



Newburgh Enlarged City School District

Interscholastic Athletics

HANDBOOK

for

Student-Athletes and Parents

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NECSD Interscholastic Athletics Handbook for Student-Athletes and Parents Acknowledgement Form

Section One - Philosophy and Expectations

Newburgh Board of Education Interscholastic Athletic Competition Policy (Board Policy 2431)

“The Board recognizes the value of a program of interschool athletic competition for both boys and girls as an integral part of the total school experience. In order that the athletic program be successful, certain goals must be set and strived for. In the Newburgh School District the following are the goals of the athletic program:

- To develop sportsmanship and a sense of fair play.
- To learn to follow rules and regulations.
- To develop the body and mind through physical and mental activity.
- To develop positive relationships with teammates and opponents.
- To develop a sense of responsibility.
- To develop self-discipline.
- To learn personal sacrifice for the good of the team, teammates, and others.
- To develop the ability to learn, follow rules and make decisions that may help to achieve success as an athlete.

For purposes of this policy, the programs of interschool athletics shall include all activities relating to competitive sport contests, games or events or sport exhibitions involving individual pupils or teams of pupils of this District when such events occur between separate schools within this District or with any schools outside this District.

If a student wishes to participate on any District athletic teams, he/she must adhere to the following guideline: The student must exemplify the qualities of good citizenship and abide by all school regulations and policies. Every participant must also work to his/her fullest capacity to achieve the best scholastic record possible.

Pupils in grades 7 and 8 may compete on any senior high school team provided such pupils are placed at levels of competition appropriate to their psychological maturity, physical fitness, and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.

Teachers should feel free to work with coaches and use the athletic program as a tool to mold the desirable qualities necessary to develop good citizenship. The athletic program for the School District both for physical education and sport activities will comply with the rules and regulations of Title IX.

The Superintendent shall annually prepare, approve, and present to the Board for its consideration a program of interschool athletics that shall include a complete schedule of athletic events.”

Athletic Department Philosophy

The Newburgh Enlarged City School District Athletic Department and their programs exist:

- To develop teams that will encourage broad participation, enhance school spirit and generate a feeling of unity among the team members, student body, faculty and community.
- To provide opportunities for student-athletes to develop confidence, positive self image and leadership skills.
- To provide opportunities for student-athletes to learn about and exemplify good sportsmanship.
- To instill in students a desire to succeed and excel.
- To help students realize the rewards of hard work, practice, commitment and sacrifice.
- To develop self discipline and emotional maturity in learning to make choices under competitive pressure.
- To promote the importance of teamwork, sportsmanship, loyalty and a sense of fair play.
- To develop special physical skills in the athletic activity of each student's choice, acknowledging that those skills may offer extended opportunity for college, professional and associated careers.
- To develop an appreciation of the need for and enjoyment of physical activity that will carry over to recreational involvement as a lifetime pursuit.
- To provide opportunities that enable student-athletes a chance to enjoy wholesome competition.
- To teach student-athletes new skills and help them improve skills already possessed.
- To provide opportunities for student-athletes to build lifelong friendships with their teammates and their opponents.
- To provide opportunities where student-athletes will place the needs of the team above their individual needs.
- To teach student-athletes respect for rules and authority and give them an opportunity to exemplify this respect.
- To teach student athletes to present themselves in a socially acceptable manner.
- To provide an opportunity to those who demonstrate a high level of athletic skill to compete on an interscholastic level.
- To foster academic and athletic achievement through the development of attitudes and values that motivates students to pursue excellence.
- To develop increased knowledge of skills needed to achieve individual and team success through consistency, commitment and hard work.
- To develop respect for teammates, opponents, coaches and officials by developing emotional control and cooperation.
- To stress the importance of physical fitness, proper conditioning, healthy habits and safety.
- To create an atmosphere that fosters team work and to generate school spirit by displaying a positive attitude and good sportsmanship.

Modified Program Philosophy

This program is available to all students in the seventh and eighth grades. Sports activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition. At the middle school level, it is our goal to provide a well-planned and well-balanced program of interscholastic athletics for as many students as possible. Ultimately, the number of teams and size of the squad in any sport will be determined by student interest and the availability of:

1. financial resources
2. qualified coaches
3. suitable indoor or outdoor facilities
4. a safe environment.

Practice sessions are vital for the development of the adolescent athlete and team to occur.. The New York State Public High School Athletic Association (NYSPHSAA) publishes regulations that govern practice sessions. Vacation/recess practices are not regularly scheduled at the modified level. However, on occasion practices may be scheduled to insure that students are adequately prepared to participate. Opportunities for meaningful contest participation within the game format will exist over the course of a season for student-athletes that meet their school and team responsibilities. Coaches will determine playing time based on a variety of circumstances including abilities, skills, game situations, and practice performance. It is possible, but rare, for a modified level student to be included on a high school (Freshman, Junior Varsity, or Varsity) roster. Criteria that must be met in order to play at an advanced level include parental approval, medical approval, appropriate developmental rating, passing athletic performance test scores, the coach's skill evaluation, and advanced degree of social-emotional maturity as outlined by the New York State Education Department (NYSED) Selection/Classification Policy. Only the varsity coach of a particular sport can initiate this process.

Junior Varsity Program Philosophy

The junior varsity level is intended for those students who display the potential for continued development into productive varsity level athletes. Although team membership varies according to the structure of each program, 9th and 10th grade students occupy the majority of roster positions. In certain situations 11th graders may be included on a junior varsity roster. Freshmen, as well as modified students who have satisfied all selection/classification criteria, may be included on a junior varsity roster. At this level, athletes are expected to have committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, as well as social-emotional development. Junior varsity programs work toward achieving a balance between continued team and player development and striving for victory. The realization that practice sessions are important is a premise

that is vital to a successful junior varsity team and player. For all team members, the opportunity for meaningful contest participation will exist over the course of a season; **however, a specified amount of playing time is never guaranteed.** Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacations and commitment is expected at the junior varsity level.

Varsity Program Philosophy

Varsity competition is the culmination of each sports program. Seniors and juniors generally comprise the majority of the roster. At the varsity coach's discretion, sophomores and freshmen may be included on the team provided that evidence of advanced levels of physical development and athletic skill, and appropriate social-emotional development are demonstrated. It is possible, but rare, for a modified level student to be included on a varsity roster. The New York State Selection/Classification occurs more frequently in sports commonly classified as "individual" (such as track, golf, tennis, etc.). Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play in the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their roles in pursuit of team goals. **While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.** A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation/recess periods for all sport seasons. Depending on the sport, contests and practices are scheduled during vacation/recess periods, on Sundays, and in some cases holidays. The dedication and commitment needed to conduct a successful varsity program must be taken seriously by all student-athletes. The varsity coach of a sport is the leader of that sports program and determines the system of instruction and strategy for that program. The communication among the modified, freshmen, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to compete, striving for victory in each contest and working to reach the group's and individual's maximum potential are goals of a varsity level team.

Expectations of the Coaches

The Newburgh Enlarged City School District coaching staff will:

- Present a positive role model for the athletes.
- Conduct well-planned practice sessions.
- Provide a safe playing environment for athletes.
- Teach fundamentals skills and rules of the sport.

- Develop good team chemistry and morals.
- Develop self-confidence in the students.
- Maintain effective discipline and enforce team rules in an equitable and consistent manner.
- Provide an environment that makes participation fun for athletes.
- Demonstrate the ability to evaluate the performance of athletes/team.
- Be knowledgeable about and select appropriate strategies and tactics.
- Demonstrate the ability to identify potential ability in athletes.
- Utilize consistent and fair criteria for judging the athlete's abilities.
- Demonstrate the ability to communicate and motivate all athletes.
- Give support to all endorsed athletic programs of the school.
- Give constructive criticism on the athlete's performance during practice sessions and games.
- Ensure that students are appropriately supervised at all times.

Expectations of the Student-Athletes

The Newburgh Enlarged City School District student-athletes will:

- Play the game for fun.
- Be gracious when you win and graceful when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority.
- Demonstrate respect for your opponents, coaches and teammates.
- Be accountable for your own actions.
- Be open to constructive criticism and take correction as a compliment.
- Accept and embrace the discipline involved in athletics, because it benefits the team.
- Develop the feeling of pride based upon being a member of a team.
- Not act arrogantly or a display a sense of entitlement
- Be an athlete of good character and exemplify that good character in all you do

Expectations of the Parents/Guardians

The Newburgh Enlarged City School District parents/guardians ("parents") will:

- Attend as many games as possible.
- Support your child's attendance at practices and as many games as possible.
- Know and understand the rules of the athletic program and ensure that your child knows and understands them.

- Ensure that your child attends school regularly and on time, and fulfills of all course requirements.
- Do everything possible to make the athletic experience positive for your child and others.
- View the game with team goals in mind.
- Release your children to the coach and the team.
- Look upon members of the opposing team as friends involved in the same experience.
- Accept the judgment of the officials and coaches and always remain in control.
- Accept the results of each game and not make excuses.
- Demonstrate winning and losing with dignity.
- Encourage athletes to keep their perspective in both victory and defeat
- Be a good listener.
- Accept the goals, roles and achievements of your child.

Section Two - Governance

Governance

1) The Board of Education

The Board of Education is the governing body for the Newburgh Enlarged City School District. The Board of Education is responsible for the following areas:

- a) Listening to and balancing the needs of the community with the financial constraints and needs of the District
- b) Developing policies in accordance with law and regulations, and in accordance with the educational needs and wishes of the school community.
- c) Approving means by which professional staff may implement these policies effectively.
- d) Evaluating the interscholastic athletic program in terms of its value to the District and the school community.

2) The National Federation of State High School Associations (NFHS)

The NFHS consists of the 51 individual State High Schools' athletic and/or activities associations. The NFHS is both a service and regulatory agency. The growth and influence of State Associations and the NFHS ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

The purposes of the NFHS are: a) to serve, protect and enhance the interstate activity interests of the high school; b) to assist in those activities of the State Associations which can best be operated on a nationwide scale; c) to sponsor meetings, publications and activities which will permit each State Association to profit by the experience of all other member associations; and d) to coordinate the work to minimize duplication.

3) New York State Public High School Athletic Association (NYSPHSAA)

The NYSPHSAA is the organization responsible for governing interscholastic athletic activities for boys and girls in grades 7-12 in its member schools. The NYSPHSAA provides a central association through which public secondary schools of the State may cooperate for the following purposes:

- a) To establish necessary principles and procedures for the conduct of interscholastic athletics.
- b) To strengthen the work of the local schools in developing good sportsmanship and high ideals among contestants and teams.
- c) To encourage all forms of interschool athletic activities for all boys and girls in grades 7-12 as an integral part of the educational program.
- d) To adopt, strengthen, interpret, and enforce uniform eligibility rules and sports standards governing participation in interschool athletics at all levels as established in the Regulations of the Commissioner of Education governing athletics.

- e) To conduct regional and state championship tournaments.
- f) To enforce the constitution, bylaws, rules, regulations, and sports standards adopted by this association, its sections, and leagues.
- g) To strive continually to strengthen programs and improve safety in sports through study, research and experimentation.
- h) To meet with and assist sports officials at the state and sectional levels to identify and solve existing problems.
- i) To cooperate with non-school groups engaged in sports activities to establish guidelines for outside competition.
- j) To comply with the provisions of the New York State Not for Profit Corporation Law.

4) New York State Public High School Athletic Association Section IX (NYSPHSAA Section IX)

This consortium of public high schools in New York State provides a central association through which the member schools in Section IX cooperate for the following objectives:

1. To strengthen the work of the member schools in developing good sportsmanship and high ideals among and between contestants and teams.
2. To promote all forms and phases of athletics for secondary students, and to enact policies and regulations in the interests of the general welfare of Section IX athletics.
3. To establish uniformity concerning eligibility rules governing participation in interscholastic athletics in each league in the section.
4. To plan and conduct all sectional athletic activities through its appointed leadership structure and governing body and to arrange, when necessary, entrance to participation in intersectional activities.
5. To enforce the Constitution, bylaws, rules, regulations and game standards adopted by the Commissioner of Education, the NYSPHSAA, Section IX, and the leagues within the Section.

5) Orange County Interscholastic Athletic Association (OCIAA)

The Newburgh Enlarged City School District is a voluntary member of the OCIAA. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort. The league was established to encourage member schools to improve their co-curricular program in athletics. The league membership facilitates the arranging of schedules, equalizing competition, conducting league meets and determining league championships. The league provides Newburgh the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

Section Three - Eligibility

NYSPHSAA Eligibility Rules

These standards are the rules of the New York State Public High School Athletic Association, Inc. and apply to grades 9-12. Athletes must meet all standards of eligibility for practice and competition. “All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions.” - NYSPHSAA, Inc. Constitution, Article II. (2). Effective August 1, 2008.

Age and Grade:

A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 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. **NOTE:** Students may be eligible regardless of age or grade if they have been approved through the State Education Department’s Selection/ Classification Program. The 15 year old below the 9th grade needs only to meet selection/classification maturity standards to be eligible at the high school level

Amateur:

A. 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:

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 this Association. **NOTE:** Only awards or prizes having a monetary value of two hundred fifty dollars (\$250) or less per competition will be approved by the Association. When honoring student-athletes for success in NYSPHSAA sponsored championship events, Boards of Education are encouraged to approve limited awards that are appropriate to high school level competition.
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.

B. Instructing, supervising, or officiating in any organized youth sports program, recreation, playground, or camp activities will not jeopardize amateur standing. Receiving compensation for officiating shall not affect amateur standing.

C. A student who violates the above rule may apply to the league or to the designated body within that section for reinstatement one year from the date of the latest violation.

Bona Fide Students:

A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education. 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 a shared services part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being 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 advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.

Duration of Competition:

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.

Transfer Rules:

NOTE: The Transfer Rule will be enforced as written with no variations permitted.

a. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility the student must enroll in the public school district or in a private school within that district's boundaries of his/her parents' residency. The Superintendent, or designee, will determine if the student has met district residency requirements.

b. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of his/her parents (or other persons with whom the student has resided for at least six months) or a private school within that district's boundaries shall be exempt from the Transfer Rule. Such a transfer without penalty will only be permitted once in a high school career.

Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval.

NOTE: A student in a foreign exchange program listed by CSIET has a one year waiver of the Transfer Rule. If such a student elects to stay a second year he/she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (b): For athletic eligibility a student must enroll in the public school district or in a nonpublic school within that district's boundaries of his/her parent's residency.

1. The student reaches the age of majority and establishes residency in a district and can substantiate that they are independent and self supporting.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. **Guardianship does not fulfill this requirement.**
4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.
5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.

A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student.

c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports.

NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

d. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

NYSED Selection/Classification Rules

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons commencing with entry into the ninth grade. However, by satisfying the requirements of Selection/Classification, a student may receive extended eligibility to permit:

- Participation during five consecutive seasons in the approved sport after entry into the eighth grade
- Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

The intent of Selection/Classification is to provide for students in grades 7 through 12 a mechanism allowing them to participate safely at an appropriate level of competition based upon readiness rather than age and grade. Students do not mature at the same rate and there can be a tremendous range of developmental differences between students of the same age. The program is not to be used to fill positions on teams, provide additional experience, provide a place for junior high students when no modified program is offered, or reward a student. Instead, it is aimed at the few select students who can benefit from such placement because of their level of readiness. It will also be *fairer* to the other students on the modified teams.

“A Board of Education may permit pupils in grades no lower than seventh to compete on any senior high school team, or permit senior high pupils to compete on any teams in grades no lower than seventh, provided the pupils are placed at levels of competition appropriate to their physiological maturity, physical fitness and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.” – Commissioner’s Regulation Section 135.4(c)(7)(ii)(a)(4)

Selection/Classification Implementation Procedures

Students, teachers, coaches, or parents/guardians may request the director of physical education/athletics to process a student through the Selection/Classification screening procedure. Students will not be exposed to the screening procedure without a specific request. If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to September 1, they are eligible to participate on high school athletic teams without being processed through the Selection/Classification screening procedure. Only medical approval by the school district physician is required. The reason that these students are eligible for the high school teams is that they are already at an advanced age and will lose some of their four years of high school eligibility due to being over age if not allowed eligibility. If a student has been processed through the Selection/Classification screening procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade as long as they remain at the same level of athletic competition in the same sport category. If the student changes levels or sports, the Selection/Classification screening procedure must be repeated to meet the specific athletic performance and developmental standards. If a student fails to meet one or more of the athletic performance standards related to the Selection/Classification screening process, he/she may be retested as many times as is appropriate for a specific item or items. If there is a sound basis for a special approval, it can be requested from the state Education Department.

Newburgh Parent Guidelines:

- Sign Attachment “C” - Parental Permission Form
- Sign the Newburgh Health Appraisal Form and the Parental Authorization Form.
- Pick up Attachment “E” (Female) or Attachment “D” (Male) entitled Developmental Screening from the Health Office.
- Return all completed forms to your child’s Health Office. (NFA Health Office in the summer)
- The school physician must approve the physical exam and the results of the Developmental Screening.
- The Health Office will issue your child a “yellow clearance slip” if all is in order.
- If your child meets the physical maturity requirements for their particular sport, then a Physical Fitness Test will be administered on a date to be announced.
- Passing the physical maturity test and the fitness test qualifies your child to try out for the team.

For complete information on the Selection/Classification process, visit the New York State Education Department website at: <http://www.emsc.nysed.gov/ciai/pe/documents/scrivised2005.pdf>

Eligibility Standards (Board Policy 5441)

The Board of Education considers participation by students in extracurricular activities, including interscholastic athletics, to be an integral part of the overall educational experience which supplements the primary goal of academic achievement. Therefore, the Board establishes the following academic attendance and behavior eligibility requirements for student participation in athletics and extracurricular activities to assure that a balance exists between academic standards, student attendance, student conduct and athletic/extracurricular activity participation. This policy and related procedures will be administered by the building principal or his/her designee as well as the Athletic Director with respect to athletics.

Academic

1. Any student failing two (2) or more subjects will be ineligible to participate in a sport and/or extracurricular activities for the marking period.
2. Any student failing one subject or in jeopardy of failing two (2) or more subjects based on the Progress Report or Report Card will be placed on probation for a two (2) week period, during which time he/she will be permitted to practice and play and/or participate in extracurricular activities, but will be monitored on a daily check sheet for supervision by the coach, athletic director and/or activity advisor, as applicable.
 - If, after two (2) weeks the student has shown significant improvement, he/she will be allowed to practice or play and/or participate in extracurricular activities for an additional period of two (2) weeks, during which time he/she will continue to be monitored on a daily check sheet.
 - If, after two (2) weeks the student has not significantly improved, he/she will be allowed to practice but not play in games/competitions and/or participate in extracurricular activities on-site but not participate in activities and events off-site or performances or competitions for an additional period of two (2) weeks, during which time he/she will continue to be monitored on a daily check sheet.
 - If, after the second two-week period of probation, the student has not significantly improved, he/she will be ineligible to practice or play and/or participate in extracurricular activities until the next report card is issued and the required improvement is indicated.

A student once identified as having academic difficulty will be monitored continually by the coach, athletic director and/or activity advisor, as appropriate, throughout the school year until his/her report card shows passing grades.

1. Any student failing two (2) or more subjects at the end of the school year will be ineligible to participate in athletic and/or extracurricular activities in the Fall. Students may attend summer

school in order to pass failed subjects and become eligible upon submission of proof of successful completion of such subjects.

Attendance

1. A student must attend school regularly and be in attendance for all classes scheduled. Students who have unexcused absences on record during a school week will have three (3) school days from the day of the unexcused absence(s) to clear the unexcused absence(s). If the unexcused absence(s) is not cleared, the student will be ineligible to participate in the next activity or game, beginning the next school day.
2. Students must maintain at least 90% attendance, exclusive of excused absences, in all classes. Attendance will be monitored on a daily basis.
3. Students whose attendance falls below the 90% attendance level in any class, exclusive of excused absences, will be ineligible to participate in extra-curricular and co-curricular activities, including but not limited to non-curricular field trips, proms, dances, athletics, plays, clubs, etc., until the student attains at least a 90% attendance level.
4. If a student falls below the 90% attendance standard as of the last day of classes of the previous school year, the student will be permitted to try out for Fall sports and activities, and participate in practices, but will not be able to participate in games once the student instructional year begins until the student attains at least a 90% attendance level, exclusive of excused absences, which will be measured at the end of the first two weeks of the student instructional year. Thereafter, the student's attendance will be monitored on a daily basis. If the student attends summer school and attains at least 90% attendance in summer school, the student will be permitted to participate in these activities.
5. Any elementary school student with excessive illegal absences will be required to have the approval of the building principal to participate in extra-curricular activities.

Coaches and advisors shall be responsible for monitoring student attendance of the students participating in the particular activity(ies) and ensure compliance with this policy. The Building Administration and Athletic Director shall monitor the coaches and advisors to ensure that this policy is being followed.

Section 4 under "Attendance" shall be effective the 2012-2013 school year

Behavior

1. A student may be suspended from participating in extracurricular or co-curricular activities, including athletics, for an infraction of any provision of the District Code of Conduct, for violating a code of conduct issued to participants in the activity by the activity supervisor or coach, or for fighting at games.

2. Any student placed on In-School Suspension (SAC) is ineligible to practice and/or play in a game or participate in extracurricular activities while in SAC.
3. Any student who is given an Out-of-School Suspension may not practice and/or play and/or participate in extracurricular activities for the duration of the suspension, including intervening weekends. In addition, the student will not be allowed on school or District grounds or at any school or District-sponsored activity or function for the duration of the suspension. If an athlete is suspended from school, he/she will not be permitted to participate in at least one game or extracurricular activity.
4. If a student has received three (3) Out-of-School Suspensions, the student will be ineligible to participate in athletics and/or extracurricular activities for the remainder of the semester.

Appeal

Any student who feels that his/her circumstances are extraordinary may submit an appeal, in writing, to the Superintendent of Schools or designee, within five (5) school days of notification of ineligible status. During the appeal process, the student may not practice or play and/or participate in extracurricular activities.

A copy of this policy will be distributed to all student athletes, students participating in extracurricular activities and their parents/guardians, professional staff and coaches. This policy will be explained to student athletes prior to participation in the athletics program and to students participating in extracurricular activities prior to commencement of such participation.

Attendance Policy - Participation Standard (Board Policy 5200)

Comprehensive Student Attendance

In accordance with state law and regulations it is the policy of the Newburgh Enlarged City School District to ensure the maintenance of adequate attendance records verifying the attendance of all children at instruction and the creation of the means to examine attendance patterns so as to develop effective intervention strategies to improve student attendance.

It is the objective of this policy to encourage each student to attend school on time, for the maximum number of days and instructional periods possible. In furtherance of this objective, the District shall utilize strategies such as positive attendance incentives and appropriate disciplinary and other consequences.

Record Keeping

- A. Attendance record-keeping shall conform to the following:
 1. In Grades K-5, attendance shall be taken four times each day: during homeroom, at the end of the 90 minute literacy block, at the end of the 60 minute mathematics block and at the end of the science block.

2. In secondary schools (grades 6-12), attendance shall be taken in each period of scheduled instruction.
 3. In Grades K-12, any absence for a school day or part of a school day shall be recorded as excused or unexcused as provided for in this policy.
 4. In Grades K-12, events of tardiness or early departure shall be recorded as excused or unexcused as provided for in this policy.
 5. A record shall be maintained of each scheduled day of instruction during which school is closed for all or part of the day because of extraordinary circumstances including adverse weather, failure of the heating system or water supply, fuel supply shortage or structural damage to the building, etc.
 6. A record shall be made of the date when a student withdraws from enrollment or is dropped from enrollment in accordance with §3202(3-a) of the Education Law. Students must remain in school to complete the school year in which they become 16 years of age. A student who becomes 16 on or after July 1st of any given school year must complete that school year.
 7. A student may withdraw himself/herself only if the student is 18 years of age or older, according to procedures. No staff shall drop any student from enrollment at the request of the student or his/her parent. Any request to withdraw a student from school shall be made to the Office of Registration and Attendance.
- B. A teacher or another employee designated by the Board of Education shall make all entries in the register of attendance. Any individual authorized to make entries in the register of attendance shall, by oath or affirmation, verify the contents of the entries.
- C. Student attendance records shall be reviewed by the Principal of each school building in the District or his/her administrative designee for the purpose of initiating appropriate actions to address unexcused student absences, tardiness and early departures.
- D. The register of attendance shall consist of any written or electronic record to record attendance, absence, tardiness or early departure of a student. The register shall be maintained for every period that a student is scheduled to attend actual instruction or supervised study during the course of the school day during the school year, from July 1 through June 30. The register at every school building shall include separate notations regarding student presence, absence, tardiness and early departure. The contents of the register for each student shall contain the information prescribed in regulations of the Commissioner of Education (Part 104).

E. The coding system will be the codes found in the District's data processing student information system.

Excused and Unexcused Absences

The Board recognizes the following as acceptable excuses for student absence, each of which must be verified by the student's parent/guardian or school personnel, where applicable:

1. Personal illness.
2. Death in the family.
3. Religious observance.
4. Required attendance in court.
5. Approved school sponsored activities, including field trips, interscholastic athletics, musical and other competitions.
6. Directed or authorized presence at the Administrative Offices or Nurse's Office.
7. Quarantine.
8. Emergency dental and medical appointments.
9. Military obligations.
10. Approved cooperative/work study program.
11. College visitations [only for juniors and seniors], with the prior knowledge and approval of parents and counselors, so long as it does not exceed 5 days in a school year. Additional days may be granted at the discretion of the Building Principal.

The written excuse should be presented by the student on the day when returning to school following such absence but must be presented within five days after returning to school.

Any absence not provided for on the excused list shall be deemed an unexcused absence including family vacations and trips, unless the Building Principal determines that the parent has presented valid exceptional circumstances to demonstrate that such absence or a portion of such absence should be deemed an excused absence. The Building Principal shall maintain a written record of the determination and the reasons therefor. It is the responsibility of the student's parent/guardian to arrange family vacations and trips when school is not in session so that the student does not miss school.

Class Attendance Standard

A. All students are required to attend class regularly to earn course credit. Students are required to make up assignments in a timely fashion for days of excused absence. With the approval of the Building Principal, make-up assignments may be waived in exceptional circumstances or where a §504 accommodation is warranted.

Students whose attendance drops below 70% in a course, or whose daily attendance drops below 70%, exclusive of excused absences, may be considered for placement in an Alternative Program.

- B. All students must maintain at least 90% attendance, exclusive of excused absences, in all classes. Attendance will be monitored on a daily basis.
1. Students whose attendance falls below the 90% attendance level in any class, exclusive of excused absences, will be ineligible to participate in extra-curricular and co-curricular activities, including but not limited to non-curricular field trips, proms, dances, interscholastic athletics, plays, clubs, etc.
 2. If a student falls below the 90% attendance standard as of the last day of classes of the previous school year, the student will be permitted to try out for Fall sports and activities, and participate in practices, but will not be able to participate in games once the student instructional year begins until the student attains at least a 90% attendance level, exclusive of excused absences, which will be measured at the end of the first two weeks of the student instructional year. Thereafter, the student's attendance will be monitored on a daily basis. If the student attends summer school and attains at least 90% attendance in summer school, the student will be permitted to participate in these activities.
 3. Students who fail one or more courses will not be permitted to retake the course(s) in summer school if their attendance in the course(s) was below 80% for the duration of the course, exclusive of excused absences, unless summer school attendance is court-ordered.
- C. Intervention procedures shall be utilized at all levels.

Coaches and advisors shall be responsible for monitoring student attendance of the students participating in the particular activity(ies) and ensure compliance with this policy. The Building Administration shall monitor the coaches and advisors to ensure that this policy is being followed.

Section (B)(2) under "Class Attendance Standard" shall be effective the 2012-2013 school year

Encouraging Student Attendance

- A. With the approval of the Building Administration, in consultation with guidance services, teachers at the elementary level shall utilize attendance incentives (for absences, tardiness and early departure), including recognition of students with good attendance, consideration of such students for special privileges and activities that are unavailable to all students, and commendation certificates that shall be issued to the student's parent(s)/guardian(s).
- B. At the secondary level, eligibility for extra-curricular and co-curricular activities, interscholastic sports and attendance at school-sponsored activities shall be restricted to those students whose attendance supports course credit in each of their academic subjects.

- C. At the secondary level, class cutting shall be deemed an infraction of the Code of Conduct in the nature of insubordination to the teacher and school administration. The Code shall prescribe a range of disciplinary interventions to address class cutting.
- D. Whenever a student exhibits a pattern of unexcused absence, tardiness or early departure, notice will be given to the parent(s)/guardian(s), in writing and/or by telephone communication, and the student shall be conferred with by the classroom teacher and/or a guidance counselor regarding the pattern in an effort to remediate the underlying problem. Notice shall also be given to the Building Principal who may address the matter with the student and/or his/her parent(s)/guardian(s).
- E. In the event that the school level interventions have not improved the student's attendance, the Principal may recommend interventions such as a Person In Need of Supervision (PINS) petition to the Family Court and/or contact with the appropriate social services agency to initiate a neglect petition.

Oversight Responsibilities

- A. The Building Principal and/or his/her administrative designee shall be responsible for reviewing student attendance records and initiating appropriate action consistent with this policy. The Building Principal shall also be responsible for advising the Superintendent or designee if there are concerns regarding student attendance.
- B. The Board of Education shall annually review building level student attendance records to determine if the comprehensive student attendance policy is effective. If a decline in attendance is evident, the Board shall revise the policy as deemed necessary to improve student attendance.

Distribution of Policy

The Superintendent of Schools, at the direction of the Board of Education, shall publish to the community information about the District's Comprehensive Student Attendance Policy. The policy shall be available and explained at student assemblies, at assemblies on open school nights (if any), and a plain language summary of the policy shall be prepared for distribution to parents/guardians. Each teacher and new teacher(s), promptly upon hire, shall be provided with a copy of the policy and any amendments thereto. Copies of the policy shall also be maintained on the District's website and by the District's Records Access Officer for issuance upon request by any interested party.

Section Four - Sportsmanship, Conduct, and Ethics

NYSPHSAA Sportsmanship Rules

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

Coach Sportsmanship:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site. **NOTE:** "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.

Any coach:

1. Ejected from one contest shall not participate in the next regularly scheduled contest;
2. Ejected from a second contest in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Ejected from a third contest in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

Player Sportsmanship:

Any member of a squad ruled out of a contest for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any player:

1. Ejected from one contest shall not participate in the next regularly scheduled contest;
2. Ejected from a second contest in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Ejected from a third contest in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

NOTE: Member of the squad includes player, manager, score keepers, timers, and statisticians.

NYSPHSAA Code of Ethics

It is the duty of all concerned with High School athletics:

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

Responsibilities of the Newburgh Enlarged City School District Athlete

Good sportsmanship is as important for the players as the coach. Because athletes are admired and respected, they are role models for and exert a great deal of influence over the actions and behaviors of spectators, particularly other students.

Athletes must:

- Accept the responsibility and privilege of representing the school district, their school and the community.
- Treat opponents with respect that is due them as guests and fellow human beings.
- Exercise self-control at all times, accepting decisions and abiding by them.
- Respect the official's judgment and interpretation of the rules. Never argue or make gestures indicating dislike for or disagreement with a decision.
- Accept both victory and defeat with pride and compassion; never be bitter or boastful.
- Cooperate with the coaches and fellow players in promoting good sportsmanship.

Anti-Hazing Policy (Board Policy 5761)

The Board of Education considers participation by students in extracurricular activities, including interscholastic athletics, to be an integral part of the overall educational experience which supplements the primary goal of academic achievement. Participation in extracurricular activities is a privilege and the Board is committed to safeguarding the rights of all eligible students to participate in extracurricular activities in an environment that is free from all forms of harassment and/or violence, including hazing. Therefore, the Board, consistent with law, condemns all forms of hazing.

For the purposes of this policy and its implementation, "hazing" is defined as any action, conduct or activity engaged in by one person acting alone or with others, either on or off-campus, directed against a member of the school community that endangers the mental or physical health or safety of that person, for the purported purpose of being initiated into, becoming a member of, affiliating with, holding office in, or maintaining membership in any group, organization, club, or athletic team, including, but not limited to:

- any activity that induces, causes or requires the student to perform a duty or task that involves a violation of the Penal Code and/or the District Code of Conduct; any activity involving the consumption of food, liquid, alcoholic beverage, liquor, drug or other substance which subjects the student to an unreasonable risk of harm or which adversely affects the mental or physical health or safety of the student;
- any activity, such as sleep deprivation or exposure to the elements that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;

- any type of physical contact, either person to person, or object to person, that causes, is intended to cause, or has the ability to adversely affect the mental or physical health or safety of the student.

Reporting

Any student belonging to a group, organization, club, or athletic team who is a witness to or has information concerning an incident of hazing or suspected incident of hazing is required to report the incident to an adult with whom he or she is comfortable and/or to an adult charged with the care of said group, organization, club, or athletic team (e.g., a coach, assistant coach, advisor or a supervisor). The identity of the reporter shall be kept in confidence to the extent practicable to enable the District to conduct a thorough investigation and as permitted by law. While the District respects the privacy and anonymity of all parties and witnesses to complaints brought under this policy, it cannot guarantee absolute confidentiality.

Consequences

If, after appropriate investigation, the District determines that hazing or other inappropriate behavior has occurred, prompt and appropriate corrective action will be taken. It is the policy of the Board to appropriately discipline the offending individual in accordance with the law, Board policy, and the District Code of Conduct. If the alleged behavior constitutes a crime, the police authorities or other appropriate agency shall be immediately notified.

The Board prohibits any retaliatory behavior directed towards any person who reports an act of hazing or directed against anyone who participates in the investigation of a complaint of hazing. Consequences and appropriate remedial action for a student found to have engaged in retaliatory behavior range from positive behavioral interventions to suspension from participation in extra-curricular activities, up to and including suspension as permitted under the District Code of Conduct. The Board also prohibits the knowingly false reporting of an incident(s) of hazing.

It shall not be a defense to a charge of hazing that the hazing victim consented to or acquiesced in the hazing activity or that the offender only assisted another individual engaged in a hazing activity. An individual who aids and/or abets a person engaged in a hazing activity shall be deemed guilty of engaging in the hazing activity.

This policy shall be published in the District Code of Conduct and the Annual Notice Booklet and other appropriate District publications. Students and staff shall be notified of this policy annually.

Coaches Code of Conduct

Newburgh Enlarged City School District coaches shall:

- Set an example both on and off the playing area. Be a living example of sound personal values and good sportsmanship.
- Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
- Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
- 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.
- Be modest in victory and gracious in defeat and instruct your players accordingly.
- Be sensitive to the feelings and needs of your players, and use good judgment when addressing them. Offensive, discriminatory or sexist comments are inappropriate
- Be positive.
- By personal attitude and behavior, command the respect of the players.
- Be well groomed. Personal appearance is an indication of self-respect and helps set the tone for the individual or team performance.
- Do not use, or allow the use by others, of profanity, crude or abusive language with players, opponents, officials or spectators.
- Respect the judgment of the officials. Although it is reasonable for the coach to question an official's decisions or even disagree with decisions, the official's decision must be accepted graciously.
- Instruct the players to respect the officials and not to argue, demonstrate or be abusive. Any questions concerning rules or interpretation of rules should be made by the captain or coach to the officials.
- Do not bait or harass officials by work or action. If unhappy with an official, use the rating system to register your dissatisfaction.
- Avoid behavior in game situations that will incite players, opponents or spectators.
- Instruct players in the elements of good sportsmanship and remove players from competition who demonstrate un-sportsmanlike behavior.
- No coach should use alcohol or tobacco before, during or immediately after any interscholastic contest until their supervisory duties are completed for that contest.

Athletes Code of Conduct

Newburgh Enlarged City School District athletes shall:

- Review, understand and abide by the rules and regulations of the game and respect the integrity and judgment of the officials. If you do not understand a rule or regulation, you should speak with the coach
- Conduct themselves in a mature fashion at all times,
- Demonstrate self-control and mutual respect at all times,
- Avoid the use of profanity, abusive language or gestures in dealing with coaches, team members, opponents, officials or spectators,
- Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
- Set an example in word and deed, both on and off the playing area. Remember that athletes are role models and assume a leadership role, and that younger athletes emulate their behavior.
- Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort,
- Place athletic competition in its proper perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
- Remember that participation in athletics is a privilege that should not be abused.

Parents Code of Conduct

Newburgh Enlarged City School District parents should:

- Not force their child to participate in athletics.
- Remember that children participate to have fun and that the game is for youth, not adults.
- Inform the coach immediately of any physical disability or ailment that may affect the safety of their child or the safety of others.
- Teach their child to play by the rules and to resolve conflicts without resorting to violence.
- Demand that their child treat other players, coaches, officials and spectators with respect.
- Reinforce that doing one's best is more important than winning, so that their child will never feel defeated by the outcome of a game or his/her performance.
- Praise their child for competing fairly and trying hard, and make their children feel like a winner every time.
- Never ridicule or yell at their children or other participants for making a mistake or losing a competition.
- Emphasize skill development and practices and how they benefit their child over winning.
- Promote the emotional and physical well-being of the athletes ahead of any personal desire for their team to win.

- Never question, discuss, or confront coaches on the game field, and take the time to speak with coaches at an agreed upon time and place.
- Refrain from advising or coaching their children or other players during games and practices unless they are one of the official coaches of the team.

Spectators Code of Conduct

Newburgh Enlarged City School District spectators:

- Are an important part of the game environment and shall at all times conform to accepted standards of good sportsmanship and behavior.
- Shall at all times respect officials, coaches, and players on both teams and extend all courtesies to them.
- Are encouraged to cheer.
- Must not engage in inappropriate behavior, including but not limited to stamping of feet, taunting, foul and abusive language, inflammatory remarks, and disrespectful signs and behavior..
- Must not use noise makers or other sound devices.
- Shall observe and obey the rules and regulations of the school concerning smoking and tobacco use, food and soft drink consumption, use of lavatory facilities and parking of cars.
- Must not possess or use alcoholic beverages on school property and, further must not be under the influence of alcohol on school property.
- Shall respect and obey all school officials, supervisors, security personnel and police at all athletic contests.
- May be subject to eviction from the event and school property if they violate this Code and the District Code of Conduct (Public Conduct on School Property).

Section Five - Communication and Conflict Resolution

Parent-Coach Communication

Research indicates that students involved in co-curricular activities have a greater chance for success during adulthood. We believe the Newburgh Enlarged City School District's athletic program helps develop the character traits that promote a successful life after high school. Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of each other, providing greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. If a situation arises or misunderstanding occurs, a conference between the coach and the parent is encouraged. It is important that both parties involved have a clear understanding of the other's position.

Communication you should expect from your son/daughter's coach

- Philosophy of the coach
- Expectations the coach has for your child and other players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e. fees, special equipment, off-season conditioning
- Procedure should your child be injured during participation
- Behaviors that may result in the denial of your child's participation

Communication coaches expect from parents

As School District athletes become involved in the athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way an athlete wishes. At these times, discussion with the coach is encouraged.

It is very difficult to accept as a parent your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved.

Appropriate matters to discuss with coaches

Parents should:

- Express concerns directly to the coach
- Notify the coach of any schedule conflicts well in advance
- Discuss specific concerns regarding a coach's philosophy and/or expectations
- Discuss concerns regarding the treatment of your child, mentally and physically
- Discuss ways to help your child improve
- Discuss concerns about your child's behavior

Inappropriate issues to discuss with coaches

While there are certain matters which can and should be discussed with your child's coach, there are other things which must be left to the discretion of the coach. These include:

- Playing time
- Strategy
- Play calling
- Other student-athletes

Complaints/Conflict Resolution

Procedure to follow if a parent has a complaint or conflict to discuss with a coach:

- Make an appointment with the coach. Please do not attempt to have a discussion with the coach before, during, or immediately after a contest. Coaches have responsibilities to attend to before and after a contest or practice. These are often emotional times for all involved including students, coaches and parents. Discussions at this time usually do not promote objective analysis of the situation and rarely produce a result that is best for all parties involved
- If the coach cannot be reached, call the Athletic Director who will arrange the meeting for you.
- If the meeting with the coach does not produce a satisfactory result the parent should arrange an appointment with the Athletic Director to discuss the situation. The coach may or may not be asked to attend this meeting. The appropriate next step will be decided during this meeting should resolution not be reached.

Section Six - Practices, Vacations, Holidays, and Cancellations

Practice Parameters

The Newburgh Enlarged City School District provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program. Students are encouraged to take advantage of these opportunities; however, students will not be allowed to sacrifice the quality of their academic program in order to participate in athletics. The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, likely have conflicting responsibilities. Students are cautioned not to overextend themselves. Participation on athletic teams requires a demanding commitment of time to a rigorous schedule of practice and competition that in addition to weekdays includes possible weekend, holiday, and vacation days. Parents and student-athletes have a responsibility to notify a coach immediately whenever a scheduling conflict arises, and they should attempt to resolve the conflict. If it becomes apparent that conflicts will continue on a regular basis and a student cannot fulfill his/her obligation, the student should withdraw from one of those activities.

Vacations

When parents and student-athletes choose to take their family vacation during a sports season, it must be understood that the time missed by the student-athlete can affect team chemistry, personal conditioning, the performance level of the individual, and the overall performance of the team. Each and every individual on the team has a role, not just in the game, but in the practice climate as well, regardless of how much playing time the athlete is experiencing. Commitment during the vacation periods involves self-sacrifice, not only on the part of the athlete, but the family as well.

ATTENDANCE IS MANDATORY DURING VACATION PERIODS. Therefore, student-athletes must be prepared to participate in athletic practices or games that are scheduled during the following recesses: Thanksgiving, winter (December), and spring (March or April). As an athletic department, we are committed to preparing for and honoring the contest schedule during these non-school and vacation periods. In addition to these periods, the fall sports season will commence on the Monday prior to Labor Day, with football commencing a week prior to this date. Consequently, all varsity athletes and their families are reminded to plan vacations accordingly. It is recognized that there may be situations of an emergency nature that may arise which would necessitate the missing of scheduled practices. All athletes are expected to plan ahead and attend these practices and/or competitions, if they wish to remain on the team, maintain playing eligibility and earn an award letter.

Student-athletes are expected to make a full commitment to the season, and notify the coach of any potential commitment conflicts at the start of the season, as soon as tryouts begin. A problem with commitment may impact the selection process.

Religious Holidays

Newburgh Enlarged City School District teams may not schedule a contest or scrimmage on the following dates without special permission from the Board of Education:

- Rosh Hashanah
- Holy Thursday
- Yom Kippur
- Good Friday
- Christmas Eve
- Easter
- Christmas Day
- First Day of Passover

In addition, the School District respects that their students may be required to observe a religious holy day which is not on the above list. In that event, the athlete will not be penalized for non-attendance at that game/practice. It is the responsibility of the athlete to notify the coach in a timely fashion of these observed holy days.

School Closings and Event Cancellations

- When the Superintendent closes school for the day or closes school early due to inclement weather or other emergencies, scheduled contests and practices on that day are generally cancelled. The Athletic Director, after consultation with the Superintendent, may allow for teams to compete or practice if the hazardous conditions have improved to the point where travel has become safe or the emergency has abated.
- All other cancellations due to weather or any other unforeseen circumstances will be made by the Athletic Director.
- The Athletic Director will reschedule all cancelled contests.
- The coach will be responsible for notifying athletes of any changes in the schedule.

Online contest cancellation information can be found at: <http://ociaa.ouboces.org/cancellations.html>

Section Seven - Assumption of Risk, Injuries, and Return to Practice

Assumption of Risk

Parents and student-athletes should fully understand and appreciate that there is a risk of injury which is inherent in all sports participation, including the risk of severe injury. Participation in school athletics involves flying objects and swift movement of bodies, which many times are airborne and can cause unavoidable collisions. Athletic activities can be inherently dangerous (especially football where bodily contact is part of the game) and taking part in such activities is a calculated risk taken by the student-athlete and his/her parents/guardians. For many young adults the potential benefits exceed the potential hazards. The very element of a calculated risk makes the participation a stimulating adventure and satisfies the student-athlete's desire for competition, strenuous effort, and creative activity. Reducing injuries to a minimum without subtracting from this adventure is a continuous goal of our coaching and administrative staff.

Participation in competitive athletics may result in severe injury, including fractures, concussions, brain injuries, paralysis or even death in rare cases. Changes in rules, continuing education of coaches, improved conditioning programs, better medical coverage and care, and improvements in equipment have reduced these risks. But, it is impossible to totally eliminate such occurrences from competitive athletics. Athletes can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program both in and out of season, by inspecting their own equipment daily and by not playing when he/she is ill or injured. Faulty and/or defective personal equipment should be replaced immediately. Even if all these requirements are met, and even if the athlete is using excellent protective equipment and training techniques, a serious accident may still occur.

Injuries

An injury is considered to be an injury whenever it is brought to the attention of the coach. Each person has a different threshold of pain, so it is the responsibility of the athlete to notify the coach of any injury, major or minor. The coach can then consider the circumstances and make decisions on a case-by-case basis. If the injury continues to hamper the athlete's ability to participate then practice and playing time will be limited and the parent/guardian may be notified. The student's health and safety is of utmost importance. If the athlete continues to have a problem with an injury then the parent/guardian will be notified and the student may be required to get a doctor's release to resume play.

Concussion Management (Board Policy 5345)

According to the Centers for Disease Control, the American Academy of Neurology and the American Brain Injury Association, a concussion is a mild traumatic brain injury: a disruption in normal brain function due to a blow or jolt to the head. A concussion may cause altered mental status that may or may not involve loss of consciousness, along with other symptoms that may include headache; neck pain; balance problems or dizziness; nausea; vision/hearing problems; difficulty concentrating, and/or recalling information; confusion; drowsiness; and exaggerated emotional responses (e.g., anger, irritability, crying, silliness). Symptoms may be immediate or may develop over minutes and even weeks. If not managed correctly, concussions can lead to serious, long-term and sometimes life-threatening complications. It is with this in mind that the Board has developed a concussion management policy, to be followed by all those responsible for student athletes.

In the event of a blow or jolt to the head, the affected athlete must be examined and cleared by qualified medical personnel (i.e., a certified athletic trainer (ATC), nurse, physician, physician's assistant or nurse practitioner) before returning to practice or play. If the ATC, nurse, physician, physician's assistant or nurse practitioner determines that further tests are necessary before clearance, he or she will refer the athlete to the appropriate physician or medical facility for these tests. In the event that no qualified medical personnel are present, the staff member in charge shall immediately call 911 for assistance.

If an athlete is referred to additional tests, the athlete may not return to practice or play for a minimum of seven full days following the resolution of all symptoms (returning to practice or play no sooner than on day eight). The athlete may return to practice or play only when the school nurse receives a written and signed physician's note stating that he or she has been asymptomatic for seven or more days.

The Superintendent, in collaboration with the School Physician and Athletic Director, shall develop regulations to implement this policy.

Emergency Medical Plan

The Newburgh Enlarged City School District has a comprehensive emergency medical plan in place in the event an accident or injury occurs during practices or games. If the injury or illness requires a high level of care, the EMS system will be activated and emergency services called. If the athlete is injured in a practice or game on the home site, and transported to a medical facility, the athletic trainer, a member of the coaching staff or school personnel will accompany the athlete in the ambulance, whenever possible. The coach shall notify the athletic trainer, and an accident report will be initiated within twenty-four (24) hours of the incident.

When an emergency occurs at an away contest, and there is only one coach, the decision made must protect the interests of all the athletes involved. In these circumstances, if the parent/guardian is not present, it is appropriate to send the coach or other school personnel with the injured player to the hospital. Therefore, it is critical that coaches have the pink NECSD Emergency Information Cards with them whenever they are with their team.

Return from Injury

- In the event an athlete sustains an injury (e.g., sprain, concussion, laceration, bruise), serious enough to require a physician's examination and treatment, the athlete must obtain written clearance from a physician before being allowed to resume practice or competition. The clearance must list a specific date that the athlete may resume activity. All such injuries must be reported to the Athletic Trainer by the athlete or coach as soon after the injury as possible.
- All doctors' notes regarding an athlete's fitness to resume athletic competition must be submitted to the Athletic Trainer and the Health Office of the athlete's school, to be noted and kept on file.
- In the event an athlete sustains a broken bone or an injury which requires the application of a cast or splint, the athlete will be automatically excluded from participation in athletic competition as well as in the physical education program. Once the injury has healed and cast/splint has been removed, the athlete may be readmitted to athletic competition only when a physician provides written permission to do so. NYSPHSAA has new guidelines, which may allow participation under certain conditions and when proper padding is used.

Student-Athlete Accident/Insurance Claims

Parents must use their family health insurance, HMO, PPO, etc. as required, in order to be eligible for reimbursement of benefits payable under our excess coverage medical plan. The School District provides reasonable and customary coverage for claims in excess of a parent's underlying health insurance coverage. In some cases, total costs for medical expenses will not be reimbursed, as the plan is based upon reasonable and customary coverage. Parents and athletes should communicate with the school Health Office and the Athletic Department to ensure full compliance with District procedures.

Section Eight - Discipline and General Rules and Policies

Dismissal from a Team

On occasion, an athlete will be suspended or dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is suspended or dismissed from a sport or from athletics.

- An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed to justify such action.
- An athlete dismissed from a sport will not be allowed to start another sport until the first sport season is completed.
- An athlete dismissed from a sport, may regain participation privileges in that sport the following season.

Quitting a Team

Commitment to being a team member is one of the most valuable lessons learned in athletics. An athlete that quits a team without a valid reason for doing so gives up on themselves and disappoints those that depend on them. Concerns and frustrations can often be worked out with proper communication between the athlete and coach.

- Any athlete wishing to quit a sport should notify the head coach. The athlete is encouraged to discuss the matter with the head coach and wait 24 hours before making a final decision.
- If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport season is completed.

Dual Sport Athletes

On rare occasions, students may be granted the opportunity to participate in two sports during the same season if the following procedure and qualifications are met within either the first two weeks of a given sports season and/or before try-outs and subsequent cuts are made for either sport in which the student/athlete wishes to participate:

- The student must inform the Athletic Director and the coaches of both of the sports in which they wish to participate, and which sport would be designated as the primary sport. The coaches must be able to work out an agreement that will satisfy both team standards.
- The Athletic Director, coaches, student, and the student's parents must meet to discuss the time demands that would be placed on the athlete. If the parents understand the time demands and physical demands and believe that their child can handle them, a contract would be signed which

would designate which sport would be the primary sport, taking precedence over the other sport in any and all circumstances.

Primary Sport: This is the sport that will be the student-athlete's number one priority. The student-athlete must observe all team rules and regulations established by the coach without exception. The student-athlete will attend the primary sport's practices and games when there is a conflict between the two sports. The student-athlete will not be allowed to quit a primary sport to concentrate on the secondary sport. If the student-athlete chooses to quit or is suspended from the primary sport, the athlete will also be dropped or suspended from the secondary sport.

Secondary Sport: This is the additional sport chosen by the student-athlete. The athlete must receive permission from both head coaches to participate in the second sport. The student-athlete must accept additional responsibility when participating in two sports at the same time. A student-athlete may be required to practice twice a day and/or to attend a practice and a contest on the same day while still maintaining quality academic standards.

Club Team Membership

All rules and regulations of the Newburgh Enlarged City School District Athletic Department have priority over those of any outside organization. This includes practice times, athletic contests, or any mandated meetings. During the high school season, it is strongly recommended that the student-athlete avoid any outside competition that precludes him/her from any school team sponsored event or team practice.

It is the policy of the Board of Education that students be selected as members of athletic teams based upon legitimate considerations such as performance in the particular sport, skill level and physical health, and not upon a student's membership in a private club or team. The Board, therefore, prohibits requiring that a student be a member of a private club or team in order to be selected for membership on an athletic team. (Board Policy 5442)

Early Dismissal for Competition

The student is responsible and accountable for all work that is missed due to early dismissal for any interscholastic athletic event. Athletes should notify their teachers well in advance of any competition that requires early dismissal. The Athletic Department will provide the Attendance Office with a roster of athletes requiring early dismissal as well as the exact period of dismissal.

Transportation Policy (Board Policy 8653)

Transportation for field trips and other trips, extra-curricular and other activities shall be provided if such trips and activities are approved by the Superintendent of Schools or Board of Education. The District Code of Conduct shall be in effect for all such transportation.

The following methods of transportation are approved for use in connection with such trips and activities, in the following order of preference:

1. School District owned or contracted vehicle.
2. Rented vehicle, rented in the name of the School District.
3. Rented vehicle, rented in the name of the adult driver.

Transportation by parents, teachers and coaches in private vehicle may occur, the driver must submit to the District a copy of his/her current driver's license, current vehicle registration and New York State Insurance Identification Card. The District will provide this information to the District's insurance carrier who will run an abstract of the individual's driving record. If private transportation for a trip or activity is contemplated, a second driver must be available to drive in case of the driver's absence or inability to be present on the day of the trip or other activity. The back-up driver must also submit all required information to the District and the District's insurance carrier.

The District reserves the right to determine whether or not an individual has an acceptable driving record for purposes of driving students on trips or to activities.

Where the District provides transportation for students to a school sponsored field trip, other trip, extracurricular activity or any other similar event, the district shall provide transportation back to either the point of departure or to the appropriate school in the district unless:

- the student's parent/guardian provides the District with prior written notice authorizing an alternative form of transportation for such student; or
- intervening circumstances make such transportation impractical, in which case a representative of the district shall remain with the student until the student's parent/guardian has been contacted and informed of the intervening circumstances and the student is delivered to his/her parent/guardian

A student must remain with the group at all times and may not leave the group to meet a parent/guardian elsewhere.

Parents or guardians of student-athletes wishing to provide an alternative form of transportation from the competition site must complete the information on the Student-Athlete Transportation Release Form prior to their child being released into their custody.

Team Travel

- Students are expected to dress in uniform, or other appropriate dress, as directed by their coach when travelling.
- Coaches will attempt to return to the school as soon as possible after a contest. Parents should be given an approximate return time prior to departure.
- Athletes must keep the bus clean. Coaches will supervise the athletes in checking the bus for cleanliness before allowing anyone to depart the bus.
- Food and drinks are not allowed on the bus except as approved by the coach.
- Athletes must be on the bus when it is scheduled to depart. Athletes who are not on time may be left behind.
- Teams must police their seating areas or dressing rooms after the competition is completed to verify that no valuables are left behind and to insure that the area has been cleared of any trash.
- Any misconduct or disobedience while travelling will lead to disciplinary action by the coach and may lead to discipline in accordance with the District Code of Conduct.

Overnight Trip Guidelines and Rules

The Newburgh Enlarged City School District Overnight Athletic Trip form can be found in the Appendix. For your convenience, the following is selected excerpted text:

“The coaching staff will be assuming the supervisory responsibilities of your son/daughter on a trip away from school. The Director of Athletics and the coaching staff feel it is important that the athlete and the parents fully understand the rules which govern such trips. An overnight trip is a continuation of the school day and, as such, athletes participating on these trips are subject to the rules and regulations which govern our students while they are on school premises. All student athletes are subject to the rules and regulations outlined in the Newburgh Enlarged City School District’s ***Student Code of Conduct***. Because the athletes will be representing Newburgh Free Academy and because their conduct, behavior, and safety are our responsibility, the Newburgh Athletic Department has established the following guidelines which must be adhered to while they are away from school and away from home.

- The luggage and personal effects of the athletes are subject to inspection prior to departing and at any time during the trip.
- Any athlete found to be in possession of, or under the influence of alcohol, illegal or controlled substances, including prescription medication not prescribed for that person, at any time prior to or during the trip, is subject to being sent home at their parent’s expense.
- Athletes must observe all team rules and regulations.
- Athletes must also observe all laws and regulations and the District Code of Conduct.

- Since this trip requires overnight lodging, athletes will not disturb other guests or fellow team members at the lodging site and will abide by all rules and directives issued by the coaching staff.
- In the event an athlete is injured or becomes ill while on the trip, the coach will immediately seek medical attention for the athlete and contact the parents as soon as possible.
- The establishment and enforcement of any guidelines not covered in the above listed guidelines will be left to the discretion of the coach or coaches in charge.

NOTE: Any athlete caught violating any rules are subject to further disciplinary action by school authorities.

It is certainly our desire that the athletes have a great experience during the overnight trip. Would you kindly discuss with your child your expectations of them while they are away and sign this form and return it to the coach prior to departure.”

Team Rules

It is up to the head coach of each varsity sport to develop a set of team rules for their sport. These rules must conform to NYSPHSAA regulations as well as the District’s policies. For example, coaches must comply with the District’s eligibility policy and cannot choose to develop one of their own. It is the responsibility of the head coach to ensure that these rules are clearly stated and published. In addition, the rules must be available and made clear to all student-athletes. Finally, it is crucial that each coach reviews their rules with the Athletic Director in order to elicit their support. Part of that review requires that a copy of each team’s rules be kept on file in the Athletic Department office. Athletes must at all times follow team rules, school rules and NYSPHSAA rules. Consequences of violating any rules imposed by a coach or the Athletic Director will follow guidelines set forth by the team, school/District and/or NYSPHSAA. Team rules need to be fair and should not punish student-athletes for things they cannot control (e.g. funerals, doctor appointments that can’t be scheduled at other times and academic priorities). In addition, team rules should address, but not be limited to the following:

- How will discipline be carried out?
- What rules will govern practice attendance?
- What rules will govern game attendance and subsequent participation?
- How will student illness be addressed?

Captain Selection (Board Policy 5444)

The purpose of interscholastic athletics is to complement and supplement the students’ educational program, instructing students in good sportsmanship, ethics, teamwork, leadership and physical skills

development. The selection of athletic team captains should be fair and equitable, and supportive of the purposes of the program.

The coaches of each athletic team shall develop procedures for the selection of the team captain(s). These procedures shall also include the method for removing a captain.

The procedures and criteria to be used for the selection of captain(s) for each athletic team shall be submitted to the Athletic Director for review. After review and approval by the Athletic Director, the procedures shall be submitted to the Assistant Superintendent for Curriculum and Instruction for review and approval.

The final written procedures for selection of the team captain(s) shall be provided to students and parents at the start of the applicable athletic season.

Athletic Awards (Board Policy 5450)

The Board of Education believes that interscholastic sports are an integral part of the school program. Sports are tools by which school becomes relevant to many pupils either through direct participation or school identification.

The Board wishes to recognize the achievements of pupils who give many hours of their time to represent the school in interscholastic athletics. Therefore, the Board will offer suitable letters, plaques, pins, certificates and the like for individual athletic achievement.

Community groups wishing to donate other awards to individual school athletics or teams shall indicate their desires to the Superintendent who shall forward a recommendation to the Board.

Uniforms and Equipment

Team Uniforms and Team Issued Equipment

The School District purchases athletic uniforms and equipment for use by student-athletes. These items are expensive and are purchased to provide protection, service and a positive appearance for the wearer. It is the responsibility of the student-athlete to prevent loss and unnecessary damage to uniforms and equipment. The student-athlete must secure all school issued equipment items and uniforms during the course of a season. Please do not keep team uniforms in the locker room facility for long periods of time. They are best laundered and left at home until the day of a game. The expense of a uniform is significant, and if the athlete forgets to lock his/her locker, the athlete will be expected to pay for the school-issued athletic equipment and/or uniform.

Care and Maintenance of Uniforms and Equipment

All athletes and parents are responsible for the cleaning and maintaining of all uniforms and equipment issued during the course of a season. Some of our most costly items may shrink, fade, or bleed color if washed in hot water. In addition, our logos, numbers, and screens may crack and peel off if temperature settings for washing and drying are too hot. Therefore, do not wash uniforms in hot water and avoid drying on hot temperature settings. Please wash uniforms in cold water and hang to dry! Be sure to read tags on the cloth for washing and drying instructions

Return of School Issued Uniforms and Equipment

It is the responsibility of the athlete to personally return all school-issued equipment to their coach at the end of the season. All team uniforms and equipment must be returned to the coach immediately after the last practice or contest where the item is needed. The athlete is not responsible for the cleaning or washing of uniforms after the last use, as all items in our inventory are sent out to a professional reconditioning and cleaning service. Turning in equipment and uniforms “on time” ensures that all items in the team inventory are available for pickup by the reconditioning company on the scheduled date set for the end of the season. Athletes should never give their school-issued equipment or uniform to others to return. Coaches keep accurate records of school-issued inventory, and if items are not returned at the end of the season, the athlete will be placed on an indebted list and financially responsible for the replacement of the items.

Athletes who owe equipment/uniforms will not be issued any other school uniform or protective equipment for another sports season until they clear their indebtedness with the Athletic Department. If the uniform is lost or ruined, the athlete will be held financially responsible. Coaches will also be instructed to withhold the presentation of athletic awards until missing items of inventory have been returned or paid for. Underclassmen may be prevented from participating on an athletic team in subsequent seasons/years if they have not satisfied their obligations.

Section Nine - The College Bound Athlete

Guide for College Bound Athletes

Most students who are recruited to play at the college level have had exposure throughout high school on out-of-school teams. In some sports (track and field, tennis, golf, swimming) regional and national rankings drive recruiting. Those who play other sports exclusively at Newburgh Free Academy generally send video footage of their play to selected colleges based on the collective advice of their coach and college counselor.

Grades 9-10

Those who have achieved a high level of play early in high school may start getting letters of interest by various coaches in their freshman or sophomore years. Students should respond to these letters and stay on mailing lists if they are remotely interested in the programs for which they have received a letter of interest—thousands of which are sent out annually. Because students' academic records are still forming, and because PSAT scores from 10th grade are likely to increase, "counseling" students with regard to academic fit is impossible. Therefore, while you may hear of a student or two who will have "decided" by their 10th grade that they are going to university X or Y, they will have made this decision without the benefit of learning about the best overall environment for him or her. You need to find a college at which you will be fully satisfied if athletics were not a part of the mix. In other words, if you are injured or if the coach that you love is replaced, you need to still love being at your college. Elite athletes may find themselves pressured into a verbal commitment. It is up to them to make this commitment, or to take their chances at other colleges further down the road.

Grade 11

Both the athletic recruiting process and the college search process get into a higher gear in the second semester. Aspiring athletes divide into two groups:

GROUP A = students who are chasing coaches, and

GROUP B = students who are being chased by coaches.

Students in GROUP B may find that they are getting requests for athletic resumes and transcripts (sent at your request by the college counseling office); those in GROUP A need to create athletic resumes and initiate contact with coaches at the colleges that are of interest. Students wanting to play Division I athletics need to register with the NCAA by the end of their junior year. Again, elite athletes may already find themselves committing verbally to Division I coaches before the end of junior year, but this more the exception than the rule.

Standardized Testing

Most students will take the SAT or ACT close to the March date during junior year. Some students (including athletes), however, will take it in January because some coaches like to see scores as soon as possible. The disadvantage of taking the test this early is that a student may still have math and

vocabulary to cover in class that will help boost scores. Indeed, students can always take a prep course after taking their initial standardized test. Only the highest scores are taken into account, even if a student takes the test two or three times.

Grade 12:

At the start of July prior to senior year, Division I coaches can contact students once a week. Students can contact coaches whenever they want to. Division I protocols are generally clear; students are invited for official visits and offers are made to which they need to commit. Division I AA colleges (e.g. Patriot League, Ivy League) have academic indices that are well-above NCAA certification. Therefore, they will need to take transcripts and test-scores to the admission office for approval. Division III coaches have no such restrictions and recruiting in the fall of senior year can become complicated. Decisions made by students (and coaches) have been known to form and then change very rapidly. Counseling a student becomes more nuanced as coaches “suggest” that applying early decision will help his or her chances of admission. They are not allowed to pressure students to apply early, but the reality is that someone else who is being recruited will apply early. Therefore, de facto, students (particularly those applying to small Division III colleges) should think hard about committing to an early application to that college if and only if the coach has run a student’s transcript and scores through the admission office, from which they need to receive approval. Any other promise from a coach needs to be treated with great caution. Even if approval is granted from the admission office and a student applies early, colleges will call in November to be sure that a student has maintained his or her academic progress through the fall before granting formal admission.

NCAA Division I, II, and III

Students from Newburgh Free Academy find academic matches at colleges which play athletics in Division I or III leagues more than they do those in Division II. Division I and II colleges have scholarships to give away; Division III colleges do not. However, Division III colleges will certainly have slots for athletes and need-based financial aid for those who qualify. Division I athletics is definitely a lifestyle choice; athletic practices and games will dominate much of a student’s time at college. Some Division III programs can be as competitive as Division I programs, so don’t be fooled. However, in general, students can have a broader existence at college more easily at a Division III college. They can often also entertain the possibility of being a two or possibly three-season athlete.

The Bottom Line

Stay organized, set your priorities, be flexible, and communicate often with your coach and your college counselor. The college counseling office will, in November of your junior year, give you a lot of information that you should read. Remember that for most athletes—particularly for Division IAA and III, grades, difficulty of courses, and test scores remain critically important for admission.

For official NCAA recruiting information, visit: <https://web1.ncaa.org/eligibilitycenter/common/>

Section Ten - Personal Health

Alcohol, Tobacco, and Drugs

Smoking, the use of chewing tobacco, smokeless tobacco, cigarettes and other tobacco products, the possession/use of alcoholic beverages, or the illegal use of drugs (including prescription medication) by any student is prohibited as stated in the Newburgh Enlarged City School District Code of Conduct. Violations that involve these substances will be dealt with according to the Code of Conduct.

Performance Enhancement

In the past several years, a variety of performance-enhancing substances and medications have become available without prescription in the form of dietary supplements. As use increases, we find that some supplements can cause health problems that outweigh any benefits. The problem with these performance-enhancing substances, such as creatine, androstenedione, ephedrine, etc., is that there is no requirement for testing for efficacy or side effects because these are considered natural foods. They are not regulated by the FDA, which places a substance under extreme scrutiny over several years before allowing the product to become available. Dietary supplements have not been tested in clinical trials. Furthermore, there is no guarantee that the actual product contains contents stated on the label.

The long-term effects of creatine supplementation are not known at this time. While creatine may modestly improve athletic performance in high-intensity activity of short duration, creatine supplements have no recognized formula or standards to follow, and there is little known at this time about the potential long-term effects. In addition, there is no recommended dosage for the substance. Reported adverse effects from taking creatine supplements include vomiting, nervousness, migraine, seizures, and atrial fibrillation.

Androstenedione, an androgen, can increase blood testosterone, but any effect on muscle mass is not clearly established, and once again, this substance is not regulated or tested. Known adverse effects are documented and include early closing of growth plates and a resulting height limitation in teenage users. Other adverse effects are similar to those of anabolic steroids, which include acne, fits of rage, baldness, hormonal imbalance, and the development of breasts in men. No one clearly knows, at this time, the effects of androstenedione on the liver or cardiovascular system.

Other problem supplements include those where the active ingredients are ephedrine and caffeine. Ephedrine is a close relation to adrenaline and causes elevated blood pressure, stimulating the heart and increasing its pumping action. Knowing that adrenaline will enhance performance, and that ephedrine is one of the naturally occurring relatives of adrenaline, many athletes look to this substance to improve athletic performance. The negative effects of ephedrine are well described. They include abnormal heartbeats, hypertension, stroke, and heart attack, due to constriction of coronary arteries.

The philosophy of athletics in the Newburgh public schools is such that it is considered an integral part of the school's program of education providing experiences that will help young men and women physically, mentally, and emotionally. Students are stimulated to want to win and excel, but the principles of good sportsmanship and teamwork prevail at all times to promote the educational values of contests. The element of competition and winning, though it exists, is controlled so that it does not determine and undermine the nature of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society.

Nutrition

In order to approach peak performance in athletics, student athletes, parents, and coaches need accurate information on how to properly fuel and nourish the body. Some guidelines to follow would be to:

- Eat more complex carbohydrates. By ingesting carbohydrates, athletes maximize glycogen storage. Glycogen is the primary source of energy for muscles. Recommended sources of carbohydrates are grains, cereals, breads, potatoes, pasta, vegetables, and fruits. As an added bonus, most carbohydrate sources are also high in vitamins and minerals.
- Eat less high-fat foods. Foods high in fats include fried foods, cookies, cakes, luncheon meats and whole milk dairy products. This does not mean avoid these foods totally. However, we must learn to choose low fat versions such as skim milk, lean beef, chicken and fish (minus the skin), and low fat snacks, such as pretzels.
- Stay hydrated, especially in hot weather. Studies clearly show that performance suffers in a dehydrated athlete. Drink before, during and after exercise. Plain cold water is usually the best. However, sports drinks may provide an edge if you exercise continuously over one hour. Thirst is not a good measure of when to drink fluids. A thirsty athlete is already in early stages of dehydration.
- Maintain a healthy body composition. Avoid quick weight loss. Within reasonable guidelines, a leaner athlete is a more efficient athlete. A normal range of percent body fat for males is 7-18%, while a healthy range for females is 15-25%. Your body fat is determined by heredity, and of course, diet and exercise.
- Replace carbohydrates used for energy during training and competition. In order to refuel your body to prepare for the next practice or game, carbohydrate-rich foods need to be ingested soon after exercise. Eating 200-400 carbohydrate calories within 1-2 hours of exercise is best.
- Eat an appropriate pre-competition meal. Three to four hours before practicing or playing a game, athletes need to 'fuel' their bodies with a high carbohydrate, medium sized meal composed of familiar food. However, within an hour of exercise, always avoid foods high in sugar such as candy bars.
- Don't be tempted by nutritional supplements or other supposed 'performance-enhancers'. Athletes should be able to properly fuel their bodies through a normal well-balanced diet that is especially rich in complex carbohydrates. Nutritional supplements such as amino acids, protein and high doses of vitamins and minerals may actually be harmful.

Section Eleven - Joining a Team

Getting Ready to Play Checklist

✓ **Attend Pre-Season Meeting**

A few weeks before each sport season, a pre-season meeting will be conducted. At this time, the coach of each sport will distribute important information that must be completed prior to the first practice session. The following information or documents will be disseminated to all potential athletes prior to each season:

- NECSD Health Appraisal Form or
- Private Health Care Provider Health Appraisal Form
- Interim Health History Form (If competing in more than one season in a year)
- Team rules
- Try out information

✓ **Physical Examination (Board Policy 5320)**

All students participating in interscholastic athletics shall be required to have a physical examination prior to participation in either practices or games. The participating student must be examined and approved by the School District health practitioners, as directed by the Director of School Health Services, or may be examined by his/her own family physician rather than the School Physician on the form supplied by the school certifying that his/her physical condition warrants participation in interscholastic athletics, subject to review and approval for participation by the Director of School Health Services and School Physician. It is also understood that one or both parents or guardian must give written permission for the student to participate.

The decision of the School Physician regarding participation shall be final. In the event, however, that the Board of Education disagrees with the decision of the School Physician, the Board may determine that a second opinion regarding participation is necessary.

In the event a student who is examined by the School Physician receives a report that he or she may not participate in interscholastic athletics, written notification shall be sent to the parent/guardian that the student will not be permitted to play.

✓ **Return of all Relevant Forms**

All required forms must be completed and returned to your child's health office at school. To obtain your yellow Clearance Slip, you will be asked to leave your forms and you will be given a date and time to return for your Clearance Slip. This will give the health office staff sufficient time to obtain and review the student athlete's health records.

✓ **Try Outs**

Try Out dates for each sport will be posted on the NECSD Athletic Department web page at:

<http://newburghschools.org/athletics.php>

Athletes are expected to participate on the first day and all other dates of try outs. Athletes who miss the official start date and express a late interest in tryouts may be denied the opportunity to participate in the program. In those programs where cuts are made, coaches are expected to make their final selections from those who are in attendance at tryouts. Exceptions to this policy can be considered for those athletes that have a documented medical illness or an injury.

Each year is viewed as independent of another with respect to tryouts and, therefore, the tryout is open to all interested students. Athletes who were involved with the program the year before are not guaranteed a place on the team roster in the next season. All athletes should be prepared to compete for membership every year. Some students mature from one year to the next, and may be included on the team after having been cut the year before. At the varsity level, the size of a team becomes a function of those needed to conduct an effective and meaningful practice and to play the contest.

A note for seniors: One of the most difficult situations coaches face is the dilemma of the senior who has been in the program for years, and now is viewed as a limited-role player. At the varsity level, the best will play, regardless of age. Coaches are encouraged to be honest with seniors, and if it is clear to the coach during tryouts that the role of the senior will be limited, that information will be communicated. The senior presented with the opportunity to remain in the program with a limited role must be prepared to accept this role, and still meet all expectations of the program.

✓ **Team Selection**

Following the tryout period, the coach will talk to each individual who tried out for the team to inform them of their status. They will personally speak with each athlete who did not make the team and inform him/her of the reasons he or she was not selected. If appropriate, the coach will also discuss measures that the individual athlete can take to help improve his/her chances of making the squad in subsequent seasons. If an athlete is cut from a sport due to a numbers issue or lack of skill for that sport, they may try out for another sport during the same season.