

# **EAST IRONDEQUOIT CENTRAL SCHOOL DISTRICT**



## **ATHLETIC**



### **AND**

# **EXTRACURRICULAR STUDENT HANDBOOK**

**UPDATED JULY 2019**

**INCLUDING IMPORTANT INFORMATION  
FOR PARENTS AND STUDENTS ON THE**

## **ATHLETIC/ EXTRACURRICULAR ELIGIBILITY POLICY GRADES 6-12**

**ADOPTED BY THE  
EAST IRONDEQUOIT BOARD OF EDUCATION  
MAY 21, 2007**



**EAST IRONDEQUOIT CENTRAL SCHOOL DISTRICT**  
**ADMINISTRATIVE OFFICES**  
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*Superintendent of Schools*

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Dear East Irondequoit Parent/Guardian:

On behalf of the entire school district and the Board of Education in East Irondequoit, I would like to welcome you to the East Irondequoit Central School District's Athletic and Extra Curricular Program!

Research has shown that students who participate in extracurricular activities such as athletics and school clubs have greater school engagement and academic success! In East Irondequoit we are proud of all that is available to our students and we encourage our students to join a club and/or a team. However, being part of a club or a team is just one aspect of being engaged. We also expect our students to be good citizens. To assist in this endeavor, we require our students to follow the Academic Athletic/Extracurricular Eligibility Policy which is contained in this handbook. This book contains expectations for students concerning proper conduct for all students who participate in a sport or extracurricular activity.

The Academic Athletic/Extracurricular Eligibility Policy outlined in this handbook was developed by a committee of parents, teachers, coaches and school administrators during the 2006-07 school year, as part of our overall effort to improve student achievement. The Board of Education approved this policy in May, 2007, and it took effect in the 2007-08 school year. The policy governs student eligibility for all extracurricular activities in grades 6 to 12 and athletic programs for grades 7 to 12.

Please read the information in this handbook carefully and discuss it with your student(s). Students must understand that their work will be reviewed regularly to determine whether they are eligible to continue to participate in sports and extracurricular programs.

Each student's academic eligibility status will be assessed and determined based on a schedule of reporting periods tied to the school calendar, approximately every two weeks. Students who are failing one or more courses will have their names submitted for eligibility monitoring.

The first time students are placed on the list for a given course, they will be placed on academic probation. A student whose name is submitted two consecutive times for the same course will become ineligible. Students' academic eligibility status will be updated according to the scheduled reporting periods.

This policy is not intended as a punishment for students, but instead as a way to monitor their performance in the classroom. We hope it helps them keep in mind that their academic success is our main concern.

Sincerely,

Mary E. Grow  
Superintendent of Schools

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### Reporting Periods

**Students whose names have been submitted for eligibility monitoring in the same course for the first two reporting periods will be academically ineligible and will not be eligible to take part in any athletic or extracurricular activities until achievement in the course has improved. Achievement will be reviewed every two weeks.**

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## **Eastridge High School & East Irondequoit Middle School Athletics**

### ***The fall season offers:***

- Boys varsity, junior varsity, and modified B football
- Girls varsity and junior varsity field hockey
- Boys varsity, junior varsity and modified B cross-country
- Girls varsity, junior varsity and modified B cross-country
- Girls varsity, junior varsity and modified B soccer
- Boys varsity, junior varsity and modified B soccer
- Girls varsity and junior varsity cheerleading
- Girls varsity and junior varsity swim
- Girls varsity, junior varsity and modified B volleyball
- Boys junior varsity and modified B volleyball

### ***The winter season offers:***

- Boys varsity, junior varsity, modified A and modified B basketball
- Boys varsity, junior varsity and modified B wrestling
- Boys varsity and junior varsity swimming
- Co-ed modified swimming
- Girls varsity, junior varsity and modified B basketball
- Girls varsity, junior varsity and modified A cheerleading
- Boys and girls varsity, junior varsity indoor track
- Boys varsity bowling
- Girls varsity bowling

### ***The spring season offers:***

- Boys varsity, junior varsity, and modified A and modified B baseball
- Girls varsity, junior varsity, modified B softball
- Boys varsity, junior varsity, and modified B track
- Girls varsity, junior varsity, and modified B track
- Girls modified B field hockey
- Boys varsity, junior varsity and modified B lacrosse
- Girls varsity, junior varsity and modified B lacrosse
- Boys varsity tennis

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## Extracurricular Activities

Availability of clubs may change due to student interest

### **Eastridge High School:**

Art Club  
ATAD-Exchange Student Program  
Chess Club  
Class Officers 9-12 grades  
East Irondequoit Lancer Marching Band  
Eastridge Lend-a-Hand  
Eastridge Musical  
Ecology Club  
The Envirothon  
Lancers Lend-a-Hand  
Link Crew  
LOTE (Language Other Than English) Club  
Healthy Living/Drug Prevention  
The International Club  
Interscholastic and Intramural Sports Activities  
Masterminds  
Mock Trial Team  
Model Congress/Model U.N.  
National Honor Society  
Performing Arts Club  
PTSA Student Representatives  
Red Cross Club  
Rho Kappa  
Robotics Club  
Roc2Change  
Senior High Jazz Ensemble  
Show Choir  
Site-Base Team (SBT)  
Ski Club  
Slam Poetry Club  
Student Government  
The Phoenix – Literary Club  
Varsity Club  
Yearbook Club

### **East Irondequoit Middle School:**

7 – 8 grade Advisors  
Academic Challenge Bowl  
Adventure Club  
Art Club  
Builder's Club  
Gaming Club  
Green Team  
Jazz Band  
Middle School Musical/Select Choir  
National Junior Honor Society  
Select Jazz Band  
Ski Club  
Student Government  
Web Leaders  
Yearbook

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## **East Irondequoit Board of Education Policy**

### **Athletic/Extracurricular Eligibility Policy**

The East Irondequoit CSD Board of Education firmly believes that its students benefit tremendously from participating in athletics and/or extracurricular activities during their secondary school years. This experience presents learning opportunities that enrich and expand upon the contributions of our academic program. Students who engage in these activities broaden their connections to the school and the community at large. The Board of Education's goal is to encourage its student body to become involved in the numerous opportunities that are available throughout their middle and high school years, and to represent the school community in a positive manner. The Board of Education recognizes that participation in athletics/extracurricular activities is a privilege. Student participation is dependent on his/her commitment and performance related to the academic program and demonstration of positive behaviors in the school and in the community.

The Superintendent of Schools or his/her designee will also be responsible for establishing the administrative practices, plans and procedures.

Policy 3300

Adopted May 21, 2007

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## **East Irondequoit Central School District Secondary Academic Eligibility Policy**

The purpose of the East Irondequoit Central School District Secondary Academic Eligibility Policy is to:

- Communicate the value of a well-rounded education and the importance of academic achievement.
  - Set clear standards for students and the school community at large regarding participation in athletics/extracurricular activities.
  - Hold students accountable for their academic performance.
  - Monitor and support students' academic performance throughout the school year.
- The district emphasizes the importance of effective communication with regard to the implementation of this policy and in ensuring adequate support for continued student learning.

### **Student Eligibility Status**

A student's academic eligibility status will be assessed and determined based on the school calendar, approximately every two weeks (and adjusted annually). A student who is failing one or more courses will have his/her name submitted for eligibility monitoring. The first time a student is placed on the list for a given course, he/she will be placed on academic probation. A student whose name is submitted two consecutive times for the same course(s) will become academically ineligible. Students' academic eligibility status will be updated according to the scheduled reporting periods. Teachers are required to report students who are failing on Fridays and the students' status will take effect on the following Monday. Students' status will remain in effect from Monday following the reporting period up until the Monday following the next reporting period.

A student's academic eligibility status may fluctuate throughout the school year. As a result of the student's academic performance being tracked approximately every two weeks, his/her performance and standing will be carefully monitored.

### **Academic Probationary Status**

A student is considered to be of probationary status if he/she is failing one or more courses and is reported for the first time. The student then has until the following reporting date to rectify his/her academic standing by making up overdue assignments and/or seeing the teacher(s) for extra help and guidance on how to improve. If the student's effort results in attaining a passing average, the student's name will not be submitted for the consecutive reporting period, and therefore is removed from probation. When a student is on probation, he/she may participate in practices, games, and performances. However, the student must take responsibility in addressing academic deficiencies to avoid becoming academically ineligible.

The student will communicate with his/her coach or advisor if he/she needs to miss practices/meetings to be able to attend work sessions with his/her teacher. Coaches and advisors will support the student's attendance for extra help even when this action may result in conflict with practices or scheduled meetings.

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### **Academic Ineligibility Status**

A student becomes academically ineligible when he/she is reported for two consecutive periods for the same course(s). When academically ineligible, a student may participate in practices for athletics and performance based extracurricular activities, but may not participate in athletic games/competitions and extracurricular performances. For non-performance based extracurricular activities (i.e. Student Council, Environmental Club, etc), the academically ineligible student may not attend meetings during this period of time.

The student is strongly encouraged to improve his/her academic performance in order to become academically eligible. He/she needs to seek out assistance from his/her teachers and needs to commit the time and energy to address his/her failing grades. Once the student achieves a passing grade and is no longer reported as failing for a given course(s), he/she becomes academically eligible. A teacher may notify the athletic director or extracurricular advisor at any time during a reporting period when a student achieves a passing grade. At this time, the student is eligible to participate in athletics and extracurricular activities.

In cases where the student has exhibited a repeated pattern of ineligibility during the athletic season or current school year the coach/advisor may determine that continued participation in the sport/extracurricular activity may not be in the best interest of the student and/or the team/club. Ideally, this decision will be discussed and agreed upon by the coach/advisor, parent, and student. If there is disagreement amongst these parties regarding the desired outcome, a parent, coach/advisor, or student may appeal his/her case to the Appeals Committee for a final ruling.

### **Special Circumstances**

The district recognizes that unique circumstances occasionally arise that require special consideration, and that the Academic Eligibility Appeals Committee will review these cases on an individual basis and will be charged with reaching a final determination regarding the student's eligibility status.

### **Academic Eligibility Appeals Committee Membership**

- Director of Athletics
- Building Principal (Middle or High School Principal)

### **Academic Eligibility Policy Responsibilities**

Administrators are expected to:

- Ensure that the faculty/advisors implement the policy consistently.
- Ensure that the coaching staff implements the policy consistently.
- Monitor student academic performance.
- Create the calendar identifying the specific reporting times for the entire school year.
- Communicate clear expectations regarding the policy at the beginning of every school year to teachers, advisors, coaches, students, and parents.
- Ensure that the student status reports are generated in a timely fashion and distributed properly.

Teachers are expected to:

- Submit reports as designated by the yearly schedule, identifying the eligibility status of their students.
- Notify students of their eligibility standing.
- Make necessary arrangements to communicate reporting information if absent.
- Review student academic status reports to make necessary arrangements to work with identified students.
- Ensure that students are frequently assessed during the reporting periods.
- Expect and communicate to students that they need to arrange a time to obtain extra help and/or make up work.
- Make themselves available to students for extra help.
- Communicate with students, parents, coaches and/or advisors regarding persistent academic concerns.
- Notify the athletic director or extracurricular advisor when an ineligible student achieves a passing grade.



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#### Coaches/Advisors:

- Review student academic status reports to identify probationary/ineligible students.
- Communicate eligibility status (probation or ineligibility) to parents and students promptly after the Monday that the reports are received.
- Facilitate opportunities for students to obtain extra help from their teachers.

#### Students:

- Monitor their academic performance in their classes.
- Communicate with teachers to determine areas that require improvement and to schedule time to obtain extra help.
- Communicate their academic standing to their parents/guardians.

#### Parents:

- Monitor their son/daughter's academic performance in his/her classes.
- Communicate with teachers/coaches/advisors on how to support their son/daughter's academic learning and success.

### **THE EAST IRONDEQUOIT ATHLETIC/EXTRACURRICULAR PROGRAM**

Welcome to the East Irondequoit Athletic/Extracurricular Program(s). Your decision to participate in these programs enables East Irondequoit to continue the fine tradition that has been established through many years of successful participation.

Student participation is a privilege. The school district supports the idea that student participation in athletic/extracurricular programs is a privilege. When a student commits to becoming a member of an East Irondequoit team, he/she must realize and meet the responsibilities that accompany participation in the program.

This handbook will be distributed and reviewed with all participating students. The expectations, responsibilities, and procedures are defined to insure that participants, parents, and school personnel know and fully understand their importance. Adhering to these expectations will guarantee the maintenance of the high standards of participation and success we have experienced in the past.

#### **ALL COACHES/ADVISORS ARE EXPECTED TO:**

- Review the content of this handbook with all of their team members on the first day of practice/meeting.
- Have each student and parent sign the contract form and collect and keep it.
- Revisit and reinforce the expectations, responsibilities and procedures outlined in this handbook throughout the year.
- If a student discontinues participation in a sport/extracurricular activity without formal notification by the parent/guardian, the coach/advisor will contact the parent/guardian to determine the student's status with regard to participation.

#### **ALL EAST IRONDEQUOIT ATHLETES/EXTRACURRICULAR STUDENTS ARE EXPECTED TO:**

- Show courtesy and respect to members of the broader community.
- Remember in cases of competitions and contests, it is important to foster goodwill between schools.
- Commit to work hard and to their best ability, and to strive for excellence.
- Follow all school rules and regulations as outlined in the district's Code of Conduct throughout the year.
- Be in attendance for the full school day to participate in events/activities/contests (except for college visitation, school sponsored field trip, doctor's appointment, religious obligations, or death/illness in the family).

#### **ALL PARENTS ARE EXPECTED TO:**

- Review and reinforce the EI Athletic and Extracurricular Student Handbook and policies.
- Respect and encourage your child's commitment to the team, supporting attendance to all practices, games and events scheduled during the school calendar year and during school breaks.
- Continue to support academic achievements and eligibility requirements.
- Model good sportsmanship qualities that children can carry with them to all team events.
- Demonstrate your commitment to their goal to succeed by encouraging participation in off-season workouts.
- Remind your child that it is their responsibility to communicate with the coach regarding an absence or tardiness. Coaches should be contacted in advance whenever possible.



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### **Eligibility for Recognition/Awards:**

A student remains eligible for special recognitions and awards given if he/she completes the athletic season and/or the entire duration associated with a club/activity. An athletic season extends through post-season play. A student's participation status is determined by their listing on the athletic/extracurricular activity roster.

### **Transportation:**

1. When transportation to or from extracurricular/athletic events is provided by the District, the student must use such transportation to be eligible to participate.
2. Only in emergency situations will a student be allowed to participate if he/she did not use district provided transportation. The parent/guardian must submit a written request to obtain permission from the Athletic Director and/or administrator.
3. For violation of these rules, a student may be suspended from the event or suspended from the team.

### **PENALTY FOR VIOLATION OF TOBACCO, ALCOHOL AND DRUG REGULATIONS**

Students participating in East Irondequoit District athletic/extracurricular programs are not allowed to be in the possession of or consume alcohol, illegal drugs, tobacco, tobacco products, E-cigarettes, or illegal performance enhancing drugs in and out of season, inside and outside of school events, from the time students join an athletic/extracurricular activity. Furthermore, the use of any banned substance during a student's high school career is cumulative. This means that if a student is found guilty of a tobacco, alcohol or a drug violation according to the District Code of Conduct, then this will be considered a violation. Further violations throughout his/her eligibility at EI-Eastridge, whether the same year or following years, will accrue. Students who violate alcohol, tobacco or drug policies will also be subject to general school discipline penalties.

#### **FIRST OFFENSE:**

1. Parent notification of infraction and consequences, and possible police involvement.
2. Referral to the Chemical Awareness Team.
3. The student will be suspended from participation in the number of contests/meetings equal to 25% of the number of scheduled contests for the team/club on which he/she is participating. Suspension will include post-season contests (regarding athletics) if the terms of the suspension are not met during regularly scheduled contests. In the event that the suspension from contests exceeds the number of contests remaining in the athletic/extracurricular season, then the balance of the suspension will carry into the next season or sport. In the case of performance-based activities (e.g. athletics, musical) the student must attend all team practices, team meetings and contests while on suspension.

#### **SECOND OFFENSE**

1. Parent notification of infraction and consequences, and possible police involvement.
2. Referral to the Chemical Awareness Team.
3. The student will be suspended from participation in the number of contests/meetings equal to 50% of the number of scheduled contests for the team/club on which he/she is participating. Suspension will include post-season contests (regarding athletics) if the terms of the suspension are not met during regularly scheduled contests. In the event that the suspension from contests exceeds the number of contests remaining in the athletic/extracurricular season, then the balance of the suspension will carry into the next season or sport. In the case of performance-based activities (e.g. athletics, musical) the student must attend all team practices, team meetings and contests while on suspension.

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## **THIRD OFFENSE**

1. Parent notification of infraction and consequences, and possible police involvement.
2. Referral to the Chemical Awareness Team.
3. Any incident of a third offense during the student's years of eligibility may result in the loss of eligibility for all athletic/extracurricular activities while the student is in the East Irondequoit Central School District. In the event that the parent or a student wishes to appeal the disciplinary decision, they may appeal the decision to the Athletic/Extracurricular Committee (the building principal and the Executive Director of Student Services). The committee's decision is final with regard to any disciplinary action related to this section.

### **CONDUCT UNBECOMING AN EAST IRONDEQUOIT STUDENT PARTICIPATING IN ATHLETICS/EXTRACURRICULAR PROGRAMS**

Students participating in East Irondequoit athletic/extracurricular programs are held to a high standard. They represent East Irondequoit Central School District in the broader community. Any behavior in school or out of school unbecoming of an East Irondequoit student compromises the integrity of these programs, and places the student eligibility status in question. The district reserves the right to deny participation in its athletic/extracurricular programs based on such situations. Participation in these programs is a privilege.

In the event of an infraction, the building level assistant principal and advisor (for club activities) and/or the Athletic Director and coach (for sports) will make the decision regarding any consequences related to student participation in athletics/extracurricular activities.

In the event that the parent or a student wishes to appeal a disciplinary decision, they may appeal the decision to the building principal. This decision is final with regard to any disciplinary action related to this section.

### **STUDENT ACCIDENT INSURANCE**

1. An injury, however minor, must be reported to the coach/advisor immediately.
2. If an injury required medical treatment, the district provides a limited secondary insurance policy. The parent/student's health insurance will provide primary coverage.
3. In the event of an accident, the school district will provide forms (at the Health Office) for parents to fill out to apply for coverage under the policy. For more information, contact the Health Office at the school.

### **ATHLETICS**

#### **Philosophy:**

The East Irondequoit Central School district's philosophy is to have as many students as possible participate in the athletic program. Therefore, coaches are encouraged to keep as many students as possible in the program while maintaining the integrity of the sport and a healthy and safe environment for learning and participation. The athletic program is a privilege that carries with it the responsibilities related to the school, the student body, to the community, and to the individual participant.

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### **Application to Modified Programs (7th, 8th and 9th)**

The modified athletic programs, inclusive of tryouts, practices, and competition, shall provide equal opportunity for all student athletes to acquire knowledge and physical skills in the areas of his/her interest. Emphasis shall be placed on the development of skills, self-esteem, character, commitment, and the enjoyment of the sport. All student athletes will be members of a team and will be afforded the opportunity to compete against other school districts. Playing time is dictated by modified rules along with the discretion of the coach. Cuts may occur at the modified level due to the number of students interested in joining the team, and related supervision and safety considerations.

In order to stay eligible as a player, each student is to make a commitment to practices and games. In addition, student-athletes must engage in the skills and practices relevant to the sport, be sportsmanlike, and be a good citizen, be respectful and remain in good standing as described by the East Irondequoit Middle and High School Code of Conduct and in the Athletic/Extracurricular Handbook.

### **Application to Junior Varsity**

Junior Varsity sports are the second most competitive athletics at the high school level. The Junior Varsity level is a critical time in the life of an EI-Eastridge athlete because he/she is making the transition from performing the fundamentals of the game and learning rules and basic skills to an increased level of competitive spirit that leads to game strategy and advanced skill techniques, associated with the level of competition he/she must play and compete against.

In order to stay eligible as a player, each student is to make a commitment to practices and games. In addition, student-athletes must engage in the skills and practices relevant to the sport, be sportsmanlike, and be a good citizen, be respectful and remain in good standing as described by the East Irondequoit Middle and High School Code of Conduct and in the Athletic/Extracurricular Handbook.

As competition and the degree of play intensify, cuts may become a factor at this level. Winning and success become more focused. We must be a mirror image of the Varsity program. Playing time is at the discretion of the coach.

### **Application to Varsity**

Varsity sports are the most competitive athletics at the high school level. Varsity athletics is the culmination of continuous commitment and dedication to a particular sport. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are very important aspects of competition at the Varsity level.

Athletes in these sports participate in a highly competitive atmosphere. As competition and the degree of play intensify, the program is committed to putting the most competitive team on the field of play. Winning and success continue to become more focused.

In order to stay eligible as a player, each student is to make a commitment to practices and games. In addition, student-athletes must engage in the skills and practices relevant to the sport, be sportsmanlike, and be a good citizen, be respectful and remain in good standing as described by the East Irondequoit Middle and High School Code of Conduct and in the Athletic/Extracurricular Handbook.

As competition and the degree of play intensify, cuts may become a factor at this level. Winning and success become more focused. Playing time is at the discretion of the coach.

### **Athletic Eligibility**

In order to stay eligible as a player, each student is expected to make a commitment to practices and games. In addition, student-athletes must engage in the skills and practices relevant to the sport, be sportsmanlike, be a good citizen, be respectful and remain a student in good standing as described by the East Irondequoit Middle and High School Student Code of Conduct. It is recognized that not all participants play in every contest. Playing time is at the discretion of the coach or coaching staff.

## COLLEGE PLANNING FOR STUDENTS

JUNIOR YEAR	SENIOR YEAR
<p><b>FALL/WINTER</b></p> <ul style="list-style-type: none"> <li>• TAKE PSAT IN OCTOBER.</li> <li>• MEET WITH COLLEGE REPS IN COUNSELING CENTER.</li> <li>• GO OVER PSAT RESULTS WITH COUNSELOR.</li> <li>• ATTEND COLLEGE FAIRS.</li> <li>• COMPLETE SCHOOL NOMINATED SCHOLARSHIP APPLICATION.</li> <li>• WORK HARD IN 11TH GRADE RIGOROUS COURSES.</li> </ul>	<p><b>SEPTEMBER/OCTOBER</b></p> <ul style="list-style-type: none"> <li>• SAT/ACT REGISTRATION - DO THIS IN EARLY SEPTEMBER</li> <li>• ATTEND SENIOR MEETING WITH COUNSELOR.</li> <li>• OBTAIN AT LEAST TWO TO THREE LETTERS OF RECOMMENDATION FROM TEACHERS/COACHES/EMPLOYERS.</li> <li>• DIVISION I AND II ATHLETES NEED TO COMPLETE NCAA CLEARINGHOUSE FORM.</li> <li>• INVOLVE ENGLISH TEACHER WITH EDITING THE COLLEGE APPLICATION ESSAY.</li> <li>• CONTINUE COLLEGE VISITS, ATTENDING COLLEGE FAIRS AND FINANCIAL AID INFORMATION NIGHTS.</li> <li>• MEET WITH COLLEGE REPRESENTATIVES.</li> <li>• BEGIN TO APPLY TO COLLEGES THROUGH THE COMMON APP.</li> <li>• WORK ON FAFSA, A APPLICATION FOR FINANCIAL AID REQUIRED BY ALL COLLEGES.</li> <li>• APPLY TO APPLICABLE SCHOLARSHIPS.</li> </ul>
<p><b>FEBRUARY/MARCH</b></p> <ul style="list-style-type: none"> <li>• MEET WITH COUNSELOR TO PLAN SENIOR YEAR SCHEDULE AND DISCUSS COLLEGE PLANS.</li> <li>• REVIEW SAT/ACT DATES. REGISTER IN COUNSELING CENTER OR ONLINE AT COLLEGEBOARD.COM.</li> <li>• GATHER INFORMATION IN THE COUNSELING CENTER AND PREPARE A TENTATIVE LIST OF COLLEGES OF INTEREST.</li> </ul>	<p><b>NOVEMBER/DECEMBER</b></p> <ul style="list-style-type: none"> <li>• CONTINUE COLLEGE APPLICATION PROCESS. OBTAIN TRANSCRIPT REQUEST FORM FOR APPLICATIONS.</li> <li>• WATCH DEADLINE FOR EARLY ADMISSION PROGRAMS.</li> <li>• COMPLETE FAFSA REQUIRED FOR ALL COLLEGES.</li> <li>• COMPLETE CSS PROFILE NEEDED FOR SOME PRIVATE SCHOOLS.</li> </ul>
<p><b>APRIL/MAY/JUNE</b></p> <ul style="list-style-type: none"> <li>• WORK IN NAVIANCE WITH COUNSELOR IN CLASSROOM.</li> <li>• PLAN SPRING AND SUMMER COLLEGE VISITS.</li> <li>• REGISTER AND TAKE SAT AND/OR ACT EXAM. TALK TO YOUR COUNSELOR ABOUT THE BEST COLLEGE ENTRANCE TEST FOR YOU.</li> <li>• ATTEND COLLEGE/CAREER INFORMATION NIGHT AT EASTRIDGE.</li> </ul>	<p><b>DECEMBER ONGOING</b></p> <ul style="list-style-type: none"> <li>• CONTINUE COMMUNICATION WITH COUNSELING CENTER FOR INFORMATION REGARDING SCHOLARSHIPS VIA COUNSELING CENTER WEBSITE AND LANCER LINES PUBLICATION.</li> </ul>
<p><b>SUMMER</b></p> <ul style="list-style-type: none"> <li>• SCHEDULE CAMPUS VISITS.</li> <li>• FINALIZE LIST OF COLLEGES FOR APPLICATION.</li> <li>• COMPLETE RESUME AND SCHOLARSHIP APPLICATION.</li> <li>• CREATE COMMON APP ACCOUNT.</li> </ul>	<p><b>EARLY APRIL</b></p> <ul style="list-style-type: none"> <li>• NOTIFICATION OF ACCEPTANCE FROM COLLEGES.</li> <li>• KEEP IN CLOSE CONTACT WITH COUNSELOR REGARDING SCHOLARSHIPS AND ACCEPTANCES FROM COLLEGES.</li> </ul>
	<p><b>LATE APRIL/EARLY MAY</b></p> <ul style="list-style-type: none"> <li>• SEND DEPOSIT TO SELECTED COLLEGE. NOTE DEADLINES FOR DEPOSITS : UNIVERSAL COLLEGE DECISION DAY 5/1.</li> <li>• CELEBRATE AT SCHOOL ON DECISION DAY.</li> <li>• NOTIFY ALL COLLEGES THAT ACCEPTED YOU WHETHER OR NOT YOU PLAN TO ATTEND.</li> <li>• NOTIFY COUNSELING CENTER OF YOUR CHOICE OF COLLEGE ALONG WITH ANY SCHOLARSHIPS, GRANTS, AND AWARDS RECEIVED.</li> </ul>

**EASTRIDGE ATHLETIC/EXTRACURRICULAR PERMISSION FORM**

**IN ORDER FOR A STUDENT TO PARTICIPATE IN AN ATHLETIC/  
EXTRACURRICULAR PROGRAM AT EI-EASTRIDGE, THIS FORM  
MUST BE SIGNED BY THE STUDENT AND HIS/HER PARENT  
OR LEGAL GUARDIAN. NO STUDENT WILL BE PERMITTED TO  
PARTICIPATE UNTIL THIS PERMISSION FORM IS COMPLETED  
AND RETURNED TO THE COACH/ADVISOR.**

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I have read and understood the East Irondequoit Athletic/Extracurricular Handbook. I agree to meet the expectations, responsibilities, and related procedures outlined in this handbook. I grant my permission for my son/daughter to participate in an athletic/extracurricular program during the school year.

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE

I have read and understood the East Irondequoit Athletic/Extracurricular Handbook. I agree to meet the expectations, responsibilities, and related procedures outlined in this handbook.

\_\_\_\_\_  
SIGNATURE OF STUDENT ATHLETE/EXTRACURRICULAR

\_\_\_\_\_  
DATE

\_\_\_\_\_  
NAME OF STUDENT

We believe that participation in athletic programs can teach students valuable lessons in time management and also help them develop as more well-rounded individuals. We hope that the values our student-athletes learn through participation in the Lancer sports program --teamwork, sportsmanship, leadership, and respect-- will stay with them for a lifetime.

Robert Crocetti  
Athletic Director

339-1490 | [Robert\\_Crocetti@eastiron.monroe.edu](mailto:Robert_Crocetti@eastiron.monroe.edu)





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## REQUIREMENTS FOR ATHLETIC PARTICIPATION

1. The athlete must be a legally registered student of the East Irondequoit Central School District.
2. A student shall be eligible for senior high athletic competition in a sport during each of the four consecutive seasons commencing with the student's entry into the ninth grade and prior to graduation.
3. Seventh and eighth grade students are eligible to compete in the modified programs.
4. **EXCEPTION:** Students in grades 7 and 8 may compete in senior high competition by meeting the necessary requirements of the New York State Athletic Placement Process (APP). APP is a process for screening student-athletes to determine their readiness to compete at a higher level of interscholastic athletic competition. The intent of this is to permit the truly accelerated student-athletes the opportunity to participate safely at the appropriate level of competition based upon readiness rather than age and grade.  
This process is designed to assess a student-athlete's physical maturation, physical fitness and skill so the student-athlete may be placed at the appropriate level of competition. This should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction. The Varsity Coach in each sport, in consultation with the Athletic Director, recommends individuals to be selectively classified. Parents may contact the Athletic Director to set up an appointment to discuss the requirements and testing procedures to be considered for participation in junior varsity or varsity sports.
5. A student shall be eligible for interscholastic competition until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.

### **Physicals:**

1. Every student must have a physical and be approved by the school doctor or personal physician prior to playing.
2. A physical is good for 12 months from the date of the physical unless the following occurs:
  - a) An injury requiring doctor's care.
  - b) An illness causing an absence from school five or more consecutive days.
3. The district will provide physicals by the school doctor prior to each sport season. Specific dates and times of these physicals will be announced and posted.
4. Students may receive a physical from their physician. The physical must be forwarded and approved by the health office prior to participation.
5. Registration is required within 30 days of the start of the new season (for each season). Families can register online at **FamilyID.com**. Athletes are not eligible to participate or try out without having this completed registration by the nurses.

### **Physical Risk:**

Parents and athletes must be aware that participating in a sport could cause serious injury or death. The district takes reasonable measures to limit risk, but is not liable for injuries incurred beyond the control of the district or its personnel.





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**BUILDING A FUTURE...  
ONE STUDENT AT A TIME**



# **EAST IRONDEQUOIT CENTRAL SCHOOL DISTRICT**

## **ATHLETIC AND EXTRACURRICULAR STUDENT HANDBOOK**

**AND**

## **ATHLETIC/EXTRACURRICULAR ACADEMIC ELIGIBILITY POLICY**

**GRADES 6-12**



**UPDATED JULY 2019**