



*Farmingdale Schools*

# **Interscholastic Athletic Handbook**

**FOR STUDENTS AND PARENTS**

THE GOAL OF THE FARMINGDALE PUBLIC SCHOOLS IS  
TO ESTABLISH OURSELVES AS A HIGH ACHIEVING  
SCHOOL DISTRICT AS EVIDENCED BY HIGH LEVELS OF  
STUDENT PERFORMANCE IN ALL AREAS.

*Home of the Dalers*



Dear Parents and Student-Athletes:

Welcome to the Farmingdale School District Interscholastic Athletic Program.

Parents and student-athletes are encouraged to carefully read the entire Athletic Handbook. This booklet contains information that will be important throughout each sport season. The handbook is progressive in nature, giving parents and athletes the philosophy and expectations of our interscholastic program, beginning with the modified middle school program, culminating with the varsity level experience.

The guide gives parents and athletes a complete listing of all programs offered at each level, and the season of placement for each sport as it pertains to the middle school – with four athletic seasons, and the high school with three athletic seasons.

For your convenience, please log onto the **SECTION 8 WEBSITE**, currently available to the public at [www.nassauboces.org/athletics](http://www.nassauboces.org/athletics). This website allows the athletic community access to high school and modified (middle school) scheduling information, game times, schedules, and directions to contest sites. In addition, the website posts high school varsity, league, and division standings, tournament brackets, seeding information, and other appropriate athletic information. It is an excellent source of information for all those involved in interscholastic athletics. For game day cancellations and postponements, please refer to the Farmingdale website, [www.farmingdaleschools.org](http://www.farmingdaleschools.org).

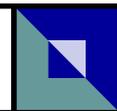
If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact me at (516) 434-5256

Sincerely,

*Mrs. Jeanne L. Berkoski*

Jeanne Berkoski

Director of Athletics



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### **GOVERNING BODIES IN ATHLETICS**

Interscholastic Athletics is governed by rules, regulations and guidelines as established by the **New York State Public High School Athletic Association (NYSPHSAA)**, which is directly responsible to the **State Education Department (SED)** and the **Commissioner of Education**.

NYSPHSAA is comprised of eleven sections or chapters in the state of New York. Nassau County, which is referred to as **Section 8 (Nassau County Public High School Athletic Association)**, is a member of NYSPHSAA. It is the purpose of this organization to formulate and adopt policies that will enable public high schools to administer and govern interscholastic athletics in accordance with sound educational practices.

NYSPHSAA and Section 8 establish many of the rules, regulations and policies that govern public school interscholastic athletic competition. Season start and end dates, the Selection/Classification program (process for moving up), eligibility, schedules (dates of contests), placement (which opponents are played), contest rules, safety policies, practice mandates, postseason tournament opportunities (league, division, county and state play-offs) are some of the areas governed by these associations. Section 8 also is responsible for the scheduling of all officials for all contests played in Nassau County.

The Farmingdale School District, as a member of the Nassau County Public High School Athletic Association, is obligated to comply with state and section regulations. Therefore, our district policies must not be in conflict with those policies that govern Nassau County public school athletic programs.

### **SECTION 8 SPECTATOR CODE OF CONDUCT**

Spectators are an important part of the game and shall conform to accepted standards of good sportsmanship and behavior.

Spectators shall, at all times, respect officials, coaches and players and extend all courtesies to them. While wholesome cheering is encouraged, taunting, foul and abusive language, inflammatory remarks and disrespectful signs and behavior are not acceptable. The school expects our adults and parents to set the tone for all spectators and serve as appropriate role models for all of our student-athletes. Please assist the school officials and coaches in providing a healthy educational climate that our school can be proud of, and by maintaining an appropriate competitive perspective throughout the contest.

Spectators shall observe and obey the rules and regulations of the school concerning tobacco, smoking, food and soft drink consumption, use of lavatory facilities and the parking of their vehicles on school grounds.



New York State law prohibits smoking and alcoholic beverages of any kind on school property. The law further prohibits any person under the influence of alcohol to be on school property.

Spectators shall respect and obey all school officials, supervisors, security and police at all athletic contests.

**Spectators who fail to adhere to conduct expectations during a contest should be prepared to accept consequences for their inappropriate behavior. These consequences may include ejection from the contest site, and/or any-other school activities or events for a period of time.**

#### NYSPHSAA/SECTION 8 MISCONDUCT RULE

Any member of a squad removed from a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next scheduled contest or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. Note Member of the squad includes coach, player, manager, scorekeeper, timers, and statisticians.

A player or coach who has been suspended from play may not be present on the school grounds where the contest is played. **There is no appeal to the NYSPHSAA/Section 8 Misconduct Rule.** The official's ruling is final and not subject to question.

***Note: The Farmingdale School District reserves the right to impose an additional consequence, which may result in school disciplinary action, a longer period of suspension from practice and contests and/or dismissal from the team by the coach and/or administration.***



**MISSION STATEMENT**  
**of the**  
**FARMINGDALE SCHOOL DISTRICT ATHLETIC PROGRAM**

The mission of the Farmingdale District Athletic Program is to foster the quest for excellence by creating an educational and competitive experience with an atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility and citizenship.

The Farmingdale School District understands that interscholastic athletics are a significant part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.

The interscholastic competitive environment provides an opportunity for our participants to learn positive life skills, values and ethics in a climate that demands dedication, responsibility, self-discipline, cooperation, positive work ethics and respect for others. This program provides an opportunity for all to share their common interests, to celebrate their differences, and to appreciate physical competitions as a lifelong process.

All involved in the program must show a personal commitment to the goals of the team, and make the personal sacrifices necessary in order to achieve success. Making such a commitment to excellence nurtures a sense of pride, loyalty and leadership qualities in an athlete, enabling the individual to become more resilient and better prepared to face life's challenges. This unique experience allows students to achieve their full potential as students, athletes and citizens.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one measure of success. Ultimately, the real challenge is guiding the individual and the team to reach full potential. This is the true measure of achievement. The competitive athletic environment is one that demands respect for a full effort, and applause for those who rise to the challenge and accept the risk of defeat. If one strives towards reaching full potential, with a passion and perseverance, personal victories that last a lifetime are the end reward, even though the win-loss record may not always meet expectations.



### AVAILABLE PROGRAMS AND LENGTH OF SEASONS

The Farmingdale Interscholastic Athletic Program offers a wide variety of individual and team sports. The experience begins with a modified four season athletic program, provided for middle school seventh and eight grade students, progressing to a three season athletic high school program, which includes opportunities for participation in junior varsity programs, culminating with a varsity level experience for the elite athlete.

Below you will find the programs available in the Farmingdale.

#### **HIGH SCHOOL – JUNIOR VARSITY and VARSITY SPORT PROGRAMS**

<b>Fall</b>	<b>Varsity</b>	<b>Junior Varsity</b>
Boys Cross Country	X	
Girls Cross Country	X	
Boys Football	X	X
Girls Soccer	X	X
Boys Soccer	X	X
Girls Swimming	X	
Girls Tennis	X	X
Girls Volleyball	X	X
Boys Volleyball	X	X
Boys Golf	X	
Cheerleading	X	X
Kickline	X	
Step-n-Dalers	X	
<b>Winter</b>	<b>Varsity</b>	<b>Junior Varsity</b>
Boys Basketball	X	X
Girls Basketball	X	X
Boys Swimming	X	
Girls Indoor Track	X	
Boys Indoor Track	X	
Boys Wrestling	X	X
Girls Bowling	X	
Boys Bowling	X	
Cheerleading	X	X
Kickline	X	
<b>Spring</b>	<b>Varsity</b>	<b>Junior Varsity</b>
Girls Badminton	X	
Girls Softball	X	X
Boys Baseball	X	X
Girls Spring Track	X	
Boys Spring Track	X	
Girls Lacrosse	X	X
Boys Lacrosse	X	X
Boys Tennis	X	

#### **Approximate Start/End Dates for Three Sport Seasons**

**Fall:** Monday before Labor Day to the 2<sup>nd</sup> week in November

**(Note: Football begins 2 weeks before Labor Day)**

**Winter:** Monday before Thanksgiving to the last week of February

**(Note: Postseason play includes the February break)**

**Spring:** First Monday after the first Saturday in March to the first week in June

**(includes the spring break for all teams)**

Note: These dates are subject to change, and are determined by NYSPHSAA and Section 8.

**MIDDLE SCHOOL (MODIFIED) ATHLETIC PROGRAMS**

<b>Fall</b>	<b>7<sup>th</sup>/8<sup>th</sup></b>
Boys Football	X
Girls Swimming	X
Girls Soccer	X
Boys Soccer	X
Girls Badminton	X
Boys/Girls Cross Country	X
<b>Winter I</b>	<b>7<sup>th</sup>/8<sup>th</sup></b>
Boys Basketball	X
Girls Volleyball	X
Boys Swimming	X
<b>Winter II</b>	<b>7<sup>th</sup>/8<sup>th</sup></b>
Girls Basketball	X
Boys Volleyball	X
Wrestling	X
<b>Spring</b>	<b>7<sup>th</sup>/8<sup>th</sup></b>
Boys Lacrosse	X
Girls Lacrosse	X
Boys Baseball	X
Girls Softball	X
Girls Spring Track	X
Boys Spring Track	X

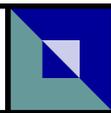
**Approximate Start/End Dates for Four Sport Seasons**

<b>Fall:</b>	First day of school through the first week in November
<b>Early Winter:</b>	Early November through late January
<b>Late Winter:</b>	Late January through late March
<b>Spring:</b>	Late March through early June

Note: These dates are subject to change, and are determined by NYSPHSAA and Section 8.

**PROGRAM PHILOSOPHIES****Modified Program Philosophy**

Middle school “modified” programs, in general, offer an introduction to the world of competitive athletics. The focus is on learning basic skills and game rules, fundamentals of team play, social and emotional growth, and healthy competition. The emphasis is to provide an opportunity for children, through physical participation in a positive competitive environment, to learn about their capabilities and appreciate their physical potential. In the best interest of the student, the athlete must have enough skill and physical maturity to safely participate in the competitive climate. The “modified” program allows for game rules and requirements of play to be adapted matching the competitive abilities of young, inexperienced, middle school athletes who have not yet reached emotional, social, physiological, or physical maturity. A five period format with an “A” & “B” squad will be used when appropriate.



We would like to provide an opportunity for every athlete who expresses interest in a program, unfortunately, this is not always possible. While we will make every attempt to avoid cuts at the middle school level, certain factors exist that must be dealt with by imposing a limitation on the number of students that can be accommodated in a specific program. Ultimately, the number of teams and size of the squad in any sport could be determined by the availability of:

1. Financial resources
2. Safe environment
3. Suitable indoor or outdoor facilities
4. Availability of qualified coaches

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. NYSPHSAA and Section 8 have established sport specific practice guidelines which govern the number of practices that each individual and team must have in order to be eligible for competition. There are also established guidelines, which govern the number of contests allowed, and in certain sports, mandate days of rest between scheduled contests.

**Coaches expect athletes to regularly attend five (5) practices a week, two hours in duration, in preparation for the six to twelve contests that are scheduled against opponents from other school districts. Occasionally, practices or contests will be scheduled on Saturdays and vacation dates. Opportunities for meaningful contest participation for each team member *will exist over the course of a season, providing that the athlete meets program expectations.***

Athletes, regardless of level, are expected to be committed and give a full effort to practice sessions, maintain a positive and cooperative attitude, and show a willingness to meet the team's needs with respect to position and role. Every athlete is expected to demonstrate respect for others and promote positive sportsmanship. Students, who have a religious commitment, will be excused from a practice or game, without penalty, providing it is discussed with the coach prior to the date.

#### **Junior Varsity Program Philosophy**

The junior varsity programs are intended for those who display the potential for continued development into productive varsity level players. In junior varsity programs, teams are comprised of **mostly** ninth and tenth grade athletes. In certain situations, juniors, who may still be viewed as future contributors at the varsity level, may be allowed to participate on a junior varsity squad. This circumstance however, is more the exception to the rule.

At this point in the athlete's development, the level of expectation increases substantially. The high school sport season (three seasons per year) is longer than the middle school sport season (four seasons per year). The practice sessions are longer and more intense, and the skill requirements for participation in contests are greater. The atmosphere is more competitive, and in many cases, athletes who were able to meet the demands of play at the modified program will not be able to meet the expectations of participation at the junior varsity level. Athletes must be prepared for a competitive tryout situation, and should not assume that they will automatically make the team because they were involved in the program at the modified level. Each and every season is treated as a new year and tryouts are conducted accordingly.

Skill, conditioning, work ethic, and reliability are big factors in an athlete's quest to move up. At this level, athletes are expected to have visibly committed themselves to the program and continued self-development. Increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, and social and emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and the quest for victory. The outcome of the contest does become a consideration at this level. For all team



members, meaningful contest participation will exist over the course of a season, providing the athlete meets program expectations. A specified amount of playing time, however, is never guaranteed. Athletes are expected to compete for a position in the starting line-up.

The time commitment of a participant involved in the junior varsity program is similar to that at the varsity level. Athletes and parents should be prepared for a six-day-a-week commitment for games and practices. **While practices are not held on certain religious holy days, and rarely on Sundays, the athlete will be expected to make a full commitment to scheduled team practices during vacation periods.** With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

### **Varsity Program Philosophy**

Varsity competition is the culminating experience for each sport's program. It is an experience provided for the elite athlete and is the most demanding and competitive of all programs. Although junior and senior athletes dominate most varsity team rosters, gifted ninth and tenth grade athletes are eligible for varsity play. Prior participation in the program does not guarantee an athlete a spot on the roster, even if the athlete was a member of the varsity squad the preceding year.

Squad size at the varsity level is limited in many sports, although there are a few sports that will accommodate more numbers in practice and in competitive situations than others. However, even in those sports where cuts are not made in a given year, athletes must still understand that they may be denied an opportunity to participate unless they meet program expectations, especially with respect to start dates, attendance and commitment. Athletes who do not meet program expectations will not be eligible to earn a participation certificate or other awards.

The number of participants on most varsity teams is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each member understands and accepts their role on the team as the number of roster positions is relative to the student's acceptance of their individual 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, since the outcome of the contest becomes a prime consideration at this level.**

A sound attitude and advanced level of skill are prerequisites for varsity play. Athletes will be expected to practice 2 to 3 hours per day, six days per week, with commitment often extended into vacation periods for all sports seasons. **While practices are not held on certain religious holy days, and rarely on Sundays, the athlete will be expected to make a full commitment to scheduled team practices during vacation periods.** The expectation is the same for the starting player as it is for the limited role player, as every athlete involved on the team has a role in preparing the team for a demanding competitive schedule. The achievement of individual and team goals requires a full commitment on the part of every athlete on the roster.



A primary goal of a varsity team is to win a league or division title, and/or qualify for post-season play in sectional, regional or state competition. In the individual sports (cross country, tennis, wrestling, golf, swimming and track), opportunities are presented to dedicated team members to represent the district in individual championship competitions at the league, division, county, and state levels. **These opportunities are only provided, however, to those individuals who show a complete (total season) and on-going commitment to the team.**

### **CONDUCT AND EXPECTATIONS FOR PARENTS OF STUDENT-ATHLETES**

#### **Parent-Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each role, we are better able to accept the actions of others and provide greater benefit to the students. As parents, when your children become involved in a school's sport program, you have the right to understand what expectations are placed on your child. This begins with clear communication between coach, parent and student-athlete.

**Parents should be advised that the Farmingdale School policy does not permit spectators to watch tryouts, team practices or scrimmages, as distractions can upset the concentration of the athletes. The gymnasium or field is considered to be part of the classroom environment. Scrimmages are considered to be an extension of the practice session, and therefore, are closed to spectators. Therefore, parents who pick up their child after practice should wait until the conclusion of the practice before entering the training facility.**

#### **Communication You Should Expect From You Child's Coach**

- Expectations the coach has for your child as well as the players on the squad.
- Location and times of all practices and contests.
- Team requirements, i.e., special equipment, off-season conditioning responsibilities, etc..
- Procedure should your child be injured during participation.
- Team rules, guidelines, and participation requirements.

#### **Communication Coaches Expect From Athletes**

- Notification of any scheduled conflicts in advance.
- Special concerns in regard to the coach's philosophy and/or expectations.

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

#### **Appropriate Concerns To Discuss With The Coach**

- The treatment of your child – mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.



It is very difficult to accept your child not playing as much as you desire. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interests of the team and for all students involved. Certain things can and should be discussed with your child's coach.

### **Issues Not Appropriate to Discuss With the Coach**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

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

- Call the coach to set up an appointment
- Call the Athletic Director if the problem is not resolved
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for the parent and the coach. Meetings of this nature do not promote resolution.
- Please take into consideration the coach's responsibilities at this time: as the coach is responsible for the supervision and safety of all athletes involved in the program, before, during and after activity.

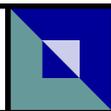
### **Retribution**

There is a perception by some that when one voices an opinion or concern about a coach or the Athletic Program, the student athlete will be subject to retribution by either a coach or other staff members. We are committed to ensuring there shall be no retribution, in any form, against any student athlete for raising an issue or concern. If at any time, a student athlete/parent suspects that some form of retribution surfaces as a result of voicing a concern, or opinion, he/she should contact the Athletic Director immediately.

### **General Rules for Parents**

The following is a suggested "code of conduct" for parents:

- Remain seated in spectator areas during competition.
- Do not yell instructions or criticisms to the children.
- Do not interfere with your child's coach.
- Be willing to let the coach be responsible for your child during the duration of the contest.
- Make no derogatory comments to players, other parents or fans, officials or administrators.
- If necessary, remind those around you of the rules.
- Provide unconditional love, acceptance and emotional support, regardless of the game's outcome.



## CONDUCT AND EXPECTATIONS FOR STUDENT ATHLETES

### Athlete's Code of Behavior

To be a member of a Farmingdale interscholastic athletic team is considered a privilege and each student-athlete should strive to perform to the best of his/her athletic and academic abilities. All members of the team should conduct themselves in a manner that reflects positively upon their school and promotes good health.

Schools afford athletes special programs and rewards not given to the general population. Therefore, athletes are expected to conduct themselves in a responsible and legal manner. Because the use of drugs, alcohol, and tobacco prevent the normal development of a healthy mind and body, the following must be accepted by those who participate in our interscholastic athletic programs:

- The school has a right to expect athletes to lead healthy lifestyles that exclude the use of illegal drugs and alcohol.
- Athletes must abide by our school policies, which support a drug and alcohol free environment.
- In accordance with school policy, no person may manufacture, use, possess, sell or distribute alcohol or any other drug on school grounds or at school sponsored events.
- Additionally, any person exhibiting behavior, conduct, personal or physical characteristics that are indicative of having used or consumed alcohol or any other drug, is prohibited from school grounds or school sponsored events.

In accordance with school policy, smoking, or the use of tobacco products is prohibited on school grounds and at school sponsored events. According to the American College of Sports Medicine, cigarette smoking is a major coronary risk factor. Also, current research shows a dramatic increase in oral cancer for individuals who chew tobacco. Nicotine, the major drug in tobacco, is a widely known stimulant that is highly addictive. Therefore, for obvious health, safety and conditioning reasons, athletes should not use tobacco. The use of tobacco in any form is in direct conflict with an athlete's goal of excellence, which, in turn, can adversely impact the potential success of a team.

The inappropriate use of prescription and over-the-counter drugs shall also be prohibited. Student-athletes are expected to use prescription drugs only with the consent of a physician and/or parent during the sport season. Parents are expected to notify coaches when their child is taking prescription medication.

**To promote a healthy lifestyle, it is recommended that student-athletes adhere to the information listed above. All students should be prepared to accept serious consequences if school officials, teachers, and/or coaches find that school district policies pertaining to drugs, alcohol, and tobacco have been violated. Furthermore, since alcohol, illegal drugs, and tobacco interfere with effective learning, the health and well being of the athlete and the goals of the individual and team, the athlete who is involved with the use of such substances must understand that they are seriously jeopardizing their status as a member of the team!**



### **ANTI-HAZING POLICY FOR ATHLETIC PROGRAMS**

Hazing, as defined by the NYSPHSAA, occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletic team, grade level, activity or organization. Hazing includes, but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances in the body, and participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame or humiliation, or which creates a hostile, abusive and intimidating environment for the student.
- Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

Hazing has no place in interscholastic athletic programs, and concerns that parents and/or athletes have about hazing should be brought immediately to the attention of the coach and/or school administrators. Students who have been identified as being involved in any type of hazing behavior are subject to school discipline and/or removal from the team.

### **SPORTSMANSHIP AND FAIR PLAY**

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give.

The visitors, in turn, are to act as invited guests, using the home school's facilities with care, while respecting the rules and customs of the home school.

Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their actions can relate directly to the success of their team.



## **ATHLETIC DEPARTMENT POLICIES**

### **Academic Expectations**

The Athletic Department recognized that the primary responsibility of student-athletes is their education. Therefore, the Athletic Department supports the concept that student-athletes should work to their potential in the classroom and be committed to achieving maximum academic success. Therefore, athletes are expected to cooperate with guidelines established for those individuals who need to focus on greater academic responsibility and achievement.

### **PROBATION**

- Any student failing TWO subjects shall automatically be placed on PROBATION by the committee and will remain on probation for the marking period. A student on probation may participate in all extra curricular activities and interscholastic sports.
- After the next report card, any student no longer failing two subjects will be removed from probation at that time.

### **INELIGIBILITY**

- A student who fails THREE OR MORE subjects, will automatically be declared INELIGIBLE by the committee and will remain ineligible for the ENTIRE marking period unless a request is made BY THE STUDENT IN WRITING to the committee for an appeal within the deadlines established by the committee.

If an appeal is granted, the student must:

1. Submit WEEKLEY "Eligibility Progress Reports" to a mentor appointed by the committee.
  2. The student MUST seek help in the problem subjects (homework helpers, Honor Society tutors, etc.) and provide the committee proof of same.
- A student who is ineligible MAY NOT practice, compete, or participate in any interscholastic sport or extra curricular activity unless an appeal is granted. If the student does not meet these conditions, he/she cannot come before the committee until after the next report card. After the next report card, any student no longer failing three or more subjects will be removed from ineligibility and be either placed on probation (if failing two subjects) or removed entirely.
  - If a student is declared ineligible or placed on probation at the end of the 4<sup>th</sup> marking period, he/she must attend summer school. Failure to attend summer school will cause the student to begin the next school year with the same status that was determined by the 4<sup>th</sup> marking period grades.

### **Commitment to Practices/Games/Team**

**An athlete's first commitment must be to the school program. Coaches are not expected to excuse athletes from school practices and/or contests due to conflicts or commitments with outside, community club or travel team practices, contests and/or tournaments. Parents and athletes should not expect coaches to compromise their commitment expectations.** We understand that opportunities exist for Farmingdale's' student-athletes, especially at the high school level, to participate on non-school sponsored teams, while participating on school-sponsored teams. However when these situations occur, sound communication between the student-athlete, parent or guardian, coach and athletic director is mandatory. **With this in mind, each situation involving outside school competition must be carefully evaluated on a case-by-case basis prior to tryouts.**

**Athletes are expected to attend every practice and contest, unless excused by their coach.** If an athlete is in school, he or she is expected at practice. Excused absences are permitted for death in the family or family illness, family emergencies, medical reasons, and religious observances. Timely communication between the coach, parent and/or athlete in this situation is essential.

**Athletes are encouraged to attend extra-help; but this should not result in an absence from practice.** The athlete is asked to tell the coach of their intentions to attend extra-help before practice time and to get a pass from the extra-help teacher and present it to the coach when arriving at practice.

**Once selected for a team, an athlete is expected to finish the season.** As a general rule, an individual who drops out once selections have been made may not try out for another team that season. If the coaches of both teams involved make an appeal to the Athletic Director and are both in agreement that a change would be beneficial, the appeal can be considered. **A student dismissed from a team for disciplinary reasons may not try out for another team that season.**

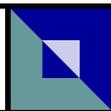
### **Classroom and School Attendance**

**No student-athlete may participate in a practice, scrimmage or contest on a day when the student was absent from school, unless a school administrator grants special permission for the absence, e.g. religious and college visits.**

**Students who are suspended "out of school" may not practice or compete during the suspension period.** Students will not be permitted to play in their next regularly scheduled contest without adequate practice before the contest. The suspension period is not over until the athlete attends his/her next full day of school. Coaches and administrators reserve the right to deal with those students who have been disciplined with "in school supervision" on an individual basis with respect to practice and/or contest eligibility.

**No student-athlete excused for medical reasons from a physical education class may participate in a practice, scrimmage, or contest on the same day.** Note that Commissioner's Regulations dictate that a student-athlete is ineligible if he or she is medically excused from participation in a physical education class. ***Any contest that an ineligible athlete participates in is deemed forfeit.***

**If late to school, students must sign in at the attendance office and present a legal note by the beginning of third period in order to be eligible for activity on that day.**



Students who demonstrate problems with school absences, tardiness, either excused or unexcused, are subject to suspension and/or dismissal from the team. Athletes are expected to get to school on time, and make a commitment to classroom attendance.

### **Family Vacations**

**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 when tryouts begin.** In some sports, a problem with commitment may impact the selection process. In other sports programs, depending upon the circumstances, the coach may adjust the player's position and/or playing time, to best meet the needs of the program. If an athlete does not inform the coach during the tryout period of potential conflicts in commitment, the athlete will be subject to dismissal from the team.

When parents and student-athletes choose to take their family vacation during a sport 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.

Parents who ask for the exception to our practice policy present the coach with an uncomfortable dilemma. Coaches need to set the same standards of expectations for all participants, and asking them to make exceptions for some, and not for others, is unfair to the team. Furthermore, making such exceptions, without consequence, sets the tone for others in the future. Commitment is a critical component for success. Keep in mind that the school district has a commitment to the contest schedule, and to our opponents, who are also committed to playing a particular contest during the vacation period. A forfeiture of a contest scheduled over vacation impacts the opponent, who is expecting to be provided with a quality competitive experience as well.

**All athletes should be expected to plan ahead and attend these practices and/or competitions, if they wish to remain on the team, maintain playing eligibility, and earn a participation certificate.**

During the fall season, high school athletes are expected to be at tryouts during the summer vacation period. For football, this means at least two weeks prior to Labor Day, and for all other high school sports, the start date begins at least one week prior to Labor Day. Fall athletes should be prepared to practice twice a day (morning session and evening session) prior to the start of school.

In the winter, high school athletes should be prepared to give up time during the Thanksgiving recess, Christmas vacation, and again, for post season play at the varsity level during the February winter break.

During the spring season, high school athletes should be prepared to practice and compete during the spring vacation period.



**Policies Governing Contests and Practice on Religious Holidays**

According to the Holy Day Observance Committee Report approved by Section 8 Athletic Council, a Section 8 member school may not schedule a contest or scrimmage on the following dates:

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

Note: Individual schools may compete on these dates outside of Nassau County (Section 8). For example, if the district approves such participation, athletes may compete at the Penn Relays on Holy Thursday.

The Farmingdale’s school district policy dictates that no practices may be conducted on the first day of Rosh Hashanah, Yom Kippur, Thanksgiving Day, the first day of Passover, Christmas Day, and Easter Sunday. Teams may, with rare exception, be given special permission to practice on the second day of Rosh Hashanah (late afternoon or early evening), Holy Thursday and Good Friday, if special circumstances warrant such practice.

When teams do practice on the eve of a religious holiday, or those dates mentioned above with special permission, coaches and team members are expected to respect the religious commitments and personal obligations of the family. Athletes and parents in these circumstances will be informed that the practice is optional, with no implication of any penalty for missing the practice.

**Transportation**

Athletes are expected to use transportation provided by the school “to” and “from” all athletic contests. Student-athletes are expected to arrive for bus departures on time and may not drive to the site. If a student does not make the bus and arrives at the site without administrative approval in advance, the athlete should not expect to participate.

**In special cases, a parent may need permission to transport their child to a game site on a given date. In such cases, the request must be made to a building administrator, in writing, in advance of the contest. These shall be considered only as the “rare exception” and should be reserved for emergency situations.**

Athletes at away contests are expected to remain “on site” and **under the direct supervision of the coach** at all times. All students will be expected to conduct themselves appropriately when traveling with the team. All athletes are expected to return to school **with the team** after contests as a continuation of the team experience. Parents should not expect to take their athlete home from the game site unless it is the exception. In any case, the coach can only approve such a request if the parent personally approaches the coach at the game site. This is the only way we have of making certain that the athlete is, in fact, leaving with their parent. **Under no circumstance will a parent be allowed to take any other child home but their own, nor will a child be permitted to leave an away site with anyone other than his or her parent.** Failing to comply with our transportation and supervision policies at away contests may jeopardize an athlete’s team eligibility.

Transportation will not be provided for athletes after contests. Parents are expected to pick up athletes in a timely fashion after home games or when the athlete returns from an away contest. Athletes should check with the coach for the estimated time of pick up.



In almost all cases at the middle school level, athletes will be finished with practice in time to use school district transportation to return home at the end of the practice day. At the high school level, junior varsity and varsity teams will finish practice in time to use district transportation as well. However, in some sports, such as volleyball and basketball, the boys and girls share facilities which may require practice at later times. The district will not be able to accommodate these athletes with district transportation. Transportation arrangements need to be made for travel home after late practices.

#### **Transportation Schedule for Extracurricular Activity**

<b><u>School</u></b>	<b><u>Early Run</u></b>	<b><u>Late Run</u></b>
High School	3:30 PM	4:45 PM
Howitt	3:30 PM	4:45 PM

#### **Transportation to Postseason Contests**

Any athlete participating in a Regional, Intersectional, or State Championship Event **must travel to the event on the transportation provided by Section 8.** Parents cannot transport their child to any postseason contest at the regional level or beyond. There is no appeal to this Section 8 regulation.

An athlete may travel home with their parents provided a written request is presented, **in advance of the departure date,** to the Section 8 Sports Chair Coordinator. If approval has not been given in advance, the athlete will be expected to return home from the contest with the Section 8 team.

#### **Postseason Eligibility**

As per NYSPHSAA and Section 8, to be eligible for postseason play (sectional, regional, intersectional or state competition), a team must have competed in six (6) school-scheduled contests, which occurred on six (6) different dates, during the season. An individual is eligible to compete for the team if he or she has been an **eligible participant** on a team in that sport for a minimum of six (6) scheduled contests during the regular season.

For football, a student must be an eligible participant for a minimum of three contests. Contestants in individual sports (cross country, golf, swimming and diving, tennis, track and wrestling) **must have represented their school** in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be completed prior to the conclusion of the team's regular schedule.

**An athlete, who comes out late and/or misses part of the season due to injury, cannot come back and participate in post-season play without a medical waiver.**

Note: In all cases, the number of contests referred to above must be officiated contests.



### MEDICAL CLEARANCE MANDATES

The Commissioner's Regulations mandate that all athletes must be given a physical examination prior to their participation in interscholastic athletics. **Students will not be permitted to participate in any practice or contest unless the coach has appropriate medical clearance from the school nurse. There is no exception to this policy.**

**NEW THIS YEAR IS A CONCUSSION MANAGEMENT AND AWARENESS LAW—parents will be asked to read and give consent for their child to participate in athletics. This will be up dated with more specifics.**

Although the Farmingdale School District does allow this physical examination to be completed by a primary care physician, **our school district physician, in compliance with state regulations, must review the results of this examination and give final approval for participation in our interscholastic athletic program.**

Students should take advantage of the district's physical examination, which is administered in the school's nurse's office. Parents are not inconvenienced with cost factors or scheduled time. Furthermore, when the athlete is examined "in school" by the district physician the medical clearance process is simplified and timely. In order for an athlete to be scheduled for a school exam, appropriate forms must be picked up, in advance, from the school nurse, completed, and returned to the health office in a timely manner. Student-athletes are advised of this examination, in advance of the season, through school public address announcements, posted signs, and announcements in physical education classes. Coaches also hold preseason meetings, where student-athletes are notified of scheduled physical examinations.

The school nurse in each building will arrange for physical examinations to be given, free of charge, by a school physician three times a year. Exams for fall sports are given at the end of May or beginning of June and approximately two to three weeks prior to the start of the winter and spring season.

If the athlete misses the scheduled exam dates, there are only two ways to gain required clearance:

- 1) The athlete will have to schedule an appointment at the school physician's office. A fee will be assessed for the examination, or
- 2) The athlete can schedule an appointment with his or her own primary care physician to have the examination. The school district will assume no responsibility for fees that may be charged by the primary care physician.

#### Physical Exam Mandates from the State

Medical examinations may be scheduled at any time during the school year. The results of the examination shall be valid for qualifying a student's participation for a period of 12 months.

1. This examination is valid through the last day of the month in which the examination was conducted rather than 365 days from the last examination.
2. If the 12 month period for the physical examination expires at the start or during a sport season, participants may conclude the season, as long as a health history update was completed prior to the sports season.

Note: During the summer months, forms will only be available from the health office secretary during specific posted hours. Upon completion of the exam, the district forms must be returned to the nurses office of that school (HS or Howitt), which will then be reviewed by the school nurse for final review and approval. This process requires time and the athlete runs the risk of missing tryout dates when the medical clearance process is not completed in a timely manner.



**If the athlete wants to insure participation in tryouts, business must be taken care of in a timely fashion. There will be no exception to this state mandated policy, and no exception made for a student who does not meet the deadline for tryout dates.**

#### **Updated Interval Health History Form**

An athlete is required to have one physical exam for athletic participation in the school calendar year. If the date of the physical examination is not within thirty (30) days of the start of a given sport season, the state requires that an updated Interval Health History Form be completed and on file in the school health office.

**Note: An answer of “yes” to any question on the Interval Health History Form does not mean automatic disqualification from an interscholastic athletic activity. However, it will require a review and approval by the school physician before the student can report to practice and tryout.**

#### **NYSPHSAA TRANSFER RULES**

In accordance with the NYSPHSAA Transfer Rule, the eligibility of a high school athlete is impacted if the athlete transfers from one high school to another without a corresponding change of address of the parent. The rule states the following:

**If a student transfers after attendance begins in his/her 9<sup>th</sup> year from one high school to another without a corresponding change of address of the parents, the athlete is ineligible to participate for a period of one year in any sport that he or she participated in within the last year.**

Waiver of NYSPHSAA Transfer Rule (NYSPHSAA approved August 5, 2004):

Upon receipt of the appropriate request, a waiver of the transfer rule for any student athlete returning to his/her district of residency from a non-public school will be granted. The waiver will be granted only one time per athlete.

NOTE: We stress to all concerned that the transfer rule is still in effect and that without a waiver, an athlete for which the rule applied remains ineligible. Schools using ineligible athletes are subject to the forfeit penalty which cannot be made retroactive. Therefore, athletic directors are urged to establish leak proof tracking systems.

**Section 8 deems any contest that has been played by a team with an ineligible player a forfeit. There is no appeal to the forfeiture.**

### REQUIREMENTS FOR TRYOUTS

**Athletes are expected to participate on the first day and all other dates of tryouts. 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. Exception to this policy can be considered for those athletes that have a documented medical illness or an injury. Consideration will only be given to those that notify the coach or Director of Athletics in advance of the tryouts.**

As mentioned previously in this guide, commitment is vital to the success of all involved. There is undoubtedly a sacrifice to be made here, not only on the part of the athlete, but on the family as well. Athletes and parents are expected to make certain that personal plans, work schedules, and/or vacation plans are adjusted so as not to conflict with tryout dates, practices, and contests.

With respect to tryouts, past participation has no bearing on current school year team selections. The tryout is open to all. 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. Athletes can gain a potential advantage when they make more of a visible commitment to the program and improve significantly after having been involved in summer camps, summer league play, or community and organized club programs out of season. As the program progresses to the varsity level, the size of a team becomes more a function of those needed to conduct an effective and meaningful practice and to play the contest.

**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. Seniors will not be accommodated with a junior varsity experience, as this is considered a developmental program. At the varsity level, the best will play, regardless of age, as long as program expectations are met. 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 needs to 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 the expectations of the program with respect to attendance and work ethic, while still showing support for the team. This is a difficult challenge, and the senior must be willing to meet this challenge with a positive attitude if he or she wishes to remain a part of the team.

*If a coach feels that the senior has reached the limits of his or her potential, and the athlete is incapable of adjusting to limited role expectations with a positive attitude, the coach may not provide the senior with the option of staying on the team.*



### **NYSPHSAA SELECTION/CLASSIFICATION PROGRAM**

The Selection/Classification program designed by NYSPHSAA is a process for screening student-athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. The intent of this program is to provide athletes in grades 7-12 an opportunity to safely participate at an appropriate level of competition based upon readiness, rather than age and grade.

The Selection/Classification program was designed for mature and exceptionally skilled students to advance to a more challenging level of play and to provide an opportunity for less developed students to participate at an appropriate lower level that is suited to their development and ability. It is aimed at the few select student-athletes who can benefit from such a placement because of their level of readiness.

Criteria have been formulated by the State Education Department, which gives an accurate measurement for eligibility and highlights the inherent differences in the various individual and team sports. The Commissioner of Education (Section 135.4) governs rules, regulations and guidelines for this program.

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

- a) Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

### **Implementation of the Selection/Classification Program**

The Farmingdale School District participates in the Selection/Classification program and provides an opportunity for middle school athletes to move up in sports that are not being offered at Howitt and have room on the high school rosters.

### **Moving Up When A Modified Program Opportunity is Not Provided**

In those sports where an athlete is not presented with the opportunity to participate in a modified program (i.e. bowling, tennis, or golf); athletes are given more latitude with respect to qualification for participation in these high school programs. If the athlete has had extensive training and an appropriate competitive background in the sport and demonstrates the academic, social and emotional maturity for play at the high school level, the student will be recommended for selection/classification testing.

### **Standards of Performance and SED Fitness Testing**

If the youngster is approved to participate in the Selection/Classification program, the following procedures apply:

- a) The student-athletes physician must administer a physical examination and determine athlete's physical health and readiness through a state-mandated examination and a physical maturity evaluation.
- b) A meeting with the Athletic Director, Building Principals, Lead Nurse, Parent, Athlete, Coach and Assistant Superintendent of Curriculum must take place to review all rules, expectations and policies .
- c) An authorized physical education teacher, appointed by the Director of Athletics, must administer an Athletic Performance Test, as required by the State Education Department. The specific tests mandated and qualifying scores are sport specific. No one else, other than the designated district staff member, may administer the required tests.
- d) The athlete will be contacted with the final decision immediately after the tryout period.

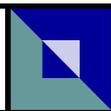
### **Timeline for Completion of Selection/Classification Testing**

Since the Selection/Classification process takes a considerable amount of time, evaluation must begin early enough for the athlete to complete all testing before the first day of scheduled high school tryouts. Communication with the Athletic Office and the high school coach is essential in helping to determine program demands and requirements before such a decision is made. However, be advised that **any student-athlete expressing an interest in trying out for a fall sport must bring his/her request to the Director of Athletics, before July 1<sup>st</sup>. For Winter sports the deadline is September 15<sup>th</sup>, and for a Spring sport February 1, Approval must be given before the selection/classification process is initiated.**

The high school fall sports season begins before school starts, and it is critical that the Selection/Classification process be completed **before** the second week in June. The student-athlete must make certain to see the school nurse at the end of May to find out when the school physical examination will be scheduled. The athlete and parent must make certain that the school nurse and their doctor are advised of the intent to participate in the Selection/Classification program. The students doctor must give the athlete medical clearance before any athletic performance tests can be conducted.

Parents and students should make certain to ask the Director of Athletics for the name of the physical education teacher who is authorized to conduct the performance tests. An appointment must be made in advance with this individual to arrange to complete these fitness tests. Since this individual may have teaching and/or coaching responsibilities, it is critical that this communication occurs early enough to complete the tests before the middle of June for participation in a fall sport.

**It is the responsibility of the athlete and parent to make certain that the physical examination and maturity evaluation by the students physician and the athletic performance test by the authorized physical education teacher is completed by the middle of June for fall sports participation eligibility. Authorized staff members will not be available for the administration of performance tests during summer vacation. Therefore, an athlete who does not complete this process as defined above will not be eligible to participate in tryouts for a high school sport beginning in August.**



## **WELLNESS AND SAFETY**

### **Coaching Certification**

In accordance with state mandates, Farmingdale will always look to find qualified, certified educators to fill coaching assignments. If such a qualified educator is not available, the district may appoint a non-certified teacher as a coach.

All Farmingdale coaching personnel are certified in accordance with NYSPHSAA standards. As per state mandates, all coaches employed in our district are certified in CPR and First Aid. All coaches have access and are trained to use the Automated External Defibrillators on site at all of our district facilities.

Each coach is responsible for guiding their student-athletes through practices, scrimmages, and games appropriate for their age and level of play. These activities are conducted so that the physical welfare, health, and safety of the participants are protected and fostered. The coach is responsible for teaching physical skills, moral values, sportsmanship, ethical conduct and fair play, in accordance with school philosophy. All activity should always be conducted in an appropriate educational environment.

### **The Role of the High School Trainer**

Athletes and parents must recognize the risk of injury that may occur during physical activity. Our staff is prepared to address injury needs and is trained to provide appropriate first aid in an emergency.

Farmingdale provides a certified Athletic Trainer at the high school level, to provide emergency medical services for injured and rehabilitating athletes. This professional is qualified to develop prevention strategies through appropriate training methods and physical conditioning programs. The Athletic Trainer insures proper follow-up care after an injury, consults with the parents, school nurse, coach and the school district physician when such communication is beneficial to the well being of the athlete. It is vital for our athletes and/or parents to bring illness, medical problems or injuries to the attention of the athletic trainer, school nurse and coach as soon as possible.

### **Official Statement from the National Athletic Trainer's Association on Community- Acquired MRSA Infections (CA-MRSA)**

In an effort to educate the public about the potential risks of the emergence of community-acquired methicillin-resistant staphylococcus infection (CA-MRSA), the National Athletic Trainers' Association (NATA) recommends that health care personnel and physically active participants take appropriate precautions with suspicious lesions and talk with a physician.

According to the Centers for Disease Control and Prevention (CDC), approximately 25% to 30% of the population is colonized in the nose with Staphylococcus aureus, often referred to as "staph" and approximately 1% of the population is colonized with MRSA.<sup>1</sup>

Cases have developed from person-to-person contact, shared towels, soaps, improperly treated whirlpools, and equipment (mats, pads, surfaces, etc.). Staph or CA-MRSA infections usually manifest as skin infections, such as pimples, pustules and boils, which present red, swollen, painful, or have pus or other drainage. Without proper referral and care, more serious infections may cause pneumonia, bloodstream infections, or surgical wound infections.



Maintaining good hygiene and avoiding contact with drainage from skin lesions are the best methods for prevention.

**Proper prevention and management recommendations may include, but are not limited to:**

- Keep hands clean by washing thoroughly with soap and warm water or using an alcohol-based sanitizer routinely.
- Encourage immediate showering following activity.
- Avoid whirlpools or common tubs with open wounds, scrapes or scratches.
- Avoid sharing towels, razors, and daily athletic gear.
- Properly wash athletic gear and towels after each use.
- Maintain clean facilities and equipment.
- Inform or refer to appropriate health care personnel for all active skin lesions and lesions that do not respond to initial therapy.
- Administer or seek proper first aid.
- Encourage health care personnel to seek bacterial cultures to establish a diagnosis.
- Care and cover skin lesions appropriately before participation.

<sup>1</sup> CA-MRSA Information for the Public. Centers for Disease Control and Prevention Available on-line at:  
[http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html)

**Emergency Plan**

Please be advised that the Farmingdale School District has a comprehensive emergency medical plan in place, in the event of an accident or injury that 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 is expected to follow up with the parent/athlete after the practice and/or game ends.

The coach shall notify the school nurse 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 interest of all the athletes involved. In these circumstances, if the parent or guardian is not present, it is appropriate to send the parent of another athlete, or other adult supervisor with the injured player to the hospital, if available. In this case, the head coach should remain with the team. Parents should not expect coaches to leave their team unsupervised. Therefore, it is critical that coaches have emergency contact numbers where a parent, family member, or designee can be reached during practices and contest.***



### **Student-Athlete Accident/Insurance Claims**

The Farmingdale School District provides ***reasonable and customary coverage for claims in excess of parent's underlying health insurance coverage.***

Coaches will direct athletes and parents to use their family HMO, PPO, etc. program as required, in order to be eligible for reimbursement of benefits payable under our excess coverage medical plan. 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 nurse to insure full compliance with district procedures.

### **Return to Play After Injury**

Any student-athlete under treatment by a private physician must have written permission from his/her physician in order to return to active status in the sports program. *If an athlete misses five (5) days of practice due to illness or injury, he or she must be given clearance by both their private physician and the school physician before returning to play.* The school physician has the final authority to determine the physical capability of a student to participate in a sport.

### **Head Injuries**

It is well known that participating in sports can be a highly rewarding experience. However, there are certain risks an athlete must face while involved in competitive athletic situations. One of these risks is the potential for injury. While most injuries are minor and heal over time, one cannot overlook the seriousness of head injuries.

Head injuries may occur in a number of ways: contact with another player, contact with the ground or other equipment, or a sudden movement or rotation of the head without a force. A mild brain injury may produce various signs and symptoms, which include dizziness, headache, nausea, and blurry vision. A more serious trauma to the head may result in loss of memory and/or brain function. Other types of head injuries can cause small tears and result in bleeding in the brain, a subdural hematoma. If a player returns to competition too soon, he or she may also be in danger of second impact syndrome, in which a mild head injury can become potentially fatal.

Head injuries in school interscholastic athletic programs have increased in numbers as the level of competition has risen. Therefore, Farmingdale has taken special precautions to insure the safety of all athletes:

1. The pre-participation examination health questionnaire screens all athletes for a history of their head injuries. Please give as much information as possible about any head injury that may have occurred in the past.
2. The high school athletic trainers address each coach and team about the dangers of head injuries and monitor all athletes who sustain any head injuries during the season.
3. All coaches make certain that an athlete who has experienced a head injury is immediately brought to the attention of the athletic trainer. Head injury instructional guidelines are followed, with appropriate parental notification.
4. Any athlete, at any level who suffers a head injury, is required to see a primary care physician and obtain medical clearance before returning to play. The school physician reserves the right to determine the capability of an athlete to return to a sport, and may, in certain instances, require clearance from a specialist (neurologist, etc.).

### **Safety Concerns for Male Athletes**

Although not required by the rules of all specific sports, it is recommended that all athletes consider wearing an athletic supporter and protective cup for all sports defined by the State Education Department as Contact/Collision (football, lacrosse, soccer and wrestling), and for those sports defined as Limited Contact/Impact (basketball, baseball, diving, gymnastics, and volleyball).

While coaches will advise their players to wear an athletic supporter and protective cup, they will not physically check to see that the athlete is, in fact, wearing one. Since there is potential for serious injury without wearing this protection, ***it is imperative that all parents reinforce this safety concern***, and make certain that the athlete has these personal items of protection with him and wears them at all practices and contests.

### **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.

- 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, cereal, breads, potatoes, pasta, vegetables, and fruits. As an added bonus, most carbohydrate sources are also high in vitamins and minerals.
- Eat ***moderate*** amounts of protein. Athletes must understand that eating excess protein is not beneficial. While athletes have a slightly increased protein requirement, the normal athletic diet is composed of more than adequate amounts of protein. Eat more complex carbohydrates, not more protein!
- Eat ***less*** high-fat foods. Foods high in fat 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 (minus the skin), fish and ***low fat*** snacks, such as pretzels.

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 rate 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 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.

### **Hydration and Heat Illness**

Heat illness is a serious potential danger to all athletes. 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. The following points will help an athlete avoid heat illness:

- During hot weather, gradually acclimate to higher temperatures.
- Be sure to hydrate early, before activity.
- Drink unlimited quantities of water during practices and contests. By the time you are thirsty, you are already dehydrated.
- Be sure to hydrate after practices. Within 2 hours, drink enough to replace any weight loss from exercise. Dehydration usually occurs with a weight loss of 2% of body weight or more.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50-59 degrees Fahrenheit are recommended.

### **Female Athlete Triad**

The level of participation by women of all ages in competitive and recreational sport has increased dramatically over the past 20 years. In most cases these athletes have experienced significant health benefits and enhanced their state of mental and physical well-being. Under certain circumstances, some active female athletes experience the detrimental effects of a condition known as the **Female Athlete Triad**. The triad acknowledges the interrelated nature of **disorder eating, amenorrhea, and osteoporosis**, which is being increasingly recognized by the medical community. Although the prevalence of the triad is uncertain, various studies have found amenorrhea in athletes to be as high as 40%, and most clinical reviews cite the prevalence of disordered eating among female athletes to be between 15% and 62%. Decreased estrogen appears to cause skeletal demineralization in amenorrheic athletes. We need to give serious consideration to the triad, for it can lead to a number of illnesses, from minor problems to life threatening medical conditions.

**Disordered eating** refers to the spectrum of abnormal patterns of eating, including bingeing, and/or purging; food restriction; prolonged fasting; misuse of diet pills, diuretics, or laxatives; and other abnormal eating behaviors. Preoccupation with food, dissatisfaction with one's body, fear of becoming fat, and a distorted body image play an important role in these conditions. At the extreme end of the spectrum are the eating disorders, including anorexia or bulimia. While many athletes do not meet the "strict" medical definitions for anorexia or bulimia, a number of these female athletes may still have disordered eating patterns and may be at risk for the **Female Athlete Triad**.

The female athlete can experience **menstrual irregularities**. These include primary amenorrhea (the absence of menstruation by age 16 in a girl with secondary sex characteristics), secondary amenorrhea (the absence of three or more consecutive menstrual cycles after menarche) or oligomenorrhea (3-6 menstrual cycles per year at intervals greater than 36 days). By age 20, a woman has acquired 60-70% of her peak bone mass. The loss of estrogen resulting from amenorrhea or oligomenorrhea will affect the body's ability to absorb and utilize calcium. This may lead to premature bone loss, which can be irreversible and result in osteoporosis.

The American College of Sports Medicine believes the **Female Athlete Triad** exists not only in elite athletes, but also in physically active girls and women who participate in a wide range of sports and other physical activities. An important risk factor known to trigger disordered eating is dieting at a young age, sometimes as a result of a comment or suggestion made by a parent, coach, teammate or peer, about body image and/or weight. Other risk factors include frequent weight fluctuations, a sudden increase in training volume, and emotional circumstances such as injury or loss of a coach. Females who are found to have one component of the triad should be screened for the other two. For example, if an irregular menstrual cycle is present, the athlete should be questioned about her eating patterns, weight loss history, and stress fractures. On the other hand, if this athlete has repeated stress fractures, she should be questioned about irregularities in her eating pattern and menstrual cycle. Although the **Female Athlete Triad** may begin with a pattern of disordered eating, this may be difficult to identify initially. If this pattern of eating is allowed to progress, it may result in hormonal imbalances and may lead to cessation of regular menstrual periods and loss of bone density. Amenorrhea is not a natural consequence of athletic training. When symptoms of the triad exist, a multidisciplinary approach to treatment is necessary. In addition to the female athlete, parents, coaches, physicians, nutritionists, athletic trainers, school nurses, and mental health professionals are all potential participants in the treatment process.

### **Section 8 Heat Alert Policy**

Section 8, in an effort to protect the safety and well being of the athletes, has a Heat Alert Policy in place for those days where the temperature and humidity index warrants special precautions.

On those days when the Heat Index reaches 86 - 90 (or the Temperature/Humidity Index reaches 72), **practice sessions are modified, and contest rules are modified** to permit additional time outs for rest and forced water breaks.

On those days when the Heat Index reaches 96 (or the Temperature/Humidity Index reaches 78), **no physical activity is permitted** (swimming excluded). Team meetings are permitted.

Section 8 requires all athletic offices to monitor heat and humidity conditions, and all coaches are given notification of the alert on a daily basis when weather conditions are hot and/or extremely humid. All Section 8 schools are mandated to comply with the Heat Alert Policy.



## **STUDENT-ATHLETE CONCERNS AND RESPONSIBILITIES**

### **Student-Athlete Possessions**

All athletes are provided with a locker for their personal use located in the physical education locker room or team room facility. Since this area is used by numbers of students throughout the course of an afternoon, and teams dismiss their athletes at varying times, it is impossible to make certain that the locker room facility is secured at all times.

Therefore, it is essential that each athlete purchases their own combination lock and assumes the responsibility for locking up and securing their books, clothing, and personal possessions prior to leaving the facility for practice and contests each day.

**If the athletes leave their personal possessions and belongings unlocked, or out on the team bench in the locker room facility, they are inviting theft.**

**Athletes are to be discouraged from bringing valuable personal items to school, where they will be left in the locker room facility. Excess cash, expensive jewelry and electronics should be left at home!**

Coaches will attempt to provide adequate supervision within the facility, but athletes are expected to do their part as well. More often than not, when personal belongings are taken, the athlete has not assumed his/her **responsibility to secure them in an appropriate manner**. Despite our best efforts at supervision, thefts sometimes occur

### **Team Uniforms and School Issued Equipment**

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to secure all school issued equipment items and uniforms in a **locker that is locked** during the course of a season. Please do not keep the 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 or 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 to them 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 the tags on the cloth for washing and drying instructions, and when in doubt, speak to the coach before laundering uniforms. If the uniform needs to be replaced, the athlete will be expected to pay for the replacement item.



### **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 their season.** All team uniforms and equipment are to be returned to the coach immediately after the last practice or contest where the item is needed. The athlete is responsible for the cleaning or washing of uniforms at the end of a season

Athletes should never give their school issued equipment or uniform to anyone else to return for them. Coaches keep accurate records of school issued inventory, and if there are any items not returned at the end of the season, the athlete will be placed on an indebted list.

### **ATHLETIC AWARDS**

#### **School Awards**

All student-athletes who participate and complete the Modified (middle school), Junior Varsity, or Varsity season shall be eligible for school athletic awards, providing that they have returned all issued uniforms and equipment. Award certificates to middle school and junior varsity athletes are presented to athletes by their coaches, during a team meeting or gathering at the end of their season. High school Varsity awards are presented at our evening fall, winter and spring sports award presentation.

#### **Coach's Awards and Most Valuable Player Awards (for varsity players only)**

These awards are presented to those athletes deemed worthy by the Head Varsity Coach. The number of presentations made by the Head Coach with respect to these two awards may vary from year to year. Please be advised that the coach may choose not to present a Coach's Award of Team MVP Award at the end of a given season if he/she feels the team does not have a candidate that fits the criteria for the award.

#### **Sportsmanship Award**

The district considers sportsmanship to be an essential component of our athletic educational process. One individual from each team is recognized for demonstrating outstanding sportsmanship among their peers.

The school district will also present, throughout the year, championship plaques to members of those varsity teams who win **League or Division Championships**.

#### **Coaches Associations and County Awards**

**County and State Championship Awards are presented to team members at the Section 8 or State Finals or at the Coaches Association Dinner. They are not purchased or presented by the district.**

Most of the sports in Nassau County have organized Coaches Associations that raise funds for various awards that are presented at county banquets. Such awards may include Honorable Mention, All-League, All-Conference, All-Division, and All-County Awards. Coaches Associations have no affiliation with the school district or Section 8. They are an independent body, governed by their own by-laws and officers. Therefore, these postseason awards, presented by the coaches, may vary from sport to sport and year to year. *The members of the County Coaches Association determine the selection criteria for awards, pay for the awards, and fund the banquet. Neither the school district, nor the Section, has any influence with regard to the selection of those individuals who receive these awards.*



### COLLEGE RECRUITMENT AND ATHLETIC ELIGIBILITY

Many of our student-athletes express an interest in continuing their athletic participation at the collegiate level. While there are many opportunities for our athletes to play at the next level, athletic scholarships are limited and are available primarily for the “elite athlete”. Athletes who are interested in pursuing opportunities should discuss this matter with their guidance counselor as soon as possible, preferably as a freshman. This is very important since athletic skill is not the only determining factor when deciding who is *eligible* of a sports scholarship. There are academic requirements that are set forth by the NCAA (National Collegiate Athletic Association). The NCAA website ([www.ncaa.org](http://www.ncaa.org)) provides information on how student-athletes can comply with NCAA bylaws in order to compete in intercollegiate athletics. It includes information on what high school students need to do to be eligible to compete their first year in college, as well as guidelines that coaches and prospective student-athletes must follow during the recruiting process. Additionally, students are required to complete the NCAA Clearinghouse eligibility form ([www.NCAAClearinghouse.net](http://www.NCAAClearinghouse.net)). Since the eligibility requirements change from time to time, it is very important that you regularly check this site and discuss any changes with your coach and guidance counselor.

The term “scholarship” very often has been used in an all-inclusive way. It should be noted that the term “scholarship” is referred to in different ways throughout varied sources. It could include any one or combination of other terms, such as financial aid, grants, loans, work study program, and aid from private or government sources. Very often the amount and method of scholarship is dependent on the level or division of play at which a particular college competes. It is important for the student-athlete and parents to understand:

1. The type of financial package (if applicable) being discussed; and,
2. The obligations, terms, conditions and longevity of such arrangements; and,
3. How the financial package compares to the actual cost of attending the institution.

Additional information about the recruiting process, eligibility guidelines, the athletic profile, campus visitations, and planning for the college-bound athlete is available in “The Guide For College-Bound Student-Athletes and Their Parents” which can be obtained from high school guidance counselors.



**CREED FOR COMPETITORS**

**1. Play Hard**

After the contest is over, you can say "I gave everything I've got physically. I fought my heart out".

**2. PLAY SMART**

Keep your poise. Be intent. Stay focused. Concentrate only on the game.

**3. PLAY FAIR**

Fight clean. Obey both the letter and the spirit of the rules. No hedging, no cheating.

**4. PLAY TO WIN**

Never concede. Never quit. Never give up or give in. Maintain your self-respect and respect your opponents by giving an all-out effort.

**5. HAVE FUN**

Don't shrink from the fear of defeat or let the bitter taste of defeat destroy your love of the game.

**6. KEEP PERSPECTIVE**

When the game is on, it is important that you win. After it is over, it makes no ethical difference whether you won or lost. Self-worth is not predicated on the vagaries of victory or defeat. What does matter most is that you love the challenge of the game, savor the camaraderie of your teammates, and earn the respect of your opponents; namely, that you have been true to yourself.

.....Wilbur Braithwaite



## Farmingdale Schools Athletic Contract

As a student athlete, I understand my responsibilities for participating in \_\_\_\_\_ at Farmingdale School athletic program. I also understand the consequences for violating any of the expectations outlined in this contract.

As a student athlete, I \_\_\_\_\_ pledge to:

- ✓ Communicate my sports schedule well in advance to my parents and teachers.
- ✓ Schedule my personal life so that it does not conflict with team expectations.
- ✓ Give my coach notice well in advance of any commitments I have that conflict with the team schedule.
- ✓ Discuss issues of concern with my coach, team captains and parents before they become problems.
- ✓ Maintain academic eligibility.
- ✓ Abide by all the training rules set fourth by my coach, the athletic department, and Farmingdale School District.
- ✓ Make a commitment to my team mates and coaches to continually strive to contribute to the program and exercise responsible sportsmanship.

✓ \_\_\_\_\_

Signature of Athlete

Date

As a Parent/guardian, I \_\_\_\_\_ pledge:

- ✓ Grant permission for my daughter/son to participate in the program.
- ✓ Stay informed about my daughter/son's athletic schedule to minimize conflicts between our family schedule and the athletic schedule.
- ✓ Support my daughter/sons decision to commit to the team by attending as many team meetings, contests and special events as my schedule will permit.
- ✓ Work closely with all school personnel to assure an appropriate academic and athletic experience for my daughter/son throughout her/his school career.
- ✓ Discuss issues of concern with my daughter/son and the coach before they become problems.
- ✓ Assure that my daughter/son attends all practices, contests, special events and follows all training rules.
- ✓ Affirm that it is the responsibility of the coach to determine strategy and player selection.
- ✓ Work cooperatively with coaches, other parents, and school personnel to assure a wholesome and successful athletic program for the school.
- ✓ Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other sports event.
- ✓ I have received and read the Parent/Student Handbook which can also be found at <http://farmingdaleps.schoolwires.net/Default.aspx?PageID=7451>

✓ \_\_\_\_\_

Signature of Parent/Guardian

Date