

Coaches/Parent/Student-Athlete Handbook for Policies and Procedures

Elba Central School District
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ATHLETIC DIRECTOR'S LETTER

Dear Parents and Student-Athletes,

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

I am very pleased that you have shown an interest in our athletic program! At ECS, it is our belief that participation in athletics is a privilege and honor. Athletics provide many opportunities to learn and enhance life-long skills that may not be available in the academic classroom. It is our goal to provide experiences that promote team and individual growth in a safe and healthy manner.

When students choose to participate in the athletic program, they make a commitment to themselves, the team, and the school. With this commitment come responsibilities and obligations. This handbook will acquaint you with some of the specific policies and procedures that are necessary for a well-organized and successful athletic program.

The Elba Interscholastic Athletic program is governed by the regulations of the New York State Commissioner of Education's basic code for extra class interschool athletic programs. In addition, Elba is a member of the New York State Public High School Athletic Association (NYSPHSAA) Section V, and competes in the Genesee Region Athletic Association (GRAA).

Please feel free to contact me (585)757-9967, ext. 1250 if you have any questions or concerns regarding the Elba Athletic Program. I look forward to working with you to ensure that you take full advantage of the tremendous opportunities that athletics can provide!

GO LANCERS!

Yours in Athletics,

Mark Beehler

Mark Beehler

ELBA CENTRAL SCHOOL ATHLETIC PROGRAM

ELBA INTERSCHOLASTIC PROGRAM OPPORTUNITIES GRADES 7-12

	Varsity	JV	Modified (Grades 7-8)	Modified A
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FALL

Volleyball	X	X	X	
Cheerleading*	X			
Boys' Cross Country*	X		X	
Girls' Cross Country*	X		X	
Football*	X	X	X	
Girls' Soccer*	X	X	X	
Boys' Soccer*	X	X	X	
Gymnastics	X			

WINTER

Boys Basketball	X	X	X	
Girls Basketball	X	X	X	
Cheerleading	X			
Swimming*	X		X	
Wrestling*	X			

SPRING

Baseball	X	X	X	
Girls' Softball	X	X	X	
Tennis	X		X	
Boys Track & Field*	X		X	
Girls Track & Field*	X		X	
Golf*	X			

*Indicates combined programs with Oakfield-Alabama or Byron Bergen

INTERSCHOLASTIC ATHLETICS

The Elba Central School District believes that interscholastic athletic competition provides opportunities for students to grow physically and intellectually through their experience in self-discipline and their contributions to a team effort. It is the Board of Education's policy to provide students athletic competition in a variety of sports and, regardless of sex, with quality and competent coaching in all instances.

The interscholastic athletic program shall conform to the Regulations of the Commissioner of Education as well as the established rules of the New York State Public High Schools Athletic Association and State Education Department.

Eligibility:

It is recognized that the fundamental purposed of any educational program is to focus on maximizing academic achievement. The District also recognizes that interscholastic athletics for students provide additional opportunities for growth and success; and, therefore, is a desirable component of the District's overall program. The interscholastic athletic experience should enrich, not detract from or compromise a student athlete's academic achievement. It is the expectation of the Board of Education that parents, administrators, coaches, teachers and students must share in the responsibility to ensure that each student athlete involved in interscholastic athletics work to his/her academic potential.

To ensure that all student athletes work toward achieving their academic potential, the District has established the following eligibility criteria for interscholastic athletic participation:

- a. Satisfactory academic achievement as demonstrated by the student athlete working to his/her academic potential.
- b. Acceptable attendance and behavior.
- c. Written parent or guardian consent.
- d. Yearly physical examination by the school or family physician.
- e. Endorsement by the school principal based upon established rules and regulations and league, Section V and New York State.

NYSPHSAA ELIGIBILITY STANDARDS

Age & Grade:

A student shall be eligible for interschool competition in grades 9, 10, 11, and 12 until his/her 19th birthday. If the age of nineteen is reached on or after July 1, the student may continue to participate during that school year in all sports.

Bona fide Student (4 Subjects including PE):

A contestant must be a bona fide student of the high school represented and 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 in two schools may represent only the home school. NOTE: A student in shared services part-time or full-time program, taking the equivalent of four Subjects including Physical Education, is considered as registered in the home school. Exceptions for special cases must be approved by League and Section.

A student who satisfies all eligibility standards, enrolled in the equivalent of three Subjects as well as meeting the Physical Education requirement who has not completed requirements for graduation, may be enrolled in one or more college courses for advanced placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.

Amateur:

A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the physical, mental and social benefits derived from participation. When competing in non-NYSPHSAA sponsored events, an athlete forfeits amateur status in a sport by any of the following:

1. Competing for money or other compensation (allowable travel, meals, and lodging expenses may be accepted).
2. Receiving an award or prize of monetary value which has not been approved by the NYSPHSAA.
3. Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutes of higher learning are specifically exempted).
4. Signing a professional playing contract in that sport.

Duration of Competition:

Regulation of the Commissioner of Education: A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation, except as otherwise specified by the Commissioner's Regulations. A pupil enters competition in a given year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest. The eligibility for competition of a pupil who has not attained the age of 19 years prior to July first may be extended under the following circumstances:

If sufficient evidence is presented by the chief school officer to the section to show that the

pupil's failure to enter competition during one or more seasons of a sport was caused by illness, accident, or similar circumstances beyond the control of the student, such pupil's eligibility shall be extended accordingly in that sport. If the chief school officer demonstrates to the satisfaction of the section that the pupil's failure to enter competition during one or more seasons of a sport is caused by such pupil's enrollment in a national or international student exchange program or foreign study program, that as a result of such enrollment the pupil will be required to attend school for one or more additional semesters in order to graduate, and that the pupil did not enter competition in any sport while enrolled in such program, such pupil's eligibility shall be extended accordingly in such sport.

PROGRAM GOAL

Goal:

The experience of participation in athletic contests and activities should reflect the total educational goals of our district and be an integral part of the educational process. It is recognized that a well-organized and well-conducted athletic program is a potent factor in the morale of a high school student body and an important phase of good community school relations. Too great an emphasis on winning contests is harmful to the development of good attitudes among students and the public. The Board believes that students should develop a positive attitude toward both winning and losing. A gracious winner and a good loser are both important goals to the educational aspect of athletics. To this end, the Board recognizes that the various athletic levels have differing goals. The following deals with each tier of the District's total athletic program

Developmental Levels of Athletic Performance

MODIFIED (7TH & 8TH) and MODIFIED A (7th, 8th & 9th)

The 7th, 8th and 9th grade interscholastic program is the first formal competitive opportunity for students. Participation is the priority as these student/ athletes will begin to practice with a purpose and develop skills of teamwork, sportsmanship and discipline. These safe and supervised activities require an athletic code of responsibilities and its ensuing appropriate behavior to facilitate role models in our schools. **Playing time will be directly linked to practice time. All participants will get playing time however a specified amount of playing time is never guaranteed.**

JUNIOR VARSITY:

The Junior Varsity level of competition is the program in which there is an increased emphasis placed upon team play, physical conditioning and refinement of basic skills. Winning at the Junior Varsity level is considered important, and participants should be taught how to cope with game situations and how to win and lose graciously. **Each individual will be given the opportunity to play during the season at the discretion of the coach.**

VARSITY:

The Varsity level of athletic competition is the culmination of the high school athletic program.

Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at the Varsity level. The team definitely plays to win the contest, but Varsity contestants should accept the fact that important lessons are to be learned from losing. There continues to be very strong emphasis on academics, sportsmanship, and a chemical-free life-style. It is recognized that not all participants may play in every contest.

Playing time is at the discretion of the coach. All members of the team that complete the season in good standing will receive an equal award.

NOTE: The above mentioned competitive situations are limited in size and space. As a result, cuts may occur at all levels. Each individual will be given an equal opportunity to compete for a roster spot.

Code of Ethics

It is the duty of all concerned with school athletics:

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

SECTION V SPORTSMANSHIP POLICY

The **Section V Athletic Association** is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at a" Section V activities. Section V will oppose instances and activities which run counter to the best of values of athletic competition in order to ensure the well-being of all individual players. Section V we" expect acceptable standards of good citizenship and propriety with proper regard for the rights of others. Section V is further committed to the belief that schools participating in Section V 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 school's reprimand, probation, suspension from a particular sport or suspension from sectional activities.

NYSPHSAA Sportsmanship Message:

BE LOUD....BE PROUD...BE POSITIVE!

Parent/Spectators Code of Behavior/Ethics

It is the responsibility of the parent/spectator to:

1. Spectators are an important part of the game and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.
3. Enthusiastic cheering for one's own team is encouraged. Cheering against the other team is disapproved of. Avoid actions that would be offensive to visiting teams or individual player. All courtesies should be extended during a free throw in basketball. Anyone who does not abide by this rule will be asked to leave the premises.
4. Pep bands or school bands under the supervision of school personnel may play during time outs, between periods, or at half-time. Bands must coordinate their play so as to not interfere with a cheerleading squad on the floor or field.
5. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises. A forfeiture may be declared by the officials.
6. Spectators should encourage each other to observe courteous behavior. Swearing and/or derogatory remarks or signs will not be tolerated. Improper behavior should be reported to the school officials.
7. All posters for display at an activity shall reflect good taste and acceptable language. The supervisor at the home school shall determine their acceptability.
8. Spectators will observe the rules of the local school concerning food and drink consumption, littering, and parking procedures. The refreshment area will be open only before the game, during halftime and between games for indoor contests.
9. Spectators will remain in their seats except for halftime and between games at indoor contests. Spectators will refrain from walking on the court or field before, during, and after the game.
10. Elementary school students must be accompanied by an adult when attending interscholastic contests.
11. Spectators will maintain a respectful attitude during the flag ceremonies and the national anthem.
12. Spectators will not bring alcoholic beverages or other controlled substances onto school grounds, smell of or acting as if under the influence of alcohol or other controlled substances.
13. Spectators who leave the building before the contest is over will not be readmitted.
14. Students should have rides waiting for them at the school when the contest is over.
15. Spectators will respect and obey all school officials and supervisors at athletic contests.
16. Accept the judgment of coaches and officials. Encourage other spectators to participate in the spirit of good sportsmanship.

Fans at athletic contests should realize that there is a difference between sportsmanship and rowdiness. Spectators are encouraged to support our teams and help bring about the type of school spirit we can be proud of.

Also, please see the Elba Central School Policy for Spectators at Athletic Contests for more detailed information.

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 judgment of the 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.

Coaches Code of Behavior/Ethics

It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example while coaching your athletes.
2. Respect the integrity and judgment of the officials.
3. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
4. 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.
5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators.
6. Instruct the players in the elements of good sportsmanship, and remove players from competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents, or spectators.
8. Avoid or eliminate negative comments to the radio, TV, social networking computer websites and newspaper reporters.
9. Avoid the use, misuse and negative impact of drugs, including alcohol, tobacco, and supplements on the players, spectators and the game.

Genesee Region League Sportsmanship Code

In an effort to promote GOOD SPORTSMANSHIP at athletic contests, spectators should be aware of the following expectations while attending contests in our school or as visitors in another school. Fans should be aware that the cheerleaders, players, coaches, and the crowd are being judged at each event.

Key Elements of Good Sportsmanship

Role Models:

- Positive role-modeling by coaches
- Proper role-models
- Positive parental support

Perspective:

- Remember, it is a game
- Remember, they are kids

Courtesy:

- Mutual respect
- Opponents shaking hands
- Common courtesy
- Respect for opponent
- Fair Play
- Positive acknowledgement of skill and talent
- Met at site by opponent

Follow Rules:

- Listen to coach
- Follow directions
- Know rules
- Understand rules

Positive Environment:

- Life environment
- No violence
- Use of proper language
- Positive family support
- Cheer for good play by both sides
- Positive recognition of sportsmanship
- Welcome signs/cheers

- No "Hot dogging"
- positive pre-game PA announcements
- Positive PA announcers

Respect for Authority:

- Officials introduced in the locker rooms to both teams
- Refer to officials/coaches as sir or madam
- Respect for officials' cars
- Appreciation for one another
- Coaches meet pre-game
- Support decisions of coaches, official, player

ANY INAPPROPRIATE SPECTATOR BEHAVIOR DIRECTED AT THE COACHES, PLAYERS, SPECTATORS, AND OFFICIALS, COULD RESULT IN DISCIPLINARY ACTION INCLUDING PERMANENT SUSPENSION FROM ATHLETIC EVENTS

Top Ten Reasons to be a Designated Good Sport

1. Because taunting, trash talking and intimidating behavior have no place in high school sports or any level of sports.
2. Your admission is to watch the performances of highly impressionable 12-18 year old students, is not a license to abuse coaches, officials, players, and other spectators.
3. You want others to treat you the way you want to be treated, and how many of us want to be treated with disrespect?
4. We need more positive role models for our kids.
5. People do not always remember the final score, but they always remember the fan in Row Three who made a fool of himself or herself.
6. Because the coaches and officials are also teachers. Would you harass them in their classroom?
7. A National survey indicates that kids who play high school sports have fun, not to be #1.
8. It is how you play the game that counts.
9. It is simply the right thing to do.
10. Because good sportsmanship begins with you!

The Athletic Season

An athletic season will commence on the first day of preseason tryouts and/or practice. The last day of a season will be after the final contest in which any athlete participates during that season.

Athletic Registration- Any student playing a sport at Elba Central School is required to complete paperwork prior to stepping on field of play. All registration is done online using **Family ID**.

Attendance - Any student who has not reported to the attendance office may not participate in practice or an athletic event without a legal excuse as defined in the Elba Handbook/Code of Conduct. Final determination is subject to school regulations. Any student who leaves during the school day due to illness will not be permitted to participate in practice or any athletic event. A student may not participate in practice, a contest or attend any afternoon/evening athletic event on a day when he/she has been illegally absent or tardy from school.

Practices - All student/athletes are expected to participate for a complete sports season. If they do not, they forfeit all awards. They must make all practices and athletic contests. There may be practices and contests on Saturdays, holidays, and school vacations.

Family Vacations - When parents and student/athletes choose to take their vacations during the sports season, it must be understood that the time missed can affect personal conditioning and team chemistry. Student/athletes who miss practice or competition for any reason may have their position or playing time adjusted.

Outside Participation – The NYSPHSAA allows outside participation. **Elba student-athletes must understand that commitment to the school team COMES FIRST, and outside participation should not be detrimental to an individual or to an Elba team.** There will be many circumstances where a student-athlete should not participate in an outside activity due to the possible effect on themselves or the team. Do not participate until you check with the individual coach involved.

Conflicts - Advisors/coaches should make every effort to coordinate schedules annually, and/or seasonally, to minimize scheduling conflicts. Student-athletes are to make their coach/advisor aware of any conflicts as far in advance as possible. When a conflict occurs between scheduled practices, the student-athlete may choose either activity without the loss of membership, academic penalty or status in the other activity. When a conflict occurs between two competitions/performances, the student-athlete may choose either activity after consulting with the adult advisors/coach in a timely manner. If a serious difference of opinion arises, the conflict will be resolved jointly by the student-athlete and the adult advisors/coach.

Athletic Schedules

Elba Central School has a web based scheduling program in our athletic department. When you visit our school district home page (elbacsd.org) you can click on Athletic Schedules and it will bring you to the R school site. From there you will click the sport you wish to view, click the view button below that sport and the schedule will appear.

One aspect of the program that I wanted highlight for you was the "automatic notification" feature that the program offers. The site allows for automatic emails and text messages to be sent directly to you once you sign up in the program. These notices can be for a specific sport(s) or for any district wide changes to our athletic schedules. We feel that the notification alerts will be more convenient for all of those involved should there be a change. The process for signing up for notification alerts is shown to you on page 3 of the "User Guide".

There are many beneficial features to the program. Please take a minute to read over the "User Guide" and sign up for notifications on the website when you can. Should you have any questions with regards to the program, please let me know. Thank you in advance for your cooperation.

For the latest athletic schedule and information

click on www.elbacsd.org

Awards and Athletic Ceremony

Criteria for Receiving Certificates/Pins/Letter E:

Varsity Athletes must complete the season in order to receive a certificate and pin. Letter E's will be awarded on a one time bases once an athlete completes his/her first Varsity sport.

JV Athletes will receive a certificate at the completion of their season.

Modified Athletes awards based on decision of coach.

*Special awards are at the discretion of the Athletic Director and the coaches presented at end of year athletic ceremony.

Athletic Ceremony is held once a year honoring all team and is usually held the first Monday in June at ECS in the school auditorium.

Academic Eligibility Rules and Regulations

Since the primary function of Elba Central School is to provide a high quality education, the individual academic achievement, effort, and good citizenship of each student comes before the participation in or attendance at extra-curricular events. Even though individual students possess different academic potentials and interest, a student is expected to maintain a passing grade (70 or higher) for every course in which the student is enrolled in order to participate fully in and/or attend extra-curricular events. Students can be placed on academic probation after the first 2 weeks of school. This policy will be reviewed on an annual basis.

A student who is eligible/probation can:

- Play and participate in extra-curricular and athletic events
- Attend club meetings and participate in major events

- Attend games, dances, concerts, proms, balls, and other school-sponsored events
- Exercise parking privileges at school
- Attend social breakfast during morning study halls (Juniors and Seniors only)
- Be issued hall passes

A student who is ineligible cannot:

- Play in athletic contests
- Participate in club events
- Attend games, dances, concerts, proms, balls and other school-sponsored events
- Attend social breakfast during morning study halls (Juniors and Seniors only)

PROCEDURES FOR ACADEMIC INELIGIBILITY

Students are required to fully understand the academic ineligibility policy that the HS Principal has outlined at the beginning of the school year. All athletes are required to maintain eligibility in order to participate.

Athletic Rules and Expectations

To be a member of an Elba Athletic team is a privilege and each student/athlete should strive to perform to the best of his/her athletic and academic potential.

Training Rules:

1. Each student/athlete will conform to the specific training rules of his or her sport.
2. Each student/athlete will conform to the specific rules and regulations of the School.
3. The student/athlete will attend classes and will be on time for school.
4. The student/athlete will be courteous and respect the rights of others and will exhibit a high degree of self-discipline.
5. The student/athlete will not berate coaches, teammates, or fans.
6. The student/athlete will not engage in disruptive behavior, including angry outbursts and fighting.
7. Once in uniform, the player shall remain with the team at all times.
8. Students are expected to wear a clean, pre-assigned uniform to all games. Any deviations in the uniform must be approved by the coach.
9. The use of obscenities is inappropriate for players on the bench or field.
10. **If a student-athlete disagree with a referee they will be removed from contest.**
11. Instigating a fight with players or fans will be classified as a most serious offense.
12. Verbal harassment between teams, team members, or fans before, during, or after a game is inappropriate.
13. Disagreements with the coach will not be conducted in public, in front of fans, or in front of team members.
14. All players are expected to ride to and from all contests on the team bus and appropriate behavior is expected at all times.
15. Student/athlete dress for away games must meet the requirements of the Athletic Department and the approval of the coach.
16. Attend all practices and contests unless excused by the coach
17. Never engage in any activity or behavior which may cause criticism of his/her

- team or school.
18. Follow specific rules set by the coach.
 19. Student/athletes are representing Elba Central School District and therefore, must set a good example by using appropriate behavior on all away trips.

We believe that all student/athletes should conduct themselves in a manner that reflects positively upon their school and promotes good health.

- * No student/athlete will possess, sell or use tobacco products at any time during the sports season.
- * No student/athlete will possess or consume alcoholic beverages at any time or place during the sport season.
- * No student/athlete will possess, sell, or use illegal drugs at any time during the sport season.
- * No student/athlete will use prescription drugs without the consent of a physician and/or parent at any time during the sport season.

Penalties for students who have violated the above rules are listed in the School Code of Conduct.

To promote a healthy lifestyle, it is strongly recommended that student/athletes adhere to the above Code of Behavior at all times, not just during the sports season.

Disciplinary: When an athlete is suspended in (ISS) can practice/play (OSS); they cannot attend practice, or be a participant or spectator at a contest. Any student suspended from school cannot attend any school function or contest.

Athletic Misconduct: You may be suspended from the team for the remainder of the sports' season, for conduct unbecoming an athlete. The penalties for athletic misconduct may vary depending upon the circumstances and will be determined by the coach in conjunction with the building principal and the Director of Athletics. The administrative leadership reserves the right to act promptly and with the best interest of the student/athlete in mind.

Note: Coaches may have specific team expectations. These are not to supersede the school's academic/athletic guidelines.

Penalties: Coaches will impose an appropriate penalty and notify the Director of Athletics.

EXTRACURRICULAR ACTIVITIES STUDENT CODE OF CONDUCT

Participation in extracurricular activities is a privilege that entails increased responsibility on the part of those who choose to participate.

Overview:

The Elba Board of Education believes that involvement in extracurricular activities is an integral part of a student's total educational program as it forms a connection between the student and the school community and nurtures each student's special interests and abilities. The intent of these

regulations is to foster and promote good citizenship, sportsmanship and conduct, including a chemical-free lifestyle by all students. While disciplinary measures are a part of the approach to encourage such a selection, it is only one part. In addition, we believe strongly in educating students in these areas and the promotion of treatment for substance abuse. Students and their parents will be expected to read and comply with this extracurricular activity code and sign a "Signature of Agreement Form" prior to participation in any and all extracurricular activities for each school year.

Extracurricular participation is defined as involvement in any non-credit-bearing, school-sponsored organization or activity, including class organizations, clubs and athletic teams. As representatives of our school and community, students are expected to exemplify positive role models. For this reason, additional protocols regarding the use of alcohol, tobacco, performance-enhancing substances, illegal chemical substances, as well as, citizenship and sportsmanship are required by the Elba Central School District. Therefore, students are expected to use good judgment and avoid situations in which alcohol or other drugs are being used illegally. Further, students are expected to engage in behavior that demonstrates the ideals of good citizenship. Since State Education law defines the school year as July 1 to June 30, these regulations are in effect during the entire calendar year. Disciplinary decisions which may result in the temporary suspension or removal of a student from an extracurricular activity will be made by the building principal after consultation with the athletic director, coach or advisor. Disciplinary decisions involving violations of the student conduct related to drugs, alcohol and tobacco will be determined by the Extracurricular Activities Code Committee.

Citizenship:

Extracurricular participants are expected to follow the rules and regulations of the school district as stated in the District's Code of Conduct. A few examples of unacceptable behavior are: truancy, insubordination, hazing, vandalism, academic dishonesty, stealing and violation of the rights of others. Each member of an extracurricular activity or athletic team is expected to do the following: attend all practice sessions or meetings, refrain from all profane and vulgar language, demonstrate good sportsmanship and cooperative attitudes and treat all officials, coaches and advisors with respect. Participation in athletics and extracurricular activities is meant to be an enjoyable learning experience. Students must remember that they are at a contest/event to support and to enjoy the skill and competition, not to intimidate or ridicule the other team, its cheerleaders or fans. A display of good sportsmanship and citizenship will reflect positively on our students and our school. As school representatives, students are expected to be positive role models through their own action. Actions meant to demean officials and other participants do not support the highest ideals of interscholastic and extracurricular activities and will not be tolerated. Consequences for displaying poor citizenship and sportsmanship can result in a suspension from the extracurricular activity ranging from one day to one year based on the nature and level of severity of the offense as determined by the building principal after consultation with the athletic director, coach or advisor.

Behavior and Conduct of Participants:

Good community citizenship is required of all participants of extracurricular activities and involves following a high standard of behavior and conduct while in or out of the school setting. Students are expected to follow all laws, school policies and regulations. The Building principal reserves the right to suspend any student who is arrested or receives an appearance ticket by police from all extracurricular activities until the infraction can be investigated by the building principal and a decision is rendered for possible additional suspension based on the investigation.

1. Extracurricular participants who violate the Elba Code of Conduct may be subject to additional disciplinary action by the coach or advisor. This could result in a variety of consequences ranging from a temporary suspension to dismissal from the activity depending upon the severity of the offense. The coach or advisor shall consult and seek approval by the building principal for student suspensions (ex. for an entire practice, game or performance) or student dismissal from the extracurricular activity.
2. Extracurricular participants who violate the law may be subject to disciplinary action by the building principal after an investigation. This could result in consequences ranging from temporary suspension to dismissal from the activity depending upon the severity of the offense.
3. Students engaging in criminal activity prior to the commencement of an extracurricular activity will be barred from participation for that activity by the building principal. The principal will make the determination upon investigation for additional suspension if the student was in fact, arrested or issued an appearance ticket, which makes participation in the extracurricular activity inappropriate.

Responsibilities of Spectators:

Students representing and attending events involving the Elba School District will recognize and show appreciation for the competition by athletic teams or participants in an extracurricular activity. Admission to an event extends the privilege of observing a contest and is a contract for its holder to act in an appropriate and sportsmanlike manner. Students are expected to respect the integrity and judgment of contest officials and learn the rules of the game so that they may understand and appreciate why certain situations take place.

Equipment/Supplies:

The student participating in extracurricular activities of any form is responsible for all school-owned equipment and supplies issued to him/her. The student or his/her parent/guardian must pay for lost, stolen or damaged equipment before s/he can participate in any further interscholastic athletic/extracurricular activities. Seniors are not allowed to participate in graduation exercises if they have not returned or replaced lost or damaged school equipment and supplies or made arrangements to do so with the principal prior to graduation.

Attendance:

Students are required to attend all classes during the school day in order to participate in extracurricular activities after school. The exception is made for a bona fide appointment such as dentist, doctor, court or college visitation or other absences deemed legal by New York State Education law other than illness and must be verified by an appropriate legal written excuse.

- a. Absences: If a student has an unexcused absence, is truant, suspended in or out of school, or excused from any part of the school day due to illness, s/he may not participate in any

extracurricular activity that day. If a suspension spans a weekend, the student may not participate in any extracurricular events that weekend.

- b. Tardy: Any student who is late to school is considered tardy. S/he must sign in at the attendance office and report to the building principal. The building principal will consider the circumstance and frequency of previous tardiness to determine the student's participation in the extracurricular activity for that day.

Students who are tardy to school and do not report to the appropriate school office upon arrival to school will not participate in that day's activity and may be suspended from the next activity.

Students who are tardy due to a medical appointment need to present written verification of the appointment from the medical office.

- c. Absence Following Extracurricular Events: Each student must make every effort to attend school the day following an extracurricular activity. If a pattern of absences develops following an extracurricular activity, the coach/advisor will take appropriate disciplinary action. If absences occurring after an extracurricular event are an ongoing problem as deemed by the building principal, participation in the next scheduled extracurricular or athletic activity may be suspended.

Extracurricular Rules Established By Coaches/Advisors:

In addition to the extracurricular rules set forth in this policy, the individual coach/advisor may establish rules for the activity, which are above and beyond what is outlined in this policy. Some areas regulated by the coach/advisor rules may be, but are not limited to, curfews, lateness to an activity or insubordination to the coach/advisor. The coach or advisor shall consult and seek approval by the building principal for student suspensions (ex. for an entire practice, game or performance) or student dismissal from the extracurricular activity.

Review Committee:

The Extracurricular Activities Code Committee (EACC) is responsible for reviewing information presented regarding an alleged drug/alcohol/tobacco violation in which the student or family of that student disputes the guilt of that student. When needed, the EACC will meet within a reasonable time following an alleged alcohol, tobacco or drug related incident. The Committee will then be presented with the facts compiled by the investigating School Administrator. The committee will then make a determination based on the information provided.

The Committee shall consist of the athletic director, one district health professional (school nurse or physician), one Board of Education member, one teacher (secondary) and one teacher (elementary level). Student athletes awaiting a review from the EACC may be subject to suspension on the interim basis by the building principal. The building principal presents evidence discovered in the investigation of the violation of the Code of Conduct. The EACC has discretion in assigning penalties in cases it reviews. Offenses involving the use of alcohol, tobacco, performance enhancing substances, illegal chemical substances.

First Offense:

A. (1) Athletes: Exclusion from participation in interscholastic sports for 25% of the total number of games. In addition, it may be required that a mandatory evaluation and/or counseling by the Genesee Council on Alcoholism and Substance Abuse or an alternative source or agency acceptable to the Committee until dismissed from the program by the agency take place.

(2) Non-Athletes in Competitive/Performing Groups: Exclusion from participation in the competitive/performing group for a period of time recommended by the Review Committee for Alcohol and Drug Abuse in addition to agreeing to an evaluation and/or counseling by the Genesee Council on Alcoholism and Substance Abuse or an alternative source or agency acceptable to the Committee until dismissed from the program by the agency. (Due to the variations among the non-athletic competitive/performing groups, the Committee needs to have the appropriate flexibility in determining a penalty.)

OR

B. Exclusion from participation in interscholastic sports and extracurricular activities for five (5) school months to run consecutively into the next school year, if necessary.

Second Offense:

A. (1) Athletes: Exclusion from participation in interscholastic sports for 50% of the total number of games in addition to agreeing to an evaluation and/or counseling by the Genesee Council on Alcoholism and Substance Abuse or an alternative source or agency acceptable to the Committee until dismissed from the program by the agency.

(2) Non-Athletes in Competitive/Performing Groups: Exclusion from participation in the competitive/performing group for a period of time recommended by the Review Committee for Alcohol and Drug Abuse in addition to agreeing to an evaluation and/or counseling by the Genesee Council on Alcoholism and Substance Abuse or an alternative source or agency acceptable to the Committee until dismissed from the program by the agency. (Due to the variations among the non-athletic competitive/performing groups, the committee needs to have the appropriate flexibility in determining a penalty.)

OR

B. Exclusion from participation in interscholastic sports and extracurricular activities for ten (10) school months to run consecutively into the next school year, if necessary.

Third Offense and All Subsequent Offenses:

Exclusion from participation in interscholastic sports and extracurricular activities for ten (10) school months to run consecutively into the next school year, if necessary.

Students who self-refer themselves for alcohol and/or drug abuse are not exempt from the penalties and procedures outlined in this policy.

These consequences are in effect from one sport season to the next (e.g., student plays football and basketball but is not able to serve all the game suspension during football season, then the remaining games will be served during basketball season).

Offenses are consecutive and penalties accrue from one year to the next.

Tobacco:

Any student who possesses smokes or uses a tobacco product or snuff, on or off school grounds is violating this policy and subject to penalties outlined in this document. The student is encouraged to consult with the family doctor to seek appropriate medical intervention to address their use of tobacco. If the student provides verification from the physician that s/he is actively involved in abstaining from tobacco, the athletic director and building principal may decide to lessen the period of suspension by not more than half of the period of suspension.

Attendance at Gatherings:

Students, who are present at locations where the use of alcohol or other illegal substances are occurring, will be subject to the same penalty as those involved in the use or possession.

“Quitting” the Team:

It is highly desired that student athletes refrain from “quitting” an interscholastic athletic team. If a student “quits” a team after that given team has already begun to compete in games/meets, etc., that student will be suspended from 25% of the next athletic season in which they choose to participate. In the event of a hardship forcing an athlete to discontinue participation it will be left to the discretion of the athletic director and building principal as to whether or not the student shall face suspension.

Violation Reports and Penalties:

Reports of violations of the Extracurricular Code of Conduct will be accepted only from coaches, administrators, teachers, school personnel or police officers who have personal knowledge of the violation. Violation reports are to be submitted directly to the building principal. It is the responsibility of the building principal to inform the student's parent of the violation.

Substantiated violations of this code will result in penalties ranging from suspension to dismissal from the extracurricular activity as listed in the general rules of conduct.

"Complaints" of alleged violations from all other sources must be based on personal knowledge, and addressed directly to the Superintendent of Schools. If reasonable suspicion exists, school authorities will conduct a thorough investigation.

The building principal will notify the student and the parent within a reasonable amount of time of a suspension or dismissal from the activity.

Hazing

Hazing, in any form, including initiation, which is degrading, is strictly forbidden by NYS law. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other person. It is understood that hazing of any kind is not allowed on this campus or in athletics. It is further understood that we have a duty to report any acts of hazing that we see or know of to a coach or administrator and participation in or failure to report any hazing acts will result in a disciplinary review and possible suspension and dismissal from the athletic program.

Behavior

Good sportsmanship and citizenship are required of all student-athletes. A student-athletes conduct is to be guided by the following principles:

- to have respect for the rights and feelings of others
- to behave in a manner that reflects favorably on yourself, your family, teammates, school and community.

Off the Field: Student-athletes are expected to conduct themselves at all times in a manner, which will reflect positively on our school athletic team and themselves. Inappropriate behavior as defined by the Elba Central School Code of Conduct and any involvement with police including accusations and/or arrests any time during the school year or out of school will result in a disciplinary review and be subject to suspension and/or dismissal from the athletic program.

On the Field: In the area of athletic competition, a real student-athlete does not use profanity or illegal tactics; learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well- played game after the contest whether in defeat or victory. Game officials will always be treated with respect and a sense of understanding the critical role that they play.

In the Classroom: In the academic area, a good athlete becomes a good student. A person cannot be lazy in the classroom and think that he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or court and never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades. Plan ahead and be organized. In addition to maintain good scholarship, an athlete should give respectable attention to classroom activities and show respect for other students and faculty at all times. Horseplay and disrespect are not approved habits of behavior, set a good example. Be a positive role model.

School Grounds: Athletes should be arriving at school before 20 minutes prior to scheduled practice time. Appropriate locker room behavior is expected at all times and respect of others property. Parents: please be respectful to our coaching staff and pick up your child immediately upon arrival of the school bus for away competitions and/or practice sessions.

Profanity, Abusive Language and/or Actions

The conduct of a student-athlete is closely observed in many areas of life. Your conduct is a reflection of the total education institution you represent. It is important that your behavior be above reproach in all the following areas. The use of profane or abusive language/action is not acceptable and will not be tolerated. Furthermore, if profanity, abusive language or action is directed toward a person (coach, official, etc.) the participant will be removed from the situation for a cooling-off period. This may result in a period of suspension from the squad determined by the coach.

Practices/Team Commitment

Every athlete is expected to participate for a complete sports season, make all practices and athletic contests. All teams need a full squad for practice. There may be practices and contests on Saturdays, holidays, and over school vacations. If an athlete elects to leave one sport during a season to start another, the move must first be approved by the Director of Athletics, and both coaches involved. Practices only count for a specific sport.

Issuing of School Equipment

Athletes may be issued school equipment specific to each sport. Athletic equipment issued to the student/athlete is that individual's responsibility and must be returned immediately to the coach upon completion of the season. A student/athlete will not be eligible to participate in a second sport until all equipment is returned. Any item that is altered or not returned by the athlete must be paid for at its replacement cost.

Preseason Coach's Meeting

Prior to the first contest, the coach will hold a meeting for all student/athletes and parents. All student athletes and parents must attend a pre-season meeting. This meeting will cover the policies in this handbook and the expectations of the coach. Student athletes are expected to meet all regular school obligations. Parents will sign the training rules and behavior rules form for player eligibility.

Sports Physicals

Sports physicals will be given and approved by our school doctor before a student is allowed to practice or participate in a game. The sports physical is in force for one calendar year; however, a student whose physical expires during the season of competition will be asked to get a physical prior to the start of the next sports season. In addition, parents must fill out a health history review and return it to the school nurse prior to each season. All injured athletes who have been seen by a doctor must be released (signed statement) by that doctor in order to resume participation with their team. This release must be filed with our school nurse. In cases of a long term or severe injury, clearance by the school physician may also be necessary prior to the return of an athlete.

Medical Re-Certification

New York State guidelines for sports physicals state, "Students shall have a health history interview prior to the start of practice sessions. Students will not be able to participate in practice until this form is completed and turned in. This form may be obtained from your school nurse.

Risk factor in Sports

Participation in sports involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity and vary in nature, be it a "contact" or a "non-contact" sport. Further, many injuries are truly accidental in nature and by volunteering to participate in a

school-sponsored athletic activity, a student and his or her parents/guardians assume the risk for injuries to occur. Athletic injuries can run from minor injuries to the more serious. It is extremely important to report any injury an athlete suffers immediately to their respective coach.

Sports Related Injuries and Reporting Procedure

1. Report any injury, no matter how small it may seem at the time, to your coach immediately.
2. An accident report will be filled out by the coach as soon as possible and turned into the nurse's office.
3. Any medical expenses incurred by the athlete must be first submitted to your own insurance company.
4. If there is a remaining balance, the parents must submit a claim for full or partial reimbursement to the school district accident insurance carrier.

Returning to an Athletic Team after an Injury or Illness

Any athlete who is seen by a doctor must be released (signed statement) by the doctor who treated the child in order to resume participation with their team. If you have to go to the emergency room for care, please obtain the written release before leaving the hospital because many times the attending physician will not be there the next time you visit. This release may be filed with our school nurse. It is the athlete's responsibility to get the release to the school nurse. Do not leave this responsibility to some other person (coach, teacher, friend, etc.). Remember, prior to returning to contests/games, a conditioning period will take place.

Impact Testing

Every student athlete will be given an online computer concussion management test every two years. The purpose of this test is to have any establish baseline in which to measure a student-athlete if he/she ever sustains a concussion we then have an initial score to measure the head injury against.

Concussion Management

1. ECS has a Board approved protocol that outlines recognition, management of head injuries and six step returns to play.
2. Concussion is a traumatic brain injury
3. An athlete who has been diagnosed with a concussion must be FIRST medically cleared in writing, to begin the six steps to play process.
4. Student athlete will most likely miss at least a game or two!!!
5. If any symptom reoccurs during the six steps to play process the athlete will go back to previous level and continue after 24 hours.
6. We want to prevent Second Impact Syndrome (SIS)- occurs when athlete sustain second trauma to brain BEFORE completely healed from original injury

Medical Insurance

Medical insurance is provided to all athletes through the district's insurance carrier under the following provisions:

- * The bills for medical expenses incurred during school sponsored practices or contests must be submitted to the family(s) insurance plan(s) first.
- * Expenses not covered by the family's reimbursement plan(s) may then be submitted to the school district. The school district's plan has limits. Call the school nurse for answers to questions on this matter.
- * Claim forms and filing instructions are available through the Health Office.
- * The accident/injury must be reported to the coach at the time it occurs. The coach is responsible for filing an accident report the next school day following the injury and sending it to the Health Office.

Transportation

Students will be transported to and from all away athletic contests by school authorized vehicles. However, at the discretion of the coach, permission may be granted to a parent/legal guardian to provide transportation for their child only (provided that it is consistent with rules of that particular team). In such cases, the parent must present written permission in the presence of the coach.

Team Photo

All student-athletes at Elba Central will be professionally photographed as a team, and if interested, as an individual. Parents are not obligated to purchase pictures, but all athletes will receive envelopes to purchase Team/Individual photos. These photos will be used in the Yearbook. Student-athletes will wear only school-issued uniforms in team photo.

Duration of Competition

A pupil shall be eligible for senior high school athletic competition in a sport during each of the four consecutive seasons of such sport commencing with the pupil's entry into ninth grade and prior to graduation. A pupil reaching the age of 19 before July 1 may not participate during that school year, or thereafter.

Athletic Placement Process

Athletic Placement is a process for screening **EXCEPTIONAL** Grade 7 and 8 student-athletes to determine their readiness to compete at a higher level of competition (Varsity or JV) than their current grade level. It is based on physical readiness rather than grade level. This NYS program has been designed to assess a student-athlete's physical maturation, physical fitness and skill. This program is intended for the student with appropriate physical and emotional readiness, and whose athletic abilities are outside of those of their age-related peers.

Athletic Placement Process (APP):

1. Varsity/JV Coach's notifies Athletic Director of athlete.
2. Coach notifies parent and athlete of intent.
3. Coach recommends athlete to Athletic Director.

4. Parental Permission Slip sent home to parents beginning Selective Classification Process.
5. Health and Developmental Rating must be completed by the School Physician.
6. The Coach will complete an evaluation form in regards to athletes' skill level.
7. The athlete will then take the Selection Classification Test which is administered by AD.
8. Upon passing each of the selective classification items the athlete will be given the opportunity to try out for the team.

***It is important to note that passing the testing procedure DOES NOT guarantee placement on a higher level team. It allows the athlete to try out for that team.**

***It is also important to remember that if, and when an athlete successfully completes the Athletic Placement Process, and becomes a member of the team, there is no guaranteed playing time in games. Your athlete will compete in practices with 9th and 10th graders and playing time will be based on her performance each and every day.**

***Secondary student athletes, eligible for participation on an interscholastic athletic team at the junior varsity or varsity level, can be removed from the team when 7th or 8th grade students have been through the APP to participate at the junior varsity or varsity level of competition.**

Any student who is not able to attend the testing or who does not pass the Commissioner's criteria are ineligible to participate on teams other than modified.

Junior Varsity Athlete Promotion

The Varsity Head Coach, with input from the Athletic Director, will determine if it is appropriate to promote a Junior Varsity player to the Varsity level. If the Varsity Head Coach and Athletic Director concur that a promotion is appropriate, the Varsity Head Coach will contact the Junior Varsity student-athlete's parents/guardians in order to seek their approval before the promotion is finalized.

Chain of Command

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, both parents and coaches are better able to accept the actions of the other and provide greater benefit to the student-athlete. When a student-athlete becomes involved in an ECS athletic program, parents have a right to understand what expectations are placed on their child. This begins with clear communication from the coach.

24 Hour Rule

- ✓ Do not approach a Head Coach or Assistant Coach immediately following a contest or practice for a discussion.
- ✓ If you have a concern to discuss with a coach, please schedule an appointment at least 24 hours following any practice or game incident.
- ✓ It is difficult to accept your child's playing time. Coaches see and evaluate players daily and playing time is based on what is best for the entire team.

Ladder of Communication

The ladder of communication stresses that there is a **protocol** for complaints and that discussion should start on the ground floor.

Communication between:

1. Player and coach
2. Parents, player and coach
3. Parents, player and Athletic Director
4. Parents, player and Principal
5. Parents, player and District Superintendent

Communication expected from the Coach:

1. Philosophy of the coach and program.
2. Expectations the coach has for the student-athlete, as well as the entire team.
3. Locations and times of all practices and contests.
4. Team requirements (e.g. special equipment, off season expectations, etc.)
5. Procedure should the student-athlete be injured during participation.
6. Disciplinary action(s) that may result in the denial of the student athlete's participation.

Communication Coaches Expect From Parents:

1. Concerns expressed directly to the coach only after the student-athlete has talked with the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in programs at Elba Central School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals and they make judgment decisions based on what they believe to be best for all the students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those on the following page, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches:

1. Playing time.
2. Team strategy and line-ups.
3. Play calling
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedure To Follow To Discuss A Concern With A Coach:

1. Student-Athlete to contact the coach in attempt to resolve the situation.
2. If resolution is not reached, the parent is to contact the coach and set up meeting with coach, player and parent/guardian.

Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Next Step:

What To Do If The Meeting With The Coach/Player/Parent Did Not Find A Resolution

1. Call the Athletic Office to set an appointment with the Athletic Director. The parent/guardian, player, coach, and Athletic Director will meet to discuss the problem.
2. At this meeting, the appropriate next step will be determined.

We hope that the information provided will help make you and your child's experience with the Elba Central School Athletic Program less stressful, more enjoyable, as well as rewarding.

SIDELINE SUGGESTIONS **(10 THINGS KIDS SAY THEY DON'T** **WANT THEIR PARENTS TO DO)**

1. Don't yell out instructions. During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. Don't put down the officials. This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.

3. Don't yell at me in public. It will just make things worse because I'll be upset, embarrassed, or worried that you're going to tell at me the next time I do something "wrong."
4. Don't yell at the coach. When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. Don't put down my teammates. Don't make put-down remarks about any of my teammates who make mistakes. It takes away from the team spirit.
6. Don't put down the other team. When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."
7. Don't lose your cool. I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. Don't lecture me about mistakes after the game. Those rides home in the car after the game are not a good time for lectures about how I messed up-I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!
9. Don't forget how to laugh and have fun. Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. Don't forget that it's just a game! Odds are I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

A Coach's Letter to Parents

By Darrell J. Burnett, Ph.D.

Dear Parents:

Here are some hints on how to make this a fun season, with lots of positive memories for your kids and your family.

- Make sure your kids know that, win or lose, you love them. Be the person in their life they can always look to for support.
- Try to be completely honest with yourself about your kid's athletic capability, their competitive attitude, their sportsmanship, and their level of skills.
- Be helpful, but don't coach your kids on the way to the game or at the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks and criticism.
- Teach your kids to enjoy the thrill of competition, to be out there trying and to be constantly working to improve their skills. Don't tell them that winning doesn't count because it does, and they know it. Instead, help them develop a healthy competitive attitude, a "feel for the competing, for trying hard, and for having a good time."
- Try not to live your life through your kids. Sure they're an extension of you, but don't assume they feel the same way you did, want the same things or have the same attitude.
- Don't push them in the direction that gives you the most satisfaction.
- Don't compete with your kid's coaches. Try to help them understand the necessity for discipline, rules and regulations.

- Don't compare your kids with other players on their team- at least not within their hearing- don't lie to them about their capabilities as a player.
- Get to know your kid's coaches. Make sure you approve of each coach's attitude and ethics. Coaches can be influential, and you should know the values of each coach so that you can decide whether or not you want them passed on to your kids.
- Teach your kids the meaning of courage. Courage isn't the absence of fear. Courage is learning to perform in spite of fear. Courage isn't getting rid of fear. It's overcoming it.
- Winning is an important goal. Winning at all costs is stupidity.
- Remember that officials are necessary. Don't overreact to their calls. They have rules and guidelines to follow representing authority during the game. Teach your kids to respect authority and to play by the rules.
- Finally, remember if they kids aren't having fun we're missing the whole point of youth sports.

Parent/Athlete Training Rules Agreement

Athlete – Last Name

First Name

Sport

Level

Grade

Date of Birth

Parent/Guardian Name (Print first and last name)

Phone: Home

Work

I have read and understand the guidelines, procedures, training rules and consequences: I give my daughter/son

First Name

Last name

permission to participate. I have read and reviewed the rules and regulations with my child.

Parent/Guardian Signature

Date

I acknowledge that I have read the guidelines, procedures and training rules and consequences. I agree to comply with the terms and conditions set forth in order to participate in interscholastic athletics at Elba Central School.

Athlete Signature

Date

Complete and return to your coach prior to the first practice.