

*Alfred-Almond Central
School*

*Sports Philosophy
& Handbook*

Updated 8/15/2018

**Home of the
Eagles**



Philosophy

The goal of the interscholastic athletic program at Alfred-Almond Central School is to provide the opportunity and structure for the student-athlete to achieve maximum potential through participation in the athletic program.

The field(s) of athletics provide(s) the opportunity to strive for both physical and mental excellence. It is this discipline of the mind and body that drives the athlete to achieve maximum potential.

Participation in the athletic program is a privilege; one in which the student-athlete enters into voluntarily. It is understood that with this privilege comes responsibility to one's self, one's team and one's school. Continued involvement in the athletic program is contingent upon dedication, hard work, respect and a commitment to the academic and athletic programs.

It is understood that the Varsity coach will direct the development of that sports program at all levels.

Levels of Play for Athletes

Athletes playing in sports are expected to play at the level appropriate for their grade, age and ability. The appropriate level will be determined by the coaches and the Athletic Director.

Any 7th or 8th grader interested in JV or Varsity play must receive clearance from the school physician, have parental permission and then be tested for athletic ability by the Athletic Director. Athletic ability is determined by passing the "Athletic Performance & Development Standards" of the Selective/Classification Test. The athlete may then try out on the JV or Varsity level for three practice sessions. At the end of the third practice, a determination will be made by the higher level coach as to the appropriate placement of the athlete.

Modified

This level of play is primarily for 7th and 8th grade students. 9th grade students may play on a modified team if it is appropriate for the student to play at the modified level. The size of the team shall be determined by the Coach and Athletic Director.

The purposes of the **Modified** programs are to have:

1. sportsmanship promoted as a function of the athletic experience;
2. coaches teaching the fundamentals of the sport, and the experience for the athlete one of learning the game;
3. participation being promoted, with all athletes expecting playing time. *It may not necessarily be equal for all;*
4. the experience of competing, and exploration of the sport being more important at this level than winning the contest.

Junior Varsity

This level of play is primarily for students in grades 9 and 10. Juniors who are not capable of varsity play may be recommended by the Varsity coach to play JV. Teams may be limited in size as determined by the Coach.

The purposes of the **JV** programs are to have:

1. sportsmanship promoted as a primary goal of the program;
2. an emphasis on individual and team development;
3. participation based on competition for playing time.
While adequate playing time for all is a goal, team members may not receive equal playing time;
4. an increased emphasis on winning;
5. preparation of the athlete and the team for Varsity play

Varsity

This level of play is primarily for students in grades 11 and 12. For those programs that do not have JV level teams, this level is primarily for grades 9-12. Teams may be limited in size as determined by the Coach.

The purposes of the **Varsity** programs are to have:

1. sportsmanship displayed at all times;
2. playing time that is earned, *not guaranteed*;
3. winning as one of the goals;
4. athletes showing a commitment to the team, and teamwork expected from Varsity athletes.
These athletes serve as role models for the younger athletes.

Athletes recognize that competing as an athlete is a privilege at Alfred-Almond, and that representing the school comes before representing your individuality.

The Interscholastic Athletic Program

The following rules and regulations are intended for the protection and safety of the athlete, for personal and team development, and for the overall proper functioning of the athletic program.

◆ **Compliance:**

Alfred-Almond will comply with all regulations as set forth in the N.Y.S.P.H.S.A.A. Handbook. These include the Commissioner of Education's Regulations. Alfred-Almond will also comply with any other regulations that may be set forth by Section V or the Steuben County League.

◆ **Eligibility:**

Each athlete will participate under the eligibility requirements, rules, and regulations of the NYS Commissioner of Education and the NYS Public High School Athletic Association, as well as the local Board of Education. **Before attending the first practice, each athlete must have a current physical on record with the school nurse, which includes a health history. (For example, a physical given on 8/10/02 would be in effect until 8/31/03). In addition, each athlete must turn in to the coach a health history update. This update must be turned in prior to the beginning of the season. The coach will review the update prior to the athlete's first practice. All questions regarding the update will be resolved with the nurse and/or the school doctor before the athlete may begin to practice.** (new material is underlined)

Upon entry in the 9th grade, a student is eligible for senior high athletic competition in a sport for four consecutive seasons of each sport until his/her 19th birthday (prior to July 1st).

For students who participate as 7th or 8th grade students at the JV or Varsity level, the maximum number of consecutive years of competition is six.

◆ **Academic Eligibility:**

A failure list will be maintained and published by the high school office. This list will be distributed to all teachers and coaches by the end of school each week. This list will serve as a warning to those students listed. Students listed must improve their academic standing or be subject to ineligibility. ***A student is ineligible if that particular student has failed two or more subjects for two or more consecutive weeks.***

A separate ineligibility list will also be posted directly indicating those students who are subject to this ineligibility. Students will remain on the ineligibility list until they are failing no more than one subject. Students who have been determined to be ineligible, for the first week of their ineligibility, may attend practice, at the discretion of the coach.

These students may **not** attend contests with the team.

Ineligible students will begin their ineligibility on the day of the publication of the ineligibility list. These two lists will only be published at these stated times and no changes will be made in between publication times.

It is the responsibility of the teacher to inform the student of his/her failure each week and to report this to the high school office no later than noon on the day preceding the last day of the school week.

It is the responsibility of the coach or club advisor to read these lists each week and to follow the eligibility guidelines.

It is the responsibility of the student to check the warning list and ineligibility list each week to be sure of his/her status. If a student is listed here, it is also the student's responsibility to see his/her teachers to ascertain what school work must be done in order to return to good academic standing.

◆ **Medical Excuse/ Injury:**

If an athlete is medically excused from participation because of illness or injury which might jeopardize his/her health, he/she will not be allowed to participate until he/she is declared medically fit. If a student is out of participation for five days or more due to sickness or injury, he/she will be required to have a release from his/her attending doctor, and/or be given a physical by the school doctor.

◆ **Attendance:**

Athletes will be in school by 8:15 a.m. the day of a game and the day after a contest and be in attendance for the full day of school. Athletes not complying with this will not be allowed to participate in the next regularly scheduled contest. Exceptions to this will be reviewed and acted upon by the Athletic Director.

◆ **Transportation:**

All team members will be transported to and from away contests by school authorized vehicles. The only exception to this policy would be a written request from the parent or guardian and with the coaches' permission. It is understood that the athlete may only be transported by his/her parent or guardian.

◆ **Sportsmanship:**

Good sportsmanship is expected of all athletes, both on and off the areas of the contest.

◆ **Detention:**

Students serving detention may not participate in any event that is in progress at the time of the detention, including transportation to the event.

◆ **Suspension:**

Any student suspended internally or externally from school will not be allowed to be a spectator at or a participant at any scheduled student activity for the duration of the suspension.

◆ **Area of the Contest:**

No athletes will leave the area of a contest without the permission of the coach.

◆ **Fighting:**

In case of a misunderstanding or a fight during a contest, only the coach may go to the incident. All other team members must remain on the sidelines.

◆ **Changing Sports:**

Students who change from one sport to another sport can do so, provided it is done before the first contest. All practices that took place during the 1st sport will not count toward the 2nd sport. Individuals will be required to meet the number of practices for the new sport to be eligible to participate in the contests.

◆ **Equipment:**

If an individual does not return all of the equipment that he/she was issued during an athletic season, he/she will not be allowed to participate in any other sport until it has been returned. Also, if an individual loses such equipment he/she is responsible for restitution.

◆ **Consent:**

Written consent to abide by these rules must be signed by the athlete and parent or guardian. This must be submitted at the beginning of each sport season but no later than the first interscholastic contest for that season.

Drugs, Alcohol and Tobacco

It is the purpose of the Alfred-Almond athletic program to provide a safe, drug-free environment in which our student athletes can strive to reach their full potential. The Board of Education has adopted a strong, educationally minded policy in an effort to help prevent our athletes from making poor and harmful choices. The student athlete is aware of the negative and detrimental effects that the use of drugs, alcohol and tobacco has upon one's performance in both the athletic and academic arenas. THEREFORE, THE USE OR POSSESSION OF ANY NON-PRESCRIBED CONTROLLED DRUG, ALCOHOL, OR TOBACCO PRODUCT OR ELECTRONIC CIGARETTE, OR VAPING AS PER THE STUDENT CODE OF CONDUCT ON OR OFF SCHOOL GROUNDS BY STUDENT ATHLETES IS STRICTLY PROHIBITED AT ALL TIMES.

Furthermore, attendance at any function or event in which such substances are present is strictly prohibited as well. Any student athlete who attends the function or event at which such substances are present under circumstances in which it can reasonably be inferred that the athlete was or should have been aware of such substances, will be deemed to be in possession of the same in violation of this policy.

Once competent and substantial information is received by the Athletic Director, he will commence an investigation to determine the validity of the charge. If there is competent and substantial evidence that the student athlete did, in fact, use or possess non-prescribed controlled drugs, alcohol, tobacco products, electronic cigarettes, or vaping as per the student code of conduct on or off school grounds, the student and his or her parent will be notified and given the opportunity to refute the charge.

If based on the evidence provided, the Athletic Director determines that the charge is valid, he will impose the following penalties:

First Offense

The student athlete will be referred to his or her school counselor for assessment. During the course of this assessment, he or she will be suspended from competition for a period of two weeks. *If no contests occur during the suspension period, the athlete will miss the first scheduled contest after the suspension.* The athlete must attend all practice and counseling sessions during the period of suspension. Upon completion of counseling, and a positive recommendation by the school counselor, the athlete may return to full competition.

Second Offense

The student athlete will be suspended from interscholastic athletics for a period of four weeks (which may carry over to the next season), and must submit to counseling.¹ The student will not be permitted to practice with the team during this suspension. Upon completion of the counseling, and a positive recommendation by the school counselor, the athlete may return to full competition. *If the student refuses to submit to or to complete the counseling process with the school counselor or with an outside agency or professional, if such was recommended by the school counselor, such refusal will constitute a third offense.*

Third Offense

The student athlete will be suspended from interscholastic athletics and must submit to counseling. Upon completion of counseling, and a positive recommendation by the school counselor, the student may return to full competition only after the suspension period for the remainder of that sport season and the next two subsequent sport seasons.

Carryover of Penalty

If it is determined that a student athlete used or possessed non-prescribed controlled drugs, alcohol or tobacco products during a time period when he or she is not competing in an athletic activity, the appropriate penalty will be imposed at the time the student athlete resumes competition. For example, if a member of the baseball team violates this policy by using or possessing non-prescribed controlled drugs, alcohol or tobacco products in the fall, the appropriate penalty will be imposed during the following spring when competition resumes.

¹ *After each offense, the student athlete will be referred to his or her school counselor for assessment. The school counselor will then confer with the student's parents and the Athletic Director to determine whether to recommend more intensive counseling by an outside agency or professional.*

N.Y.S.P.H.S.A.A., Inc.
Code of Ethics

It is the Duty of All Concerned with High School Athletics:

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

Student Athlete and Parent Consent Form

WARNING: Athletes assume a risk of injuries by their participation in Athletics. The school district does not carry insurance which would reimburse parents for the cost of treatment of a student's injuries in the absence of negligence by the district. Parents are responsible for the medical bills of their children.

If questions or concerns arise during the sports season, parents and/or athletes are encouraged to first speak to the Coach, and then, if necessary, to the Athletic Director.

We have read and do understand the rules for the Interscholastic Athletic Program. We agree to abide by these rules.

Parent's Signature

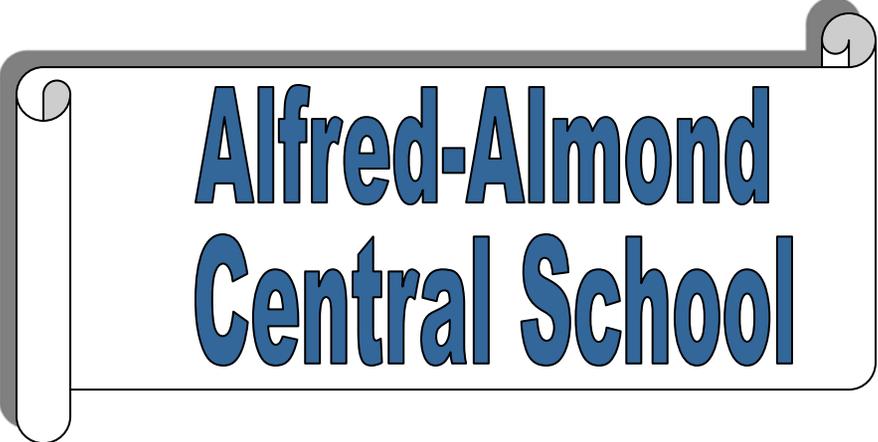
Student's Signature

Season (fall, winter, spring)

Sport

Date

Date

The logo for Alfred-Almond Central School is presented on a stylized scroll. The text "Alfred-Almond" is on the top line and "Central School" is on the bottom line, both in a bold, blue, sans-serif font. The scroll has a grey shadow and a small circular detail at the top right corner.

**Alfred-Almond
Central School**

Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior. It is the responsibility of all coaches, athletes, parents and spectators to:

Respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them at all times.

Positively show support and sportsmanship by cheering for the teams.

Refrain from booing and making any disrespectful remarks at all times.

Refrain from throwing debris, confetti, or other objects from the stands. Offending individuals will be asked to leave the premises.

Observe courteous behavior. Improper behavior should be reported to the school authorities.

Observe the rules of the local school concerning consumption of food and drink, littering, and parking procedures.

Respect and obey all school officials and supervisors at athletic events.

Note: Use of tobacco products, electronic cigarettes and vaping products on school grounds is prohibited by New York State Law.