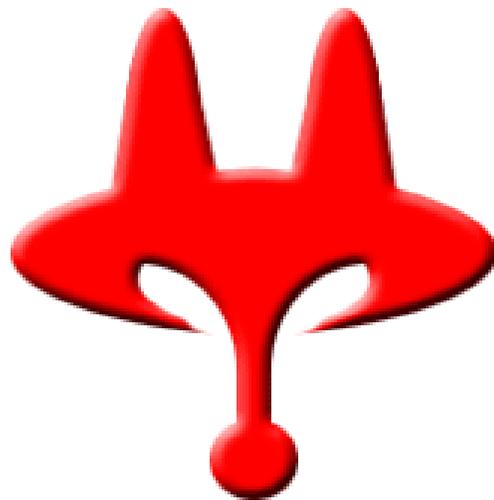


Bedford Central School District

**INTERSCHOLASTIC
ATHLETIC
HANDBOOK
FOR ATHLETES & PARENTS**



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Dear Parents and Student Athletes,

Congratulations on making the decision to participate in the Fox Lane Interscholastic Athletic Program. Your involvement in our sports program will give you the opportunity to meet and work with our diverse, talented student body and our outstanding, dedicated coaching staff.

“Education Through Athletics” is Princeton University’s athletic department motto which in three short words spells out a vision for taking part in athletics that goes beyond winning or losing. Taking part in interscholastic sports at Fox Lane is an extension of students’ education and offers lessons that are hard to replicate in the classroom. Being a member of a team exposes students to a new level of commitment, sacrifice, collaboration, and citizenship. The lessons learned through sport and team membership give students experiences that will shape their lives and make them capable of handling many of the joys and trials that they will see in their futures.

Our coaching staff cares about our athletes. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our fine coaches serve as excellent, positive role models for our students and we are very proud of them and their achievements.

When students choose to participate in one of our sports programs, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some specific policies that are necessary for a well-organized program of interscholastic athletics. The program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities, as well as by the Board of Education and school policies.

Fox Lane is a member of the New York State Public High School Athletic Association, competing in Conference I.

If you have questions or concerns regarding The Fox Lane athletic program and/or this booklet, please do not hesitate to call me at 241-6167, or the Athletic Secretary, Gina Fagan, at 241-6076. Please make certain to read the Handbook carefully and sign the acknowledgement provided by your coach. Make certain to get the BOCES directions to cheer on our athletes!

For up to the minute information about games, cancellations, site directions you may visit our schedule website at <http://www.foxlaneathletics.org>.

Foxes Up!

Chris Coughlin
Director of Health, Physical Education, and Athletics

1. PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Any co- or extracurricular program is an extension of the classroom. The same expectations for creating a safe and respectful classroom climate and culture apply to athletic and co- and extra-curricular venues. There is value in producing successful athletic teams, as this may result in an increase in school spirit, pride, and tradition. While a successful team is of value, it shall never take priority over ensuring the well-being and development of students.

Competitive extracurricular activities shall focus on all of the following:

- a. The development of athletic skills and abilities relevant to the particular activity;
- b. The development of good sportsmanship;
- c. The development of positive character traits, such as discipline, determination, dedication, confidence, concentration, consistency, respect, teamwork, service, and other positive character attributes;
- d. The development of habits of life fitness;
- e. Success in competition.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Squad size at the Varsity level may be 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 the contest. Therefore, it might be necessary for some teams to hold try-outs. 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 individual roles in pursuit of the team's 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 advance 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 periods for all sport seasons. The dedication and commitment needed to conduct a successful Varsity program should be taken seriously.

The Varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the Modified, Junior Varsity and Varsity programs is the responsibility of the Varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a Varsity level team.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The Junior Varsity level is intended for those who display the potential of continued development into productive Varsity level performers. Team membership varies according to the structure of each program.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior Varsity programs work towards 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, 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. Some contests and practices may be held on holidays and Sundays, as well as scheduled during school vacation periods. With the goal of becoming a Varsity athlete clearly in sight, students participating at this level are expected to demonstrate a high degree of dedication and commitment.

MODIFIED PROGRAM PHILOSOPHY

This program is available to all students in the 7th and/or 8th grade*. Sport 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. Every effort will be made to provide meaningful playing time for all participants. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. Therefore, it might be necessary for some teams to hold try-outs.

*In some cases, as approved under State Education law, 8th and 9th graders may comprise a Modified team.

2. PROCESS FOR TRYOUTS

Every effort will be made to provide an athletic opportunity for any Fox Lane student wishing to participate. In those sports when cutting may be necessary, every opportunity will be made to give students a fair chance to demonstrate their talent.

Final decision will be based on the coaches' experience and best judgement and shall rest in the hands of the coach. He or she will assess the candidate's skill, fitness, knowledge and attitude as well as the overall needs of the squad.

- a. When tryouts and cuts are utilized, selections of athletes must be based upon each candidate's skills, abilities, work ethic, and attitudes.
- b. Process and criteria for tryouts and decision regarding cuts **MUST** be clearly documented by coaches and approved by the Athletic Director.
 - i. The tryout process shall be stated on or prior to the first day of practice.
 - ii. No student shall be cut until half the minimum number of practices, required by the NYSPHSAA to play a scrimmage, have been completed.
 - iii. An athlete must attend practice from the first day of tryouts and may not try out for a team after the period described in above unless he/she is medically excused or involved in an overlapping season.
- c. The Athletic Director is responsible to hear parent complaints/appeals. The Athletic Director's determination is final. The Principal nor the Superintendent shall consider appeal regarding athletic cuts, provided District policy has been followed.

3. ATHLETIC PLACEMENT PROCESS

Participation in High School Athletics as a 7th and/or 8th Grader

The State Education Department of New York permits 7th and/or 8th grade students the opportunity to participate in certain senior high school athletic teams. Any 7th and/or 8th grade student wishing to try-out for a team must first complete and successfully pass the Athletic Placement Process (APP). The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student. Instead, it is aimed at the few, select students who can benefit from such placement because of their level of readiness.

The Bedford Central School District Board of Education designates ALL sports as Athletic Placement Sports with the following three conditions:

- 1) Students in 7th and/or 8th grade are only eligible for APP consideration if NO cuts are being made on the Junior Varsity or Varsity program they wish to join. Sports that have freshman teams may allow students to engage in the Advanced Placement Process.
- 2) Students in 7th and/or 8th grade are only permitted to compete at the Junior Varsity or Varsity level if the Modified program will have enough participants to field a team.
- 3) Students in 7th and/or 8th grade will only be considered for Junior Varsity or Varsity level if at the time of a skills assessment by the varsity head coach there is determination made that the FLMS student is likely to start or play in at least 50% of every game on either the Junior Varsity or Varsity team.

Athletic Placement Process Procedure

Below is a description of the process by which 7th and/or 8th graders can become eligible to take part in a Fox Lane High School team. This process is meant for the *rare athlete that has both the physical and emotional tools to play with older athletes*. This process is a state requirement, including the physical fitness test component.

- Step 1: Parent or student athlete contacts Varsity Head Coach regarding student's interest in playing up no later than two months prior to the start of the season. The coach will then submit the student's name to the Athletic Director via email with the school nurse CC'd on the email.
- Step 2: Parent of the athlete registers their child for the appropriate FLHS program grades 9-12 on Family ID during the open registration period. Please note registering an athlete does not mean they have passed the Athletic Placement Process and have made the team.
- Step 3: The Varsity Head Coach performs a skill assessment of the interested athlete. The varsity coach has the authority after the skill evaluation to deem the athlete unprepared for high school level athletics. The evaluation is returned to the AD's office.
- Step 4: District Medical Director meets with students recommended to approve physical maturity level for sport desired according to the Tanner Scale.

Step 5: The coach contacts the FLMS assistant principals to verify that the student is in good standing both academically and behaviorally. The coach will then contact the student's physical teacher of record to verify that they student is in good standing. Poor academic achievement or behavior issues will be prohibitive factors from a student continuing with the APP.

Step 6: The NYSPHAA Physical Fitness test comprised of five components is administered by a Certified BCSD Physical Education teacher. Students must pass **ALL FIVE** components in order to move on in the process. The timed mile portion of the test will only be administered on the track at FLHS. Students may be granted **ONE** component re-test for any portion that they fail.

Step 7: The Athletic Director will notify the Head Varsity Coach whether the student has passed the Athletic Placement Process. The coach will then contact the family.

4. SPORTSMANSHIP EXPECTATIONS

Instilling habits of good sportsmanship is a primary goal of athletic programs; and, all district employees shall model sportsmanlike behaviors at all times.

Sportsmanship is defined as abiding by the rules of the contest as defined or accepted by the participating teams and the gracious acceptance of victory or defeat. In exhibiting sportsmanship all participants shall:

- a. Understand and follow the rules of the contest;
- b. Recognize skilled performance of others regardless of affiliation;
- c. Display respect for all individuals participating in the athletic event;
- d. Treat opponents in an empathetic manner; and
- e. Congratulate opponents in victory or defeat, when practicable and safe for athletes.

The Athletic Director and coaches shall encourage and require young athletes to handle themselves in a sportsmanlike way. Adults working with students shall be models of self-control and dignity for players and spectators.

- a. Uncontrollable yelling and screaming or taunting of officials/referees shall be prohibited and not tolerated.
- b. Coaches are expected to coach and direct athletes in a positive and sportsmanlike manner. Unsportsmanlike behavior as exhibited through verbal abuse, rude gestures, taunts, obscenities, thrown objects, etc., shall not be tolerated in pupils, staff or any persons in attendance at district athletic events or competitions. Discipline may include, but not be limited to, eviction from the competition, prevention from attending further competitions, and/or appropriate discipline for students.

Coaches shall engage in discussions on courtesy and sportsmanlike behavior at the beginning of and throughout each season. Failure to exhibit good sportsmanship shall include, but not be limited to the following conduct:

- a. Any person who strikes or physically abuses an official, coach, player or spectator;
- b. Any person who intentionally incites participants or spectators to abusive action;
- c. Any person who uses obscene gestures or unduly provocative language or action towards officials, coaches, opponents or spectators;
- d. Any school or athletic staff member who is publicly critical of a game official or opposing coaches and/or players;
- e. Any person who engages in conduct which exhibits bias based on race, color, creed, religion, national origin, ancestry, age, marital status, affectional or sexual orientation or sex, social or economic status, or disability; and
- f. Other conduct judged by the Athletic Director or Building Principal to be unsportsmanlike in character.

Behavior of Coaches and Advisors

Coaches and advisors shall be positive role models for young people, and; therefore, shall display respect, poise, and self-control at all times. This includes the respectful treatment of others, refraining from the use of inappropriate or foul language, and demonstrating self-discipline by remaining in control in all situations.

Athletic Codes of Conduct

All athletes, coaches, and parents/guardians shall each season be required to review and sign an *Athletic Code of Conduct*, which reflects the following. The Athletic Director shall be responsible to maintain such records.

Expectations for Athletes

- a. Train consistently as advised by the coach and athletic trainer.
- b. Abide by team rules.
- c. Maintain academic responsibilities.
- d. Demonstrate consistent willingness to learn and progress.
- e. Abide by the rules and regulations of the school and district.
- f. Demonstrate good sportsmanship at all times during practices and athletic contests.

Expectations for Coaches

Coaches shall provide positive support, care, and encouragement for all student athletes according to the following. Coach shall:

- a. Encourage and require sportsmanship from players, fellow coaches, officials, parents, and spectators at every practice and athletic contest.

- b. Model good sportsmanship in all circumstances.
- c. Place the emotional and physical well-being of student athletes ahead of a personal desire to win.
- d. Treat each player as an individual, remembering the large range of emotional and physical development for young athletes.
- e. Provide a safe physical and emotional playing environment for athletes.
- f. Provide a learning environment with the belief that the practice field/court is a classroom.
- g. Not argue or complain about an official's decision; never taunt an official.
- h. Consistently seek to expand professional knowledge regarding principles of coaching and best training practices, in general and in their assigned sport.
- i. Plan and prepare for practices and competition, just as a teacher prepares for effective classroom lessons. Maintain effective management and organizational practices; maintain detailed records, and consistently communicate important information to the student athletes and parents/guardian.

Expectations for Parents/Guardians as Spectators

Parent(s) or legal guardian(s) and other adult spectators shall also be encouraged to act as models for young people by demonstrating self-control and dignity at all athletic events. Pupil fans shall be expected to conduct themselves in an appropriate and sportsmanlike manner; violations shall be subject to discipline.

Parents/Guardians as spectators shall provide positive support, care, and encouragement for all student athletes participating in athletic programs. Parents/Guardians as spectators shall:

- a. Encourage sportsmanship from players, coaches, officials, other parents, and spectators at every practice and athletic contest.
- b. Exhibit sportsmanship and positive support for everyone involved in athletic contests.
- c. Not place a burden on athletics to win games/matches. The primary purpose of interscholastic athletics is to promote the physical, emotional, and social development of student athletes.
- d. Not argue or complain about an official's decision; not taunt officials.
- e. Refrain from being a sideline coach or referee; provide positive support for all players on all teams; never taunt or engage in disrespectful behavior toward a coach.
- f. Support efforts to provide an environment that is free from drugs, tobacco, and alcohol; refrain from their use at all school-related events.
- g. Provide consistent guidance and direction to student athletes to treat all other players, coaches, fans, and officials with respect.

5. ACADEMIC ELIGIBILITY

Fox Lane High School

1. No student who failed Physical Education will be eligible for sports participation during the immediate season following that failure.
2. All students who fail any combination of three courses or “E-outs” during a quarter prior to an athletic season shall not be eligible to participate in interscholastic athletics for that season. It should be noted that if this combination of failures and/or “E-outs” occurs at the end of the 3rd marking period, then any student who is participating in Spring athletics at this time, will be immediately dropped from the program.
3. Any student who does not successfully complete five credits of study during a given school year (without making them up in summer school) will not be eligible for the following sports season (i.e. Fall of the next year).
4. Any student failing two or more courses, other than Physical Education of course, will be placed on **Probation** for the following athletic season. At the midpoint of the next marking period, students placed on probation must receive a Progress Report from at least one of the two teachers in the courses that they are failing showing a passing grade. If this is not accomplished, the student on Probation will be dropped from the active roster.
5. Any combination of two or more “E-outs” will result in ineligibility.

***NOTE:** In special academic cases determined by the Administrative Team, and due to circumstances beyond a student’s control, one of the above sanctions may be relaxed for a temporary period.*

The Fox Lane Middle School

The following set of guidelines will be used to determine eligibility for student participation in the Modified Sports Program. Eligibility is based on performance during the marking period preceding or coinciding with the sport.

<u>Season</u>	<u>Marking Periods Used to Determine Eligibility</u>
Fall	4 th marking period of the preceding year
Winter	1 st marking period of the current year
Spring	2 nd and 3 rd marking periods of the current year

Ineligible Status

1. If a student receives level 3 grades in effort and/or conduct from three different teachers in a marking period, even if a student is not failing, that student is ineligible to participate in Modified athletics for the season governed by the above chart.
2. Any student who fails Physical Education is ineligible for sports participation during the immediate season following the failure.

3. Any student who fails with a grade of an F in any combination of three courses during a quarter prior to an athletic season is ineligible to participate in Interscholastic Athletics for the upcoming season except if it is the 4th Quarter.

Probationary Status

1. If a student receives level 3 grades in effort and/or conduct from two different teachers in a marking period, that student may participate in Modified athletics, but will be placed on probation and provided a Behavioral Contract. That student must have a satisfactory interim report midway through the next marking period to continue on the team.
2. If a student receives two D's or F's or any combination in a marking period, the student may participate in Modified athletics, but will be on academic probation. The student must raise the grades to C or better and will have until the mid-marking period notices to improve their status.
3. If a student fails during the 4th Quarter, he/she will be put on academic probation the following September and have five weeks to demonstrate improvement.

Suspensions

1. If a student is suspended during a marking period, he/she may not attend practices during the suspension and must MISS the next contest. This applies to in-school and out-of-school suspension.
2. If a student is suspended twice during a marking period, he/she is off the team for the remainder of the season.

The administration reserves the right to rescind a student's eligibility to participate on a Modified sports team based on his/her behavior and/or academic performance at any time during the season. The student's return is contingent upon the approval of the administration, the Athletic Director and the Coach.

NOTE: *In special academic cases determined by the House Director and Athletic Director collaboratively, and due to circumstances beyond a student's control, one of the above sanctions may be relaxed for a temporary period.*

6. INTERSCHOLASTIC ATHLETIC CODE OF CONDUCT

The Bedford Central School District believes that participation in the Athletic Program is a privilege, not a right for students. The Interscholastic Athletic Program provides a unique opportunity to educate and influence young people by promoting their mental, emotional and physical development in an environment which rejects the use of tobacco, alcohol and other drugs. The Interscholastic Athletic Code of Conduct was developed to guide, encourage and support student athletes who participate in this dynamic educational experience.

The student athletes who violate this code will suffer penalties that will affect themselves, their teammates and their coaches. While these circumstances will be difficult for all involved, it is the student athlete who makes the ultimate decision. All student athletes know the code, the rules and the penalties. Therefore, when the student athletes make the decision to violate these rules, they have already agreed to accept the penalty attached.

This Code is not only designed to be a deterrent to unacceptable behavior. Rather, it is intended to offer a framework for which the student athletes can function and grow into responsible young men and women.

The Interscholastic Athletic Code of Conduct applies to student athletes from the official start of each fall season through the next spring's Graduation. It applies to any disciplinary issues on school grounds or off school grounds, at a supervised school activity, and to any infractions of the Code off school property. Violations of the Code on school property or off school property at a supervised school activity will be subject to penalties imposed by the school administration and to penalties imposed by the Athletic Department. Violations occurring off school property will result in penalties imposed by the Athletic Department. Violations occurring out of season will

result in Athletic Department imposing penalties at the start of the next season, excluding tryouts.

I. IN SCHOOL (ANY SCHOOL ACTIVITY SUPERVISED BY SCHOOL PERSONNEL ON OR OFF SCHOOL GROUNDS)

A. *Illegal Use, Sale or Possession of Drugs/Alcohol*

1. First Violation - In addition to penalties imposed pursuant to the school administration:

- a. Minimum penalty - The athlete is permitted to practice with his/her team but cannot participate in 20% of the remaining, scheduled interscholastic contests and scrimmages (including playoffs). Above penalty to be not less than one game.
- b. Athlete must meet with Student Assistance Counselor (number of meetings to be determined by SAC).
- c. Parents to be notified.

2. Second Violation - In addition to penalties imposed by the school administration:

- a. Minimum Penalty - The athlete is permitted to practice with his/her team but cannot participate in 50% of the remaining scheduled interscholastic contests and scrimmages (including playoffs). Above penalty to be not less than three games.
- b. Continued participation in interscholastic athletics in the following school year will be contingent upon the athlete meeting with the Student Assistant Counselor (number of meetings to be determined by SAC).
- c. Player will not be nominated for any post-season awards (including team awards) or honors.
- d. Parents to be notified.

3. Second Violation (but not during same school year) - In addition to penalties imposed by the school administration:

- a. Minimum Penalty - The athlete is permitted to practice with his/her team but cannot participate 50% of the remaining scheduled interscholastic contests and scrimmages (including playoffs). Above penalty to be not less than three games.
- b. Athlete must meet with Student Assistance Counselor (number of meetings to be determined by SAC).
- c. Player will not be nominated for any post-season awards (including team awards) or honors.
- d. Parents to be notified.

4. Third Violation (during high school career) - In addition to penalties imposed by the school administration:

- a. Athlete is ineligible to participate in interscholastic sports for the remainder

- of their high school career.
- b. Parents to be notified

Please note: Any student found with vaping paraphernalia and/or in the act of vaping will be considered in violation of the Athletic Code of Conduct. No distinction will be made between vaping paraphernalia and/or act by a student and the above prescribed penalties for “Illegal Use, Sale, or Possession of Drugs and Alcohol”. The penalties for vaping use or possession will be the same as those for “Illegal Use, Sale, or Possession of Drugs and Alcohol”.

B. Use of Tobacco Products

The Athletic Department opposes the use of tobacco products. Penalties for violation of team training rules will be determined by the coach after consultation with the Athletic Director. Subsequent violations will result in further disciplinary action, including not being nominated for post-season awards (including team awards). The student athlete must meet with the Student Assistance Counselor (number of meetings to be determined).

C. Criminal Act

Any athlete who is convicted of a misdemeanor/felony will be suspended by the Athletic Director from his/her sports team a maximum of five days pending an investigation and further action by the Athletic Council. Athletic Council will review each case and determine appropriate consequences.

D. Other Offenses (i.e., fighting, insubordination, vandalism, etc.)

1. Minimum Penalty - Any activity that results in suspension (in school or out of school) will result in the athlete being suspended from one interscholastic contest upon his/her return.
2. Subsequent violation could result in dismissal from team and loss of future eligibility.
3. Parents to be notified.

II. OFF SCHOOL GROUNDS

A. Illegal Use, Sale or Possession of Drugs/Alcohol

1. First Violation:
 - a. Minimum Penalty - Athlete is permitted to practice with his/her team but cannot participate 20% of the remaining, scheduled interscholastic contests and scrimmages (including playoffs). Above penalty to be not less than one game.
 - b. Athlete must meet with Student Assistance Counselor (number of meetings to be determined by SAC).
 - c. Parents to be notified.
2. Second Violation:
 - a. Minimum Penalty - Athlete is prohibited from participating in interscholastic sports for the remainder of the school year.
 - c. Continued participation in interscholastic athletics, in the following school year, will be contingent upon the athlete meeting with the Student Assistance Counselor.
 - c. Parents to be notified.
3. Second Violation - Not the same school year:
 - a. Minimum Penalty - Athlete is permitted to practice with his/her team but cannot participate in 50% of the remaining scheduled interscholastic contests and scrimmages (including play-offs). Above penalty to be not

- less than three games.
- b. Athlete must meet with Student Assistance Counselor (number of meetings to be determined by SAC).
- c. Parents to be notified.

4. Third Violation

- a. Athlete is ineligible to participate in interscholastic sports for the remainder of his/her school athletic career.
- b. Parents to be notified.

III. ENFORCEMENT OF INTERSCHOLASTIC ATHLETIC CODE OF CONDUCT

A. Athletic Council

The Athletic Council will be composed of the Athletic Director, High School Principal or Assistant Principal and three high school Coaches. If an alleged violation is reported relating to a middle school student/athlete, the middle school House Director will participate in Athletic Council.

B. Self-reporting

1. Athlete reports an ongoing substance abuse problem
 - a. Athlete is referred to the Student Assistance Counselor for assessment problem and a recommendation for rehabilitative intervention will be directed to the Athletic Council.
 - b. Athletic Council will recommend a course of action.
2. Athlete reports himself/herself in violation of Code of Conduct.
 - a. Athletic Council will determine the appropriate restrictions and/or penalties.
3. In general, students who self report will be subject to less severe penalties.

C. Reporting of Violations

1. While all reports are regarded seriously, reports from the following individuals alleging violation of the Code of Conduct will prompt a mandatory investigation. These reports should be made in writing to the Athletic Director within three school days of the incident in question.
 - a. Any district employee or school board member.
 - b. Any adult acting as a chaperone or assisting with a school activity at the request of a district employee.
 - c. Any law enforcement officer or agency.
 - d. A parent/legal guardian of the student involved.

D. Procedures for Investigation

Once a report of a violation has been received the student and parent will be notified by the Athletic Director that an investigation is taking place. The student will be given an opportunity to explain his/her involvement in the alleged violation to Athletic Director or to the Athletic Council if related to a criminal offense. The parent/guardian and building Principal will be notified of the student's response.

E. Determination of Consequences

The Athletic Director and/or the Athletic Council will consider all relevant information regarding the alleged incident, determine the consequences according to the Code of

Conduct and recommend appropriate action to the high school/middle school Principal.

F. Appeal of Decision

Appeals of the decision of the Athletic Director or Athletic Council may be made to the Superintendent of Schools.

IV. REVIEW

This policy is subject to periodic review.

7. HARASSMENT, INTIMIDATION, AND BULLYING

Acts of harassment, intimidation or bullying are strictly prohibited per Policies 0115, Bullying and Cyberbullying, 0120, Student harassment and Bullying Prevention and Intervention, and 0120R, Student Harassment and Bullying prevention and Intervention Regulation. These Policies and Regulation apply at all times during athletic activities, practices, and events.

HAZING

The hazing or initiation of students and/or athletes is strictly prohibited. Hazing is defined as follows:

- a. To subject newcomers to abusive or humiliating ridicule, mental or physical discomfort, embarrassment, or harassment.
- b. An activity in which a high-status member coerces other members to do something that in some way humbles a newcomer who lacks the power to resist.

Young students are the future of the school's programs, and should be mentored and developed with respect and caring. It is directed that each team/organization establish an atmosphere that develops, nurtures, and respects all students.

Coaches and advisors shall at the beginning of each season review the definition and prohibition on hazing with students. All athletes/participants shall be informed that if he/she experiences hazing, the athlete shall immediately report the matter to the Coach and Athletic Director. If at any time a staff member, student, parent, or guardian feels a hazing concern has not been addressed satisfactorily, the matter shall be reported to the building principal.

Concerns about hazing that a student, parent or guardian feels have not been addressed sufficiently by the principal should be reported to the Superintendent of Schools. Confirmation of such shall be documented in writing by each student and parent. The Athletic Director is responsible to create a form documenting this with a sign-off for students and parents. Forms shall be maintained by the Athletic Director.

8. SOCIAL MEDIA POLICY

It is our expectation as a school community that student athletes will be positive role models at all times. It is also an expectation that they will not engage in inappropriate, questionable or illegal behavior at school, in the community or on social media sites. Playing and competing for Fox Lane Middle/High School is a privilege, not a right.

Social networks such as Facebook, Twitter, Instagram, Snapchat, YouTube, Pinterest and all other social digital platforms have increased in popularity and are used by students school wide. Participation in such networks can have both positive appeal and potentially negative consequences. It is important that Fox Lane student athletes be aware of these consequences and exercise appropriate caution if they choose to participate.

The purpose of these guidelines are to establish a clear and concise set of expectations for athletes to follow in order to help them use the best possible judgment to safeguard their personal privacy, and to protect the integrity of Fox Lane Middle/High School. All student athletes are held to our Code of Conduct as well.

Third parties including media, students, community members, faculty, future colleges and athletic officials can easily access social media profiles and view personal information. This includes pictures, videos, comments, posts and links. **It is important to understand that once something is posted online, it does not disappear.** Inappropriate material found by third parties affects the perception of the athlete and our community. Such actions can also be detrimental to the future of our Athletic family and the future of the student athlete.

With this information in mind, these guidelines require that student athletes:

- Protect and enhance the reputation of Fox Lane Middle/High School and avoid making derogatory comments about anyone in our School District or connected to our opponents.
- Be aware the readers and followers on social media sites include law enforcement, media, current, future and past student athletes, faculty, administration, alumni, parents, coaches, community members, colleges and current/future employers. It is essential to portray yourself and Fox Lane in a positive manner at all times
- **THINK BEFORE YOU POST** and anticipate how third parties who see the post may react to it.

Violations of these guidelines will result in:

- Meeting with Athletic Director and/or school administrator, parent, guardian, and/or Head Coach
- Immediate removal of offensive material from social media site
- Enforcement of appropriate Fox Lane Code of Conduct sanctions
- Possible suspension from the team as outlined by Athletic Director and/or school administration for a prescribed period of time; and/or
- Possible dismissal from team

9. RELIGIOUS HOLIDAYS

No contest shall be scheduled on designated religious holidays. On certain holidays designated by the Board of Education, neither practices nor contests will be held.

10. STUDENT PARTICIPATION IN AFTER SCHOOL ACTIVITIES OTHER THAN ATHLETICS

Since there is no club time allocation presently made during the normal school day, all such clubs must meet after school. This, in turn, conflicts (in certain instances) with the practice sessions of the various athletic teams representing Fox Lane. From an education point of view, it is desirable that students participate in more than one activity. From a coaching point of view, it isn't desirable to have various squad members frequently absent. The administration has been assured that the members of our staff will cooperate fully with all parties concerned to resolve this problem.

11. ISSUING OF SCHOOL EQUIPMENT

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. Failure to do this will result in the athlete reimbursing the school district for the missing articles. Athletes who fail to pay for the missing articles will forfeit their right to participate in the next sport season.

12. TRANSPORTATION

Student athletes will be transported to away contests by school authorized vehicles only. The district recommends that students return to school with their team. A student **must submit written parental authorization to the coach** if he/she chooses to be transported home by another adult, parent or a guardian after an away contest and **must sign out** with the Coach prior to leaving the field.

13. ATTENDANCE ON THE DAY OF A CONTEST – HS/MS ATHLETES

In order to participate, a player must be in school on the day of the contest and in attendance in classes. If a student is not in school the day before a contest, it is at the discretion of his/her coach whether or not he/she will be allowed to participate in the contest.

This policy does not infringe upon those athletes who may be absent because of a dental appointment or for some other similar reason acceptable to the school administration, but does suggest that if a student is not well enough to attend classes, he or she should not participate in an athletic contest.

If a student is in school by **10:30 a.m.**, he or she will be considered in attendance.

14. COMMISSIONER'S REGULATIONS

According to the Commissioner's Regulations, a pupil shall be eligible for inter-school competition in a sport during a semester, provided that he/she is a bona fide pupil, enrolled during the first 15 days of that semester, is registered in the equivalent of three regular courses, is meeting the physical education requirement, and has been in regular attendance. Bona fide absences caused by personal illness are accepted.

Each individual team has its own additional regulations concerning daily attendance at practices and the minimum number of practices before being eligible for competition. Your coach will inform you of these rules.

An extra-curricular activity participant involved in any serious infraction of school rules (including, but not limited to, use of illegal drugs and alcohol, theft, vandalism, etc.) may be dropped from all activities for the remainder of the year.

15. 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. A pupil reaching the age of 19 on or before July 1 may not participate during the school year.

16. RISK OF INJURY and INJURY PROCEDURES

By the very nature of athletic activity, participants are at risk of physical injury. No matter how careful the athlete and the coach are, no matter how many precautions are taken, the risk can be reduced but never eliminated. The risk of injury includes minor injuries such as broken bones, dislocations and muscle strains. The risk also includes catastrophic injuries such as permanent paralysis or even death. It is important everyone understands these risks, and that athletes follow all safety directions from their coaches because they are established to reduce the risk of injury.

It is extremely important to report any injury an athlete suffers immediately to the Athletic Trainer, his or her Coach and the school Nurse. If you have health insurance that covers your child, you must submit claims to your insurance first.

In the event of medical expenses as a result of an injury sustained in a school activity, the initial expenses must be assumed by the student's family. Any expenses in excess of their personal insurance can then be submitted to the School District's insurance company for review. Refer any questions regarding insurance to the school Nurse.

17. CONCUSSIONS

What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you 'don't feel right' soon after, a few days after, or even weeks after the injury.

- Headache or 'pressure' in head

- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents:** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up:** A doctor or other health care professional can tell you if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better:** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

Recommended Return to Play Protocol Guidelines

- Day 1: Begin low-impact activity such as walking, stationary bike, etc.
- Day 2: Initiate aerobic activity fundamental to specific sport such as skating, running, etc.
- Day 3: Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.
- Day 4: Full non-contact return in a gymnasium setting.
- Day 5: If the student remains without symptoms, he or she may return to full participation with our Athletic Trainer and school Medical Officer's approvals.

*NOTE: Student must remain asymptomatic to progress to next day.
If symptoms return, notify Athletic Trainer, as student should be seen by their physician.*

18. NCAA ELIGIBILITY

All Student Athletes must register with the NCAA Initial Eligibility Clearinghouse to participate at the Division I and II Levels. Applications and information may be obtained online at www.ncaa.org.

19. FOX LANE INTERSCHOLASTIC ATHLETIC OFFERINGS

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cheerleading Varsity, JV	Basketball-Boys Varsity, JV, Modified	Baseball Varsity, JV, Freshman, Modified
Cross Country-Boys & Girls Varsity, Modified	Basketball-Girls Varsity, JV, Modified	Golf-Boys Varsity
Dance Team Varsity	Cheerleading Varsity, JV	Lacrosse-Boys Varsity, JV, Modified
Field Hockey-Girls Varsity, JV, Modified	Dance Team Varsity	Lacrosse-Girls Varsity, JV, Modified
Football Varsity, JV, Modified	Ice Hockey Varsity	Pioneer Team Special Olympics
Pioneer Team Special Olympics	Pioneer Team Special Olympics	Softball-Girls Varsity, JV, Modified
Soccer-Boys Varsity, JV, Modified	Ski-Boys & Girls Varsity	Tennis-Boys Varsity
Soccer-Girls Varsity, JV, Modified	Swim/Dive-Boys Varsity	Track & Field-Boys & Girls Varsity, Modified
Swim/Dive-Girls Varsity	Indoor Track-Boys & Girls Varsity	Unified Basketball Varsity
Tennis-Girls Varsity	Wrestling Varsity, JV, Modified	
Volleyball Varsity, JV, Modified		