

EASTPORT SOUTH MANOR CSD



ATHLETIC HANDBOOK FOR PARENTS/STUDENT ATHLETES

WEB SITE: ESMONLINE.ORG

Revised: February 2019

Dear Parents/Guardians and Student-Athletes,

Welcome to Eastport South Manor's Interscholastic Athletic Program. This handbook is to be used as a reference for our student-athletes as well as their parents/guardians. Information pertaining to rules, regulations, responsibilities as well as the policies and procedures for participation in our interscholastic athletics program, can be found on the following pages.

The Eastport South Manor Athletic program is governed by the regulations of the New York State Commissioner of Education's basic code for athletic activities. ESM is also a member of the New York State Public High School Athletic Association (NYSPHSAA), competing as a school in Section XI (Suffolk County). Specific guidelines are established for Middle School students as part of the NYSPHSAA Modified Interscholastic Sports Program.

Participation in interscholastic athletics teaches many "life lessons". Student-athletes are afforded many opportunities to display academic excellence, responsibility, commitment, cooperation, concern for others, respect for authority and others, tolerance, and a host of other attributes that enable a child to become a well-rounded individual. All students from the student body are encouraged to tryout. A student who elects to participate in the athletic program is making a commitment to personal, team, and program goals. While one tends to look at the final record as the barometer of the season, one needs to retain those lessons learned along the way; for those are the memories and the feelings that will last a lifetime. Allowing a student-athlete the opportunity to fulfill his/her potential with a positive experience is the goal of any athletic program.

Eastport South Manor's Athletic program is dedicated to the athletic excellence and academic achievement, to offering diverse and compelling experiences to our student-athletes and community, and to encouraging a school environment steeped in integrity and values.

We welcome and appreciate your interest, participation, and support of ESM Athletics.

GO SHARKS!

William Madsen
District Director of Health,
Physical Education & Athletics
(631) 801-3310

EASTPORT SOUTH MANOR ATHLETIC TEAMS

FALL	Varsity	Junior Varsity	Junior High
Cheerleading - Football	X	X	X
Cross Country-Boys	X		X
Cross Country-Girls	X		X
Field Hockey	X	X	X
Football	X	X	X
Golf - Boys	X	X	
Soccer - Boys	X	X	X
Soccer - Girls	X	X	X
Tennis - Girls	X	X	X
Volleyball - Boys	X	X	Late Winter
Volleyball - Girls	X	X	Early Winter
Gymnastics - Girls	X	combined w/	William Floyd
WINTER -Junior High Divided into two seasons: Early or Late Winter			
Basketball - Boys	X	X	Early Winter
Basketball - Girls	X	X	Late Winter
Bowling - Boys	X		
Bowling - Girls	X		
Cheerleading-Basketball	X	X	x
Indoor Track - Boys	X		
Indoor Track - Girls	X		
Volleyball - Boys			Late Winter
Volleyball - Girls			Early Winter
Wrestling	X	X	Late Winter
SPRING			
Baseball	X	X	x
Lacrosse - Boys	X	X	x
Lacrosse - Girls	X	X	x
Softball	X	X	x
Tennis - Boys	X	X	x
Track - Boys	X		x
Track - Girls	X		x

Section XI Spectator Code of Conduct

1. Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
2. Spectators shall at all times respect officials, coaches, and players and extend all courtesies to them.
3. Wholesome cheering is encouraged.
4. Taunting, foul and abusive language, noisemakers, inflammatory remarks, and disrespectful signs and behavior are not acceptable.
5. Faculty supervised pep bands are permitted during dead ball time. However, spectator noise makers or sound devices are prohibited.
6. Spectators shall observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, and use of lavatory facilities, and parking of cars.
7. New York State law prohibits alcoholic beverages of any kind on school property; the law further prohibits any person under the influence of alcohol to be on school property.
8. Spectators shall respect and obey all school officials, supervisors, and police at all athletic contests.

Violators of this code are subject to eviction from the area.

NYSPPHSAA/Section XI 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 NYSPPHSAA 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 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: Members of the squad include coaches, players, managers, scorekeepers, 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 NYSPPHSAA/Section XI Misconduct Rule.** The official's ruling is final and not subject to question.

Note: The Eastport South Manor CSD 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.

Section XI
Guidelines and Recommendations
For
Codes of Behavior for ATHLETES

The Athlete is expected to:

1. Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.
2. Conduct themselves as ladies and gentlemen at all times.
3. Demonstrate self-control and mutual respect at all times. Uncontrolled emotions can be self-defeating.
4. Not use crude or abusive language or gestures in dealing with opponents, officials or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners and losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
7. Be well-groomed, both on and off the field, as a representative of the school. Improper behavior while in uniform reflects badly upon yourself, your school, and your community.
8. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
9. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
10. Remember that participation in athletics is a privilege that should not be abused.
11. Refrain from shouting disapproval of calls made by officials. Shouting disapproval of calls made by officials may result in misconduct.

ATHLETIC PROGRAM PHILOSOPHY MODIFIED LEVEL

Modified athletics is for those students in grades 7 & 8 who wish to participate in a sport activity. Sports that are offered are determined by the existence of leagues, student interest and the relationship to the high school program. It is at this level where the program has its focus on learning athletic skills and forming the basic fundamentals needed to provide a safe environment for healthy competition.

While we would like to provide an opportunity for every athlete who expresses interest in a program, this is not always possible. We try to avoid cuts at the middle school level. However, certain factors exist that must be dealt with by imposing a limitation on the number of students that can be accommodated in specific programs. If the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor or outdoor facilities and a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital and attendance at these practices is expected. The NYSPHSAA and Section XI have established sport-specific practice guidelines, which govern the number of practices that each individual and team must have in order to be eligible. Occasionally, a practice or contest will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

JUNIOR VARSITY LEVEL

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, freshman and sophomores occupy the majority of the roster positions. In certain situations, juniors may play on the junior varsity level and freshman may play at the varsity level.

Squad size at the junior varsity level is limited in some sports. Therefore, some teams conduct try-outs at the start of the season. At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to the social/emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity program and player. 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, and earn their position in the starting line-up.

Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. Contests and practices are normally not held on Sundays and holidays, however, practice sessions are sometimes scheduled during school 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.

VARSIITY LEVEL

Varsity competition is the culmination of each sport's program. Typically, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development is demonstrated. It is possible on rare occasions to have a junior high student to be included on a varsity roster.

Squad size at the varsity level is limited in some sports. Therefore, some teams conduct try-outs at the start of the season. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and embrace its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of **playing time at the varsity level is never guaranteed.**

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sports seasons. Contests and practices are normally not held on Sundays or holidays, however, the dedication and commitment needed to conduct successful varsity programs should be taken seriously. There may be conflicts with other scheduled events. It is expected at the varsity level that the team and the commitment to the team take precedence. The expectations are 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.

For both the junior varsity and varsity level squad selection is based on ability and cuts are made at the discretion of the coaching staff. Playing time is based on ability and substitutions are made at the discretion of the coach. The coach will lay out there expectations for your child. Athletes are required to participate in all practices/contest. More than three unexcused absences may result in dismissal from the team. Athletes who fail to complete a season will not be recognized as a team member and will not receive credit for the season.

***A NOTE TO 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 position, as this would not be beneficial for the 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 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.

Senior Day: It is common in most sports to participate in Senior Day recognition. The sole purpose of Senior Day is to **acknowledge** and **show appreciation** for senior athletes who have been a part of the athletic program. It is the Coach's discretion as to the appropriate opportunity for this honor. In the past there has been a misconception that Senior Day guarantees that all seniors will participate in the contest. While coaches will be sensitive to the playing time concerns of seniors and their parents, team goals must come before individual goals. Coaches should communicate their philosophy about Senior Day playing time prior to the contest to avoid misunderstandings.

TRYOUTS AND TEAM SELECTION

Team Selection: will be held in a closed environment with only the coaches and the athletes permitted. In accordance with our philosophy of athletics and our desire to see as many student's as possible participate in the athletic program while at Eastport South Manor School, we encourage coaches to keep as many students as possible on each team. Time, space, facilities, equipment and other factors may place limitations on team size for any particular sport. Selections are made according to the skill level of the athletes. All positions are open for any students to fill on an annual basis. Choosing the members and captains of athletic teams is the sole responsibility of the coaches. At the pre-season orientation meeting, the coach shall provide the following information to all candidates:

- Extent of tryout period (3 Day minimum)
- Criteria used to select the team member
- Number to be selected (approximately)
- Practice commitments of team members
- Game commitments of team members
- Requirements for participation

When a squad cut becomes necessary, the coach will discuss alternative possibilities for participation in the sport or participation in other areas of the athletic program.

PARENT SUPPORT

ESM Athletics encourages family members to share in our athlete's education by attending games and showing positive, constructive support. If a parent has a question, the athletic staff welcomes the opportunity to talk. Discussions on the field are often not conducive to the topic as they are usually incomplete and public. If the conversation involves an individual's performance, it certainly deserves both privacy and time. Please call the coach and arrange a convenient time to meet.

It is the responsibility of the parent/spectator to:

1. Keep cheering positive and supportive.
2. Avoid actions, language and gestures which offend visiting teams, coaches, and individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect you and your child to be treated.
6. Accept the judgment of coaches and officials. Remain Seated in spectator areas during competition.
7. Encourage other spectators to participate in the spirit of ethical and sporting behavior.
8. Support abstinence from the use, abuse, and resulting negative influence of drugs, including alcohol, and tobacco.
10. Recognize and help reinforce that this is interscholastic athletics and NOT professional sports. The goals of each are very different and should be remembered as such.
11. MOST IMPORTANT... As an adult, you are being relied upon as a positive role model on our sidelines. Your children as well as others are watching. We are all involved in the education process. Your support is greatly appreciated.

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

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 the other and provide greater benefit to athletes. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad.
- Locations and times of all practices and contests
- Team requirements, team rules, special equipment, off- season recommendations for improvement of skills.
- Procedure, should your child be injured during participation.
- Discipline, that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's philosophy

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- 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's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be the best for all students involved. As you have seen from the list above, certain topics can and should be discussed with your child's coach. Other topics, such as those described in the next segment, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing Time
- Team Strategy
- Play Calling
- Other Student-Athletes

Coaches are making decisions that are in the best interest of all members of the team or program. Please be supportive of their decisions.

PROCEDURES FOR DISCUSSING A CONCERN WITH A COACH

1. Call to set-up an appointment with the coach. If the coach cannot be reached call the athletic office to arrange a meeting with the coach. In most circumstances, we like to have the athlete at the meeting as well. However, that will be on a case by case basis.

Please do not attempt to confront a coach before or after a practice or contest. These can be emotional times and may not benefit either party to attempt to resolve concerns at these times.

2. If you cannot resolve the problem after meeting with the coach, call to speak with the Athletic Director.
3. If the issue is still unresolved, a meeting will be facilitated between the parents, Athletic Director and Principal.

RISK FACTOR IN SPORTS

The athletic program is conducted, first and foremost, with the safety of its participants in mind. The Eastport South Manor CSD wishes to advise students and their parents/guardians that by the very nature of athletic activity, participation in an interscholastic sport or related activity may place the student at risk for injury. Such physical injury can occur in any type of sports activity and may vary in nature.

CONCUSSION

A concussion is a mild traumatic brain injury. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in interscholastic athletic activity will be removed from the game or activity and be evaluated immediately and will not return to play that day. Eastport South Manor School District will notify the student's parents or guardians and recommend appropriate monitoring.

ImPACT Testing

Baseline Neurocognitive Testing (ImPACT)

This testing is what allows for OBJECTIVE measurement of severity of injury and extent of return of function after a concussion is sustained. It is an approximately 30 minute computer based test that is administered to all athletes who participate sports, except Cross Country and Track & Field. The test is administered as close to the start of their athletic season as possible in Grades 7,9 & 11. Baseline testing is performed once every two years. It measures several subtle aspects of brain function. The software utilized is IMPACT. This is the same software used by the NFL, NHL, and MLB. It allows for testing of athletes 12-65 years of age. The baseline test is administered in the school district computer labs under the direction of our Athletic Trainer and Coaching staff. The data is then stored on an internet based server. Access to the data is only granted by the school district and the parents. It is recommended that only personnel prepared to process this data be allowed access to it. If a student isn't baseline tested all other return to play procedures will be implemented to ensure a safe return to activity.

Further information on the ImPACT program can be found at: <http://impacttest.com>

Return to Play Protocol and Clearance

Once a student-athlete is diagnosed with a concussion, they can only be cleared back to athletics by the Eastport South Manor School Districts Chief Medical Officer. Clearance by a physician is needed to begin return to play protocols.

No student may return to full athletics before going through a return-to-play protocol. This is a 5 day supervised program that is overseen by the ESM Athletic Trainer. Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. No student /athlete will be permitted to return to play while symptomatic. Students are prohibited from returning to play the day the concussion is suspected. If there is any doubt as to whether a student has sustained a concussion it will be treated as a concussion! (When in doubt sit them out.)

The following criteria will be utilized before any athlete is cleared to return to play:

Asymptomatic during rest

Asymptomatic during exertion

Acceptable signs on impact neurological testing

Completion of return to play protocols

The athletic trainer and nurse will oversee return to play protocol with final approval made by the chief medical officer.

Detailed information on concussions can be found on the websites of the New York State Education Department (“SED”) and the New York State Department of Health (“DOH”).
[Http://www.p12.nysed.gov/sss/schoolhealth/schoolheathservices/ConcussionManageGuidelines.pdf](http://www.p12.nysed.gov/sss/schoolhealth/schoolheathservices/ConcussionManageGuidelines.pdf).

All coaches, physical education teachers, and certified athletic trainers are required to be trained to recognize the symptom of a concussion and to seek proper medical treatment for such injuries.

ACCIDENT OR INJURY

It is the student-athlete’s responsibility to immediately report any injury to the coach as well as the Athletic Trainer (Jason Long 631-801-3250 ext. 3313). An incident report will then be completed. If a student-athlete has been removed from a practice or a contest because of any injury requiring medical attention, the student-athlete may not return to practice or competition without a physician’s release. Any inquiry into obtaining a medical claim form must be submitted to Ms. Ozzimo. She can be reached at ozzimoj@esmonline.org. Please include the students name and the date of accident.

ELIGIBILITY

Participation in extracurricular activities is a privilege earned by students who are in good academic standing, demonstrate good school citizenship, and maintain acceptable levels of attendance. Students having difficulty in their course work are expected to seek additional assistance and examine their level of participation in extracurricular activities. Our expectation is that students will be able to maintain their eligibility and complete the athletic season and/or activity as scheduled.

A student who is under disciplinary action as prescribed or approved by the principal and/or superintendent, has failed to pass or progress as required each marking period, or does not meet attendance requirements shall be ineligible for participation in all extracurricular and after school co-curricular activities in the next marking period. A student who has failed to pass or progress as required for the year shall be ineligible for participation in all extracurricular and certain co-curricular activities for the first grade report period of the next school year. A grade report is defined as the five week period that ends with a progress report or a report card.

In order to participate in all extracurricular and certain co-curricular activities a student must:

1. Not be failing or progressing unsatisfactorily in two or more credit-bearing or non-credit bearing courses at the end of each grade report period or year.
2. Not be under disciplinary action prescribed or approved by the principal and/or superintendent.
3. Meet attendance requirements

Academic Requirements

A student's status, academically, will be determined after the review of the latest report period. The student will be placed on academic probation when the student has failed two subjects (all subjects included). At this time any student that would like to participate in any extracurricular or co-curricular activities will be required to sign a "**Contract for Academic Probation/Ineligibility**" along with his/her parents, and the appropriate administrator(s). While on academic probation the student may continue to participate in extracurricular and co-curricular activities provided that they attend extra help sessions, in these courses, at least once a week until the next report period at which time the student will be re-evaluated. If a student fails to attend extra help sessions, he/she shall become immediately ineligible for the remainder of the report period. If, upon re-evaluation, the student continues to fail or progresses unsatisfactorily in two or more courses, he/she will become immediately ineligible for the remainder of the grade report period. **This five week probationary period is only available to the student once per school year. Therefore, if a student fails two or more subjects more than once, they will be considered ineligible and must follow all of the stipulations required of an ineligible participant.**

An incomplete shall count as a failure until cleared. The student will have two weeks to clear an incomplete.

If the student fails three or more subjects (all subjects included), the student becomes immediately ineligible for participation until the next grade reporting period. A student who has become ineligible for scholastic reasons may regain eligibility after five full weeks of a new grade report period by passing or progressing satisfactorily as set forth in the foregoing. Students who become academically ineligible may be permitted to attend practice with the team, but not to take part in any games, contests, matches, and scrimmages. Ineligible students must attend extra help for each subject that they are currently failing. If the student fails to attend extra help sessions, he/she will be removed from the team for the remainder of the season. For the purposes of this policy a student's final year average for the class, not the fourth quarter average will determine eligibility for the following fall. A student passing the required number of courses in summer school will result in reinstatement of eligibility privileges for the following fall.

The principal shall be responsible to establish procedures whereby this policy is carried into effect. He/she shall provide for reporting and record keeping whereby assurance of compliance can be established.

Citizenship Requirements

Disciplinary actions will result in some form of ineligibility, and that is defined as non-participation on any level (practice, game, scrimmage, etc.) as follows:

1. Office Detention: Ineligibility for that day
2. ISS (in school supervision): Removal for 2 (two) school days (attendance in ISS is considered one day). Two (2) days of ISS is 4 days of removal
3. OSS (out of school suspension): Upon return from OSS, the removal time period will be equal to, but not include the period of suspension. (5 day OSS = 5 day suspension plus 5 day ineligibility upon return to school)
A discipline probationary period will be imposed for the remainder of the school year for any inappropriate behavior that occurs during or outside the regular season or time for the activity that results in any of the following disciplinary actions:
 1. Four (4) In School Supervision incidents
 2. Two (2) Out of School Suspension incidents

If a student is placed on disciplinary probation during the 4th marking period, the probationary period will last through the 1st marking period of the next school year. Once the season begins, and a student is on discipline probation, any OSS or ISS will result in immediate removal for the season. This student will not be able to participate in any activities for the remainder of the school year. Any additional suspendable incidents for the year will result in removal from all activities for an entire calendar year (i.e. Winter to Winter). If a student is placed on disciplinary probation during the 4th marking period, the probationary period will last through the 1st marking period of the next school year. Incidents that happen during practices/games/scrimmages etc. shall be brought to the school administration's attention. This shall be done within 24 hours, accompanied by a written referral. Individuals who behave inappropriately in extracurricular activities will be treated in accordance with the school's discipline policy.

Appeals

In the event that a student believes that there are extenuating circumstances regarding his/her eligibility, there shall be an opportunity for appeal. The appeals committee will be comprised of teacher volunteers, guidance counselors, and administrative personnel.

A student appealing must do so in writing to the appeals committee within one week of notification of ineligibility indicating reasons for reinstatement.

During the appeals process, the student will remain ineligible until, and if, their eligibility has been restored.

TEAM ELIGIBILITY

Eastport South Manor Athletics is governed by regulations established by the New York State Public High School Athletic Association (NYSPHSAA) and Section XI (Suffolk County) Athletics. Each individual team is governed by its established regulations concerning daily attendance at practices and the minimum number of practices necessary before being eligible for competition. The coach will inform the athlete of these regulations.

SCHOOL ATTENDANCE POLICY

Participation in a sport or activity is only a small part of a student's educational program. A student-athlete may NOT 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. On a regular school day, all students must be signed in by the end of homeroom to be eligible for that day. Students who miss part of the day due to a legal excuse (i.e. doctors appointment, etc.) must be in school for at least half of the school day in order to be permitted to participate in an after school activity. Half of a school day is defined as three hours

Any illegal absence from class will result in a student's ineligibility for at least one day. Students who are assigned administrative detention on the day of an athletic game or practice session are not eligible for participation that day. Students who are suspended from school are not eligible for participation the day of the suspension plus an additional day for each day suspended. 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.

PHYSICAL EDUCATION PARTICIPATION

Athletics is an outgrowth of the Physical Education program. Since interscholastic athletics are philosophical extensions of the physical education program and classified as co-curricular activities, the goals and objectives of athletics should be supportive of and consistent with the goals and objectives of the total educational program. When conducted properly, athletics can positively contribute to intellectual, physical, social and emotional development.

A student-athlete excused from Physical Education class for medical reasons may NOT participate in a practice, scrimmage, or contest on that same day. Note that the Commissioner's Regulations dictate that a student-athlete is ineligible if he/she is medically excused from participation in a Physical Education class. **Any contest that an ineligible athlete participates in is deemed a forfeit.**

In addition, if a student-athlete did not participate in Physical Education on a day of a practice or a contest, that student is not allowed to participate in athletics that day. Exceptions to this could be, but not limited to, state assessments, field trips, and assemblies.

ATTENDING EXTRA HELP

Athletes are encouraged to attend extra help sessions in their academic classes. Student-athletes should first go to the locker room to change for practice (game) and then go to extra help. The locker rooms are only opened after school and then they are locked until the end of practice. Therefore, failure to change first could result in missing activity for that day. Once extra help is finished, a pass from the academic teacher should be secured and the student-athlete should go directly to practice. **Attending practice and home games should NEVER be an excuse for missing extra help.** There will be occasions when extra help times may need to be altered in order to make a bus for an away contest. If that is the case, the student-athlete should communicate this to the coach and classroom teacher so that other arrangements can be made.

CHEMICAL HEALTH

Medical research clearly substantiates the fact that the use of tobacco, alcohol or any other drug or mood-modifying substance produces harmful effects on the human body. The Eastport South Manor community is concerned with the health habits of student athletes and has determined that athletes and the use these substances is not compatible. Therefore, use of tobacco, vaping, alcohol or other drugs is prohibited during all school related athletic practice or events. Students violating this policy will be suspended immediately from athletic participation, but the student and parents/guardians shall be provided with a reasonable opportunity for an informal conference in accordance with the Code of Conduct. Determination for further suspension and/or dismissal may be made at this time. In addition, should school personnel be made aware of any student athlete violating the Athletes Code of Conduct outside of school, practice or events, which does or is likely to cause disruption of the educational process of the athletic department or school, student athletes may face similar consequences. School District and Board Policy will be enforced.

HAZING

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.

Hazing is a form of bullying and harassment, whether it is physical or verbal. This type of behavior should not be condoned or tolerated by a victim, a coach, staff, family, school administrator, fellow student and especially team members. If a student is found to have committed an act of harassment against any student, including team members, he/she will face disciplinary action which may include suspension from the team and from school. Team members are expected to notify a coach or other school official if any such behavior is observed.

COMMITMENT TO THE TEAM

Athletes are expected to attend every practice and contest, unless excused by their coach. If an athlete is in school attendance, he/she is expected at practice. Excused absences are permitted for extra help (lateness only), family illness, and death in the family, family emergencies, medical reasons, and religious observances. **Timely communication between the coach, parent and/or athlete in this situation is essential. Notify the coach in writing if your child is going to miss a practice or game.**

FAMILY VACATIONS

When parents and student-athletes choose to take their family vacations during sport seasons, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Student-athletes are expected to make a full commitment to the season, and notify the coach of any potential commitment conflicts at the start of the season, as soon as try-outs begin. Student-athletes who miss practices or competition for any reason may have their position and/or playing time adjusted, to best meet the needs of the program. Coaches shall make every effort to inform parents and student-athletes of the season's schedule as far in advance as possible. The school's website can also be checked for season starting dates. Please be mindful that post season play at the varsity level can take place during vacation periods as well.

Parents/Guardians 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.

CONTESTS/PRACTICES ON RELIGIOUS HOLIDAYS

A Section XI school may not schedule a contest or scrimmage on the following days:
*Rosh Hashanah, Yom Kippur, Christmas Eve, Christmas Day,
Good Friday, Easter, and First Day of Passover*

Note: Individual schools may compete on these dates outside of Section XI (Suffolk County). For example, track athletes can go to the Penn Relays on Holy Thursday if the district approves such participation. When teams do practice on the eve of a religious holiday, or the days 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.

SCHOOL-SANCTIONED ACTIVITIES AND FIELD TRIPS

There are numerous educational opportunities for our students to participate in during the school year. The Athletic Department supports school-sanctioned programs and trips, but also realizes that student-athletes who choose to participate in school trips or other school activities which result in missing substantial amounts of practice time, affects personal athletic goals and team goals. As stated in the Family Vacations section, student-athletes who miss practice or competitions for any reason can expect to have their playing time or team's role adjusted. The same can be said for the planning of college visitations.

PROCEDURE FOR AWAY EVENTS

All members of athletic teams must travel to and from athletic contests in transportation provided by Eastport South Manor School District. We do understand that there are rare occurrences in which an emergency comes up necessitating the need to take a child home. Such occurrences would be: School functions, religious obligations and medical emergencies. Every attempt should be made to schedule any medical or dental appointments on non-game days. In the event a student is unable to travel home with a team, a note from home is required. This note should be brought into the Athletic Office for approval prior to the scheduled contest. A copy will then be given to the coach. **Parents are never permitted to take home any other child than their own even with a signed note from both parents.** It is the coach's responsibility to ensure that athletes behave responsibly and in accordance with the school district's bus safety guidelines. Athletes should be reminded that as team members they are representing Eastport South Manor and their behavior and decorum will reflect on their team, coach and school.

Students are not permitted to drive their automobiles to away contests or offsite practices

COMPETING ON NON-SCHOOL TEAMS IN SEASON

Opportunities exist for Eastport South Manor student-athletes to participate on non-school sponsored teams while participating on a school sponsored team. When these situations occur, sound communication between the student-athlete, parent/guardian, coaches and athletic administrator is mandatory. As discussed prior, membership on a team requires a considerable time commitment. The school district monitors the wellness and safety of our student-athletes. Keeping this in mind, each situation involving outside competition must be carefully evaluated on a case by case basis. Eastport South Manor student-athletes' first commitment must be to the school program.

WEBSITE:

ALL GAME SCHEDULES & SCHOOL DIRECTIONS

Please go to www.sectionxi.org for game schedules & directions.

In addition, they are posted through a *Sports Schedule* link on the district's website at www.esmonline.org When retrieving a schedule from the website, there is a column on the right side for directions to the school hosting the contest. A map along with written directions can be printed out for your convenience.

SPORTS PHYSICAL EXAMINATIONS

A physical must be completed after June 1st to be considered valid for the upcoming school year. A two page ESM Interval Health History and Consent for Sports must be completed by a Parent/Guardian (in pen) and prior to EACH SEASON (Fall, Winter, Spring) that your child would like to participate in.

Students who submit their forms after 1:00pm will be placed on the sports list the following day. All forms received on or after the first day of the sport tryout will be processed according to the nurse's availability. Paperwork may be faxed to the nurses Office at (631) 874-6785.

PLAYING UP

The *Athletic Program Philosophy* portion of this handbook addresses, in general terms, what grade levels are eligible for membership on varsity, junior varsity, and modified teams. Generally, student athletes should expect to play on the team intended for their grade level. In certain situations, student athletes may be allowed to try out for a team ***above or below*** their grade level.

The Board of Education with input from the District Administration has adopted the Athletic Placement Process and has added the following to the resolution: the Eastport-South Manor Central School District Board of Education shall only permit seventh and eighth grade pupils to compete on interscholastic athletic teams organized for senior high school pupils as follows: (1) seventh and eighth pupils who successfully complete the Athletic Placement Process as defined by the New York State Education Department and who are determined by the Director of Health, Physical Education and Athletics to be elite athletes shall be permitted to compete at the varsity level in the requested sport; and (2) at the discretion of the Athletic Director in consultation with the building administration, seventh and eighth grade students who successfully complete the Athletic Placement Process as defined by the New York State Education Department may be permitted to compete at the junior varsity level in the requested sport if there is no Junior High level team in that sport.

The key factors in deciding whether or not a student athlete should be allowed to play “up” or “down” are as follows:

1. Coach’s skill rating.
2. Physical Education teacher’s rating of physical, social, and emotional maturity.
3. Whether or not other student athletes will be displaced if student in question is placed on team.
4. If warranted, all steps of the New York State Athletic Placement Process will be followed.
5. 11th graders can be considered for placement on the Jr. Varsity team with the recommendation of the head coach and approval of the Athletic Director

OUT-OF-SEASON CONDITIONING

Participating in interscholastic athletics can be taxing on the body. Proper conditioning throughout the year is beneficial not only during the season, but during ones lifetime. It is recommended that student-athletes stay in shape with proper diet and exercise. In addition, many programs offer intramurals or open gyms prior to the start of the scheduled season to prepare our student-athletes. These programs are NOT mandatory. However, they will help the individual who is not involved in physical activity prior to their season.

LOCKER ROOMS & POSSESSIONS

Student-athletes are issued a locker for their personal use located in the physical education locker rooms or team room facility. These lockers have built in locks and only the student issued the locker receives the combination. These combinations are changed every year for security reasons. Students should NOT give their combination to anyone as this compromises the security of their belongings. These locker rooms are used by a number of students throughout the course of the afternoon as teams dismiss their athletes at various times. Therefore, it is essential that personal belongings be LOCKED in their locker while at practice or competition. If athletes leave their personal possessions and belongings in an unlocked locker or out on the bench in the locker room, THEY ARE INVITING THEFT! *Note: Athletes are discouraged from bringing valuable personal items to school that need to be left in the locker room facility. Excess cash, expensive jewelry, cell phones and electronics should be left at home.*

UNIFORMS AND EQUIPMENT

ESMCSD provides uniforms and equipment at the start of each athletic season. The student is responsible for the proper care of these belongings as well as the return of all equipment and uniforms which have been issued. If any item is missing, the student may be held fiscally responsible for the cost to replace this item. Additionally, a student who has not turned in a uniform or met their financial responsibility for the uniform may not be issued equipment and/or uniform for the next season until this obligation has been met.

SWITCHING TEAMS IN THE SAME SEASON

A student who goes through a try-out for a sport and makes the team has made a commitment to that program. They have taken a spot on the roster where other student-athletes wished to be. Therefore, if an athlete wishes to quit the team and join another sport in that same season, this cannot be done without Athletic Director review.

**Have a safe and successful
season!**

**Remember...success can be
measured in many ways.**

