about a particular coach, please contact the coach at an appropriate time. If you cannot resolve your concern with the coach, please do not hesitate to contact me.

##### **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. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgement 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. Remember that the use, abuse and resulting negative influence of drugs, including alcohol and tobacco, is detrimental to the game and its participants.

## **B. Athletic Physicals**

1. **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 physical examination must be within 12 months of the start date of the sport season.

2. **Sports Clearance Procedure**

### ***ALL SPORTS REGISTRATION MUST BE DONE USING FAMILY ID***

- Physical Exam – Athletes are required to have a complete physical examination, either by their own health care provider, or by a district health care provider. The physical must be on file in the health office prior to the start of the sport season. A physical is valid for one year.

- Health History – Parent/Guardian is also required to complete, sign and submit the Health History on Family ID before the start of each sport season in which their athlete will be participating.

- Final Approval – Once the forms have been submitted to the health office and on Family ID, they will be reviewed by the school nurse. They will then be submitted to a district health care provider for approval. If there are any medical concerns or unresolved medical issues, the parent/guardian will be notified. Once the appropriate medical clearance has been obtained, the record will again be reviewed.

- Coach Notification – Once the health clearance process has been completed and the athlete is found fit to play, the coach will be notified that the athlete can participate.

**The Family ID website link [www.familyid.com](http://www.familyid.com) can be found on the FDR website under Athletics.**

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

## **C. School Attendance**

1. Any athlete who has an unexcused absence 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. In the event there is a scheduled school early release then this rule does not apply.
3. The only exception to rules 1, 2, and 5 will be when an absence or lateness is for reasons beyond the control of the athlete, i.e.: college visitations, funerals. Participation will be allowed with **PRIOR CONSENT** from the Athletic Director. (24 hour notice)
4. If an athlete has received an **out-of-school suspension**, he/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.
5. Any athlete who receives a second **out-of-school suspension** during the same season shall be expelled from the team.
6. Any athlete receiving **in-school suspension** may be declared ineligible for the number of corresponding days by the Athletic Director or Principal.

#### **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 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 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 the in-season coach's 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 the athlete losing playing time and/or 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 or games during the sports season are subject to the athlete losing playing time and/or position on the team. Athletes are expected NOT to miss required practices or games during the season for vacation and 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 practice are subject to the athlete losing playing time and/or position on the team.
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, coach, students are encouraged to attend off-season involuntary workouts. Not attending these workouts will have NO barring whether a student makes the team.

#### **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 equipment/ uniform issued or failure to make restitution for said equipment/uniform will preclude an athlete's ability to participate in the Hyde Park athletic program. The athlete will be charged for the equipment/uniform at replacement value.
2. Damaged Equipment/uniform should be returned in the condition it was issued. Normal wear and tear is expected. Uniforms should be returned cleaned. Outright damage or discoloration will not be accepted.
3. Furthermore the athlete may be subject to the following until either the missing equipment/uniform is returned or paid for;
  - a) Athlete will not receive athletic award.
  - b) The athlete will NOT be permitted to try-out for another sport.
  - c) The school may seek reimbursement for the equipment/uniform by all lawful means.

#### **F. Transportation Regulations**

1. Only coaches, squad members, managers, statisticians and student assistants may ride on the school bus to and from away contests.
2. All students 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.
3. Prior approval must be given by the Director of Athletics in the event it necessitates a parent to transport their child to a contest.
4. Only parents/guardians can transport their child (athlete) from a contest. The parent will follow sign out procedures given to them by the coach.

5. 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.

### **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.*

### **G. Concussion Policy**

The following New York State mandated concussion management policy should be followed for all students in the Hyde Park Schools that display signs and symptoms of concussion after fall or head injury whether they are involved in interscholastic sports, physical education classes **OR** after sustaining a concussion or suspected concussion during activities outside of school.

#### **Expectation following display of symptoms:**

If the student is an interscholastic athlete and/or involved in physical education class and develops symptoms after fall or head injury, they should stop activity and immediately report to trainer (if available), coach or health office. The responsible party (physical education teacher and/or coach) should complete a student accident report.

If the student sustains a concussion or suspected concussion after an injury outside of school or develops symptoms after a school event has ended, student should then report to health office when returning to school for assessment by the nurse. If student has already seen a medical provider for injury, the student should provide a copy of that paperwork to health office upon return to school.

#### **Concussion Management**

A student/athlete should never return to play while symptomatic. When student/athlete shows **ANY** signs/symptoms of a concussion:

1. The student/athlete will not be allowed to return to play in the current game or practice or physical education class.
2. The student/athlete will not be left alone; regular monitoring for deterioration is essential over the initial few hours following an injury.
3. The player should be assessed following the injury using the concussion checklist, on the sideline, in the trainer's office or in the health office.
4. An educational concussion brochure will be given to the athlete and/or parent that picks up athlete or if student presents to health office, the nurse will provide the same educational materials to student/parent or guardian.
5. If an athlete is at an interscholastic sporting event (practice/game), the athlete must be picked up by a parent or guardian over the age of 18. The athlete will not be released by themselves or with a friend. If student is reporting to the health office for assessment, the nurse will contact the parent or guardian and based on assessment findings may recommend pick up and evaluation by a medical provider if symptoms persist or worsen.
6. A follow up phone call will be made to the parent or guardian by the trainer, coach or person that cared for the athlete to check on status of athlete. If student is released from health office to parent or guardian, nursing staff will request that student report to health office upon return to school for reassessment by nurse.
7. If the student/athlete is evaluated by a medical provider, the student will be expected to provide documentation of the outcome of this visit.



8. The incident must be reported to health office and a student accident report must be completed if the injury occurred during school or a school related athletic event.
9. Return to play protocol must follow New York State guidelines.

**During the recovery period, in the first few days following the injury, it is important to emphasize to the student/athlete that physical and cognitive rest is required. Activities that require concentration and attention may exacerbate the symptoms and as a result delay the student/athlete's recovery.**

#### **Return to play Protocol**

This protocol requires oversight by the school medical provider.  
The protocol consists of 6 stages.

#### **Stage One: Rest until symptom free (asymptomatic)**

- Once the athlete is asymptomatic for 24 hours and has received clearance to proceed by their physician, they can progress to stage two.

#### **State Two: Light Aerobic Exercises**

- Athlete will be continuously monitored. If any signs and symptoms occur during activity, the activity will be stopped. Stage two can be reattempted after the athlete has been asymptomatic for an additional 24 hours.
- Once stage two is completed and athlete remains asymptomatic for 24 hours post exertion, they can progress to stage three.

#### **Stage Three: Moderate Aerobic Exercise**

- Athlete will be continuously monitored. If any signs and symptoms occur during activity, the activity will be stopped. Stage three can be reattempted after the athlete has been asymptomatic for an additional 24 hours.
- Once stage three is completed and athlete remains asymptomatic for 24 hours post exertion, they can progress to stage four.

#### **Stage Four: Intense Activity and Non-Contact Sport Activity**

- Athlete will be continuously monitored. If any signs and symptoms occur during activity, the activity will be stopped. Stage four can be reattempted after the athlete has been asymptomatic for an additional 24 hours.
- Once stage four is completed and athlete remains asymptomatic for 24 hours post exertion, school medical provider can clear them.

#### **Stage Five: Full Participation in Practice**

- No limitations in practice.
- If any signs and symptoms occur during practice, activity will be stopped. Stage five can be reattempted after the athlete has been asymptomatic for an additional 24 hours.
- If asymptomatic post -practice for 24 hours, may progress to stage six.

#### **Stage Six: Full Clearance**

- The final decision for full clearance is made and approved by the school district medical provider.

## **H. 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 Report Card and the 5-week Progress Report. Each academic eligibility situation is handled on a case by case basis.

1. ***Restricted*** – A Restricted student is required to complete a Weekly Eligibility Yellow Card. Coaches will be notified by the athletic office if one of their athletes is failing two or more subjects. The coaches are instructed to give their athlete a yellow card or have the athlete stop down to the athletic office to get one.

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 in practices and contests. Students having two or more failing subjects on the weekly Eligibility Yellow Card will be able to practice but not compete in a contest until the following week.

2. ***Ineligible*** – If a student fails four or more courses, he/she may be removed from their teams roster. This determination will be made in consultation with the Director of Physical Education/Health and Athletics and the athletes coach. If removed from the team he/she may not attend practices or contests. A student's parent or guardian may file an appeal (see below) on behalf of the child if they believe extenuating circumstances contributed to the failures.

3. ***Student Appeal Procedure*** – In the event of extenuating circumstances, a student may appeal his/her academic ineligibility. The procedure shall be as follows:

Within five (5) school days of the decision to declare a student ineligible, a student or his Parent/Guardian may appeal to the Director of Physical Education/Health/Athletics. A student failing to appeal within five days shall waive his right to appeal. The appeal must be submitted in writing, citing facts and circumstances of the case and stating the reasons for the request for reconsideration of the decision to declare the student ineligible.

## **I. 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/>.

## **J. 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 High School athletic team.

### ***Procedures***

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:

1. Coaches will assess the relative ability of the candidates and determine which candidates are likely to contribute the most to the program.
2. To maintain a roster size that maximizes practice and playing opportunities for participants.
3. To maintain a roster size that can be properly uniformed and equipped within the constraints of the athletic department budget.

#### **K. 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.

- 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 before he or she is allowed to participate in another sport in another season.

#### **L. 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.

#### **M. 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.

#### **V. Interscholastic Code of Conduct**

All students/athletes in the Interscholastic Athletic Program of the Hyde Park 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.

Hazing (an initiation process involving harassment) also falls under the guidelines of the Dignity Act.

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. Any violation of the above Substance Use and Possession Policy, following an investigation conducted by the Athletic Director, Coach and/or Building Administration, could 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 Hyde Park School District Code of Conduct and summarized in the FDR High School and Haviland Middle School Student Handbooks and the Students athlete Handbook
2. Hazing
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 may 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 Advanced Placement Program**

Students elevated to advanced levels of competition by this process should be few and far between. The program is intended only for the unusually **gifted athlete** who has the physical maturity and the athletic skills to be placed beyond other youngsters in his/her chronological age bracket.